

# Mini-Thanksgiving Cookbook:

## Recipes from Minnesota Grown Farmers

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[www.minnesotagrown.com](http://www.minnesotagrown.com)

This November, we compiled a list of **20** fresh and local, spotlight-stealing recipes for Thanksgiving sides that just might give your turkey a run for its money! All the recipes were gathered from our **Minnesota Grown members**. PLUS we link you straight to the source of as many ingredients as we can, for a Thanksgiving meal that supports local Minnesota farmers! Tired of the same Thanksgiving side dishes? Have a vegetarian joining your table? Keep reading, and try to keep the drool off your keyboard, folks. Happy cooking everyone!



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*Tip: Click the link in the recipe title to go straight to the member webpage. Some members have many more recipes than we included in our list!*

## Appetizers & Salads

### Beet and Goat Cheese Salad from Minnesota Grown member, Ploughshare Farm

4-5 medium [beets](#)- washed and cut to leave a small amount of stem  
1/3 cup chopped walnuts  
1/4 cup balsamic [vinegar](#)  
½ cup extra-virgin [olive oil](#)  
3 tablespoons [maple syrup](#) (optional)  
2 bunches [arugula](#)  
4 oz soft [goat cheese](#)  
Salt and pepper to taste

Place beets into a saucepan, and fill with enough water to cover. Bring to a boil, then cook for 20 to 30 minutes, until tender. Drain and cool, peel and then cut in to cubes or slices.

While the beets are cooking, place the walnuts in a skillet over medium-low heat or in your toaster oven at 325. Heat until warm and starting to toast, then stir in the maple syrup. Cook and stir until evenly coated, then remove from the heat and set aside to cool.

In a small bowl, whisk together the balsamic vinegar, salt, and olive oil to make the dressing.

Wash and dry the arugula. Place a large helping onto each of four salad plates, divide candied walnuts equally and sprinkle over the greens. Place equal amounts of beets over the greens, and top with dabs of goat cheese. Drizzle each plate with some of the dressing. Or just mix all ingredients together and put the bowl on the table -- arugula can be replaced with lettuce and also just reduced in quantity. [Serves 4]

### Sage and Spinach Dip from Minnesota Grown member, Kragnes Family Farms

5 sage leaves  
2 cups [spinach](#)  
4 oz of [cream cheese](#)  
1/2 cup [cottage cheese](#)  
salt and pepper to taste

First place your cottage cheese and cream cheese in food processor or blender. Then add spinach and sage so that they sit on top. Blend well. Add salt and pepper pulse twice, and you have got a unique tasty dip for crackers and veggies that any event or casual sitting can enjoy.

# Breads

## Whole Wheat Bread from Minnesota Grown member, Askegaard Organic Farm

### Ingredients List:

- 2 packages rapid rise yeast
- 3 cups warm water
- 1/2 cup organic [canola oil](#)
- 2 teaspoons [honey](#) (provides energy for yeast to grow)
- 1/2 cup [honey](#)
- 2 teaspoons iodized sea salt
- 8 cups [Askegaard Organic Whole Wheat Flour](#)
- 1 beaten, organic [egg](#)



### Step 1:

Preheat oven to 350 degrees for 3-5 minutes (shut oven off). Heat 3 cups of water and pour into a 4 cup measuring cup or bowl. Add 2 teaspoons of honey, stirring until dissolved. Sprinkle yeast packets into water mixture, stirring until dissolved. Cover loosely with aluminum foil or saran wrap. Place 4 cup measuring cup or bowl with mixture into warm oven. Allow yeast to rise 15-20 minutes (until yeast bubbles are about one inch high).

### Step 2:

Sift twice- 8 cups of Askegaard Organic Whole Wheat Flour. Add 2 teaspoons of iodized sea salt. Mix and set aside.

### Step 3:

In large bowl, beat one egg. Add oil and honey. Blend well. Add yeast water mixture to egg, oil and honey mixture. Blend well. Add 1/2 cup sifted whole wheat flour. Blend well. Add in remaining flour.

