



# ***THANKS*** ***+*** ***GIVING***

Healthy Hedonism Recipes for  
Body and Soul

*plus*

A Call to Feed our Neighbors

DR. P.K. NEWBY

# CONTENTS

<b>Contents</b>	i
<b>Help Feed Our Hungry Neighbors</b>	1
<b>Turkeys in the Hood</b>	2
<b>Healthy Hedonism: How to Eat the #pkway</b>	3
<b>Healthy Hedonism: Three Keys to Feed Body and Soul</b>	4
<b>A Few Thanksgiving Recipes</b>	5-15
Sweet Potato Latkes (5) ... Caramelized Onions (6) ... Roasted Delicata Squash and Arugua Salad (7) ... Kate and Brussels Sprouts Salad (8) ... Wild Mushroom and Spinach Stuffing (9) ... Roasted Brussels Sprouts with Caramelized Onions and Hazelnuts (10)... Decadent Mac 'n' Cheese (11) ... Show-Stopping Pumpkin Pie (12) ... Maple Wet Walnuts (13) ... Pumpkin Tarts (14) ... Chocolate Pecan Pie (15)	
<b>My First (Free) Cookbook: How to Eat</b>	16
<b>My Latest Book: Food and Nutrition</b>	17
<b>About Me</b>	18

## Help get food to families this Thanksgiving

Due to the pandemic, far more families are visiting food banks this Thanksgiving – together, we're going to put dinner on the table for as many as possible this holiday season and beyond.



**If you're reading this book considering what to make on Thanksgiving, you are more fortunate than many others right now. Please join me in giving generously to Feeding America to help raise \$50,000 to feed hungry families. I can't do it without your help, and our neighbors need us.**

This is the second free cookbook I'm providing in an effort to raise money for Feeding America. Times are hard for everyone right now--and they are even more difficult for those who have lost their jobs and are facing hunger, possibly for the first time in their lives. Feeding America estimates at \$1.4 BILLION shortage to feed hungry families. To me, giving is the essence of the holiday season. Please, give as generously as able and share these cookbooks and my campaign widely to make Thanksgiving a bit brighter for families in need.

**Click on the button below to go directly to my page at Feeding America and make a charitable donation, fully tax deductible.**

**YES! I will help feed hungry families this holiday season.**



# Turkeys in the Hood

*Boston, Massachusetts, 2020*





# What is "Healthy Hedonism"?

*i.e., How to Eat the #pkway, During the Holidays and Always*

**health·y • he·don·ism™**

**/ 'helTHē / / 'hēdə , nizəm /**

- 1. health:** a state of complete physical, mental, and social well-being
- 2. hedonism:** the pursuit of pleasure; sensual self-indulgence
- 3. healthy hedonism:** a plant-based, globally-inspired diet that promotes health, prevents disease, and protects the planet, one delicious bite at a time; the #pkway

# Healthy Hedonism, Explained

*Three Keys to Feed Your Body and Soul*

**THREE KEYS** to creating a lasting diet that's better for you and the planet too (and doesn't suck):



## Plant-Powered

Because going green is everything.



## Pleasure-Centered

Because we're driven by taste.



## Evidence-Based

Because science. Duh.







## Sweet Potato Latkes

Mini sweet potato latkes make a splendid little one-bite hors d'oeuvre during the holidays. Here, they are topped with fresh cranberry sauce and adorned with chives. Get creative!

Prep & Cook: ~45 minutes

Skill Level: Easy

Vegetarian + Dairy, Gluten-free

### Ingredients

- 5 cups sweet potatoes, unpeeled, grated (approx. 2 large tubers)
- 1/3 cup minced scallions (about 3)
- 1/3 cup minced red pepper (about one-half)
- 2 tablespoons white whole wheat flour
- 3 large eggs, lightly beaten (or any egg substitute that pleases)
- 1/2 teaspoon salt, or to taste
- 1/2 teaspoon freshly ground black pepper, or to taste
- 1/4-1/2 cup canola or grapeseed oil, for frying

### Directions

Not much to do here other than mix all ingredients together, heat the oil to medium-high, and fry. Note that the batter is mostly sweet potatoes held together by a bit of liquid and flour.

Cook each side ~3 minutes, until golden. Remove to a paper towel to absorb excess oil, turning over after a few minutes.

Repeat the process until all batter is used. You may need to add more oil between batches.

