

# The History of 9 Thanksgiving Favorites

While we typically think of Thanksgiving as a uniquely American experience, the foods we've come to know and love have roots around the world. Read on to find out the history of some of these dishes, and follow the links to find associated recipes in the Food Tapestry™ at [ourrecipeforunity.org](http://ourrecipeforunity.org).

## Cornbread

Cornbread is the result of fusion between European bread-making techniques and Native American ingredients. Settlers adapted their recipes to include cornmeal, which Native Americans had been using for thousands of years.

[bit.ly/2L2DW6m](http://bit.ly/2L2DW6m)



## Pumpkin Pie

Pumpkins are native to the United States; however, the emblematic pie we know and love is the result of this squash being exported to France, then brought to England, where it was transformed into pie filling.

[bit.ly/34vhU3K](http://bit.ly/34vhU3K)

## Potatoes Gratin

This treatment of potatoes, also called "scalloped potatoes," finds its way to many Thanksgiving tables and has its origin in France.

[bit.ly/33mEvOx](http://bit.ly/33mEvOx)

## Mac and Cheese

Historical sources indicate that mac and cheese was invented in 13th century Italy.

[bit.ly/2QYRvqX](http://bit.ly/2QYRvqX)



## Sweet Potatoes

Sweet potatoes were first domesticated in Central or South America at least 5,000 years ago.

[bit.ly/2rvuUrD](http://bit.ly/2rvuUrD)



## Turkey

While the turkey itself is native to North America, the signature flavors we associate with the roasted bird -- such as thyme, rosemary, and sage -- are unanimously Mediterranean in nature.

[bit.ly/33rFA7P](http://bit.ly/33rFA7P)



## Green beans

Green beans originate in Peru and were brought to South and Central America by way of migrating natives.

[bit.ly/2Opuk7v](http://bit.ly/2Opuk7v)



## Mashed Potatoes

The current form of mashed potatoes is English, but the first records of cooked and smashed potatoes comes from ancient Peru.

[bit.ly/2OVUmyC](http://bit.ly/2OVUmyC)



## Cauliflower

This often-roasted vegetable was first cultivated in the Mediterranean, possibly in the first century CE.

[bit.ly/2OpD5hU](http://bit.ly/2OpD5hU)