### Step 4:

Turn dough on lightly floured board and knead until smooth and elastic. Place in large bowl (cover with wax paper or cotton dish towel). Set on top of warm oven. Let rise for 1 to 1 1/2 hours (until dough doubles in size).

### Step 5:

Punch down dough on floured board. Divide into 3 sections and place into greased baking bread pans (stoneware is a favorite). Cover with cotton dish towel and let rise for 30-45 minutes.

### Step 6:

Bake at 350 degrees for 30 minutes. Place on cooling rack for 5-10 minutes (in pans) and then remove from pans. Place bread on cooling rack. \*Makes 2 large loaves or 3 medium sized loaves. Can also be used for buns.

## Soups

### Roasted Potato Leek Soup with Kale from Minnesota Grown member, Kragnes Family Farms

**(makes 8-12 servings)**

- 4 large red [potatoes](#), cut to 1-2" wedges
- 1 medium [onion](#), sliced to 1/2" rings
- 2-3 tablespoons extra-virgin [olive oil](#)
- 2 leeks, light green and white parts only, chopped
- 6 cups vegetable stock
- 2 tablespoons butter
- 1/2 bunch [kale, roughly torn](#)
- bay leaf
- salt and pepper to taste
- 1/2 cup cream or half-and-half (optional)

Preheat oven to 375 degrees. Coat the potato wedges and onion slices with olive oil, salt and pepper and arrange in a single layer on a roasting tray. Roast for about 15 minutes, or until golden on the bottoms. Flip onions and/or potatoes halfway into roasting if desired.

Sautee the chopped leeks with butter in a large pot or Dutch oven. Season with salt and pepper. Cook, stirring occasionally, 6-8 minutes or until well softened. Add the stock, roasted potatoes and onion and bay leaf. Bring to a boil and reduce to a simmer; cover and cook 30 minutes.

Remove bay leaf and use a hand blender to puree soup as much as desired (I like some chunks still swimming about). Add torn kale and stir over medium heat until wilted. Add salt and pepper to taste. Add the optional cream or half-and-half. Heat through (but don't bring to a boil) afterward, and serve.



# Squash

**Safety first** when preparing your [winter squash](#) this Thanksgiving! This yummy vegetable can be a challenge to cut and prepare, but never fear. Resident Minnesotan, local foods blogger, and cook book author [Amanda Paa](#) shared some tips for safely preparing squash in [this article](#) via [The Kitchn](#)!

## Sage Roasted Squash from Minnesota Grown member, Wozupi Tribal Gardens

### Ingredients

- 2 medium [zucchini](#)
- 2 medium yellow crookneck [squash](#)
- 2 tbsp [olive oil](#)
- 2tbsp chopped fresh sage
- 1 tbsp minced [garlic](#)
- Salt and pepper



### Directions

Heat oven to 350 degrees. Cut squash and zucchini into 1-inch dice, toss with other ingredients, roast until tender, 15-20 minutes. Season with salt and pepper to taste.

## Twice Baked Squash from Minnesota Grown member, Ploughshare Farm

6 butternut [squash](#) (about 9 pounds total)  
½ tsp. salt, plus more to taste  
½ tsp. freshly ground pepper  
2 teaspoons paprika  
9 Tbsp. sour cream  
6 fresh chives cut into  $\frac{1}{8}$  inch pieces  
3 Tbsp. fresh bread crumbs, lightly toasted

Heat oven to 450°. Halve the squash lengthwise, remove seeds and fibers. Sprinkle halves with  $\frac{1}{4}$  tsp. salt and  $\frac{1}{4}$  tsp. pepper. Fill a roasting pan with  $\frac{1}{4}$  inch water. Place squash in pan. Cover with aluminum foil, and bake until squash is tender when pierced with the tip of a knife, 35 to 45 min. Remove from oven, transfer squash to a cool surface, and let cool enough to handle. Reduce oven temp. to 425°. Use a spoon to scoop the baked flesh out of each half into a large bowl, leaving a  $\frac{1}{4}$  inch border around six of the halves so they will keep their shape. To the bowl, add the sour cream, paprika, chives, and remaining salt and pepper. Mix with a handheld electric mixer or potato masher until smooth and well combined. Fill the 6 squash halves with the mixture (discard the remaining 6 empty halves). Sprinkle the tops with toasted bread crumbs. Bake until golden brown, 20 to 30 min.