Makes about 14 3" latkes, or about 2 dozen minis.

Serve hot with your topping of choice: fresh cranberry sauce or cranberry chutney; a dollop of crème fraîche or sour cream and a sprinkle of pomegranate seeds; caramelized onions; a drizzle or two of maple syrup...





# Caramelized Onions: The Magic Ingredient That Just Makes Everything Better

Caramelized onions are a game-changing ingredient used in a few of the dishes here. Make a huge batch and keep on hand or freeze for a future meal. They are also great in omelets, on plant-based burgers, and beyond.

Prep & Cook: 1 hours

Skill Level: Easy-ish

Vegan, Gluten-free

## Ingredients

- 3 tablespoons olive oil
- 6 large onions
- Salt and pepper
- A goodly amount of sherry, white wine, or water, to deglaze pan (start with 1/3 cup and add more if needed)
- Fresh thyme, a bunch
- Dried thyme, as needed

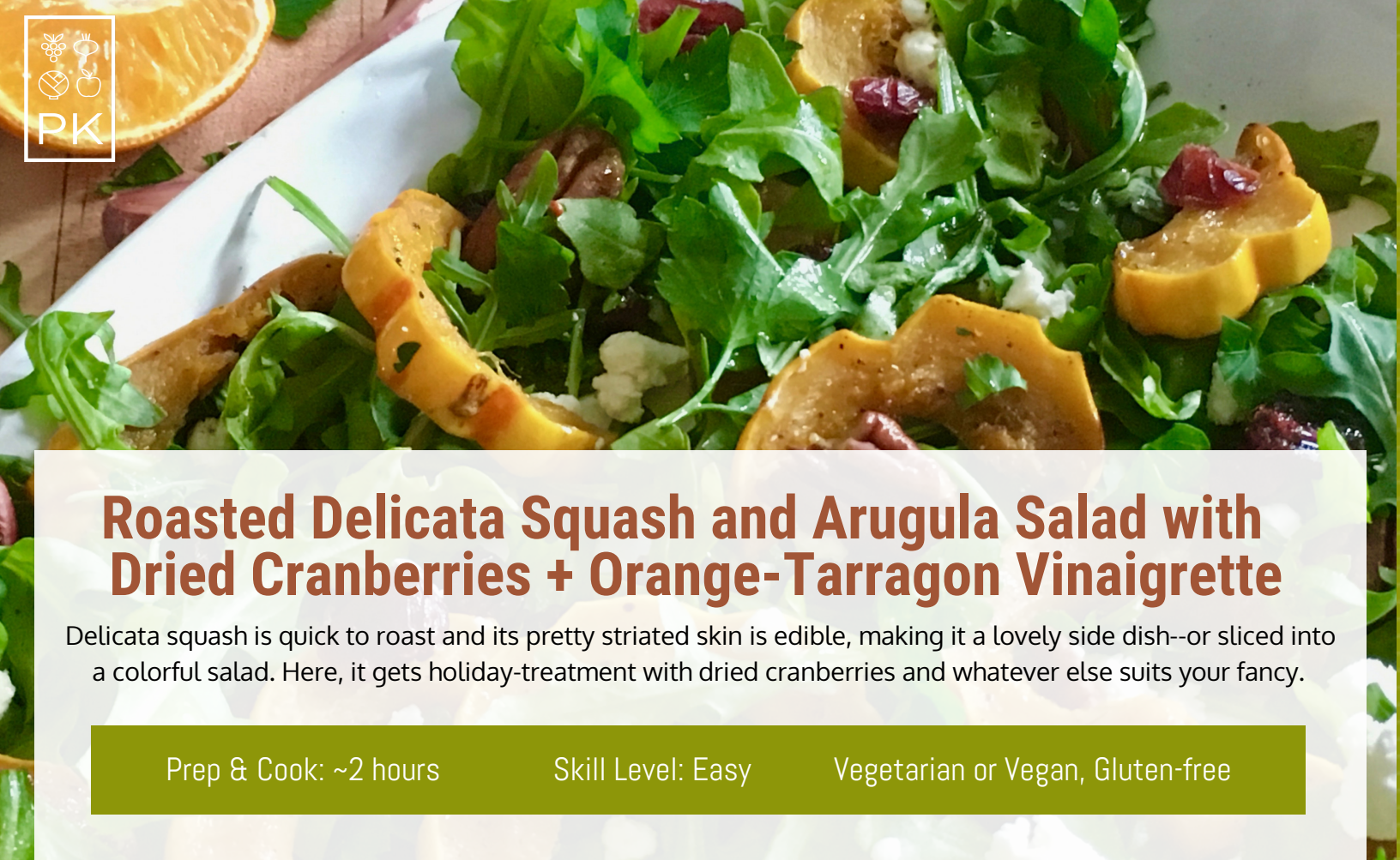
## Directions

**Cut a slew of onions** into thin strips; a food processor works well! Note: They shrink considerably during cooking so do make a bunch; they will keep in the fridge or can be frozen for another time. Now, heat 2 tablespoons olive in a very large frying pan or large soup pot over medium-high, add onions, and lightly season with salt and black pepper. Stir to fully coat and combine; use a bit more olive oil if needed.

**Sauté** on medium-high heat 6-7 minutes or so to begin the cooking process, allowing the onions to become lightly browned and soft. Then cook down on low/medium-low heat approximately 40-60 minutes, stirring periodically to ensure even browning. (Add a little more oil if needed.)

**Deglaze** the pan with white wine or sherry when almost finished cooking and mix in the tender leaves from a bunch of fresh thyme. Continue cooking, taste, and reseason with dried thyme, as needed.





## Roasted Delicata Squash and Arugula Salad with Dried Cranberries + Orange-Tarragon Vinaigrette

Delicata squash is quick to roast and its pretty striated skin is edible, making it a lovely side dish--or sliced into a colorful salad. Here, it gets holiday-treatment with dried cranberries and whatever else suits your fancy.

Prep & Cook: ~2 hours

Skill Level: Easy

Vegetarian or Vegan, Gluten-free

### Ingredients

- 3-4 Delicata squash, however many you need
- Drizzle of olive oil, salt, black pepper
- 1/2 cup or so dried cranberries
- A bunch of arugula
