

thanksgiving goes green

How to make this year's celebration one everyone will be thankful for.

► *Delicious vegetarian recipes:* Turkey's usually the centerpiece of Thanksgiving—but does it have to be? Our meat-free main course is so satisfying and full of flavor that even non-vegetarians will be asking for more. Plus, our side dishes and dessert offer a wholesome and healthier take on holiday favorites—but they're still mouthwateringly tasty.

► *Easy eco crafts:* Bring nature together with items from around your house for crafts that are easy for children to make while you're busy with dinner prep. The kids' handiwork on place cards, napkin rings, and other decorations will add an extra special touch to your holiday table.

► *Sustainable tableware:* Dress your table this holiday season with accessories that do more than sparkle and shine. Recycled glassware, re-purposed china, and reclaimed wood are among the many treasures we found to delight your guests and give more meaning to your Thanksgiving feast.

EVEN OUR TABLE IS GREEN! ►

The solid walnut Ventura table from Room & Board is made from locally sourced wood (\$1,700, roomandboard.com). It's surrounded by Soren chairs, also made with local wood (\$450 each, roomandboard.com), and sits atop Twist & Shout floor squares in sea foam, made from renewable and recycled content with low VOCs (\$16 per square, flor.com).

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**RAISE AN
ECO-FRIENDLY GLASS**
All the glassware on our table
is made from recycled glass
(\$40 for 4 tall clear Transglass
glasses, [velocityart
anddesign.com](http://velocityart
anddesign.com); \$11 for each
Syrian low tumbler,
canvashomestore.com), and
the Blacksmith utensils are
made from recycled metals
(\$55 for a 5-piece setting,
vivaterra.com). For info on the
placemats and dishes,
see page 68.

Complement your earth-friendly place cards with natural birch vases for flowers (from \$16, bettula.com).



Pinecone Corn Place Card Holders

Pinecone
Nontoxic yellow paint
Paintbrush
Scissors
Brown paper bag
Nontoxic craft glue
Cardboard
Colorful scrap paper
Tape

1. Soak the pinecones in water for 30 minutes and watch them tighten to look more like an ear of corn. Let dry overnight.
2. Brush the yellow paint on one side and let dry.
3. Cut small strips of the brown paper bag and tightly twist them to make the paper crinkle. Untwist enough so that you can glue the brown paper to the three unpainted sides of the cone.
4. Glue a small piece of cardboard to the bottom to help the pinecone stand up. Use the colorful scrap paper to write the names of each of your Thanksgiving guests and tape them to the cardboard. After Thanksgiving, you can recycle the place cards but keep the place card holders for next year.

Pumpkin Seed Napkin Ring

Toilet paper tubes
Scissors
Brown paper bag
Nontoxic craft glue
Roasted and dried pumpkin seeds

1. Cut the cardboard tubes into sections about 1½ inches wide. You'll need to cut enough so you have one for each place setting (you'll get about 3 per tube).
2. Cut the paper bag into small pieces and use them to cover the pieces of tube to give them a uniform look. Tuck excess paper into the inside of the tube and glue into place.
3. Decorate the ring by gluing pumpkin seeds in any pattern you like.



Garland of Thanks

Scissors
Brown paper bags
Nontoxic paint (green, orange, and other fall colors)

Paintbrush
Leaves
Pencil
Hole punch
Thin twine

1. Cut the paper bags into rectangles approximately 4 inches by 6 inches. Cut at least as many rectangles as you'll have guests at your Thanksgiving celebration.
2. Paint one side of each rectangle in autumn colors. Blend different colors together—sloppy painting works great! Let dry.
3. Place a real leaf on the painted paper and trace it with a pencil. Cut out the leaf shape, and punch a hole on each end. String the leaves on the twine to make the garland.
4. Ask family and friends to choose a leaf and write what they are thankful for on the back.

▲
Homemade napkin rings look perfect on organic cotton napkins made with low-impact dyes (\$20 for 4, bambeco.com). Underneath is a placemat made of sustainable water hyacinth (\$84 for 6, potterybarn.com). It's topped with a handmade earthenware Rhoda dinner plate (\$50, cavashomestore.com), recycled glass Sol salad plate (\$49 for 4, viva terra.com), and a Contour bowl, made with milk-based eco-friendly pigments (\$29 for 3-piece set, bambeco.com).

Kale, Sweet Potato, and Cheddar Bake with Buckwheat Crust

Move over, vegetarian Thanksgiving clichés like pasta and stuffed squash. This baked veggie and whole grain casserole is a hearty, forget-the-turkey main dish.