## Wild Rice Stuffed Squash from Minnesota Grown member, Untiedt's Vegetable Farm

1 6oz package long grain [wild rice](#) mix  
2  $\frac{1}{3}$  cup chicken broth  
 $\frac{3}{4}$  cup dried cranberries  
1tsp rubbed sage  
1tsp dried thyme  
1 Tbsp [Olive Oil](#)  
 $\frac{1}{2}$  cup coarsely chopped pecans  
2 celery ribs, chopped  
1 med [onion](#) chopped  
4 med sweet dumpling [squash](#)  
 $\frac{3}{4}$  cup water

### Directions:

In a large saucepan, combine the rice with the contents of seasoning mix, broth, sage and thyme. Bring to a boil.

Reduce heat, cover and simmer for 23 - 25 min or until rice is tender and liquid is almost absorbed. Meanwhile in a large skillet, saute celery and onion in oil until tender. Stir in cranberries and pecans. Remove from heat. Stir in rice mixture.

Remove the top of the sweet dumpling squash, remove and discard seeds and membranes. Fill squash with rice mixture. Place in a deep baking dish and pour water into pan. Cover pan tightly with foil and bake at 350 degrees for 50 - 60 min or until squash is tender.

## Veggies

### Roasted or Grilled Cauliflower from Minnesota Grown member, Wozupi Tribal Gardens



#### Ingredients

- 2 heads cauliflower
- 3Tbs extra [virgin olive oil](#)
- Salt and pepper to taste

#### Directions

Chop cauliflower into medium sized florets – about 2 bites a piece. Toss in a large bowl with oil and some salt and pepper. To bake: heat oven to 350 degrees, spread cauliflower evenly on baking sheets and bake for 10 minutes or until lightly browned at tips. To Grill: put pieces on skewer sticks or cut large enough pieces to fit on the grill. Cauliflower is one of the best tasting grilled vegetables around! Serves 4-6.

### Honey Carrots from Minnesota Grown member, Ploughshare Farm

- 3 cups sliced [carrots](#)
- 1/4 cup [honey](#)
- 2 Tablespoons butter or margarine
- 2 Tablespoons chopped fresh parsley or 2 teaspoons dried parsley flakes
- 1-1/2 teaspoons prepared mustard, optional

Heat 2 inches of salted water in medium saucepan to a boil over high heat. Add carrots and return to a boil. Reduce heat to medium-high. Cover and cook 8 to 12 minutes until carrots are crisp-tender. Drain carrots; return to saucepan. Stir in honey, butter, parsley and mustard, if desired. Cook and stir over low heat until carrots are glazed

## Roasted Baby Squash, Carrots & Potatoes from Minnesota Grown member, Smude's Sunflower Oil



From member: “One of my favorite ways to dress up a Thanksgiving turkey platter—and offer a vegetable that everyone likes—is to roast a selection of baby vegetables. They’re easy to prepare because the skins and stems are tender and require almost no trimming. And by cooking them with high heat, they’ll roast in just about the same time the turkey needs to rest—particularly handy if you have only one oven.”

This recipe can easily be scaled up depending on how many people you’re serving.

- 4 to 6 baby pattypan [squash](#)
- 4 to 6 baby red and yellow [potatoes](#)
- 4 to 6 baby [carrots](#), preferably with tops
- [SMUDE’S BRAND Sunflower Oil](#)
- Kosher salt and freshly ground black pepper
- Chopped fresh thyme or rosemary

Heat the oven to 450°F. Wash and dry the vegetables. Trim off any tips or stems that seem extra long, and halve any vegetables that seem a little large. Toss each type of vegetable separately in sunflower oil (just enough to coat), salt, pepper, and a little chopped thyme or rosemary. Spread the vegetables in a single layer on a rimmed baking sheet, keeping each type in a separate group so you can easily remove one if it cooks faster than the others. Roast in the center of the oven for 10 minutes. Use a spatula to flip and move the vegetables around, and then continue roasting for another 5 minutes. Pierce each type of vegetable with a fork to check for tenderness. When one type is tender, transfer it with a spatula to your serving bowl or platter, tent with aluminum foil, and continue roasting the other vegetables until they’re tender, checking every 5 minutes. The longest-cooking vegetable—the potatoes—will take about 25 minutes total.