- Red onion, sliced, or scallions
- 1 tablespoon freshly squeezed orange juice
- 1 tablespoon Dijon mustard
- 2 tablespoons white balsamic vinegar
- 1/3-1/2 cup olive or grapeseed oil
- 1 tablespoon minced shallot
- 1 tablespoon fresh tarragon
- Crumble chèvre (optional)
- Toasted walnuts or pecans (optional)

### Directions

**Roast the squash.** Preheat oven to 475° F. All you need to do is wash then halve the squash, scoop out the seeds, and rub a quick coat of olive oil onto the flesh and season with salt and freshly ground black pepper. Next, place on a baking sheet, cut-side down, and roast for about 15 minutes. (Poke with a sharp knife; it's done when it slides right in.) When cool enough to handle, slice in whatever thickness pleases you. Absolutely delicious right off the pan on its own as a side dish or featured in a pretty salad like this one including arugula, dried cranberries, scallions, and toasted pecans.

**Orange-tarragon vinaigrette.** Whisk all ingredients together and taste. Adjust flavor to suit your palate; I prefer my vinaigrettes with a zing and not terribly sweet.



# Kale and Roasted Brussels Sprouts Salad with Marcona Almonds + Maple-Dijon Vinaigrette

This elegant salad stars sweet roasted sprouts and kale; it becomes holiday-worthy with Marcona almonds and a few shavings of Parmigiana cheese.

Prep & Cook: 25 mminutes

Skill Level: Easy

Vegan or Vegetarian, Gluten-free

## Ingredients

- 1-2 pounds of Brussels sprouts, trimmed if needed and cut in half if very large
- Drizzle of olive or grapeseed oil, salt, and freshly ground pepper
- 1-2 bunches of kale (whatever type you want; I use lacinato)
- A bunch of Marcona almonds
- Red onion, sliced, or scallions
- 1 tablespoons maple syrup
- 1 tablespoon Dijon mustard
- 2-3 tablespoons apple cider vinegar
- 1/3-1/2 cup olive or grapeseed oil
- 2 cloves crushed garlic
- 1 tablespoon fresh thyme
- Shards of Parmigiana cheese (optional)

## Directions

**Roast the Brussels sprouts.** Preheat oven to 475° F. Pour the sprouts onto a baking sheet and place in the oven. Set the timer for 10 minutes. When the buzzer goes off, take a look: they should be brown in some places, especially on the bottom. Give them a toss and throw them back into the oven for, say, 5-7 more minutes. The final cooking time depends on how big the sprouts were, whether they were cut in half, and so forth.

