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Introduction

The idea for this cookbook came about while we were preparing for the launch of Modern Alternative Kitchen. Kate Tietje (www.modernalternativemama.com) suggested that I write an ebook about real food, and I immediately knew that I wanted to write a cookbook for real foodies to eat through the holiday season.

While many consider the holiday season to be a prime opportunity to overindulge guilt-free, the sad fact is that those with food allergies, food sensitivities, or concerns about diet cannot partake in that part of the “festivities.” Most of them will find themselves in the sad predicament of having to cook “non-holiday” food during the holidays.

If this is you, take heart! This book will show you how to cook real food for the holidays: food that is savory, nutritious, and absolutely 100% traditional holiday fare. Real foodies want to build new holiday traditions for their families, and we’re excited to be able to help!

When I began writing this cookbook, I began noticing that I was sensitive to gluten, but had not completely eliminated wheat. By the time the cookbook was finished, I had been diagnosed with “severe gluten intolerance,” and can no longer consume gluten of any kind. I tried to make as many of the recipes gluten-free as I possibly could. Many of the recipes that are in this book are free of gluten, dairy, fish, and/or nuts. Each recipe is marked with icons to indicate whether each recipe is dairy-free, gluten-free, fish-free, or nut-free. All of the recipes included are free of soy.

Good luck, and remember, have fun! Experimenting and discovering new foods is an exciting and rewarding process, one that will set a new course not just for this holiday season but all those to come as well!



Spinach Artichoke Dip

Gluten-Free, Nut-Free, Fish-Free

Spinach-artichoke dips are one of most favorite foods. This dip is great served with fresh veggies or sourdough crackers, or even as a sandwich spread or burger topping!

Ingredients:

2 garlic cloves, finely minced

1 T. butter

1 10 oz. box of frozen spinach, defrosted and squeezed dry

8 oz. cream cheese

1 tsp. salt

½ tsp. black pepper

1-2 T. cream (optional)

1 14 oz. can of artichokes hearts, drained and cut into bite-sized pieces

¼ c. shredded raw Parmesan cheese

¼ tsp. of nutmeg

¼ tsp. crushed red pepper

Directions:

In a skillet over low-medium heat, add butter and garlic. Sauté for 1 minute, add spinach and sauté for 1-2 minutes. Add 8 oz. of cream cheese, stirring constantly. As it heats up, the cream cheese will melt and blend with the spinach mixture. Once all of the cream cheese has melted, add salt and pepper, cream (if using), and artichoke hearts. Combine and heat through, then add the Parmesan cheese and nutmeg. Stir, then serve immediately.



Makes: 6 appetizer servings

Serving Suggestion: Serve with fresh vegetables such as carrot sticks, radishes, cucumbers, and celery or sourdough crackers.



Sweet Potato Casserole

Gluten-Free, Fish-Free

This is a family favorite at my Grandma's on Easter. We all campaign for it at Thanksgiving as well, but thus far we have not been successful in swaying her. I made over the original recipe to make it gluten-free and perfect for your Thanksgiving crowd.

Ingredients:

3 c. cooked, mashed organic sweet potatoes (approx. 3-4 medium)
6 T. melted butter or coconut oil
2 eggs, beaten
1/3 c. milk
1/2 c. Sucanat
1/4 c. oat flour
2 T. melted butter
1/2 c. chopped pecans

Directions:

Preheat oven to 350 degrees. In a bowl, combine first four ingredients and spoon into a buttered 13x9 baking dish. Mix remaining ingredients, sprinkle on top of sweet potato mixture. Bake uncovered for 25 minutes, serve warm.

Makes 10 – 12 servings.

Serving Suggestion: This would go beautifully paired with Roasted Turkey.

