



*A Healthy and Delicious Guide to Gluten-Free Low-Sugar  
Appetizers, Sides, Entrées  
& Desserts For The Holidays*

*KS Institute for Health & Wellness*

*[www.FeelWellAgain.com](http://www.FeelWellAgain.com)*

# Golden Cornbread and Sausage Stuffing



## Stuffing Ingredients

- 6 tablespoons unsalted butter
- 1 pound bulk pork sausage or ground sausage
- 2 onions – chopped fine
- 2 celery ribs – chopped fine
- 2 table spoons sage
- 2 table spoons thyme (or herbs de province mix)
- 2 garlic cloves minced
- 3 cups chicken broth
- 1 cup half & half
- 1 teaspoon pepper
- 2 tablespoons cornstarch

## Cornbread Ingredients

- 2 cups cornmeal
- 1 cup tapioca or gluten free flour mix
- 1 tablespoon baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- 4 large eggs
- 1 cup whole milk
- 3 tablespoons unsalted butter – melted

**1. For the Cornbread:** Adjust oven rack to middle position and heat oven to 350 degrees. Line rimmed baking sheet with parchment paper and spray with vegetable oil or olive oil. Whisk cornmeal, tapioca flour, baking powder, baking soda, and salt together in large bowl. In separate bowl, whisk together eggs and milk, then whisk into flour mixture until combined. Stir in melted butter.

**2.** Spread batter evenly into prepared pan. Bake until top is deep golden brown and edges have pulled away from sides of pan, about 20 minutes, rotating sheet halfway through baking. Let cool 10 minutes then flip out onto wire rack and let cool to room temperature. Cut cornbread into ½ inch pieces. Increase oven temperature to 400 degrees.

**3. For the Stuffing:** Spray 13 by 9 inch baking dish with olive oil spray. Melt butter in large saucepan over medium-high heat. Add sausage and cook, breaking meat into small pieces until sausage loses its raw color, about 5 minutes. Transfer sausage to very large bowl, leaving fat in pan.

**4.** Add onions and celery to fat in saucepan. Cook over medium-high heat until softened, about 8 minutes. Stir in sage, thyme, garlic and cook until fragrant, about 30 seconds. Whisk in 2 ½ cups broth, half & half, and pepper, and bring to simmer. Whisk together remaining ½ cup broth and cornstarch in bowl and slowly whisk into simmering mixture. Simmer until slightly thickened, about 10 minutes.

**5.** Add cornbread to bowl with sausage (but don't mix it in). Pour broth mixture over cornbread and stir gently to combine, being careful not to break cornbread into smaller pieces. Cover with plastic wrap and let set, stirring occasionally, until all liquid is absorbed, about 15 minutes. Transfer mixture to prepared baking dish. Bake until top is golden brown, about 40 minutes. Let stuffing cool 10 minutes before serving. (Stuffing can be cooled and refrigerated for up to 1 day. Reheat, covered in foil, in 400 degree oven.)

# Best Sweet Potato Casserole

**Prep Time** 10 mins **Cook Time** 35 mins **Total Time** 45 mins

Servings: 10 Calories: 419 kcal



- 4 cups cooked and pureed sweet potatoes
- 1/3 cup coconut sugar
- 1/2 cup grass-fed butter softened (or ghee)
- 2 eggs
- 1 tsp vanilla
- 1/2 tsp cinnamon
- 1/4 tsp salt
- For the topping
- 1 cup coconut sugar
- 3 Tbsp grass-fed butter or ghee
- 1/2 cup almond flour
- 1/2 cup gluten free oats or substitute with chopped nuts
- 1 cup chopped pecans
- 1/2 tsp cinnamon

