

HAPPY THANKSGIVING

FROM EAT EIGHTY

BY ALISON KUCICH

Slow-Cooked Cranberry-Orange Turkey Breast

8 servings. Ready in 1 min.

INGREDIENTS

One 5-lb boneless turkey breast (or 7lb bone-in if necessary)
1/4 cup grass-fed ghee (or you can use olive or avocado oil)
1 tsp fresh orange zest, plus additional for garnish
1 tsp garlic powder
1 tsp dried thyme
1 tsp dried basil
1 tsp dried sage
1/2 tsp sea salt
1/2 tsp ground black pepper
1 cup turkey or chicken bone broth (or stock)
1/2 yellow onion, sliced
2 garlic cloves, roughly chopped
2 garlic clove
1 lb fresh cranberries
1 cup orange juice
1/2 cup water
1/2 cup pure maple syrup
1/2 tsp dried ginger
1/2 tsp dried cinnamon

INSTRUCTIONS/PREPARATION

In a medium saucepan, combine cranberries, orange juice, water, maple syrup, ginger, and cinnamon over medium-high heat. Bring to boil and reduce heat to medium-low. Allow to simmer for 15 minutes, stirring occasionally to prevent scorching. Remove from heat.

In a small bowl, whisk together garlic powder, thyme, basil, sage, sea salt,

and black pepper. In a separate small bowl, stir together ghee (or oil), half of herb mixture, and orange zest. Spread herb butter underneath the skin of turkey breast. (You can use a spoon to get to the butter under the skin and spread it around with your hand on the top of the skin.) Sprinkle remaining herb mixture over the top.

Pour bone broth into your slow cooker. Add onion and garlic cloves. Place the turkey breast in the center of your slow cooker.

Set aside 1 cup of cranberry sauce. Spoon the remainder of the cranberry sauce over the top of the turkey breast. The sauce will run down the sides of the turkey breast as it cooks, so don't worry about getting sauce on the sides of the turkey right away.

Cook for 6-8 hours on LOW (or until internal temperature at the thickest part of the breast reaches 165 degrees F).

Allow the turkey to rest for 20 minutes before slicing into pieces. If you remove it from the slow cooker, tent it with foil.

To serve, top the turkey with the remaining cranberry sauce mixture and additional orange zest, if desired.

EXTRA COMMENTS/NOTES

Per serving: 488 kcal, 39g protein, 12g fat, 24g net carbohydrates



Dairy-Free Pumpkin Soup with Bacon

4 servings. Ready in 35 min.

INGREDIENTS

4 slices of organic uncured bacon
1 large yellow onion, minced
1 shallot, minced
2 garlic cloves, minced
3 cups vegetable broth or stock
29-ounce can pure (unsweetened) pumpkin puree
1 tsp dried thyme
1 tsp
1 tsp ground sage
pinch of nutmeg
1/4 cup canned coconut milk
2 TBSP maple syrup
Sea salt and freshly ground pepper, to taste,
4 servings
Optional: Fresh parsley, for garnish, 5 sprigs

INSTRUCTIONS/PREPARATION

In a large saucepan, brown the bacon over medium-high heat until it is crispy. Remove from heat, retaining the rendered bacon fat. When bacon is cool, crumble into tiny pieces and set aside. In the same pan with the rendered bacon grease, add the onion and cook, stirring occasionally, for about three minutes.

Add the shallots and garlic and cook, stirring constantly, until fragrant. Add the vegetable broth. Whisk in the pumpkin, thyme, sage, and nutmeg. Stirring frequently, bring to a simmer (approx. 5 mins). Simmer for an additional 5 minutes, stirring frequently. Before opening the can, shake the coconut milk to ensure that the contents are mixed. Stir in the coconut milk and maple syrup, and add sea salt and pepper to taste. Cook for 3-4 additional minutes to ensure everything is cooked through, and serve hot, stirring the crispy bacon into the soup before serving. Garnish with fresh parsley, if desired.

Please note that you may puree the soup in your high-speed blender before serving if you prefer it more smooth.

EXTRA COMMENTS/NOTES

Per serving: 235 kcal, 6g protein, 12g total fat, 24g net carbohydrates



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