



HEALTHIER
Holiday Eats



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Rosemary Roasted Turkey

Ingredients

- 2 tbsp Extra Virgin Olive Oil
- 2 tbsp fresh Rosemary, roughly chopped
- 7 lb Turkey Breast
- 2 tsp Salt and Pepper, to taste

Directions

1. Preheat oven to 325°F.
2. Drizzle olive oil over turkey breast, brush to coat.
3. Separate rosemary from stems, roughly chop and sprinkle liberally on turkey.
4. Add salt and cracked pepper to taste.
5. Place turkey in shallow roasting pan.
6. Cook turkey approximately 25 minutes per pound (turkey is done when a meat thermometer inserted into the breast reads 170°F).
7. Periodically baste turkey with juices in the pan, especially toward the end of the cooking.
8. Let rest for 10 minutes, carve, and serve.



Wild Turkey Breast with Bacon

Ingredients

12 oz bacon, diced into 1/4-inch pieces
Cajun poultry seasoning, as needed
4 tbsp pasture butter
1 1/2 cups chopped onion

1 (2 lb) boneless turkey breast, cut into 1-inch chunks
4 tbsp coconut oil
1 tbsp coconut aminos (optional)

Directions

1. In a large cast iron skillet add bacon and top with Cajun seasoning. Fry until crisp.
2. Drain, discard grease and set aside.
3. Add 1 tbsp of butter and chopped onion to the skillet.
4. Saute' onion until tender. Then remove onion and set aside.
5. In a bowl, combine the turkey breast, 2 tbsp coconut oil, coconut aminos and seasoning.
6. In the skillet, heat remaining butter and coconut oil until sizzling.
7. Add turkey, cooked bacon, and onion.
8. Cook on medium-high until turkey is brown and tender (around 15 minutes).



Ham w/ Candied Orange Glaze

Ingredients

One 7 to 10 pound bone-in ham.

1/2 cup apple cider (plus more for bottom of roasting pan).

10 oz jar Polaner Orange All Fruit with Fiber (sweetened only with fruit juice).

1/2 cup bourbon

1/4 cup unsulphured molasses

1/4 cup pure maple syrup

1 tbsp apple cider vinegar

1/4 tsp ground cloves

1/2 tsp crushed red pepper flakes

Directions

1. Boil apple cider and bourbon in a small saucepan until reduced by half. Stir in Orange All Fruit, molasses, maple syrup, cider vinegar, cloves, and red pepper flakes. Simmer for 5 minutes, stirring frequently. Set aside.

2. Preheat oven to 325°F. Prepare a roasting pan by lining with foil, or use a disposable aluminum roasting pan for easy clean-up. Place a rack on the bottom of the pan.

3. Remove any hard rind and excess fat from ham, if present. Score the ham all over in a crosshatch diamond pattern to create nooks for the glaze to seep in. Place the ham on the roasting rack, fatty side up.

4. Roast the ham at 325°F for 30 minutes.

5. Remove ham from oven and increase oven temperature to 400°F. Liberally brush glaze all over the ham.

6. Pour enough apple cider in the bottom of the pan to cover the pan – it's okay if it touches the bottom of the ham. This will prevent you from smelling burnt sugar for the next 45 minutes and it will help keep the ham moist.



Ham w/ Candied Orange Glaze

Directions

7. Return the ham to the oven and bake, basting and adding more glaze every 10-15 minutes until the ham is hot throughout and caramelized on the outside (about 45 minutes to an hour).

8. Remove ham from oven, tent with foil, and let rest for 15 to 30 minutes. Transfer to a cutting board and start slicing! Enjoy!



Roast Rib of Beef

Ingredients

2.7 kg 3-bone fore rib of beef, French trimmed – ask your butcher
2 sprigs fresh rosemary
6 sage leaves
4 shallots
5 cloves garlic
200 ml red wine
2 tbsp olive oil
Sea salt
Black pepper

Directions

1. Pre-heat oven to 425-450°F
2. Rinse the joint and pat dry with kitchen paper. Rinse the rosemary and sage. Peel and quarter the shallots. Peel (2) cloves of garlic and leave the rest unpeeled.
3. Place the rib of beef in a heavy bottomed roasting tin. Add the unpeeled garlic cloves, shallots and bruised sage leaves. Make some slits in the meat and insert the peeled garlic cloves and rosemary. Pour the olive oil over the meat.
4. Put the tin in the hot oven and seal the meat for 20 minutes, turning the joint on its sides a couple of times.
5. Remove the roasting tin from the oven and pour over the wine. Return to the oven and leave it for a couple of minutes. Turn the oven temperature down to 325-350°F and continue roasting for 30 minutes per kilo if you like your beef rare or 40 minutes per kilo for medium rare.
6. Remove the beef from the roasting tin and transfer to a carving board. Cover with kitchen foil and leave to rest in a warm place for at least 20 minutes before carving.



