

Let's Cook – Thanksgiving Sides and Pie

Description

This is a class designed to be an after school fall class. It requires a full kitchen. The class will prepare two traditional Thanksgiving side dishes and a baked apple tart.

Menu

Mixed Seasonal Vegetables

Basic Mashed potatoes

Baked Apple Cranberry tart

Game plan

- 1) Preheat oven 375°
- 2) Prepare pie and place in oven
- 3) Prepare seasonal vegetables and place in oven
- 4) Prepare basic mashed potatoes
- 5) Remove pie from oven and cool
- 6) Whip cream
- 7) Clean up prep dishes and set table
- 8) Remove vegetables from oven
- 9) Enjoy food
- 10) Clean up

Mixed Seasonal Vegetables

Serves 8

This recipe is quite flexible by season. It is created here for fall harvest, however, the Brussels sprouts, cauliflower, leeks, mushrooms and yams can be switched out for bell peppers, eggplant, onions, tomatoes and zucchini for a summer meal using the same herbed oil dressing. Celery, green beans, potatoes, cabbage, celery root, squash and peas can all be used as alternatives or in addition to the vegetables here depending on what's available.

Ingredients

- 1/2 cup olive oil
- 3-4 cloves garlic, minced
- 1/4 cup fresh parsley, chopped
- 1 dry bay leaf, crumbled
- 1 tsp dry thyme
- 1 tsp dry marjoram
- 1 tsp paprika
- 2 tsp salt
- 1/2 tsp crushed red pepper flakes
- 2 medium leeks, washed and sliced
- 2 medium yams, washed, halved and sliced
- 1 Cup Brussels sprouts, washed and halved
- 1/4 lb mushrooms, washed and sliced
- 2 medium carrots, washed, peeled and sliced
- 1 small cauliflower, washed and broken into flowerets

Directions

1. Preheat oven to 375
2. Lightly oil a 9 1/2 X 13 inch Pyrex pan
3. Whisk together, oil, garlic and herbs, set aside.
4. Layer vegetables starting with leeks; follow with yams, Brussels sprouts, mushrooms, carrots and ending with cauliflower.
5. Sprinkle each layer with the oil mixture.
6. Cover tightly and bake for 30 minutes. (. (This can be cooked to this point and refrigerated until ready to reheat and serve)
7. Continue cooking another 20-30 minutes.
8. Serve warm or at room temperature.

Note: If prepared a day ahead, bring vegetables to room temperature for 20-30 minutes, then place in pre-heated 350 oven for 15-20 minutes.

Nutrient Name	Nutrient Value	Unit	Daily Value %
Calories	180		
Total Fat	14	g	22%
Saturated Fat	2	g	10%
Trans Fat	0 *	g	
Cholesterol	0	mg	0%
Sodium	620	mg	26%
Carbohydrates	14	g	5%
Dietary Fiber	3	g	12%
Sugars	3	g	
Protein	2	g	
Vitamin A		IU	70%
Vitamin C		mg	60%
Calcium		mg	4%
Iron		mg	8%

* indicates one or more ingredients in your recipe has an unavailable nutrient value.

Baked Apple Cranberry Tart

Server 8

Ingredients

- 1 unbaked pie shell
- 4 medium apples, cored, peeled and sliced
- ¼ sugar
- 1 Tbsp lemon peel, grated
- 2 Tbsp lemon juice
- ¼ cup dried cranberries (or fresh in season is good too)
- Vanilla ice cream or whipped cream - optional

Crumble top:

- ½ cup unsalted butter, melted
- 2 Tbsp. raw sugar
- ¼ cup whole wheat flour
- 2 tsp vanilla

Directions

1. Pre-heat oven to 375
2. Mix apples, sugar, lemon peel, lemon juice and cranberries in a medium bowl. Set aside.
3. Mix butter, sugar, flour and vanilla in a small bowl. Set aside
4. Place apple mixture in pie shell
5. Crumble sugar flour mixture evenly over top.
6. Place pie dish on baking sheet
7. Bake for 50-60 minutes
8. Remove from oven and let cool 20 minutes before slicing.
9. Serve with ice cream or whipped cream.

Nutrient Name	Nutrient Value	Unit	Daily Value %
Calories	320		
Total Fat	20	g	31%
Saturated Fat	9	g	45%
Trans Fat	0 *	g	
Cholesterol	30	mg	10%
Sodium	130	mg	5%
Carbohydrates	34	g	11%
Dietary Fiber	3	g	12%
Sugars	16	g	
Protein	2	g	
Vitamin A		IU	8%
Vitamin C		mg	10%
Calcium		mg	2%
Iron		mg	6%

* indicates one or more ingredients in your recipe has an unavailable nutrient value

Basic Mashed Potatoes

Server 8

Ingredients

- 4 russet potatoes (3 lbs potatoes)
- 1 tsp each salt
- ½ tsp pepper
- 1 cup plain non-fat yogurt
- 2 Tbsp unsalted butter

Directions

1. Wash and peel potatoes
2. Cut potatoes into 1-inch sliced circles
3. Bring 5 quart pot of water to boil on high
4. Add potato slices, reduce heat to medium high
5. Boil 10 minutes or until tender
6. Drain potatoes in a strainer
7. Place potatoes in a large bowl
8. Use a potato masher
9. Add salt, pepper, and yogurt – whip on medium with an electric hand mixer
10. When potatoes are light and fluffy, place in a serving bowl and serve immediately