



NUTRITION BY AMY

Holiday Sides

Amy Conrad

<http://www.nutritionbyamy.ca>



Roasted Cauliflower with Parmesan

4 servings

30 minutes

Ingredients

1 head Cauliflower (medium, cut into florets)
1 1/2 tbsps Extra Virgin Olive Oil
3/4 cup Parmigiano Reggiano (grated)
Sea Salt & Black Pepper (to taste)

Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 2 In a large bowl, toss the cauliflower with the oil, cheese, salt, and pepper.
- 3 Transfer to the baking sheet, making sure to space them out. Bake for 15 minutes, remove, flip and bake for ten minutes more.
- 4 Divide onto plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is about 1 1/2 cups.

Dairy-Free: Use nutritional yeast or dairy-free cheese instead.



Lightened Up Mash

6 servings

30 minutes

Ingredients

- 1 head Cauliflower (large, sliced into florets)
- 5 Yellow Potato
- 2 Garlic (cloves, minced)
- 2 tbsps Extra Virgin Olive Oil
- 1 tbsp Thyme
- 1/2 tsp Sea Salt (to taste)
- 1/8 tsp Black Pepper

Directions

- 1 In a large pot add cauliflower, potatoes and cover with water, bring to a boil and let simmer until both are soft. Strain.
- 2 Transfer potato/cauliflower mix to a food processor or blender along with the garlic, butter, thyme, salt and pepper. Process until desired texture. (If you like a chunkier mash, you can use a hand masher for this step.)
- 3 Adjust salt and oil to taste.

Notes

More Carbs: Make with half cauliflower and half mashed potatoes.

Okay with Dairy?: Use butter in place of olive oil.

Make it Cheesy: Add nutritional yeast or parmesan cheese to the mash (about 1 tbsp per serving).



Amy's Paleo Stuffing

6 servings

1 hour 30 minutes

Ingredients

1 head Cauliflower (chopped into florets)
 1/2 cup Extra Virgin Olive Oil (+ 1 tbsp)
 4 Portobello Mushroom Caps (diced)
 1 Leeks (chopped)
 3 stalks Celery (diced)
 1 cup Walnuts
 1 Lemon (juiced 2-3 tbsp)
 3 Garlic (cloves, minced)
 1 tbsp Thyme
 1/2 cup Parsley (chopped)
 3/4 tsp Sea Salt (more to taste)

Directions

- 1 Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
- 2 Place cauliflower on your baking sheet, toss with 1 tbsp oil and bake for 30 mins.
- 3 While your cauliflower roasts, place a frying pan over medium heat. Add 1/4 cup olive oil and saute mushrooms, leek and celery with 1/4 tsp salt for about 10 minutes or until the mushrooms are soft.
- 4 In a food processor, add the walnuts, lemon juice, garlic, thyme, parsley and 1/2 sea salt along with the roasted cauliflower and remaining 1/4 cup olive oil. Pulse (do not blend) until the mixture reaches a coarse, stuffing-like consistency. Do not over process as you do not want the mixture to turn into a paste.
- 5 Pour mushroom mixture and cauliflower mixture onto your baking dish combine. Reduce oven to 375 and bake for 1 hour. Stir every 15 minutes or so to prevent burning.

Notes

Meat Lover: Add cooked organic bacon bits, sausage or extra lean ground meat into the mixture as you add it to the baking dish.

No Food Processor?: If you don't mind some manual labour, you can skip the food processor and use a fork and knife to finely chop the stuffing.



Amy's Maple Orange Cranberry Sauce

8 servings
30 minutes

Ingredients

1 cup Orange Juice
1 cup Maple Syrup
3 cups Frozen Cranberries (or fresh)

Directions

- 1 Combine juice and maple syrup in a saucepan and bring to a boil.
- 2 Add cranberries and cook until they burst and soften, about 20 to 25 minutes. Let cool before serving. Enjoy!

