



synergyhealth

MEDITERRANEAN THANKSGIVING RECIPES



Cranberry Sauce with
Candied Oranges
Roasted Carrot Soup with
Ginger
Hashweh Stuffing
Cranberry Upside Down Cake



One of the greatest bonuses to adopting a Mediterranean diet is the added health benefits. Research has shown that Mediterranean diet plans consisting of fruits, vegetables, nuts, whole grains, and healthy oils, may just be the ticket to reducing the risk of chronic disease.

In addition to its anti-inflammatory properties, the Mediterranean diet supports improved sleep cycle, lowered blood pressure, and risk of diabetes, obesity, heart disease, and arthritis. No matter the age, moving towards adding these specific food patterns into your could result in a much healthier you!



Cranberry Sauce with Candied Oranges

Ingredients:

- 1 large naval orange (Remove any seeds)
 - 1/2 cup granulated sugar (or substitute)
 - 1/2 cup, packed light brown sugar (or substitute)
 - 2 tablespoons dark rum
 - 1 stick cinnamon
 - 1 1/2 tablespoons cider vinegar
 - 1/8 teaspoon ground allspice
 - 1 cup fresh or frozen cranberries
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1. Lop off the two ends of the orange, and cut the orange into slices.
2. In a medium-sized saucepan, cover the orange slices with cold water. Bring to a boil, reduce heat, and cook at a low boil for 10 minutes. Drain. Return the oranges to the saucepan. Repeat for another 10 minutes. Drain and rinse with cold water.
3. Return the oranges to pan, add 3/4 cup of water and sugar. Bring to a boil, reduce to low heat and cook until liquid forms a thick syrup.
4. Tilt the oranges into a colander and let cool.
5. In the same pan, add the other 3/4 cup water, brown sugar, rum, cinnamon stick, vinegar, and allspice. Bring to a boil, and add cranberries. Reduce heat slightly and cook until cranberries pop fall apart.
6. Chop the candied oranges into little pieces, and add to the cranberries. Cook for one minute and remove from heat.

Pluck out the cinnamon stick and serve the sauce warm.





Roasted Carrot Soup with Ginger

Ingredients:

3 lb carrots, peeled
Extra virgin olive oil
Salt & pepper
4 garlic cloves, chopped
1 tsp grated fresh ginger
5 1/2 cups low-sodium vegetable broth
1 tsp ground coriander
1 tsp allspice
1 1/2 cup unsweetened fat free half and half
Fresh mint for garnish, optional

1. Preheat the oven to 425 degrees F.
2. Place carrots on large oiled baking sheet. Season the carrots lightly with salt, pepper and olive oil. Roast in the 425 degrees F heated-oven for 45 minutes, turn over mid-way through. When fork tender and caramelized, remove from oven and set aside.
3. Once cool, cut the carrots into chunks and place them in food processor with garlic, ginger and 3 cups of the broth. Puree until the smooth.
4. Transfer carrot puree to heavy cooking pot. Add remaining broth, coriander and allspice. Place pot on medium heat and watch carefully as the soup will bubble. Stir occasionally.
5. Turn heat to medium-low and stir in heavy cream. Once heated through, remove from stove.
6. Garnish with mint and serve!

Hashweh Stuffing

Ingredients:

1 1/2 cups medium grain rice	3/4 tsp ground cloves, divided
Olive oil	3/4 tsp ground cinnamon, divided
1 small red onion, finely chopped	salt & pepper
1 lb lean ground beef or lean ground lamb	1/2 cup fresh parsley leaves, roughly chopped
1 3/4 tsp ground allspice, divided	1/3 to 1/2 cup pine nuts, toasted
1/2 tsp minced garlic	1/3 to 1/2 cup slivered almonds, toasted
	1/2 cup dark raisins

1. Soak the rice in cold water for 15 minutes. Drain well.
2. Heat 1 tbsp of olive oil in a heavy cooking pot. Add red onions, cook on medium-high heat briefly, then add the ground beef. Season the meat mixture with allspice, garlic, cloves, cinnamon, salt and pepper. Toss together to combine. Cook until the meat is fully browned. Drain.
3. Top the meat with rice. Season to taste.
4. Turn heat to high and bring to boil. Boil until the liquid has significantly reduced.
5. Turn heat to low and cover; let cook for 20 minutes or until moisture has completely been absorbed and the rice is no longer sticky. Remove from heat and set aside for 10 minutes.
6. Garnish with parsley, toasted pine nuts, almonds and raisins.

Enjoy!



Cranberry Upside-Down Cake

Ingredients:

Topping

4 tablespoons unsalted butter, cubed
3/4 cup packed light brown sugar (or substitute)

3 cups fresh or frozen cranberries

Batter

1 1/4 cup all-purpose flour
1/4 cup coarse cornmeal/polenta
1 1/2 teaspoons baking powder,

preferably aluminum-free

1/4 teaspoon salt

1/2 cup unsalted butter, cubed, at room temperature

3/4 cup granulated sugar

grated zest of one lemon

2 large eggs, at room temperature

1 teaspoon vanilla extract

1/2 cup whole or low fat milk, at room temperature

1. In a 10 in. skillet, melt the 4 tbsp. of butter and the brown sugar together, until the sugar is liquefied. When mixture starts to bubble, remove from heat
2. Preheat the oven to 350°F (180°C).
3. Whisk together the flour, cornmeal or polenta, baking powder, and salt.
4. In a stand mixer, beat butter, sugar and lemon zest at medium high speed for 3 to 5 minutes, until light and fluffy.
5. Reduce the speed of the mixer to medium and add the eggs one at a time, stopping the mixer to scrape down the sides. Mix in the vanilla extract.
6. At low speed, add half of the flour mixture, then milk, then remaining dry ingredients, mixing just enough so that all combined. Do not overmix.
7. Distribute cranberries over the brown sugar mixture and shake the pan into even layers. Spoon the batter over the cranberries, then use a spatula to spread the batter evenly over the fruit.
8. Bake until the top is golden brown, about 50 minutes. Remove from the oven, and let cool for 10 minutes,

At Synergy Health we have invested in the most advanced research, therapies and technologies to allow our medical team to get to the source of your pain and correct the problem. Schedule a free consultation to learn more about how **Synergy Health** can help you take a comprehensive approach to wellness! Dietary factors can play a huge part in treating chronic pain. We can help provide immediate relief and lasting results!

Get In Touch With Us!

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