Active time: 25 minutes

Total time: 70 minutes

- 2 tablespoons olive oil, divided, plus more for greasing the pan
- 12 cups kale (about 1 large bunch), tough ribs removed and leaves chopped
- 3 pounds (about 4 large) sweet potatoes, sliced into ½-inch-thick rounds
- 1 cup whole wheat bread crumbs
- 3 tablespoons fresh thyme
- 2 cloves garlic, minced
- ½ teaspoon salt
- 3 cups cooked buckwheat, cooled
- 1 large egg, lightly beaten
- 2½ cups shredded cheddar cheese

1. Preheat the oven to 375°. Lightly grease a 9-by-13-inch baking dish and bring a large pot of salted water to a boil.

2. Place the chopped kale in a large bowl. Drizzle with 1 tablespoon of the olive oil and add a pinch of salt. Use your fingers to massage the oil and salt into the kale leaves. Set aside for 5 to 10 minutes.

3. Add the sweet potatoes to the boiling water. Cook 3 to 4 minutes, or until just tender. Drain, rinse under cold water, and set aside.

4. In a medium bowl, mix the bread crumbs, thyme, garlic, and ½ teaspoon salt. Set aside.

5. In a large bowl, add the buckwheat and beaten egg. Mix well. Use a spatula to spread the buckwheat evenly into the bottom of the baking dish.

6. Top the buckwheat with a layer of sweet potato rounds and a pinch of salt. Add a layer of cheese, a layer of kale, and a layer of the bread crumb mixture. Repeat two more times to make three layers. Add any remaining sweet potatoes, then the remaining cheese and bread crumbs.

7. Cover with aluminum foil and bake 30 minutes. Remove foil and bake 15 more minutes, or until cheese and bread crumbs on top are lightly browned. Allow to sit 5 minutes before slicing and serving.

Serves 10

Per serving: calories 339, fat 17 g, protein 16 g, carbohydrates 39 g, dietary fiber 6 g

 **TIME-SAVER:** Cook the buckwheat and sweet potato rounds up to 2 days ahead of time. You can also layer the entire casserole and refrigerate up to 8 hours before baking.

KIWI
recommends
ORGANIC
ingredients



Bake and serve in a natural stoneware baking dish (\$30, haegerpotteries.com).



4. Lower the oven to 375°. Lightly grease a 9-inch-square baking dish.
5. In a large bowl, combine the toasted cornbread, vegetable mixture, and pecans. Add the vegetable stock, remaining 1 tablespoon of oil, and salt. Toss well to combine and place in the baking dish.
6. Bake for 25 to 30 minutes, or until the top of the stuffing is golden brown and crusty. Allow to stand 5 minutes before serving.

Serves 10

Per serving: calories 442, fat 31 g, protein 6 g, fiber 6 g, carbohydrates 38 g

⌚ TIME-SAVER: Bake the cornbread muffins up to a day ahead of time and store in an airtight container. If you'd like to bake them even earlier, you can store the baked muffins in an airtight container and freeze. Allow them to thaw completely before using in the stuffing recipe. They'll last in the freezer for up to a month.

Whole Wheat Cornbread Muffins

Active time: 10 minutes
Total time: 35 minutes

- 1/3 cup safflower oil, plus more for greasing the muffin tin
- 1 1/4 cups 1 percent milk
- 1 teaspoon apple cider vinegar
- 2 cups whole wheat pastry flour
- 1 cup yellow cornmeal
- 2 tablespoons raw cane sugar
- 2 teaspoons baking powder
- 1 teaspoon salt

1. Preheat the oven to 350°. Lightly grease a standard muffin tin.
2. Combine the milk and vinegar; set aside.
3. In a large bowl, mix the flour, cornmeal, sugar, baking powder, and salt.
4. Add the milk mixture and safflower oil to the flour mixture. Stir until just combined.
5. Scoop the batter into the prepared muffin tin. Bake for 22 to 25 minutes, or until the tops of the muffins are golden brown and a toothpick inserted in the center comes out clean. Cool before removing from tin.

Cornbread Stuffing with Pecans and Thyme

Pecans and real chopped vegetables (instead of the dehydrated ones that typically come in a box mix) add a satisfying crunch and texture to this whole grain stuffing.

Active time: 20 minutes **Total time:** 50 minutes

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|-------------------------------------------------------------------|----------------------------------------------|
| 2 tablespoons olive oil, divided, plus more for greasing the pans | 2 tablespoons fresh thyme |
| 12 whole wheat cornbread muffins (recipe at right) | 2 tablespoons celery leaves, minced |
| 1 medium onion, diced | 3/4 cup pecans, toasted and coarsely chopped |
| 2 stalks celery, diced | 1/2 cup low-sodium vegetable stock |
| | 1/2 teaspoon salt |

1. Preheat the oven to 400°. Lightly grease a rimmed baking sheet.
2. Crumble the cornbread muffins into small pieces (it's okay if a few larger pieces remain). Place on the baking sheet, and bake 12 to 15 minutes, or until cornbread crumbs are toasted and golden brown.
3. While the cornbread toasts, warm 1 tablespoon of the olive oil in a skillet over medium-high heat. Add the onion, celery, thyme, and celery leaves, and sauté, stirring frequently until softened, about 7 minutes. Remove from heat and set aside.

