

Healthy holiday cooking.



Whole wheat stuffing with turkey sausage

Ingredients

- 8 slices whole wheat bread cut into 1 inch cubes-about 7-8 cups
- 1 teaspoon extra virgin olive oil
- 1 link (8oz) Italian style turkey sausage, casing removed
- 3 stalks celery, finely chopped
- 3 tablespoons Gourmet Garden Parsley
- 2 tablespoons Gourmet Garden Italian Herbs Blend
- 1 large onion, chopped
- 1 1/4 cups low sodium chicken broth
- 1 large egg, lightly beaten or liquid egg whites

Directions

Preheat oven to 200 degrees. Arrange bread on a parchment-lined baking sheet. Bake until dried out, about 8 minutes. Let cool. Raise oven temperature to 350 degrees. Heat oil in a large nonstick skillet over medium-high heat. Brown sausage, breaking up meat with a wooden spatula, for 4 minutes. Stir in celery, and onion. Reduce heat to medium. Cook, covered, stirring occasionally, until vegetables are soft, 10 to 12 minutes. Add the Gourmet Garden Garlic, toss to combine well, and let cool slightly. Combine bread, sausage-vegetable mixture, stock, egg, Gourmet Garden Parsley and Italian Herbs in a large bowl. Transfer stuffing to an 11-inch oval baking dish. Cover with parchment-lined foil. Bake for 45 minutes. Turn on broiler. Uncover stuffing, and broil 9 to 10 inches from heat source until top is golden brown and crunchy, about 1 minute. Let stand for 5 minutes before serving.



Lemon dill green beans with pine nuts

Ingredients

- 1 pound green beans, trimmed
- 4 tsp Gourmet Garden Dill
- 1 tablespoon minced shallot
- 1 tablespoon extra virgin olive oil
- 1 tablespoon each lemon juice and lemon zest
- 1 teaspoon grainy Dijon mustard
- 1/2 cup toasted pine nuts
- 1/3 cup Romano cheese, grated

Directions

Bring an inch of water to a boil in a large saucepan fitted with a steamer basket. Add green beans, cover and cook until tender-crisp, 5 to 7 minutes. Remove from heat.

Meanwhile, whisk dill, shallot, oil, lemon juice, and mustard, and pine nuts in a large bowl. Add the green beans and toss to coat. Let stand about 10 minutes before serving to blend flavors. Just before serving toss in the Romano cheese. Garnish with lemon zest and serve.

Delicious recipes made easy.



Mixed green salad with walnuts & gorgonzola herb vinaigrette

Ingredients

- 1 package Mesclun salad greens
- 2 to 3 tablespoons walnut oil
- 2 to 3 tablespoons balsamic vinegar
- 1 teaspoon each Gourmet Garden Garlic and Italian Herbs Blend
- 1/2 teaspoon Gourmet Garden Chili Pepper
- 2 tablespoons creamy Gorgonzola cheese, pinched into small pieces
- 2 Bosc, or Bartlett pears, peeled, cored and diced
- 1/2 cup dried cranberries
- zest of one orange
- toasted walnuts for garnish

Directions

Wash and chill salad greens. Whisk together walnut oil, Gourmet Garden Garlic, Italian Herbs, Chili Pepper and vinegar; next add Gorgonzola, pears and cranberries. Mix together well. Season with salt and pepper to taste. Taste and adjust flavor by adding more oil or vinegar as necessary. Arrange greens on a salad plate and drizzle with vinaigrette. Sprinkle with toasted walnuts, and orange zest and serve.



Pan roasted honeyed pears with ginger lemongrass sauce

Ingredients

- 3 pears, peeled, and sliced
- 1/2 cup apple juice
- 1/4 cup good quality honey
- 1 teaspoon Gourmet Garden Ginger
- 2 tablespoons fresh lemon juice
- 1 tablespoon Gourmet Garden Lemongrass
- 2 tablespoons brown sugar
- 1 teaspoon cinnamon
- 1/4 teaspoon nutmeg

Directions

In a skillet over a medium high heat, place the pears and apple juice; bring to a boil; cover and simmer for 8-10 minutes, till pears are soft and juice is reduced by half. Remove to a serving bowl or platter, and set aside.

In the same pan, combine the honey, Gourmet Garden Ginger and Lemongrass, the lemon juice, brown sugar, cinnamon and nutmeg. Whisk all together till sauce comes to a low boil, and brown sugar dissolves completely. Pour sauce over resting pears and serve immediately.