## Instructions

1. Scrub and rinse the sweet potatoes. Slice them in about 1 inch slices; this will make them softer quicker as they cook. Place them in a large pot with water and boil them until soft.
2. Preheat oven to 350 F.
3. Remove from heat and rinse potatoes with cold water. Carefully peel the sweet potatoes under cold water. Move them to a large bowl and mash them with a potato masher. Add 1/3 cup coconut sugar, 1/2 cup softened butter, 2 eggs, 1 tsp vanilla, 1/2 tsp cinnamon and 1/4 tsp salt. Mix the ingredients and put sweet potato mixture in a greased baking dish.
4. In a mixing bowl, combine 1 cup coconut sugar, 3 Tbsp butter, 1/2 cup almond flour, 1/2 cup gluten free oats, 1 cup chopped pecans, 1/2 tsp cinnamon.
5. Using your hands blend topping ingredients until well blended and crumbly. Spread topping mixture over sweet potato casserole. If you wish, you can also add some coarsely chopped pecans on top. It's optional and just makes the pecan topping more crumbly.
6. Bake at 350 F for about 35 - 40 minutes.
7. If making this ahead, cover with foil and refrigerate until Thanksgiving Day. Then before serving, uncover the casserole and place in the oven before turning on the oven. Warm up the casserole in the oven for about 10 minutes at 300 F, or until casserole is warm.

## Recipe Notes

\*Topping is enough to cover sweet potato casserole made in a 9 " x 13 " baking dish. If using a taller and narrower baking dish, halve the ingredients for the topping.

# Healthier Version Green Bean Casserole



Prep time 50 mins, Cook time 1 hour, Serves 8

## Ingredients

- 2 1/2 pound green beans
- 2-3 tablespoons extra-virgin olive oil
- 1 medium onion, thinly sliced
- 3 tablespoons all-purpose gluten-free flour
- 3/4 teaspoon salt
- 1/4 teaspoon white or black pepper
- 2 1/2 cups low-fat milk
- 1 1/2 cups fresh gluten-free breadcrumbs
- 1/2 cup shredded or crumbled cheese

## Preparation

1. Position racks in upper and lower third of oven; preheat to 425°F.
  2. Take the green beans trim and cut into 1- to 2-inch pieces (about 8 cups). Toss green beans in a large bowl with 1 tablespoon oil until well coated. Divide between 2 baking sheets and spread in an even layer. Roast, stirring once and rotating the pans top to bottom about halfway through, until tender and beginning to brown, 20 to 25 minutes.
  3. Meanwhile, heat 1 tablespoon oil in a large saucepan over medium heat. Add onion and cook, stirring frequently, until very soft and golden brown, 5 to 8 minutes. Add flour, salt and pepper; cook, stirring, for 1 minute more. Add milk and continue to stir, scraping up any browned bits. Cook, stirring, until the sauce bubbles and thickens enough to coat the back of a spoon, about 4 minutes. Remove from the heat. (See Tips)
  4. When the green beans are done, remove from the oven. Preheat the broiler.
  5. Transfer half the green beans to a 2-quart, broiler-safe baking dish. Spread half the sauce over the green beans. Add the remaining green beans. Top with remaining sauce.
  6. Combine breadcrumbs and the remaining 1 tablespoon oil in a small bowl. Sprinkle the breadcrumb mixture and cheese over the gratin. Place under the broiler and broil, watching closely, until the gratin is bubbling and beginning to brown on top, 1 to 5 minutes, depending on your broiler. Let stand for 10 minutes before serving.
- **Make Ahead Tip:** Roast green beans (Step 2) up to 30 minutes ahead. Prepare the sauce (Step 3), cover and refrigerate for up to 1 day; gently reheat until steaming before combining with the green beans. To add extra flavor to the cream sauce, at the end of Step 3 stir in 1 tablespoon chopped fresh herbs, such as thyme, sage or parsley. Or make it cheesy by stirring in 1/2 cup shredded or crumbled cheese, such as Gruyère, Swiss, Cheddar or blue cheese.

# Delicious Reduced Sugar Cranberry Sauce



Prep time 15 mins, Cook time 15 mins, Total time 30 mins, Serves: 8

Most homemade cranberry sauce recipes call for a lot of sugar... enough to call cranberry sauce a dessert and not a side dish. For those who haven't tried them, plain cranberries are very tart, so to reduce the sugar and still have an enjoyable sauce unrefined natural sweeteners (honey) and delicious fruits filled in the gaps.

This recipe still has more natural sugars than we normally eat, but is a much healthier option to the ones that actually contain refined sugar and is a delicious treat for Thanksgiving dinner.