**Prepare Vinaigrette.** Whisk all ingredients together and taste. Adjust flavor to suit your taste; I prefer my vinaigrettes with a zing and not terribly sweet.

**Plate salad.** Chop kale roughly; I use the stems and all. Place kale into a large bowl and pour over vinagrette; don't use all at once you might not need it all. Massage into the leaves and put a ahndful or two on each plate. Toss a few sprouts, almonds, and red onions atop and Parm, if using.





## Wild Mushroom Stuffing with Spinach, Herbs, and Toasted Pecans

I'd never really made stuffing before, but how hard can it be, I thought. While there are multiple steps involved, it is a wonderful Thanksgiving cooking project that is well worth the effort. Outstanding.

Prep & Cook: ~2 hours

Skill Level: Medium

Vegan

### Ingredients

- 1 large loaf of tasty whole grain bread
- 1 package dried mushrooms
- 4 cups boiling water
- 2-3 cups wild mushrooms, sliced
- 2 tablespoons olive oil
- 1-2 leeks, sliced (yellow onion is also fine)
- 4-5 cloves garlic, crushed
- 1 teaspoon dried sage
- Salt and freshly ground black pepper
- 2 cups fresh spinach (or frozen, well drained)
- ~1/2 cup fresh sage, rough chop
- ~1/3 cup parsley, rough chop
- Additional herbs as desired (thyme, rosemary)
- 1 cup white wine or water
- 1 cup toasted pecans
- 2 tablespoons butter or vegan butter, diced

### Directions

**Prepare croutons.** Cut bread into cubes and bake 20-30 minutes at 325°F, tossing every 10 minutes until dry and lightly toasted. Alternatively, cube the bread a couple of days before using and leave on your counter until dry and stale. Preheat oven to 350°F.

**Prepare mushroom stock.** To make stock, pour boiling water over dried mushrooms and let sit about 30 minutes, while the bread crumbs are toasting and the mushrooms are cooking, below.

**Sauté sliced wild mushrooms** of your choice with olive oil and leeks. Season with ground sage, garlic, black pepper, and salt and cook until soft, about 5-6 minutes over medium-high heat. Chop herbs then toss in the pan along with spinach, until wilted. Slice the rehydrated mushrooms from the stock, if needed, and stir into the mixture. Turn heat up to high and add white wine, stirring until reduced somewhat. (That means most but not all of the liquid is gone.) Taste mixture and reseason as needed; it should be delicious already!

**Combine** vegetables, bread cubes, and several cups of mushroom stock. Add pecans and spread stuffing into a greased casserole, dot with butter, cover loosely with foil, and bake ~40 minutes at 350F. Remove foil the final 15 minutes to form a crispy top, or broil for several minutes.





## Roasted Brussels Sprouts with Caramelized Onions and Toasted Hazelnuts

Take roasted Brussels sprouts up a notch with caramelized onions and roasted hazelnuts for a sensational Thanksgiving side dish.

Prep & Cook: ~1 hour

Skill Level: Medium

Vegan, Gluten-free

### Ingredients

Exact measurements aren't necessary!

- 2-3 pounds Brussels sprouts, however many you need
- A bunch of yellow onions
- ~1 cup filberts

### Directions

Set oven to 250° F and toast the hazelnuts (aka, filberts); they should be golden and aromatic in 10-12 minutes. Perhaps longer depending on their size.

Roast the Brussels sprouts (page 8).

Caramelize the onions (page 6)

Toss the sprouts and onions together, taste, and reseason with salt and more fresh black pepper if needed. Scatter hazelnuts atop and serve.





## Decadent Mac 'n' Cheese with Caramelized Onions, Mushrooms, and Garlic

I didn't grow up eating mac and cheese for Thanksgiving, but apparently it's a thing. Makes sense: it's "American" AF and everyone loves it. This version includes puréed squash and several cheeses and truly rocked my world.