Roast Rib of Beef

Directions

7. Meanwhile, strain the roasting juices through a sieve. Season with a little salt and a generous grinding of black pepper and keep warm.

8. Arrange the carved beef on a warm serving dish, drizzle with the roasting juices and serve immediately.



Cranberry-Glazed Quail

For the Quail:

- | | |
|---|----------------------------------|
| 6 semi-boneless quails. | 2 tbsp (30 mL) butter. |
| 2 lemons, zested. | 2 tbsp (30 mL) blackberry honey. |
| 1 tbsp (15 mL) extra-virgin olive oil. | 2 sprigs fresh thyme. |
| 1 tsp (5 mL) black peppercorns, ground. | Salt, to taste. |

Directions

1. Lay quails flat onto cutting board, skin side down. Drizzle with olive oil, then rub in lemon zest and pepper.
2. In a thick-bottom pan at medium to low heat, add a small amount of oil, then place the quails skin side down. Sauté until skin becomes crispy (about 7 minutes).
3. Once crisped, add butter, honey, and thyme.
4. Flip quails over and baste for 45 seconds.
5. Serve.



Cranberry-Glazed Quail

For the fennel salad

2 bulbs fennel, shaved finely on mandoline slicer	1 tsp (5 mL) sea salt
2 shallots, minced	2 lemons, juiced
1 clove garlic, mashed	1 tbsp (15 mL) extra-virgin olive oil
1 tsp (5 mL) fennel seed, toasted and ground	1 tsp (5 mL) chili flakes

Directions

1. Combine all ingredients in a salad bowl. Toss together until well mixed.
2. Wait 5 minutes before you serve to allow fennel to wilt slightly.

For the cranberry and chestnut marmalade:

1 cup (250 mL) fresh cranberries	1 cup (250 mL) sugar
2 cups (500 mL) cranberry cocktail	1 cup (250 mL) canned unsweetened chestnuts, roughly chopped
1 orange, zest and juice separated	2 cups (500 mL) dried cranberries
1 cup (250 mL) white wine vinegar	

Directions

1. In a large-mouth pot add fresh cranberries, cranberry cocktail, orange juice, vinegar, and sugar. Reduce by two-thirds or until thin syrup consistency.
2. Add the rest of the ingredients and mix together.
3. Serve warm or cold.

Stuffing

Ingredients

3 tbsp olive oil
2 cups onion, finely chopped
2 cups celery, finely chopped
1/4 cup garlic, minced
1 Loaf gluten-free white sandwich bread, cut into large cubes (about 14 slices)

1 2/3 cup chicken broth (not reduced sodium)
4 tps fresh parsley, minced + additional for garnish
1 tsp poultry seasoning
1/2 tsp sage powder
Pepper

Directions

1. Preheat your oven to 350°F and spray a casserole dish with cooking spray. Set aside.
2. Heat the olive oil in a large pan over medium/high heat. Add in the chopped onion, celery and garlic and cook, stirring frequently, until golden brown and soft, about 8-10 minutes
3. Place the cut bread cubes into a large mixing bowl, and add in the cooked onion mixture. Toss to mix well and evenly coat the bread in the onion mixture.
4. Pour the chicken broth over the cubes and gently mix until they're evenly moistened.
5. Add in the fresh parsley, poultry seasoning, sage powder and a few pinches of pepper and gently toss to mix the spices evenly among the bread cubes. Transfer to the prepared casserole dish.
6. Bake until the top of the stuffing is lightly crisp and golden brown, about 50-60 minutes.
7. Garnish with additional fresh parsley, if desired and DEVOUR!



Park & Veggie Stuffing

Ingredients

1 lb ground pork	2 tbsp sage, fresh, minced
1 onion, chopped	1 pinch salt
1 large green bell pepper, chopped	1 pinch pepper
2 cups button mushrooms, chopped	2 tsp fennel seed
1 cup celery, chopped	2 tsp anise seed
5 cloves garlic, minced	2 tsp paprika
2 tbsp rosemary, fresh, minced	1/2 tsp cayenne pepper
2 tbsp ground thyme, minced	1 tsp organic coconut oil, refined

Directions

**Note: Adjust stuffing measurements accordingly depending on amount of people being served. This stuffing filled a 16 lb turkey, as well as a 5 qt braising pan.