## Lemon Parmesan Kale Salad from Minnesota Grown member, Bluebird Gardens

- 1 lb. uncooked [kale](#), tough stems removed
- 3 T uncooked shallot, minced
- 4 tsp fresh squeezed lemon juice
- 1 T [honey](#)
- 1 tsp lemon zest
- 3/4 tsp kosher salt
- 1/4 tsp pepper
- 2 T extra virgin [olive oil](#)
- 1/4 cup shredded [parmesan cheese](#)

Stack several kale leaves in a pile, roll them up and thinly slice the leaves with a knife. Place in a serving bowl; set aside. In a small bowl, combine shallot, lemon juice, honey, lemon zest, salt and pepper; whisk in oil in a slow stream. Pour vinaigrette over kale; add cheese and toss until mixed. Yields about 3/4 cup per serving.

## Broccoli Salad with Bacon and Dried Cranberries from Minnesota Grown member, Pahl's Market

### **Ingredients:**

- 3 heads of [broccoli](#)
- 1 small red [onion](#), diced
- 1 cup dried cranberries
- 1 cup of sunflower seeds
- 1 package of [apple smoked bacon](#)
- 1 cup high quality mayonnaise
- 1/4 cup sugar
- 4 tbsp. red wine [vinegar](#)

### **Directions:**

Cook bacon in oven or pan until crispy. Meanwhile, wash and cut the stems off of broccoli, and cut into bite sized pieces. Add broccoli, cranberries, sunflower seeds, and onions in a large bowl. Chop bacon into bite sized pieces and add to bowl. Set aside. Whisk together mayonnaise, sugar, and red wine vinegar. Pour dressing over ingredients and mix thoroughly. Let rest in the fridge for 3-4 hours. It tastes best once the flavors have marinated. It can even be made the night before you want to serve it. Serves 4-6.



## Roasted Brussels Sprouts with Bacon from Minnesota Grown member, Untiedt's Vegetable Farm

- 1-2 cups -Brussels Sprouts, rinsed well
- 3-4 -strips [bacon](#)
- [Olive Oil](#)
- [Balsamic Vinegar](#)
- Salt & Pepper

**Directions:** Preheat oven to 400°. Cook bacon until slightly crispy, drain on paper towels and let cool. Line cookie sheet with tinfoil and drizzle with olive oil. Place Brussels Sprouts on pan and roll around in oil. Cut up bacon and mix with sprouts on pan. Bake at 400 for 30 min, checking every so often to move the sprouts around. At 30 min, drizzle sprouts and bacon with a bit of balsamic vinegar. Bake another 15 min until cooked to your desired softness.

## Stuffing

### Wild Rice Stuffing from Minnesota Grown member, Red Lake Nation Foods

- 1 C. [Red Lake Nation wild rice](#) (any variety)
- 3 C. chicken broth
- 1 C. diced celery
- 1 medium [onion](#), diced
- 1 # fresh sliced [mushrooms](#)
- 3/4 tsp. poultry seasoning
- 1 tsp. parsley flakes
- 1/2 tsp. salt
- 1/3 to 1/2 pkg. dry stuffing cubes

Rinse rice in hot water.

Prepare rice with broth adding extra water as needed.

Sauté celery, onion and mushrooms in butter until tender, approximately 2 1/2 - 3 minutes.

Combine rice, vegetables, seasonings and stuffing cubes. Add more chicken broth if needed to moisten bread cubes. This will stuff a ten-pound turkey.

Also makes a wonderful side dish.