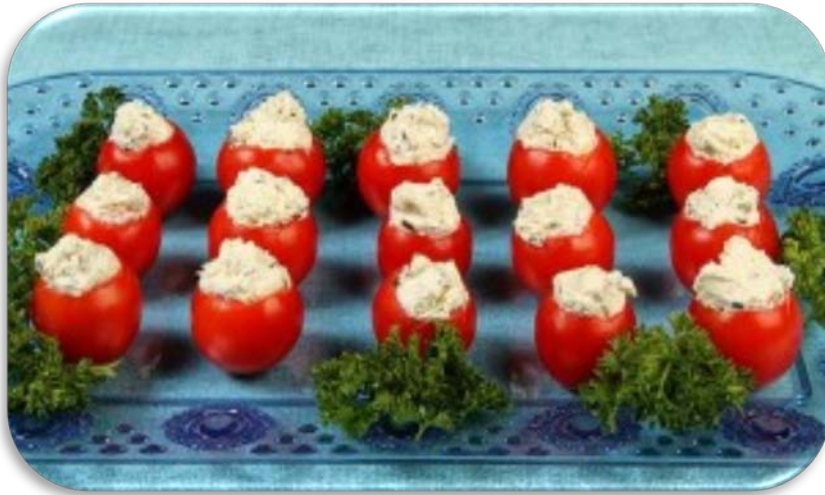
## Ingredients

- 2 bags of fresh cranberries (they are usually 12 ounce bags, so about 24 ounces)
- $\frac{3}{4}$  cup pineapple juice or orange juice (I recommend pineapple!)
- $\frac{1}{2}$  cup of applesauce (no sugar added)
- $\frac{1}{2}$  cup of water
- juice and zest of one orange
- 3-4 Tablespoons of honey or to taste (optional)

## Instructions

1. Put cranberries, pineapple juice, applesauce and water in a sauce pan and bring to a boil.
2. Keep on medium heat, stirring constantly until the cranberries start to explode (about 10-15 minutes).
3. Reduce to a simmer and pour the juice and zest over the cranberry mixture.
4. Simmer 10-15 minutes and remove from heat.
5. Cool completely and store in fridge at least 4 hours but preferably overnight before serving.
6. NOTE: This is not as sweet as store versions! Taste at the end of cooking. It is naturally sweet from the fruit juice and applesauce but you can add more honey to taste if needed.

# Low-Carb Gluten-Free Stuffed Cherry Tomatoes Recipe



## Ingredients

- 4-5 cherry tomatoes per person
- 1 4-ounce tub cream cheese with chives
- small lettuce leaves like butter lettuce

## Instructions

1. Take the tub of cream cheese out of the refrigerator to soften.
2. Remove the stems from the tomatoes and core them with a small paring knife or an apple corer. Set the cherry tomatoes upside down on paper towels to drain for 10 to 15 minutes.
3. Using a table knife or a small spoon, stuff the cored tomatoes with the cream cheese.
4. Place the tomatoes on a plate, cover them with plastic wrap, and put them in the refrigerator until it is time to serve them.
5. To serve, place 4 or 5 tomatoes on a small lettuce leaf on a salad plate.
6. Serves as many as you make tomatoes for.

# Spicy Turkey Breast and Vegetables



Prep time 20 mins, Cook time 20 minutes, Serves 2

**Marinate 1 large turkey breast** in a mixture of hot sauce and apple cider vinegar.

## **Season with mixture of:**

- ¼ tsp garlic
- ¼ tsp black pepper
- ¼ tsp sea salt
- Optional-add your favorite spice

Let sit for 15-30 minutes, longer it sits the more flavor will soak into meat.

Cook meat on BBQ grill or Foreman grill on medium heat for approx. 12-20 min (or until cooked thoroughly-thicker cuts take longer) Cooking meat slowly helps prevent burning and drying out.

## **Cut up fresh veggies:**

- 1 Broccoli crown
- 1 cup green beans
- 1/2 cup peas or snow peas
- 1 red and 1 yellow pepper
- Carrots (you can use frozen but fresh veggies cook better and stay crisper).

Sauté vegetables in apple cider vinegar or balsamic vinegar and season to taste with rosemary, basil, seas salt, and pepper or Herbes De Provence (mix of rosemary, thyme, marjoram, and savory). You can add Bragg's Amino Acid sauce to add a salty soy taste without all the salt. Cook mixture in sauté pan for approx. 3-5min or till veggies are cooked but still crisp.

Place vegetables on plate then place turkey breast over top of the vegetable medley and serve.

