

Gluten-Free, Organic & Non-GMO

Fall Family Favorites

Healthy & Easy Enough for Everyday Cooking



By Hana Abdulaziz Feeney, MS, RD

Nutrition Consultant & Coach

[Nourishing Results, LLC](#)

Introduction

Holidays in our home are celebrated with lots of delicious food prepared by my Mom, my Dad, my Sister and me. When I was little, I remember sitting on the counter and cooking with Grandma too. Now, my Grandma's not here and my two daughters are active participants. We cook "from scratch" and that's the way it's always been.

When I was diagnosed with celiac disease at 31 years old, family meals became gluten-free. My whole family transitioned to gluten-free meals and so I was always included. When we have guests for Thanksgiving dinner, and we always do, dinner is usually a meal for 20 plus, and the entire meal is gluten-free. I am supremely lucky.

Unique food needs often make it difficult to participate in shared meals with family and friends. This cookbook is here to help.

All the recipes are gluten-free, most are dairy-free and the majority of recipes are vegetarian. This cookbook won't teach you how to follow these diets, nor will it suggest that you should. This cookbook is intended to allow everyone to enjoy delicious, healthy and wholesome Fall meals, even those who have unique dietary needs and preferences.

Where food comes from is important. The safety of our food, our physical and mental health and the health of our environment are impacted by how our food is grown and produced. Therefore these recipes also provide insight into organic and non-genetically modified ingredients.

Happy Cooking! I love to cook. I appreciate exploring new ingredients and flavors and creating super-tasty and nourishing meals for my family. I especially enjoy teaching my girls how to cook. This cookbook serves as an extension of this passion. I am honored to enter your kitchen and excited to cook with you.

Table of Contents

<i>How To Use This Book</i>	4
Recipe Personalization	5
Organic & Non-GMO	5
Gluten-Free Companion Guide	5
<i>Salads</i>	6
Parmesan Salad	7
Just Fresh Salad Greens.....	8
Cauliflower Salad	10
24-Hour Salad	11
<i>Vegetables</i>	13
Roasted Carrots	14
Honey Glazed Carrots with Cinnamon and Pecans	15
Gingered Carrots with Sweet Potatoes	16
Roasted Brussels Sprouts.....	17
Garlic Balsamic Brussels Sprouts.....	18
Mashed Roasted Cauliflower.....	20
Green Bean Casserole	21
Lemony Green Beans with Almonds	23
<i>Starchy Vegetables & Whole Grains</i>	24
Butternut (Calabaza) Squash Soup	25
Mashed Potatoes	26
Hana's Mashed Yukon Gold Potatoes and Parsnips	26
Mashed Potatoes and Cauliflower	27
Orange Dazzle	28
Fall Roasted Winter Squash with Apples and Pecans	29
Mushroom Wild Rice Stuffing	30
Cornbread and Sausage Dressing	31
Mashed Potatoes and Cauliflower	32
Mexican Corn Casserole.....	33
<i>Cranberry Condiments</i>	36
Hana's Cranberry Relish	37
Cranberry Sauce.....	38
Orange Ginger Cranberry Sauce	39
No Sugar Added Pear Cranberry Sauce.....	40
<i>Desserts</i>	41
Pecan Pie	42
Apple Crumble	44
Mother's Pumpkin Pie.....	45
Hana's Pumpkin Pie with Ginger Pecan Crust.....	46