1. Heat coconut oil in a large skillet on medium heat.
2. Place bell pepper, mushrooms, and celery into skillet and saute'.
3. In a large mixing bowl, combine ground pork, onion, garlic, rosemary, thyme, sage, fennel seeds, anise, paprika, cayenne, salt, and pepper.
4. Add ground pork mixture to skillet, and cook until pork is browned slightly.
5. Remove from heat, and discard any liquid in the pan.



Gravy

Ingredients

2 tbsp grass fed butter	1 1/4 cups chicken broth
1 onion, chopped	1/2 tsp garlic powder
1/4 tsp pepper, black	1 tbsp full-fat coconut milk
1 1/2 tbsp all natural arrowroot starch	1 pinch salt, to taste
6 tbsp blanched almond flour	

Directions

1. To a sauce pan add the butter, onions and pepper. Cook over medium low heat for 20 minutes or so until caramelized (a beautiful golden brown color and cooked through).
2. Add the starch and almond flour. Stir for 1 minute and then add the remaining ingredients.
3. Stir and gently boil until thick. If you want your gravy thicker feel free to add an additional 2-3 tpb of almond flour
4. Salt to taste. At this point I like to put the gravy in the food processor -- should be totally consistent. Gravy will thicken as it cools



Green Bean Casserole w/ Madeira Mushrooms

Ingredients

- 1 1/2 pounds green beans, trimmed and halved cross-wise
- 2 tbsp olive oil
- 3 cups chopped sweet onion
- 1 tsp chopped fresh thyme
- 8 oz shiitake mushrooms, stemmed and sliced
- 1 (8 oz) package pre-sliced button mushrooms
- 1/3 cup Madeira wine or dry sherry
- 1/4 tsp salt
- 1/4 tsp freshly ground black pepper
- 3 tbsp all-purpose flour
- 1 cup fat-free, lower-sodium chicken broth
- 1 cup (about 2 oz) canned fried onions (such as French's)
- 1/2 cup (2 oz) grated fresh Parmigiano-Reggiano cheese

Directions

1. Preheat oven to 425°F.
2. Place beans into a large saucepan of boiling water; cook 4 minutes. Drain and rinse with cold water; drain well. Place beans in a large bowl; set aside.
3. Heat a large skillet over medium-high heat. Add oil to pan; swirl to coat.
4. Add onion and thyme to pan; sauté 4 minutes or until onion is tender, stirring occasionally.
5. Add mushrooms; sauté 10 minutes or until liquid almost evaporates, stirring frequently.
6. Stir in wine, salt, and pepper; cook 2 minutes or until liquid almost evaporates.
7. Stir in flour; cook 1 minute, stirring constantly.



Green Bean Casserole w/ Madeira Mushrooms

Directions

8. Gradually stir in chicken broth; bring to a boil. Cook 1 minute or until thick, stirring constantly.
9. Add mushroom mixture to green beans; toss well. Place green bean mixture in a 2-quart glass or ceramic baking dish.
10. Combine fried onions and grated cheese in a small bowl. Top green bean mixture evenly with fried onion mixture.
11. Bake at 425°F for 17 minutes or until top is lightly browned.

Vanilla Bean Sweet Potato Casserole

For the sweet potatoes:

4 1/2 pounds sweet potatoes, scrubbed (about 4-5 very large sweet potatoes)
1 cup unsweetened vanilla almond milk
2 vanilla beans (or 2 tbsp vanilla bean paste)
2 tbsp virgin coconut oil, melted
3/4 tsp ground cinnamon
3/4 tsp kosher salt
1/2 tsp freshly grated nutmeg
1/4 tsp white pepper

For the pecan oat topping:

1 1/3 cups old fashioned rolled oats (gluten free if necessary)
1 cup roughly chopped pecans (untoasted)
1/2 cup almond meal**
1/4 tsp ground cinnamon
1/4 tsp kosher salt
5 tbsp melted coconut oil
1 tbsp pure maple syrup

Directions

1. Preheat the oven to 375°F.
2. Lightly grease a 9x13-inch casserole dish or other 3 quart casserole dish and set aside.
3. Prick the sweet potatoes all over with a fork, then place them on a baking sheet lined with foil or a silpat mat. Bake until the potatoes are fork tender, about 1 hour or so, depending upon the size of your potatoes.
4. Remove from the oven and let sit until cool enough to handle, about 5 minutes. Peel and discard the skins (they should come off easily with your fingers), break the potatoes in large chunks with a fork, then place the chunks into the bowl of a standing mixer fitted with the paddle attachment or a large mixing bowl.