Prep & Cook: ~1 hour

Skill Level: Medium

Vegetarian + Dairy

### Ingredients

- 2 tablespoons butter
- 1/4 cup white flour
- 1/3 cup cream
- 1 16-oz can evaporated milk
- 1 cup good cheddar cheese
- 1/2 cup blue cheese
- 1/8 cup parmigiana cheese
- 1 cup pureéd butternut squash (or pumpkin) (or water if you prefer)
- ~2 cups water
- Tabasco, to taste
- 16 ounce package whole wheat macaroni
- 8 oz baby bella (cremini) mushrooms
- 2 tablespoons onion, minced
- 5-6 garlic cloves, crushed
- 2 onions, caramelized (see page X)
- **Fried shallot garnish** (optional): quickly fry thinly sliced shallots in 2 tablespoons canola or other vegetable oil on medium-high heat until crispy, then drain on a paper towel.

### Directions

Set a large pot of water to boil for the pasta and prepare according to package directions, quite al dente. Reserve cooking liquid. Turn oven on to 450°F and spray a casserole pan lightly and set aside.

Melt butter in a large sauce pan over medium-low heat then add onion and season with salt and black pepper; stir until translucent, about 5 minutes. Mix in the garlic until fragrant, then whisk in flour to make a roux (a gloop of flour on the pot's bottom). Whisk in cream, evaporated milk, turn the heat up to medium, and whisk in all cheeses and pureed squash, if using, and water.

Stir the above mixture now and again and season with more salt, pepper, and tabasco (if using). Meanwhile, slice the mushrooms and sauté in a bit more olive oil until soft.

Prepare caramelized onions (page 6).

Return to the pasta to its pot and pour the cheese sauce over it, along with the sautéed mushroom-onion-garlic mixture and caramelized onions. Stir until well mixed, taste, and season again if needed.

Pour mixture into pan and throw a bit more blue and/or cheddar cheese atop for more melty goodness. Cook for 10-15 minutes, until cheese is a bit bubbly. While you wait, fry up those shallots; they are a scrumptious topping!





## Show-Stopping Pumpkin Pie

When featuring maple wet walnuts, vanilla whipped cream, a graham cracker crust and prepared in a pretty springform pan, pumpkin pie lovers can feel confident bringing out this sophisticated dessert on any holiday, not just Thanksgiving.

Prep & Cook: ~2 hours

Skill Level: Medium

Vegetarian + Dairy, Gluten-free

### Ingredients

- 1 3/4 cups crushed graham crackers
- 1/3 cup butter, melted
- 1/4 cup white sugar
- 2 eggs, slightly beaten
- 1/2 cup dark brown sugar (I use muscavado, found in some specialty stores; it has a higher molasses content)
- 1 can pumpkin purée, no or low sodium (about 16 ounces) or 2 cups roasted pumpkin
- 1 cup evaporated milk
- 1 1/4 cups sweetened condensed milk
- 1 teaspoon vanilla
- 2 tablespoons bourbon
- 1/2 teaspoon salt
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon ginger
- 1/4 teaspoon cloves
- 1/4 teaspoon allspice

### Directions

Preheat the oven to 425°F. Mix first three ingredients together in a bowl and press into the bottom and sides of a buttered springform pan. (I used a 9" pan with 2" sides but it doesn't matter all too much; use whatever you have and just adjust the cooking time as needed.) Cook the crust for about 10 minutes, until lightly browned.

Beat the eggs a bit then add the brown sugar and beat until light. Mix in pumpkin, both milks, vanilla, and bourbon until combined. Add salt and spices and give a final beat. Mixture is runny; it's fine!

Pour filling into the crust. Depending on what size pan you use, you may have extra batter. If so, save in the refrigerator for my next trick (see next page).

Bake 45-75 minutes, again, depending on your pan; I was surprised mine took almost 75 minutes. A cooked pie will be set around the edges and start to puff in the center but will still jiggle a goodly bit. Don't worry, it will set as it cools, so don't overcook; no one likes a dry pumpkin pie.

Cool completely before topping with wet maple walnuts (page 13) and freshly whipped cream (heavy cream, a bit of vanilla, pinch of salt)



## Maple Wet Walnuts

"Wet walnuts" is an indulgent, salty-sweet concoction of toasted nuts and pure maple syrup that will knock your socks off. It's difficult to resist spooning them directly from bowl to snout, but restrain yourself: it's the ultimate pumpkin pie and ice cream topping.

Prep & Cook: 15 minutes

Skill Level: Super easy

Vegan, Gluten-free

### Ingredients

- 1 cup walnut halves
- 1/2 cup pure maple syrup
- 1/2 teaspoon pure vanilla extract
- 1/4 teaspoon flaky sea salt (fleur de sel is perfect, if you have it)

### Directions

**Toast walnuts.** Turn oven on to 425°F and pour walnut halves on a cookie sheet. Place in oven immediately. As the oven heats up, the walnuts will toast in about 5-7 minutes. Check to make sure they do not burn. Cool completely.

