

## Blistered Green Beans with Coconut, Sesame & Scallion Oil



**Makes 4 servings**

**Total time: 20 minutes**

### Ingredients

2 scallions, sliced  
1 tablespoon minced fresh ginger  
5 tablespoons grapeseed oil  
1 pound green beans, trimmed  
½ teaspoon salt  
½ teaspoon ground pepper  
3 tablespoons toasted unsweetened coconut flakes  
1 teaspoon black sesame seeds

### Preparation

Combine scallions and ginger in a small heatproof bowl. Heat oil in a large skillet over medium-high heat until shimmering. Carefully spoon 3 tablespoons of the oil into the bowl. Add beans to the remaining oil in the pan and cook, without stirring, until starting to blister, about 2 minutes. Season with salt and pepper; continue to cook, stirring occasionally, until the beans are tender, about 5 minutes more. Serve topped with the scallion-ginger oil, coconut and sesame seeds.

By <http://www.eatingwell.com/recipe/260925/blistered-green-beans-with-coconut-sesame-scallion-oil/>

## Spatchcock Turkey with Sage and Thyme



**Makes 12 servings**

**Total time: 2 hours 10 minutes**

### Ingredients

3 tablespoons extra-virgin olive oil  
2 tablespoons chopped fresh thyme  
1 tablespoon chopped fresh sage  
1½ teaspoons salt  
1 teaspoon ground pepper  
1 12-pound turkey, giblets removed  
2 lemons, sliced

### Preparation

Preheat oven to 450°F.

Combine oil, thyme, sage, salt and pepper in a small bowl. Trim any excess fat from the turkey. Using heavy-duty kitchen shears or poultry shears, cut the turkey down one side of the backbone, through the ribs. Make an identical cut on the opposite side to remove the backbone completely; discard. Place the turkey cut-side down and flatten with the heel of your hand (you'll have to press hard!). Splay the thighs outward and tuck the wings under. Loosen the skin over the breasts and thighs; rub the herb mixture under the skin.

Make a layer of lemon slices about the size of the turkey in a large roasting pan. Set the turkey on the lemons.

Roast the turkey until an instant-read thermometer inserted into the thickest part of the breast registers 165°F, 1½ to 1¾ hours. Remove from the oven and let rest for 20 minutes before carving.

By <http://www.eatingwell.com/recipe/260836/spatchcock-turkey-with-sage-thyme/print/>

## White Bean Pumpkin Hummus



**Makes 7 servings**

**Total time: 10 minutes**

### Ingredients

- 1 15-ounce can white beans
- 2/3 cup pureed (unsweetened) pumpkin (fresh roasted or canned // if using canned, we prefer Libby's brand for a deep orange color and rich flavor)
- 2 Tbsp lemon juice
- 2 Tbsp *tahini*
- 1/2 tsp sea salt (plus more to taste)
- 1/2 tsp ground cumin
- 1/2 tsp smoked paprika
- 1 Pinch nutmeg
- 1 Pinch cinnamon
- 1 Pinch cayenne pepper (*optional*)

### Sage & Garlic

- 1-2 Tbsp olive oil
- 2 cloves garlic, minced
- 3 Tbsp chopped fresh sage

### Preparation

Rinse and drain white beans in a fine mesh strainer. Then add to a food processor or blender along with pumpkin, lemon juice, tahini, sea salt, cumin, smoked paprika, nutmeg, cinnamon, and cayenne (optional). Purée until creamy and smooth, scraping down sides as needed.

Heat oil in a small skillet or saucepan over medium heat. Add garlic and sage and sauté for a few minutes to brown slightly (this allows the flavor to deepen). Then add both to food processor and pulse to incorporate (you can reserve some for garnish if desired).

Taste and adjust seasonings as needed, adding more salt for saltiness, lemon for acidity, cinnamon for warmth, cumin or paprika for smokiness, tahini for nuttiness, olive oil (or water) for creaminess, or cayenne for heat.

Serve immediately with pita chips and vegetables of choice (see notes for pita chips). Alternatively, refrigerate until chilled - about 3-4 hours - for a thicker, creamier dip. Store leftovers covered in the refrigerator up to 5-7 days.

By <https://minimalistbaker.com/white-bean-pumpkin-hummus/>

## Maple Ginger Apple Pie



**Makes 10 servings**

**Total time: 40 minutes**

### Ingredients

---

#### *Butter Pastry Dough*

2¼ cups all-purpose flour (use white wheat for healthier option)

¾ teaspoon salt

12 tablespoons cold unsalted butter (1½ sticks), cut into chunks

4-5 tablespoons ice water

#### *Filling*

8 cups peeled and thinly sliced apples (6-8 apples), a mix of sweet and tart, such as Cortland and/or McIntosh

¼ cup all-purpose flour (use white wheat for healthier option)

¼ cup pure maple syrup

Finely grated zest of 1 lemon

2 teaspoons ground cinnamon

1 teaspoon grated fresh ginger

½ teaspoon salt

1 large egg, beaten

### Preparation

To prepare crust: Mix flour and salt in a large bowl or food processor. Work butter into the flour mixture using a pastry blender or two knives or by pulsing in the food processor until it's pebble-sized. Add ice water, 1 tablespoon at a time, until the dough is evenly moist (but not wet) and is just starting to clump together, being careful not to overmix. Divide dough into 2 pieces and pat each into a 5-inch disk. Wrap

with plastic and refrigerate for at least 1 hour and up to 2 days. Remove from the refrigerator about 15 minutes before rolling out.

To prepare filling & bake pie: Preheat oven to 400°F.

Roll one portion of dough between sheets of parchment paper into a 12-inch circle. Peel off the top sheet and invert the dough into a 9-inch pie pan (not deep-dish). Remove the second sheet.

Toss apples in a large bowl with flour, maple syrup, lemon zest, cinnamon, ginger and salt until evenly coated. Spoon the apple mixture into the crust. Roll the second portion of dough between the sheets of parchment into a 13-inch circle. Peel off the top sheet and invert the dough onto the fruit. Peel off the remaining sheet. Tuck the top crust under the bottom crust, sealing the two together. Flute the edge of the crust with your fingers or crimp with a fork. Brush the crust with egg, cut several slits in the top and sprinkle with sugar (if using).

Place the pie on a baking sheet to catch any drips. Bake for 20 minutes.

Reduce oven temperature to 325 degrees . Continue baking until the crust is golden and the filling is bubbling, 50 minutes to 1 hour more.

Let cool completely on a wire rack before serving. Serve with whipped cream, if desired.

---

Make Ahead Tip: Prepare pastry dough (Step 1) and refrigerate for up to 2 days. Loosely cover pie and store at room temperature for up to 1 day.

By <http://www.eatingwell.com/recipe/251064/maple-ginger-apple-pie/>