

A Delicious Thanksgiving Menu with Fall's Best Ingredients

Creamy Cauliflower Soup

Not only this soup is easy to put together, but the whole family will enjoy it. The fall season is perfect to make a large batch of this soup and enjoy this meal for the next few days.

Serves 4 | Prep. time 15 minutes | Cooking time 30 minutes

Ingredients

- 1 large head of cauliflower, washed and diced into florets
- 3 tablespoons olive oil
- 1 tablespoon unsalted butter
- 1 yellow onion, finely diced
- 2 cloves garlic, minced
- Kosher salt and freshly ground pepper, to taste
- 4 cups low-sodium vegetable broth
- 1 tablespoon lemon juice
- Pinch of nutmeg
- Chopped flat-leaf parsley, for garnish

Directions

1. Melt the butter and heat the olive oil in a nonstick pot over medium heat.
2. Add the onion stir and cook for about 2 minutes.
3. Stir in the minced garlic and cauliflower florets and cook for 5-7 more minutes.
4. Season with salt and pepper to taste, lemon juice, and nutmeg.
5. Add the vegetable broth and cook for about 20 minutes.
6. Using an immersion blender or regular blender, blend until creamy soup.
7. Divide into bowls with the chopped parsley on top.

Nutrition (per serving)

Calories 185, fat 14 g, carbs 7 g, sugar 3 g, Protein 6 g, sodium 806 mg

Fall Harvest Roasted Turkey

Infuse your turkey with a delicious aroma, fall fruits, veggies, and aromatic herbs with this unforgettable recipe.

Serves 6 | Prep. time 20 minutes | Cooking time 1 hour, 30 minutes

Ingredients

- 8 pounds whole turkey
- 3 red apples, diced into quarters
- 1 yellow onion, diced
- 3 fresh sage leaves
- 4 tablespoons unsalted butter
- 2 tablespoons lemon juice
- 1 teaspoon dried oregano
- 1 cup low-sodium chicken broth
- ¼ cup dried cranberries

For the rub

- 2 teaspoons dried rosemary
- 2 teaspoons dried thyme
- 2 teaspoons fresh sage, chopped
- 2 teaspoons paprika
- 2 teaspoons Dijon mustard
- 3 cloves garlic, minced
- Kosher salt and freshly ground black pepper, to taste
- ¼ cup olive oil

For the glaze

- 2 tablespoons honey
- 2 tablespoons apple cider vinegar

Directions

1. Preheat the oven to 350°F (177°C).
2. To make the rub, in a small mixing bowl, mix the rosemary, thyme, sage, paprika, mustard, garlic, salt and pepper, and olive oil. Mix until well-combined and set aside.
3. Pat dry the turkey with a paper towel and season with salt and pepper on the inside part of the turkey. Squeeze the lemon juice evenly inside the turkey as well.
4. In a roasting pan, arrange the apples, onion, and cranberries. Season with salt and pepper, butter, and oregano.
5. Using your hands, coat the whole turkey with the rub under and on top of the skin until you've used the whole rub.
6. Pour the chicken broth over the turkey and cover the whole pan with a piece of aluminum foil.
7. Bake the turkey covered with aluminum foil for about 1 hour.
8. Remove the foil and cook for at least 20-25 minutes until the liquid in the pan has almost evaporated. Then, just 5-10 minutes before you remove the turkey from the oven, brush the top with the glaze to get a shiny crust.
9. Remove the turkey from the oven and let it rest for at least 20 minutes before serving.

Nutrition (per serving)

Calories 876, fat 27 g, carbs 51 g, sugar 40 g, Protein 105 g, sodium 6325 mg

Quick and Easy Apple Pork Chops

These pork chops are lightly simmered in apple cider with apples and onions to infuse them with a ton of flavor.