# Herbed Wild Rice & Quinoa Stuffing



**Prep:** 20 minutes **Cook:** 1 hour 10 minutes **Total:** 1 hour 30 minutes

Specked with fresh herbs, apples, cranberries, and pecans, everyone will love this flavor-filled stuffing – and nobody will guess it's little secret: it's vegetarian, vegan, *and* gluten-free! Plus, the addition of protein-rich quinoa gives this hearty stuffing main-dish cred – perfect for those that prefer to skip the turkey.

## Ingredients:

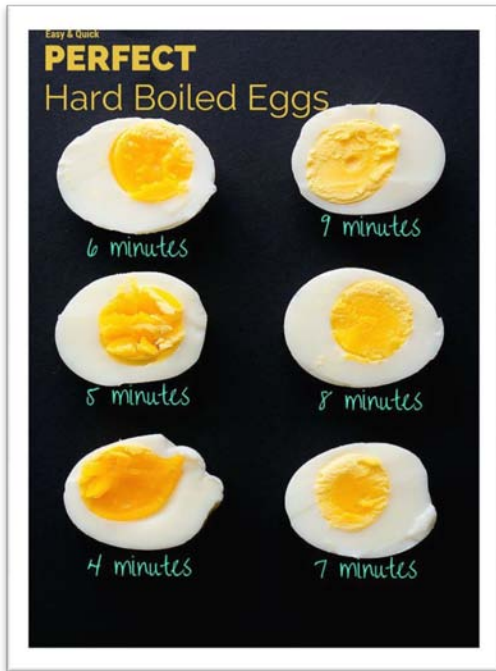
- 2 tablespoons olive oil + more for greasing the baking dish + more for drizzling over the top
- 1 large yellow onion, finely chopped
- 2 stalks celery, chopped (about 1/2 cup)
- 2 medium Granny Smith apples, peeled and diced
- 2 medium cloves garlic, peeled and finely minced
- 2 tablespoons fresh thyme leaves, minced
- 1 teaspoon kosher salt + more to taste
- 1/2 cup dry-ish white wine
- 4 cups low-sodium vegetable broth
- 2 cups uncooked wild rice blend (I prefer a blend of 50% wild rice and 50% brown rice)
- 1 cup uncooked quinoa, rinsed well
- 1 1/2 cups dried cranberries
- 1 cup raw pecans, chopped
- 1/2 cup chopped fresh Italian parsley + 1/4 cup more for topping after baking
- 1/4 cup fresh sage leaves, minced

## Directions:

1. Place a large pot over medium heat. Add the oil. When hot, add the onions and celery and cook, stirring occasionally, until soft, about 5 minutes. Add the apples, garlic, thyme, and salt. Cook, stirring frequently, for one more minute. Stir in wine, then add broth. Bring to a boil. Stir in the wild rice blend and reduce the heat to medium-low. Simmer, covered, until the rice is tender, about 35 minutes. Stir in the quinoa and cover again. Cook until the quinoa is tender, about 15 more minutes. Stir in the cranberries, pecans, 1/2 cup parsley, and sage. Taste and add additional salt if desired. Remove from heat.
2. Preheat oven to 350 degrees Fahrenheit. Rub a large (9-inch x 13-inch is best) casserole dish with a little olive oil. Lightly scoop the rice mixture into the casserole dish, lightly mounding it instead of mashing it down.
3. Bake until golden brown, 25-30 minutes. Drizzle with a little more olive oil and sprinkle with remaining chopped parsley. Serve



# Make Perfect Hard Boiled Eggs



## Ingredients

6 large eggs, cold from the fridge, cold water, ice

## Instructions

Place eggs in a large saucepan. Cover them with cool water by 1 inch. Cover pan with a lid and bring water to a rolling boil over high heat; when the water has reached a boil, set the timer for the desired time. Boil **for 6 – 7** minutes for perfect hard boiled eggs.