**Mix it up.** Stir all ingredients together, taste, and adjust quantities to suit your palate. Let the mixture sit for an hour or so to let flavors meld, stirring every now and again.





## Mini Pumpkin Pies (aka, Pumpkin Tarts)

Question: What happens when you have leftover pumpkin pie filling and a quarter box of graham cracker crumbs in the post-Thanksgiving aftermath? Answer: Individual-sized pumpkin tarts that are just as luscious as the real thing

Prep & Cook: 15 minutes

Skill Level: Medium

Vegetarian + Dairy, Gluten-free

### Ingredients

See recipe for pumpkin pie (page 12).

### Directions

The only difference is pressing the graham cracker crumb mixture into a tart pan instead of a cake pan. Fill tarts ~3/4 full; they will rise.

The tarts come out of the pan very easily with your fingers, or use a utensil to slightly dislodge, if necessary.

**Cook's Note.** You could easily adorn these with a bit of whipped cream and a wet walnut or two for extra-special treatments on a holiday table. I didn't have any left hence this unadorned-but-still-delectable version.



# Oozy Boozy Chocolate Bourbon Pecan Pie

Oozing chocolate, a whiff of whisky, toasted pecans. Need I say more?  
Well, in that case: It's definitely one of the best pies I've ever made.

Prep & Cook: ~2 hours

Skill Level: Medium

Vegetarian + Dairy

## Ingredients

### Crust

- 1 1/4 cups white whole wheat flour (or unbleached white flour if you prefer)
- 2 teaspoons white sugar
- 1/4 teaspoon salt
- 1 stick (8 tablespoons) cold unsalted butter, diced
- 1/4 cup ice water

### Filling

- 2 cups pecans, toasted
- 3 large eggs
- 3/4 cup dark brown sugar
- 2/3 cup cane syrup or light corn syrup
- 1 teaspoon vanilla extract
- 3 tablespoons unsalted butter, melted
- 3 tablespoons bourbon
- 3/4 teaspoon salt
- 1/2 cup semisweet or bittersweet chocolate chips; go for fair-trade chocolate to support farmers

## Directions

**Prepare and Roll Crust.** Grab your food processor and pulse the flour, sugar and salt to combine. Add the diced butter and pulse until the mixture resembles coarse sand. Add ice water and pulse a couple of more times until the mixture begins to hold together in large clumps, then dump onto a floured surface and pat the dough together into a disc (about 4 inches in diameter). Wrap in plastic and toss into the fridge for 30 minutes, or up to a few days if you like. Roll out dough into a 12-inch round, approximately, then transfer to a 9-inch glass pie plate. Trim the overhang to 1/2 inch, as needed, fold the edge under and crimp decoratively to your liking. Refrigerate until firm while preparing the filling.