## Casseroles and More

### Western Casserole from Minnesota Grown member, Hobbs Hereford Farm

#### Ingredients:

1 lb. gr. [Beef \(grass-fed\)](#)  
1 16 oz. can whole corn  
1 16 oz. can kidney beans  
1 can tomato soup  
¼ cup [milk](#)  
2 Tbsp. chopped [onion](#)  
1 tsp. chili powder  
8 oz. shredded [cheese](#)  
Bisquick biscuits or your favorite  
baking powder biscuit recipe

#### Directions:

Brown beef in 1 Tbsp. Grapeseed oil in large skillet. Add rest of ingredients. Bake in casserole at 400° uncovered for 10 minutes. Mix one recipe for biscuits. Roll each biscuit in 2 Tbsp. melted butter and ½ cup cornmeal. Place on top of casserole and bake for another 20 minutes or until brown.

### Mushroom “Risotto” with Feta from Minnesota Grown member, Forest Mushrooms

Recipe from the Mushroom Council

#### **Serves 4**

2 Tbsp. [Olive oil](#)  
1 pound sliced crimini [mushrooms](#)  
1-1/4 cup (8 oz) orzo pasta  
1 can 14-1/2 ounces Italian style stewed tomatoes  
1 can 13-3/4 ounces chicken broth  
1/4 cup crumbled basil and tomato flavored [feta cheese](#)

In a large skillet heat oil until hot. Add mushrooms and cook until tender and juices are released. Stir in orzo, tomatoes, chicken broth and 1/2 cup water. Simmer covered, stirring occasionally until orzo is tender and most liquid is absorbed. Stir in feta cheese and serve.

## Fruity Wild Rice Quinoa Salad from Minnesota Grown member, Clover Valley Farms

Makes twelve ½ cup servings. Prep time: 1 hour

### Ingredients

- ¾ cup uncooked [wild rice](#)
- ½ cup uncooked quinoa
- 3 Tbsp. extra virgin [olive oil](#)
- ¼ cup [Red Chili infused Juneberry-Currant Vinegar](#)
- ¼ tsp. salt
- ¼ tsp. freshly ground black pepper
- ½ cup dried cranberries (craisins)
- 1 cup diced cucumber or celery
- ¼ cup crumbled [feta cheese](#)
- ¼ cup chopped walnuts or pecans
- ¼ cup chopped fresh parsley or basil

### Preparation

Bring 3-4 cups water to boil. Add wild rice, reduce

to low heat and cook for 20-30 minutes, or until the rice is fluffy. Add quinoa to the rice and cook about 15 minutes more – OR – If you have a rice cooker, combine the wild rice, quinoa and water, push START. Rinse the rice quinoa mixture and drain well.

Chop cucumber, feta cheese, nuts, and fresh herbs. Whisk oil, vinegar, salt & pepper together in a large bowl.

Combine wild rice, quinoa and other ingredients then toss to combine.

**Serve warm or chilled, it's great both ways!**

## Desserts

### Hannah's Apple Bars from Minnesota Grown member, Lake Ida Apple Farm

Preheat oven to 350 degrees

For Crust:

2 1/2 cups flour  
1 cup shortening  
1 Tbsp. sugar  
1 tsp. salt

Mix flour, shortening and sugar and salt as for pie crust.

Put 1 [egg](#) yolk in a measuring cup and fill to 2/3 full with milk.

Add to flour mixture and blend well. Roll out half of the dough to fit a cookie sheet or jelly roll pan.

Filling:

1 1/2-2 cups crushed corn flakes cereal.

8-9 [Lake Ida Apples](#), cored, peeled and sliced.

Directions:

Evenly sprinkle crushed cereal flakes over bottom crust. Spread sliced apples over the crushed cereal. Over all of the apples sprinkle 1 cup white sugar mixed with 2 tsp. cinnamon. Roll other half of dough to fit over top, and crimp edges as for pie. Beat egg white until stiff, and brush on top crust.

Bake 1 hour at 350 degrees F.

