

coastweekend

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Please feel free to stop by and pick up an application or email resume to [Melissa@myhh-hh.org](mailto:Melissa@myhh-hh.org)

Or mail to:  
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## Give thanks for this turkey sandwich

By THE CULINARY  
INSTITUTE OF AMERICA

Thanksgiving is a day for celebrating, where we enjoy the company of friends, share delicious food, and reflect on our country's history and traditions. Throughout this celebration, though, there is one linger-

ing thought that cannot be ignored: Tomorrow there will be leftovers.

Will we eat pie for breakfast? Will there be turkey soup? Did we buy bread to make sandwiches? The answer should be yes.

Every family has its own Thanksgiving traditions and recipes. But the next

day, homes across America are bound by a common ritual: the day-after turkey sandwich. And while our recipe has all of the classic components (plus bacon!), the beauty of leftovers is that they can be personalized to suit your mood — and the contents of your refrigerator.

Eventually, we all suffer

from turkey and mashed potato fatigue. Luckily, all it takes is a few minutes and a little bit of creativity to transform these ingredients into something fresh. Make a gourmet brunch at home by chopping turkey, roasted veggies, and stuffing; browning it in a skillet; and serving with a fried egg.

## THANKSGIVING SANDWICH

Start to finish: 15 minutes

Servings: Four

## Ingredients:

1/2 cup mayonnaise  
1 tablespoon chopped sage  
8 slices bread  
3/4 cup Cranberry Sauce (recipe follows)  
1 pound sliced turkey  
Lettuce, as needed

Sliced tomatoes  
Sliced crisp bacon

## Directions:

In a small bowl, combine the mayonnaise and sage. To assemble, spread 4 of the slices of bread with the mayonnaise mixture, add a layer of cranberry sauce, and top with the turkey, lettuce, and tomato. Spread the remaining four slices of

bread with cranberry sauce and place on top of the turkey. Slice the sandwiches in half and serve.

## Cranberry Sauce

Makes 1 1/4 cups

## Ingredients:

3/4 cups fresh cranberries  
2 tablespoons sugar  
1/2 cup water  
2 teaspoons grated orange zest

## Directions:

In a medium saucepan over medium heat, combine the cranberries, sugar, and water. Bring to a boil and whisk to break up the cranberries.

Cook the mixture until the cranberries burst and the sauce has thickened, about 5 minutes. Remove from the heat and stir in the zest. Cool completely before serving.

## Replace mashed potatoes with this cauliflower puree

By MELISSA D'ARABIAN  
ASSOCIATED PRESS

Cauliflower entered the healthy food scene with a bang a few years ago as a clever solution to our low-carb-seeking starch-loving woes. And with good reason: Cauliflower is incredibly versatile and can be used to replace simple carbs in endless recipes — like cauliflower versions of risotto, pizza crust and couscous.

While health-conscious folks will likely continue to debate the benefits and shortfalls of low-carb-high-fat diets that probably are responsible for mainstreaming these cauliflower swaps, we can all agree that adding more cruciferous vegetables into our diet is a good thing.

Cauliflower is super low in calories — about 25 calories per cup — and is a good source of vitamin C, vitamin K, B6, folate and some minerals. Because of the fiber

and protein, it's also a filling vegetable, which means if you make a stir-fry using cauliflower instead of rice, you'll actually be satisfied.

Mashed or pureed cauliflower may be the most celebrated swap of all, giving low-carb eaters an alternative to mashed potatoes. The drawback to many cauliflower puree recipes is two-fold: Often they rely on high quantities of butter or cream for flavor and texture.

Followers of a ketogenic or super-low-carb diet may be fine with high-fat, but the resulting calorie counts might scare off the average eater.

The second problem is that a cauliflower puree is looser than mashed potatoes; it's nearly impossible to make a dent with a gravy ladle that will hold up.

My trick is simple, but it solves both problems: silken tofu. Just a little bit of firm silken tofu blended up into the puree adds low-cal

## PERFECT WHIPPED CAULIFLOWER PUREE

Start to finish: 25 min.

Servings: 6

## Ingredients:

1 large head of cauliflower (or 2 small heads)  
3 cloves garlic, smashed  
4 ounces firm lite silken tofu (1/3 of a 12-oz carton)  
1 tablespoon butter  
1/4 cup chicken broth  
3 tablespoons half and half (or whole milk)  
Salt and pepper

## Directions:

Core the cauliflower

and cut into florets and boil (or steam) with the garlic until very tender, about 15 minutes. Drain well and set aside. Place the tofu into a food processor and process until creamy, about 30 seconds. Add the cauliflower, garlic, butter, broth and half and half, and process until very creamy, about one minute. Add more broth if needed.

Season with salt and pepper and serve.

creaminess (along with a little chicken stock) and just enough much-needed thickening to avoid the soupy puree that can easily happen.

With the tofu, you will only need a tiny bit of high-fat goodies like butter and milk to give a luscious

creaminess the entire family will love. Once you master the basic recipe, feel free to tweak by adding spices like smoked paprika, herbs or, if you are feeling decadent, try the puree with a little cheese and bacon and make a twice-baked "potato" casserole.