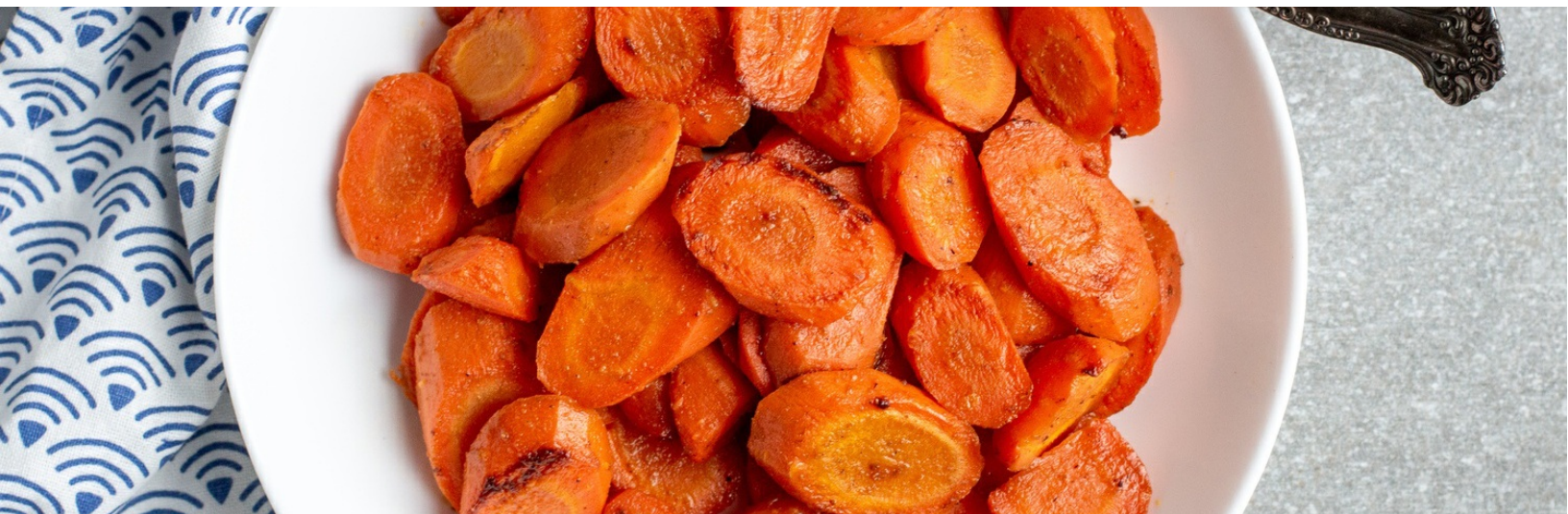
Notes

Serving Size: One serving is equal to approximately 1/4 cup of cranberry sauce.

Leftovers: Refrigerate in an airtight container up to one week or freeze for up to three months.

Serve it With: Turkey, stuffing, brie, as a jam, with yogurt or in baked goods.

No Orange Juice?: Use water instead



Maple Orange Roasted Carrots

4 servings

30 minutes

Ingredients

6 Carrot (large, peeled)
1 tbsp Extra Virgin Olive Oil
1/2 tsp Ground Ginger
1/4 tsp Sea Salt
1 1/2 tps Maple Syrup
2 tbsps Orange Juice (freshly squeezed)

Directions

- 1 Preheat oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 2 Cut the peeled carrots into coins so all carrots are roughly the same size. Transfer the carrots to the prepared baking sheet. Drizzle with the oil and sprinkle with ground ginger and salt. Toss until carrots are evenly coated. Bake for about 20 minutes or until tender, flipping about halfway through.
- 3 Remove from the oven and drizzle with maple syrup. Return to the oven and bake for another 5 minutes.
- 4 Remove the carrots from the oven and serve immediately with orange juice drizzled over top. Enjoy!

Notes

No Maple Syrup: Use honey instead.

Leftovers: Carrots can keep in the fridge for up to 4 days.

No Orange: Use another citrus fruit like lemon or lime.



Mushroom Gravy

6 servings

20 minutes

Ingredients

- 1 tbsp Coconut Oil (butter flavoured)
- 1 Yellow Onion (diced)
- 2 cups Mushrooms
- 1/2 tsp Thyme
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1 tbsp Nutritional Yeast
- 1 cup Beef Broth

Directions

1

In a large pan over medium heat melt your coconut oil (or butter), add mushrooms, onions, thyme, black pepper and salt and saute until soft, ~15 mins.

2

Blend with broth and nutritional yeast. Taste and adjust salt if needed.

Notes

Thicken It: If needed use rice starch, corn starch or collagen.