Serves 4 | Prep. time 10 minutes | Cooking time 20 minutes

Ingredients

- 4 boneless pork chops
- 1 teaspoon smoked paprika
- Kosher salt and freshly ground black pepper, to taste
- 2 tablespoons olive oil
- 1 red apple, cored and thinly sliced
- 1 yellow onion, diced
- 2 cloves garlic, minced
- 2 teaspoons fresh rosemary, chopped
- 2 teaspoons fresh thyme leaves, chopped
- 1 cup apple cider

Directions

1. Season the pork chops with salt and pepper.
2. Heat the olive oil in a large nonstick skillet or frying pan over medium heat. Cook the pork chops for about 3 minutes on each side.
3. Transfer the pork chops to a plate and cover with aluminum foil so all the juices will stay in the pork.
4. To the same skillet, add the apple, onion, and garlic. Cook for about 5-8 minutes or until everything is tender and softened.
5. Season with thyme, rosemary, and more salt and pepper. Stir in the apple cider, and return the pork chops to the pan along with any juices.
6. Simmer on low for about 10 minutes or until the cider is almost evaporated.
7. Serve warm.

Nutrition (per serving)

Calories 319, fat 11 g, carbs 19 g, sugar 13 g, Protein 34 g, sodium 77 mg

Roasted Salmon with Butternut Squash

Fall season is here, and naturally, you want to celebrate it with one of its most iconic vegetables—squash! Make this simple salmon bake with squash cubes and a drizzle of pesto sauce on top. It will bring out all the flavors and you will enjoy every bite of it.

Serves 4 | Prep. time 20 minutes | Cooking time 20 minutes

Ingredients

- 2 pounds butternut squash, cut into small cubes
- ½ cup olive oil
- 3 tablespoons flat-leaf parsley, chopped finely
- ½ cup slivered almonds
- 1 clove garlic, minced
- 2 pounds skinless salmon fillets
- Kosher salt and freshly ground black pepper, to taste

Directions

1. Preheat the oven to 400°F (204°C). Place the cubed squash on a baking sheet lined with parchment paper.
2. Arrange the salmon over the baking sheet and season with salt and pepper to taste. Drizzle the olive oil and sprinkle with minced garlic on top.
3. Bake for about 20 minutes.
4. Sprinkle the salmon with the slivered almonds right before removing them from the oven.
5. Serve warm.

Nutrition (per serving)

Calories 645, fat 39 g, carbs 33 g, sugar 6 g, Protein 47 g, sodium 163 mg

Corn Casserole Skillet

Using fresh corn on the cob in this casserole will make all the difference. It can be served as a vegetarian meal or a side dish.

Serves 2–4 | Prep. time 10 minutes | Cooking time 35–40 minutes

Ingredients

- ¼ cup unsalted butter
- 1 large onion, diced
- 1 bell pepper, trimmed and diced
- 2 tablespoons sugar
- 2 tablespoons fresh sage, finely chopped
- 2 tablespoons fresh rosemary, finely chopped
- ½ tablespoon kosher salt
- 1 teaspoon sweet paprika
- A dash cayenne or to taste
- Red pepper flakes, to taste
- 3 cups fresh corn kernels
- ½ cup cornmeal
- 3 large eggs
- 1 ¼ cups
- ¼ cup heavy cream
- 1 cup finely shredded cheddar cheese
- 2 tablespoons Parmesan, grated

Directions

1. Preheat oven to 350°F (177°C). Place rack at lower middle.
2. In a large cast iron skillet, melt butter over medium-low heat.
3. Add next 8 ingredients (through red pepper flakes, if using) and sauté until onions begin to brown, about 10-12 minutes.
4. Add corn and cook, with constant stirring, until almost all liquid has evaporated, about 8-10 minutes.
5. Stir in cornmeal and remove from heat.
6. In a bowl, whisk together eggs, milk, and cream. Stir into corn mixture.
7. Sprinkle with cheese.
8. Bake until set, about 15–20 minutes.
9. Switch on broiler.
10. Broil until lightly browned on surface, about 1–2 minutes.
11. Let set for about 3 minutes before serving.

Nutrition facts per serving

Calories 393, fat 20 g, carbs 42 g, sugar 18 g, Protein 14 g, sodium 399 mg

Easy Green Bean Casserole

Forget about the tired, mushy green bean casserole made with canned everything. This recipe uses fresh green beans and a made-from-scratch cream sauce, and it's super easy to toss together.

