

Holiday Recipes

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Spiced Sweet Potatoes

- 2 large Red Garnet sweet potatoes
- 1 teaspoon cumin
- 1 teaspoon ground cinnamon
- 1 teaspoon ground coriander
- 1/8 teaspoon ground cloves
- 1/8 teaspoon cayenne pepper
- 1/8 teaspoon black pepper
- 1/4 cup low sodium vegetable broth

Peel and slice the sweet potatoes. Mix spices with potatoes. Pour broth over potatoes. Cook covered at 425 degrees for about 45 minutes, until soft.

Pumpkin Pie with Date Crust

Crust:

- 1 pound walnuts
- 1 pound medjool dates, pitted
- 1 teaspoon orange flower water

Filling:

- 1 can pumpkin purée
- 1 can white beans including their water
- 1/2 cup almond milk
- 1/3 cup ground flaxseed
- 1/3 cup applesauce (no added sugar)
- 1/3 cup erythritol (fermented sugar)
- 10 medjool dates, pitted
- 1/2 teaspoon cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground nutmeg
- 1/8 teaspoon ground cloves
- 1/8 teaspoon salt

Make the crust: combine walnuts, dates, and orange flower water in food processor or high powered blender. Process into a thick paste. Press the date-nut mixture into the bottom of a 12 inch pie pan. Bake in a 450 degree oven for 10 minutes. Let cool.

Combine pumpkin, beans and their water, almond milk, flaxseed, applesauce, erythritol, 10 dates, cinnamon, ginger, nutmeg, cloves, and salt in a food processor or high powered blender. Process until smooth. Pour into baked crust. Bake in 350 degree oven, covered with foil, for 25 minutes or until set.

No-Crust Pumpkin Pie

- 1 1/2 cups soy creamer or silken soft lite tofu
- 2 cups pumpkin pureé
- 2 tablespoons arrowroot or cornstarch
- 1 teaspoon almond extract
- 1/2 cup whole grain flour
- 2 teaspoons baking powder
- 2 teaspoons egg replacer
- 1/4 cup erythritol
- 1/4 cup maple syrup
- 1/4 teaspoon salt
- 1 teaspoon cinnamon
- 1 teaspoon ground ginger
- 1/8 teaspoon ground cloves

Combine all ingredients and place in pie pan. Bake at 350 degrees for one hour or until set.

Mushroom Gravy

- 1 package dried morel mushrooms
- 2 cups low salt vegetable broth
- 1 tablespoon flour, corn starch, or arrowroot
- Fresh rosemary, sage, and thyme
- Optional 1/4 cup of sherry wine, madeira, or marsala

Place the dried mushrooms in a coffee filter in a large bowl. Tie the herbs together with kitchen string, or put them in another coffee filter and tie with string or a rubber band. In a small saucepan, heat the vegetable broth with herbs to boiling. Pour 1/2 cup of the hot vegetable broth over dried mushrooms and let sit for 10 minutes. Squeeze the mushrooms, collecting the liquid in the bowl. Discard the mushrooms.

Whisk 1/4 cup of broth with the flour in a small bowl until smooth. Whisk this slurry into the mushroom broth. Add to the hot broth in the saucepan. [Stir in the optional wine.] Heat on low, whisking. Remove the herbs.

Mashed Potatoes and Celery Root

- 1 celery root (also called celeriac)
- 2 russet potatoes
- 1 clove garlic
- 1/2 cup low sodium vegetable broth
- 1 tablespoon prepared horseradish (not mixed with cream)
- 2 tablespoons Dijon mustard
- 1 teaspoon celery seed
- 1/8 teaspoon salt
- 1/8 teaspoon pepper

At 425 degrees, roast the celery root, potatoes, and garlic in foil for one hour or until soft. Remove skins when cooled.

Rice the roasted vegetables through a ricer or food mill.

Mix in the vegetable broth, horseradish, mustard, celery seed, salt, and pepper.

Butternut Squash Soup

- 1 butternut squash
- 1 onion, chopped
- 1 carrot, chopped
- 1 Granny Smith apple, chopped
- 4 cups low salt vegetable broth
- 1 can diced tomatoes
- 2 tablespoons sherry cooking wine
- 2 teaspoons dried thyme
- 1/3 cup light unsweetened soy milk

Cut the butternut squash in half lengthwise and remove the seeds. Place the halves flesh-side down in a glass baking dish. Roast at 450 degrees for about 45 minutes, until you can easily slide a knife into the squash. Sauté onion, carrot, and apple in broth in a large saucepan. Scoop the cooked butternut squash into the pan.

Add the tomatoes, broth, sherry, and thyme. Bring to a boil and simmer for 30 minutes. Working in batches, puree the soup in a blender until smooth. Return to the sauce pan. Stir in the soy milk. Serve with sprigs of fresh thyme.

