



3.5 B	PRO	3.5 oz. turkey
0.5 B	PRO	0.5 oz. parmesan cheese, grated
1 B	CHO	kale, washed, dried, and torn
1 B	CHO	1 B each (final q. to be quartered):
		-baby potatoes (1/3 c.)
		-carrots (1/2 c.)
		-parsnips (1/3 c.)
		-turnip (3/4 c.)
1 B	CHO	brussels sprouts
0.5 B	CHO	1 T. gravy
0.5 B	CHO	1/8 c. dried cranberries
2 B	FAT	2/3 t. butter
2 B	FAT	2/3 t. olive oil
		salt + pepper

*Most of us are fortunate enough to be offered turkey and gravy at Thanksgiving. This recipe assumes the turkey and gravy are already prepared. It's important to get the weighing and measuring of undesirable carbohydrates like gravy just right so you can eyeball proper amounts on the fly.*

### Technique

Chop, weigh+measure, and arrange ingredients in preparation for cooking.

Boil and mash the four root vegetables together. Stir in sea salt and half the butter. Divide into four equal blocks, reserving the three remaining blocks for others or later meals.

Toss kale with half the olive oil, sea salt and pepper, sprinkle cheese on top, and toast on baking tray at 350° for 12 to 15 minutes.

Boil brussels sprouts for two minutes. Heat pan on stovetop and spritz with olive oil. Drain, transfer to pan, and quickly sauté for two minutes. Stir in half the butter, spritz with lemon juice, add sea salt and pepper, and serve immediately with gravy and cranberries.

*[Ed. note: we confess, we go a little higher on the quantity of fat.]*