Vanilla Bean Sweet Potato Casserole

Directions

5. While the potatoes bake, pour the almond milk in a small saucepan. Split the vanilla beans, scrape the seeds into the pan, then add the empty pods to the pan too. Bring to a very gentle simmer over medium heat for 5 minutes, stirring occasionally. Do not let the almond milk boil. Remove from heat and let the vanilla steep while the potatoes continue baking.
6. Remove the vanilla bean pods from the saucepan, then pour the almond milk and vanilla bean specs into the bowl with the sweet potato chunks. Add the melted coconut oil, cinnamon, salt, nutmeg, and white pepper.
7. Mash the potatoes together with the milk and spices (or beat gently with a mixer or your paddle attachment or run through a food mill) until fairly smooth with some texture remaining. Taste and add additional salt/pepper as desired. Transfer to the prepared baking dish. With the back of a rubber spatula, press and smooth into a single layer.
8. In a separate bowl, combine the topping ingredients: oats, pecans, almond meal, cinnamon, salt, coconut oil, and maple syrup until moist and evenly mixed. Sprinkle over the sweet potatoes.
9. Bake until the topping is toasted and fragrant and casserole is warmed through, about 20 minutes. Serve warm.

Garlic Mashed Potatoes

Ingredients

2lbs potatoes
4 garlic cloves, whole, peeled
1 1/2 tsp butter or 1 1/2tsp olive oil
1/4 tsp dried sage

2lbs potatoes
4 garlic cloves, whole, peeled
1 1/2 tsp butter or 1 1/2tsp olive oil
1/4 tsp dried sage

Directions

1. Peel potatoes and cut in half. Place in large stovetop pot with 4 whole garlic cloves. Cover with cold water and bring to a boil. Reduce heat to a gentle boil and cook until potatoes are tender.
2. When potatoes are tender, drain and mash along with garlic cloves using a potato masher or electric beaters.
3. Stir butter or olive oil, sage, salt, pepper and sour cream or buttermilk into the remaining potatoes and return to low heat, stirring until warm.



Garlic & Herb Mashed Cauliflower

Ingredients

1 head of cauliflower, washed, and cut into florets
1 vidalia onion, chopped
3 cloves of garlic, minced
1 tbsp fresh thyme, chopped

1 tbsp fresh rosemary, chopped
2 tbsp kerrygold unsalted butter
Salt and pepper to taste

Directions

1. Place cauliflower in a steamer basket in a large soup pot, season with salt and pepper, and steam until soft (about 10-12 minutes, test with a fork).
2. Heat 1 tbsp of kerrygold butter in a non-stick frying pan on medium heat.
3. Saute' onion, garlic, and herbs until onion is translucent. Season with salt and pepper to taste. Set aside.
4. Place steamed cauliflower into a high speed blender or food processor. Add the sauteed onion, garlic, and herbs, along with the second tbsp of butter. Process until smooth.
5. Garnish with a sprig of rosemary, or a sprinkling of fresh ground pepper.



Roasted Vegetable Antipasto

Ingredients

12 medium brussels sprouts
4 tsp extra-virgin olive oil plus 2 tbsp, divided
1 large fennel bulb, halved, cored and cut into 1/4-inch wedges
12 very small, thin carrots (8 oz)

1 large beet, preferably golden, sliced into 1/4-inch rounds
1 tsp kosher salt, divided
1 large clove garlic, minced
2 tbsp lemon juice
1 tsp capers, chopped
1 anchovy fillet, minced (optional)

Directions

1. Position racks in upper and lower thirds of oven; preheat to 425°F.
2. Trim and halve Brussels sprouts; toss with 1 tsp oil in a medium bowl. Spread in a single layer on half of a large baking sheet. Toss fennel in the bowl with another 1 tsp oil; spread on the other half of the pan. Toss carrots in the bowl with another 1 tsp oil and spread on half of a second baking sheet. Toss beet slices with another 1 tsp oil; spread on the other half of the pan. Sprinkle the vegetables with 1/2 tsp salt.
3. Roast the vegetables, stirring once halfway through and rotating the baking sheets top to bottom and front to back, until soft and beginning to caramelize, 25 to 30 minutes. Arrange on a serving platter.
4. Meanwhile, mash garlic and the remaining 1/2 tsp salt in a small bowl with the back of a spoon until a paste forms. Add lemon juice, capers and anchovy (if using). Whisk in the remaining 2 tbsp oil; drizzle over the vegetables.