## How Long Does It Take to Boil an Egg

- **For soft-boiled eggs:** 4 minutes
- **For slightly soft-boiled eggs:** 5 minutes
- **For custardy yet firm soft-boiled eggs:** 6 minutes
- **For creamy hard-boiled eggs:** 7 minutes
- **For firm yet still creamy hard-boiled eggs:** 8 minutes
- **For very firm hard boiled eggs:** 9 minutes

# Classic Deviled Eggs



**Prep Time** 13 mins **Cook Time** 7 mins **Total Time** 20 mins  
**Servings:** 12 **Calories:** 98 kcal each

- 6 eggs
- 1/2 cup mayonnaise
- 2 tsp mustard
- salt and pepper
- paprika
- fresh herbs, for garnish

## Instructions

1. Place eggs in a large saucepan. Cover them with cool water by 1 inch. Cover pan with a lid and bring water to a rolling boil over high heat; when the water has reached a boil, set the timer for 7 minutes. After 7 minutes remove from the pot using a slotted spoon and place them in ice cold water to cool down.
2. Peel the eggs and slice them in half, from top to bottom.
3. Remove the yolks using a teaspoon, and mash them with a fork. Add the mayonnaise, mustard, season with salt and pepper. Mix well until mixture is smooth.
4. Transfer the filling to a piping bag or plastic bag, and pipe the filling in the egg whites. Sprinkle on top with paprika & fresh herbs.

# Sally's Healthy Recipes (courtesy of Sally Kerr)



## Sally's Healthy Waldorf Salad



### INGREDIENTS:

- 1 large organic apple, chopped
- Juice of ½ lemon (squeezed over chopped apples)
- 1 cup organic celery, chopped
- 1 cup red grapes, sliced in half
- ½ cup chopped walnuts
- ½-1 cup plain Greek yogurt

**DIRECTIONS:** Mix all, refrigerate and enjoy!

## Sally's Yeast Free Pumpkin Chili

### • INGREDIENTS:

- 2 tsp virgin coconut oil
- 1 ½ cups red and green bell peppers, chopped
- 1 onion, chopped
- 1 ½ lbs ground turkey
- 1 (15 oz) can pumpkin puree
- 1 (15.5 oz) can black beans
- 2 cups tomato sauce
- 1 pack of Williams Original Chili Seasoning (or 4 tbsp chili powder + 1 clove garlic, minced)
- 1 tsp cayenne pepper and salt to taste



**DIRECTIONS:** Heat coconut oil in a large saucepan over medium heat. Sauté onions and bell peppers until tender. Stir in ground turkey and cook until evenly browned. Drain, then mix in pumpkin, beans, tomato sauce, chili seasoning, cayenne and salt. Reduce heat and simmer for 30 minutes. Enjoy!



## Sally's Purple Smoothie

The amounts listed will make one medium size smoothie or 2 small size smoothies.

- ¼ cup Frozen Organic Blueberries (all of the organic berries can be found at HEB or Kroger)
- ½ cup Mixed Berries (can also substitute strawberries or raspberries)
- ½ Banana (fresh or frozen)
- ¼ cup Unsweetened Greek Yogurt (can be omitted if dairy sensitive)
- ½ cup Frozen Leaf Spinach or GIANT handful of fresh spinach
- Stevia to taste
- 1 scoop Juice Plus Vanilla Complete

Combine all ingredients in a blender. Add unsweetened almond, cashew or coconut milk to blend to desired consistency. If you desire a frostier smoothie, add a couple of ice cubes and blend.

## Homemade Spicy Pepper Salsa (dressing or topping)



- 1 poblano pepper
- 1 Serrano pepper
- 2 jalapeno peppers
- 1 green onions
- 5 tomatoes
- 1 tsp black pepper
- 1 tsp salt
- 1 tsp garlic salt
- tsp garlic powder
- small lime(peeled)
- ½ red bell pepper
- 1 tbsp apple cider vinegar

Add all of the above to food processor, blend and taste. Season to taste or if too much pepper taste add another tomato blend and repeat until you reach desired taste.

# Homemade Cranberry or Strawberry Balsamic Vinaigrette

(For marinade or salad dressing)



## For Cranberry:

- 15 dried cranberries
- ¼ cup cranberry juice

## For Strawberry:

- 8to10 fresh strawberries
- ¼ cup lemon juice

## *Then Add:*

- 1 cup balsamic vinegar
- ¼ tsp basil
- ¼ red bell pepper
- ¼ tsp oregano
- ½ tsp garlic salt
- ½ tsp garlic powder
- 1 green onion
- 1 tbsp Herbs De Provence (mix of rosemary, thyme, marjoram, and savory)

Add all of the above to food processor/blender. Blend and taste. May need additional season to taste and repeat blending until desired taste is reached.

Add to shaker bottle and shake well before serving.