Pass the potatoes in vintage wood serving bowls (\$48 for 4, potterybarn.com).



Buttermilk Mashed Potatoes

You don't need tons of cream and butter to make delicious mashed potatoes (but we won't lie: a little bit of butter will make them taste much more delicious). Low-fat buttermilk and a touch of vegetable stock give extra creaminess, while the potato skins add fiber and nutrients.

Active time: 10 minutes **Total time:** 30 minutes

5 large unpeeled Russet potatoes, cut into 2-inch cubes	¼ cup plus 1 tablespoon low sodium vegetable stock
1¼ cups low fat buttermilk	1¼ teaspoons salt, plus more for boiling the potatoes
3 tablespoons plus 2 teaspoons unsalted butter	Pepper, to taste

1. Bring a large stockpot of salted water to a boil. Add the potatoes and

cook until tender, 15 to 20 minutes. Drain.

2. Place the potatoes in a large bowl or back into the pot. Mash them with a large fork or potato masher, adding the buttermilk ⅓ cup at a time until incorporated. Add the butter and mash until well mixed.

3. Mix in the vegetable stock, salt, and pepper. Taste to adjust seasonings and serve hot.

Serves 10

Per serving: calories 210, fat 5 g, protein 5 g, carbohydrates 39 g, dietary fiber 5 g

 **TIME-SAVER:** Make mashed potatoes up to a day ahead of time. Reheat in a stockpot over medium-low heat, stirring frequently and adding enough extra buttermilk to retain a creamy consistency.

Cranberry Stuffed Apples with Brown Sugar Pecan Crisp

Instead of a crust for your apple pie, why not use the apples themselves? This dessert boasts all the flavors of a traditional pie, but for a fraction of the calories and fat. Equally good: It's loaded with healthy whole grains.

Active time: 20 minutes

Total time: 70 minutes

FOR THE APPLES

- 1½ tablespoons unsalted butter, plus more for greasing the baking sheet
- 5 large Granny Smith apples
- 1¼ cups cranberries, thawed if frozen
- ⅓ cup raisins
- ⅓ cup brown sugar
- 1½ tablespoons lemon juice
- ½ teaspoon cinnamon
- ¼ teaspoon ginger

FOR THE TOPPING

- ½ cup barley flour
- ½ cup rolled oats
- ⅓ cup pecans, chopped
- ¼ cup brown sugar
- ½ teaspoon cinnamon
- Pinch salt
- 5 tablespoons butter
- Whipped cream, for serving (optional)

1. Preheat the oven to 350°. Lightly grease a rimmed baking sheet with butter.
2. Slice the apples in half. Use a spoon to scoop out the core and discard. Scoop out the majority of the remaining apple flesh, leaving a thin border so the apple skin still holds its shape (similar to the way you would scoop out potatoes for twice-baked potatoes). Chop the scooped-out flesh coarsely, place in a bowl, and set aside. Place the apple halves on the baking sheet and set aside.
3. In a medium saucepot, melt the butter over medium heat. Add the chopped apple flesh and cook 1 to 2 minutes, until the apples begin to release their juices. Add the cranberries, raisins, brown sugar, lemon juice, cinnamon and ginger. Simmer, stirring occasionally, for 15 to 20 minutes.
4. While the apple mixture cooks, make the topping. In a medium bowl, add the barley flour, oats, pecans, brown sugar, cinnamon,



and salt. Mix with a fork. Cut the 5 tablespoons of butter into small cubes, and add them to the flour mixture. Use the fork or your fingers to combine until coarse crumbs form.

5. Spoon the apple mixture evenly into the scooped-out apple halves and top with the crumb mixture. Bake for 45 to 50 minutes, or until topping is golden brown and the sides of the apples pierce easily with a fork. Top with the whipped cream, if using, and serve warm or at room temperature.

Serves 10

Per serving: calories 292, fat 12 g, protein 3 g, fiber 6 g, carbohydrates 47 g

⌚ TIME-SAVER: Make the crumb topping mixture up to a day ahead of time and refrigerate until you're ready to use. You can also make the entire dish up to a day ahead of time and reheat in a 350° oven for 15 to 20 minutes, or until the apples are completely warmed through.