Brussel Sprouts w/Bacon

Ingredients

2 1/2 pounds Brussels sprouts, trimmed
4 slices bacon, cut into 1-inch pieces
1 tbsp extra-virgin olive oil
1 large onion, diced

4 sprigs thyme or savory, plus 2 tsp leaves, divided
1 tsp salt
Freshly ground pepper to taste
2 tsp lemon juice (optional)

Directions

1. Bring a large pot of water to a boil. If sprouts are very small, cut in half; otherwise. Cook the sprouts until barely tender, 3 to 5 minutes. Drain.
2. Meanwhile, cook bacon in a large heavy skillet over medium heat, stirring, until brown but not crisp, 3 to 6 minutes. Remove with a slotted spoon to drain on a paper towel. Pour out all but about 1 tbsp bacon fat from the pan.
3. Add oil to the pan and heat over medium heat. Add onion and cook, stirring often, until soft but not browned, reducing the heat if necessary, about 4 minutes. Stir in thyme (or savory) sprigs, salt and pepper.
4. Increase heat to medium-high, add the Brussels sprouts, and cook, tossing or stirring occasionally, until tender and warmed through, about 3 minutes. Remove the herb sprigs. Add the bacon, thyme (or savory) leaves and lemon juice, if using, and toss.

NOTE:

Make Ahead Tip: Prepare through Step 1, rinse with cold water; store airtight in the refrigerator for up to 1 day. Finish with Steps 2-3, 15 to 20 minutes before serving.



Roasted Winter Squash

Ingredients

2 spaghetti squash - whole, halved
2 tbsp extra-virgin olive oil
2 garlic clove, halved
1 tbsp basil, fresh, chopped
1 pinch sea salt
1 pinch Black Pepper

Directions

1. Preheat oven to 375°F.
2. With a spoon, scoop out squash seeds and stringy interior and discard. Drizzle both halves with olive oil and rub with garlic halves. Sprinkle with salt, pepper, and basil.
3. Place squash halves cut-side down on a large, lightly oiled, rimmed baking sheet, tucking garlic underneath. Roast for about 45 minutes or until fork-tender.
4. Allow the squash to cool for a few minutes, then, using a fork, scrape out the strands.



Creamy Parmesan Spinach & Mushrooms

Ingredients

1 pound cremini mushrooms, trimmed and sliced	8 oz creme fraiche
2 tbsp butter	2/3 cup shredded parmesan cheese
1 pound fresh spinach	1 tbsp butter
2 green onions, trimmed and chopped	1 tbsp olive oil
1/4 tsp white pepper	1 cup thinly sliced shallots
1/4 tsp salt	

Directions

1. Preheat the oven to 350°F. Lightly grease a 2-or-3-quart baking dish.
2. In a large pot with a lid, cook the mushrooms in the 2 tbsp of butter until the mushrooms are soft. Use a slotted spoon to transfer the cooked mushrooms to the prepared baking dish.
3. Using the same pot, cook the spinach over medium-high heat in batches, and cover while each batch wilts, adding more as space allows. When all of the spinach has been wilted, place it in a food processor along with the green onions, white pepper, salt, creme fraiche, and parmesan cheese. You can do this in batches if your food processor is small. Blend until smooth, and then transfer the mixture into the baking dish with the mushrooms. Stir to blend in the mushrooms.
4. Bake the spinach mixture for 20 minutes, or until bubbly around the edges. While it is baking, prepare the shallots. Heat the tbsp of butter and the olive oil in a large skillet over medium-high heat. Add the shallots and cook, stirring occasionally, until they begin to turn golden brown and some of them look crispy. Top the spinach casserole with the shallots and serve.