Serves 6 | Prep. time 10 minutes | Cooking time 30 minutes

Ingredients

- 1 pound fresh green beans, trimmed and cooked to just slightly tender
- 2 tablespoons butter
- 2 cups white mushrooms, quartered
- 1 tablespoon minced garlic
- 3 tablespoons flour
- 1 cup chicken broth
- 1 cup heavy cream
- Salt and pepper to taste
- 1 cup crispy fried onions

Directions

1. Preheat the oven to 400°F (204°C) and lightly oil a 2-quart baking dish.
2. Melt the butter in a skillet over medium heat.
3. Sauté the mushrooms for 5 minutes.
4. Stir in the garlic.
5. Sprinkle in the flour and toss to coat. Continue cooking for 3 minutes.
6. Slowly add the chicken broth, breaking up any clumps of flour as you go.
7. Add the heavy cream and stir until the sauce thickens and begins to bubble.
8. Season with salt and pepper as desired.
9. Add the green beans to the sauce mixture.
10. Transfer the mixture to the baking dish and sprinkle evenly with the crispy fried onions.
11. Bake for 20 minutes or until golden brown and bubbly.

Nutrition (per serving)

Calories 242, fat 11 g, carbs 16 g, sugar 2 g, Protein 4 g, sodium 238 mg

Apple Caramel Pie

This special-occasion dessert is perfect for the holidays. This pie is easy to put together, and has the right amount of fall spices, with a buttery crust that melts in your mouth.

Serves 8 | Prep. time 20 minutes | Cooking time 65 minutes

For the pie crust

- 2½ cups all-purpose flour
- Pinch of kosher salt
- 1 cup unsalted butter, cold and diced
- 6 tablespoons ice-cold water
- 1 large egg yolk

For the filling

- 6 large apples, peeled and diced
- ¼ cup light brown sugar
- ¼ cup cornstarch
- 1 teaspoon ground cinnamon
- ½ cup caramel sauce
- Pinch of kosher salt
- 1 tablespoon heavy cream, for brushing the pie crust

Directions

1. Preheat oven to 350°F (177°C).
2. To make the pie crust, in a large mixing bowl, add the flour, salt, and butter. Using your fingers, rub the butter into the mixture until a sand-like consistency form.
3. Stir in the egg yolk and cold water. Mix until you've formed a smooth dough.
4. Cut ⅔ of the dough and spread it into a well-greased pie baking dish, pressing it into the bottom and sides of the dish.
5. Prebake the pie crust for about 10 minutes. After it's done baking, keep the oven preheated at the same temperature.
6. To make the filling, in another large mixing bowl, combine the apple slices, light brown sugar, caramel sauce, cornstarch, ground cinnamon, and salt
7. Transfer the filling to the prebaked crust.
8. Roll out the remaining ⅓ of the dough to the same size as the top of your baking dish. Cover the filling with the rolled dough and seal the edges with the help of a fork.
9. Brush the whole pie surface with the heavy cream and poke the middle of the surface so the steam can escape.
10. Bake for about 45-55 minutes or until golden-brown.
11. Let it cool completely before serving.

Nutrition (per serving)

Calories 531, fat 25 g, carbs 74 g, sugar 22 g, Protein 5 g, sodium 260 mg

Pumpkin Pie

The ultimate pie dessert you can enjoy during fall season, whether is just an ordinary day or a Thanksgiving feast.

Serves 8 | Prep. time 10 minutes | Cooking time 1 hour

Ingredients

- 9-inch plain pastry pie shell
- 2 eggs, lightly beaten
- 2 cups pumpkin purée
- $\frac{3}{4}$ cup sugar
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon cinnamon
- $\frac{1}{2}$ teaspoon ground ginger
- $\frac{1}{4}$ teaspoon ground cloves
- 1 (12 ounce) can evaporated milk

Directions

1. Preheat the oven to 425°F (218°C).
2. In a mixing bowl, combine all the ingredients together.
3. Pour the mixture into a pie shell.
4. Bake for 15 minutes and then reduce the oven temperature to 350°F (177°C).
5. Continue baking until a knife inserted in the center of the filling comes out clean (about 45 minutes).
6. Let the pie cool before serving.

Nutrition (per serving)

Calories 446, fat 16 g, carbs 66 g, sugar 28 g, Protein 10 g, sugar 52 g

***These recipes and more are found in Louise Davidson's cookbooks, *Harvest Cooking: Easy Family-Friendly Fall Dinner Recipes* and *Fall Desserts: Easy Family-Friendly Fall Dessert Recipes*. To get your copy, click on the covers below or click [here](#) and [here](#).