Frost warm bars with powdered sugar frosting. 1 cup powdered sugar and a little hot water (1 tsp more or less), and drizzle over top of bars. Cool completely before cutting. These freeze well.

### Pumpkin Cookies from Minnesota Grown member, Lendt's Pumpkin Patch

Makes about 3 dozen

Cookies: 3 1/2 c sifted flour  
2 tsp Baking soda  
1 tsp Salt  
2 tsp ground cinnamon  
1 1/2 tsp ground nutmeg  
1 tsp ground ginger  
1/2 tsp ground cloves  
1 c Shortening  
1 c Granulated sugar  
2 [Eggs](#), beaten  
1 (15 oz) can [pumpkin puree](#)

Icing: 5 Tbls Brown sugar  
3 Tbls Butter  
3 Tbls [Milk](#)  
1 c Powdered sugar, plus extra if needed

To make cookies:

Preheat oven to 350 degrees. Line baking sheets with parchment paper. In medium bowl, whisk together flour, baking soda, salt, cinnamon, nutmeg, ginger and cloves and reserve. In a large bowl, using an electric mixer on medium speed, beat shortening and granulated sugar until creamy. Add eggs. 1 at a time, beating well after each addition. Add pumpkin puree and mix until well combined. Slowly add flour mixture, mixing until combined. Drop rounded teaspoons



of dough 2 inches apart onto prepared cookie sheets and bake for 10 minutes.; do not overbake. Remove from oven, cool on baking sheets for 5 minutes and transfer to a wire rack to cool completely.

To make icing: In a small saucepan over medium heat, combine brown sugar, butter and milk and bring mixture to a boil. Remove from heat, set aside and cool completely, about an hour. Stir in powdered sugar until icing is desired consistency, adding more if necessary. Ice cookies to taste.

## Apple Pie from Minnesota Grown member, Minnesota Fresh Farm

### Filling:

- About 15 [apples](#), mixed varieties if possible
- 1 tbsp tapioca
- 1/2 c sugar
- 1 tsp cinnamon
- 1/4 teaspoon freshly ground nutmeg
- 2 tbsp butter, cut into two 1-tbsp pats and then cut diagonally into two triangles

Peel apples, core and slice them into 1/4" slices - or use a mechanical apple peeler/slicer. Sprinkle tapioca, sugar, cinnamon and nutmeg over apples and toss until well coated.

Combine dry pie crust ingredients with shortening until crumbly. Mix water, egg, and vinegar. Then combine all pie crust ingredients. Mix until a ball forms. Divide dough into half and then half again. Roll out one quarter of dough so that it will fit in a pie tin. Place rolled-out dough in pie tin. Mound apple filling in pie tin. Place four of the butter triangles on top of the filling. Cover with another layer of pie dough that has been rolled out, and scored with a knife so that steam can escape while baking.

### Crust for two pies:

- 4 c flour
- 1 tbsp sugar
- 1 tsp salt
- 1 tsp baking powder
- 1 3/4 c butter-flavored shortening
- 1/2 c water
- 1 [egg](#), beaten
- 1 tbsp [vinegar](#)

At this point, we wrap the pies in Saran Press and Seal and put the wrapped pie in a 1 1/2 or 2 gallon freezer bag. When you're ready to bake a pie, place the frozen pie in a 375 degree oven for about an hour, or until the crust is golden brown and the apples are tender when poked with a fork.

For information on Thanksgiving turkey preparation, check out the Minnesota Turkey article in this month's Pick of the Month newsletter!

***Don't forget the wine!***

Toast to the things you are thankful for this holiday season with a local, Minnesota Grown and produced wine. Try visiting a Minnesota winery to pick up wine for your Thanksgiving dinner or for a host/hostess gift! Visit the [Minnesota Grown winery webpage](#) to learn more about varieties, wineries, and more!

Have a safe and Happy Thanksgiving, and be sure to tell your local, Minnesota farmers that you are thankful for them!

**Visit the "[Minnesota Table](#)" board on the [Minnesota Grown Pinterest](#) page for more ideas and suggestions for incorporating local produce into your Thanksgiving meal!**