Naturally Sweetened Cranberry Sauce

Ingredients

One 12 oz bag of fresh cranberries
½ cup honey or maple syrup
½ cup water

Zest of 1 medium orange, preferably organic
(about 1 tsp)
Optional add-ins: ½ tsp ground cinnamon and/or ¼ cup
fresh orange juice

Directions

1. First, rinse the cranberries well and drain off excess water. Pick through the cranberries and discard any squishy ones.
2. In a medium saucepan, combine the cranberries, honey and water. Bring the mixture to a boil over medium-high heat, then reduce heat to medium-low and cook, stirring occasionally, until the cranberries have popped and the mixture has thickened to your liking, about 5 to 10 minutes.
3. Remove the pot from heat and stir in the orange zest. If you'd like to add cinnamon or orange juice, add it now. Taste and, if the mixture is too tart (keeping in mind that cranberry sauce is supposed to be a little tart!), add more orange juice, honey or maple syrup to taste.

NOTES:

1. **PREPARE IN ADVANCE/STORAGE SUGGESTIONS:** You could definitely make this sauce the day before. It keeps well, refrigerated, for up to a few weeks! I like to swirl leftover sauce into yogurt with granola or oatmeal. Basically, just treat it like jam.
2. **MAKE IT VEGAN:** Use maple syrup instead of honey.



Winter Fruit Salad

Ingredients

8 oranges
4 grapefruit, preferably pink
1 pineapple
6 kiwis
1 1/2 cups pomegranate seeds, optional

Directions

1. On a cutting board, using a sharp knife, cut off top and bottom of an orange. Moving the orange around and cutting top to bottom, slice off the peel and white pith. Working over a large bowl, cut in between membranes to remove orange segments, catching juice in bowl as you go. Repeat with remaining oranges and grapefruit.
2. Cut off top and bottom of pineapple. Remove rough outside of pineapple by slicing it off from top to bottom. Cut pineapple in half lengthwise, then cut each half in half again, also lengthwise. Slice out core. Cut pineapple into chunks; add to bowl. Peel kiwis and cut in half lengthwise. Slice kiwis into bowl with other fruit.
3. Gently toss fruit to mix. Cover and chill for at least 2 hours.
4. Sprinkle fruit salad with pomegranate seeds just before serving, if desired.



Carrot-Parsnip Soup

Ingredients

2 tbsp olive oil, divided	2 (14 oz) cans fat-free, less-sodium chicken broth
2 1/2 cups chopped yellow onion	1/4 tsp salt
3 cups coarsely chopped parsnip (about 1 pound)	1/4 tsp freshly ground black pepper
3 cups water	1/2 cup (1/8-inch-thick) slices parsnip
2 1/2 cups coarsely chopped carrot (about 1 pound)	1 tbsp chopped fresh chives

Directions

1. Heat 1 tsp oil in a Dutch oven over medium heat. Add the onion, and cook 10 minutes or until tender, stirring occasionally. Add chopped parsnip, water, carrot, and broth; bring to a boil. Reduce heat, and simmer 50 minutes or until vegetables are tender. Remove from heat; let stand 5 minutes.
2. Place half of carrot mixture in a blender; process until smooth. Pour pureed carrot mixture in a large bowl. Repeat procedure with remaining carrot mixture. Stir in salt and pepper.
3. Heat remaining 5 tsp oil in a small saucepan over medium-high heat. Add parsnip slices; cook 5 minutes or until lightly browned, turning occasionally. Drain on paper towels. Sprinkle parsnip chips and chives over soup.



Velvety Squash Soup

Ingredients

1 (3-pound) butternut squash	1 (2-pound) acorn squash	2 tbsp molasses
cooking spray		1 tsp curry powder
2 cups coarsely chopped onion	2 tsp canola oil	3/4 tsp salt
5 cups fat-free, less-sodium chicken broth		1/8 tsp ground red pepper
2/3 cup apple cider		2/3 cup half-and-half chopped fresh thyme (optional)

Directions

1. Preheat oven to 425°F.
2. Cut each squash in half lengthwise; discard seeds and membranes. Place squash, cut sides down, on a jelly-roll pan coated with cooking spray.
3. Combine onion and oil, tossing to coat. Spread onion mixture onto pan around squash. Bake at 425°F for 45 minutes or until squash and onion are tender. Cool slightly. Scoop out squash pulp from skins; discard skins.
4. Place onion and squash pulp in a Dutch oven. Stir in broth and the next 5 ingredients (through pepper); bring to a boil. Reduce heat; simmer 5 minutes.
5. Place half of squash mixture in a blender. Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth. Pour into a large bowl. Repeat procedure with remaining squash mixture. Return pureed mixture to pan; stir in half-and-half. Cook over medium heat 5 minutes or until thoroughly heated. Garnish with thyme, if desired.

