



## Ideas for A Local Thanksgiving Meal

Thanksgiving meals are a great chance to honour the local harvest and to Take A Bite Out of Climate Change...Here are some ideas for doing just that!

### **Mustard Beet and Apple Salad**

Source: Foodland Ontario

Preparation Time: 10 Minutes; Cooking Time: 10 Minutes

Servings: 4

*3/4 lb (375 g) local beets*

*1/3 cup (75 mL) olive oil*

*2 tbsp (25 mL) red wine vinegar*

*1 tbsp (15 mL) snipped fresh dill*

*1 tbsp (15 mL) Dijon mustard*

*1 clove garlic, minced*

*Pinch granulated sugar*

*Salt and pepper*

*2 local McIntosh Apples, peeled and diced*

*Local Spinach or salad greens*

*Dill sprigs*

In saucepan of boiling salted water, cook beets for about 20 minutes or until tender; peel and dice.

Meanwhile, in large bowl, whisk together oil, vinegar, dill, mustard, garlic, sugar, and salt and pepper to taste; toss with beets and apples.

Arrange greens on platter or salad plates and mound salad mixture in middle; garnish with dill sprigs.

### **Spicy Pumpkin Soup**

Serves 8

*4 Tbsp unsalted butter*

*2 medium yellow onions, chopped*

*2 teaspoons minced garlic*

*1/8 to 1/4 teaspoon crushed red pepper*

*2 teaspoons curry powder*

*1/2 teaspoon ground coriander*

*Pinch ground cayenne pepper (optional)*

*6 cups of chopped roasted pumpkin\**

*5 cups of chicken or vegetable broth*

*2 cups of milk*

*1/2 cup brown sugar*

*1/2 cup heavy cream*

1. To make pumpkin purée, cut a small pumpkin (e.g. sugar pumpkin) in half, scoop out the seeds and stringy stuff, lie face down on a foil lined baking sheet. Bake at 350°F until soft, about 45 min to an hour. Cool, scoop out the flesh. Freeze whatever you don't use for future use.

2. Melt butter in a 4-quart saucepan over medium-high heat. Add onions and garlic and cook, stirring often, until softened, about 4 minutes. Add spices and stir for a minute more.

3. Add pumpkin puree and 5 cups of broth; blend well. Bring to a boil and reduce heat, simmer for 10 to 15 minutes. Puree soup in a blender or with a handheld blender. Return soup to stove.

5. With the soup on low heat, add brown sugar and mix. Slowly add milk while stirring to incorporate. Add cream. Adjust seasonings to taste and serve.

## **Spicy Roasted Butternut Squash**

Source: Seasonal Ontario Food, [seasonalontariofood.blogspot.com](http://seasonalontariofood.blogspot.com)  
Servings: 2-4

*1/2 of a large local butternut squash (1 1/2 to 2 pounds)*  
*1 tablespoon cumin*  
*1 tablespoons coriander*  
*1 dried little red chile*  
*OR 1/2 to 1 teaspoon dried crushed red chile flakes*  
*1 teaspoon sea salt*  
*2 or 3 tablespoons extra-virgin olive oil*

Preheat the oven to 350°F. Peel the squash. Cut each half in half again lengthwise, then crosswise in slices a little less than a centimetre wide. Mix the cumin and coriander with the salt.

Toss the squash with the oil in a large, shallow roasting dish. Sprinkle 2/3 of the seasonings over the squash, and toss again. Sprinkle the remaining seasonings evenly over the squash. Roast for 45 minutes, until tender and slightly browned.

## **Pear Honey Cranberry Sauce**

Servings: 10

*1/2 cup water*  
*1/2 cup white sugar*  
*2 local pears - peeled, cored and diced*  
*1 (12 ounce) package fresh or frozen Ontario cranberries*  
*1 cup local honey*  
*1 tablespoon fresh lemon juice*  
*1 teaspoon grated lemon zest*

1. In a medium saucepan, stir together the water and sugar over medium-high heat. Bring to a boil. Stir in pears, and reduce heat to medium. Cook, stirring frequently for 3 minutes, then stir in cranberries and honey. Continue to cook until cranberries pop and the mixture thickens slightly, about 5 minutes.
2. Remove from heat and stir in the lemon juice and lemon zest. Cool to room temperature, then store covered in the refrigerator for up to one week.

## **Honey Pumpkin Pie**

Servings: 8

<i>3 local eggs</i>	<i>1/2 teaspoon salt</i>
<i>2 cups local pumpkin puree</i>	<i>1/4 teaspoon ground ginger</i>
<i>3/4 cup local honey</i>	<i>1/4 teaspoon ground nutmeg</i>
<i>1/2 cup milk</i>	<i>1 recipe pastry for a 9 inch single crust pie</i>
<i>1/4 cup heavy whipping cream</i>	
<i>1 1/2 teaspoons ground cinnamon</i>	

1. Beat eggs slightly in a large bowl. Blend in pumpkin, milk, cream, honey, spices, salt. Pour filling into pie shell. Cover edges of shell with strips of foil.
2. Bake at 400 degrees F (205 degrees C) for 35 minutes. Remove foil, and continue baking for 15 more minutes. An inserted knife should come out clean when done. Cool, and serve.