# SOUTHWEST QUINOA POWER BOWL

## WITH HONEY LIME DRESSING

Preparation 5 mins Cook Time 20 mins Total Time 0:25 Serves ~2 bowls



### INGREDIENTS

- 1/2 cup quinoa
- 1/4 tsp adobo seasoning (or a southwest flavor seasoning)
- 1/4 tsp salt
- 2 tsp olive oil
- 1 medium sweet potato, chopped
- 1/4 cup onion, chopped
- 1/2 cup canned black beans, rinsed
- 1 medium red bell pepper, sliced
- 1 medium avocado, sliced
- cilantro for garnish

### HONEY LIME DRESSING

- 2 TBS canned coconut milk\*
- 1 TBS water
- 1 tsp olive oil
- juice of 1 lime, about 3 TBS
- 1 TBS raw honey
- 1/8 tsp salt, or more to taste

### INSTRUCTIONS

**COOK QUINOA:** Rinse quinoa in fine mesh strainer and place in small pot of water with 1½ cups of water. Allow pot to come to a boil, add in your seasoning and simmer for about 15 minutes, until quinoa is tender and water has mostly gone.

1. **COOK SWEET POTATOES:** While the quinoa is cooking, cook your chopped sweet potato and onion in medium pan with olive oil. Add salt and pepper, or more seasoning if you wish. Cook on medium heat until tender, about 10-15 minutes.
2. **MAKE DRESSING:** In a medium bowl whisk together all ingredients
3. **ASSEMBLE BOWLS:** Distribute quinoa, potatoes and onions, black beans, bell pepper, and sliced avocado in bowls. Dress with honey lime dressing and garnish with cilantro if you wish, enjoy!

### RECIPE NOTES

\*can sub plain Greek yogurt for coconut milk if not dairy-free

Feel free to double ingredients for full-sized family meal!

# Salted Nutella Peanut Butter Cookie

Prep Time 10 minutes    Cooking Time 15 minutes    Serving 15 medium cookies or 30 small cookies



## Ingredients:

- 1 cup peanut butter
- 2 eggs
- ½ stick unsalted butter
- ½ gluten free flour
- 1 teaspoon coconut oil
- ½ teaspoon baking soda
- 2 tablespoons stevia
- 1 teaspoon vanilla
- ½ teaspoon sea salt

## Nutella Topping Ingredients:

- ½ teaspoon nutella per cookie
- 1 pinch of coarse sea salt per cookie

## Instructions:

1. Preheat the oven to 350 degrees F
2. Mix the peanut butter, coconut oil and eggs,
3. Mix in stevia, vanilla and soften butter to the peanut butter mix
4. Then sift in flour, baking soda and salt
5. When the mixture is well combined, cover bowl with plastic wrap and chill for 30 min.
6. Spoon 1-inch mounds onto a non-stick cookie sheet
7. Take a fork and press the down on the top of the dough to make an indentation
8. Bake for 8-10 minutes
9. Let cookies cool for 20 minutes
10. Spread ½ teaspoon on top of each cookie
11. Put one pinch of coarse sea salt on top of nutella on each cookie

# Gluten-Free YUMMY Pumpkin Pie



## Pumpkin Filling

- 1 can (15oz) pure pumpkin
- 1 teaspoon pumpkin pie spice
- 1/3 cup organic sugar
- 1/2 teaspoon sea salt
- 2 eggs, beaten
- 1 cup whole milk
- Pinch of cinnamon or nutmeg

## Gluten-Free Pie Crust

- 2 cups blanched almond flour
- 1 egg
- 3 Tablespoons grass-fed butter, melted
- 1/4 teaspoon sea salt
- 1/2 teaspoon vanilla extract
- 1 teaspoon honey

## Instructions

1. Preheat oven to 425° F
2. Place blanched almond flour, and salt into food processor.
3. Add melted butter, egg and pulse until mixture forms a ball.
4. Press dough into a 9-inch pie pan
5. In a large mixing bowl add pumpkin, pumpkin pie spice, sugar, sea salt and mix together.
6. In a small bowl add eggs; beat with whisk for 1 minute. Add eggs to pumpkin mixture.
7. Slowly stir in milk until fully incorporated.
8. Pour pumpkin mixture into pie crust.
9. Place pie into oven, place pan under pie to catch drippings.
10. Bake for 15 minutes, turn oven temperature down to 350° F and continue baking 40-50 minutes or until knife comes out clean.