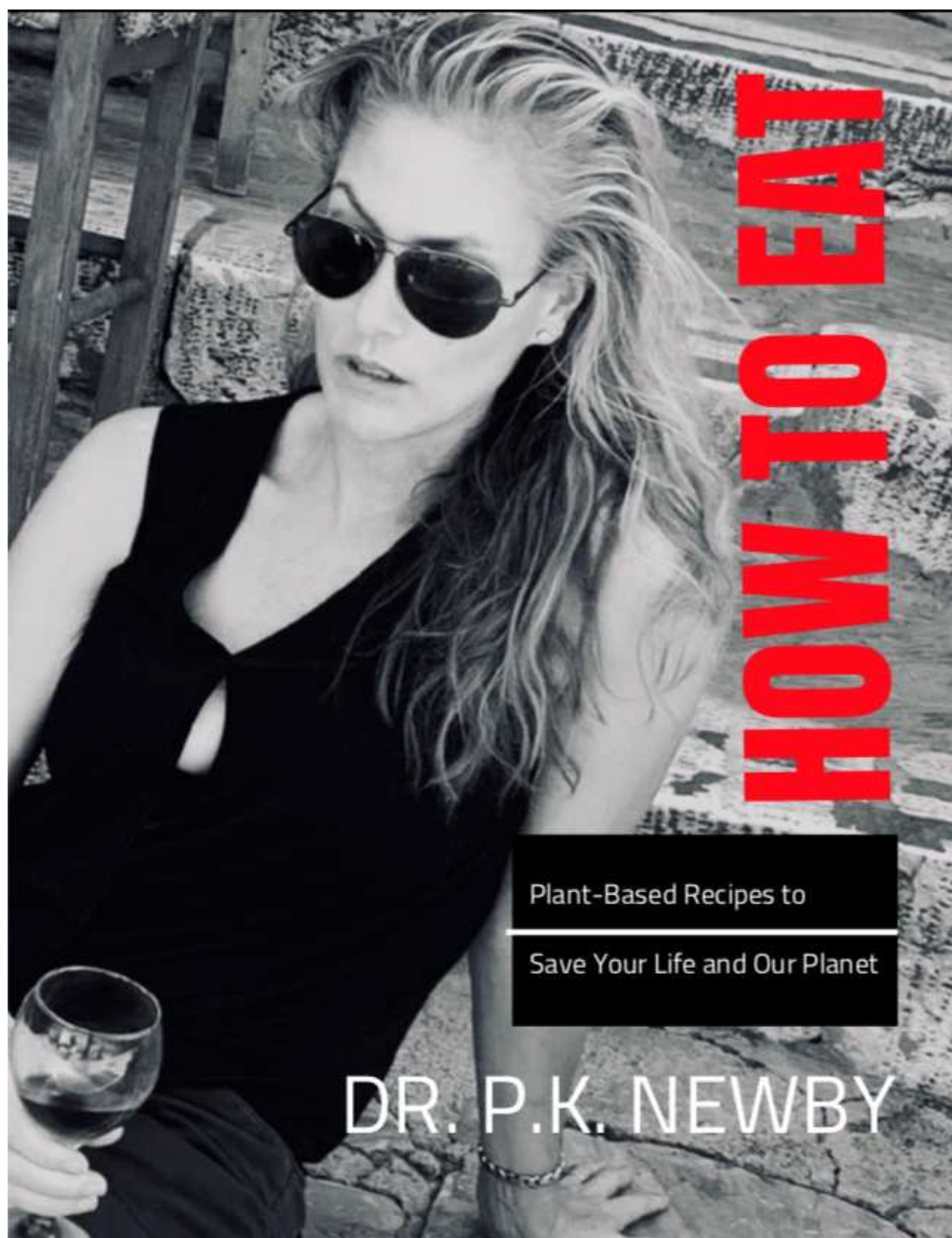
**Filling.** Preheat the oven to 375°F and, while the oven is warming, toast the pecans until fragrant and browned, about 7 minutes. Chop once cooled or leave as halves, whichever you prefer. Whisk the eggs with the brown sugar, syrup, vanilla, melted butter, bourbon and salt in a large bowl until combined. Stir in the pecans and chocolate chips. Pour the filling into the pie shell. Place pie carefully in the lower third of the oven, with a baking sheet on the bottom-most rack below the pie in case it drips; it shouldn't. Bake 50-55 minutes or until the center of the pie is set; you will see a bit of cracking on the sides, which is normal. You will likely need to tent the crust with foil halfway through the baking time if the edge begins over-browning. Transfer the baked pie to a rack and cool for one hour or more.

Serve with freshly whipped cream.



# HOW TO EAT *Plant-Based Recipes*

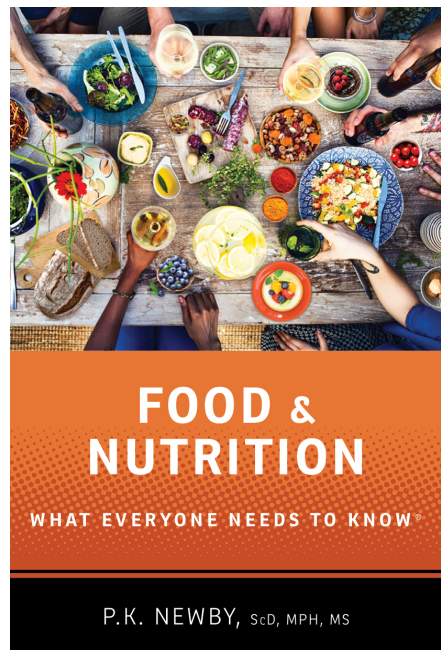
The first free e-cookbook in this series is called *How to Eat: Plant-Based Recipes to Save Your Life and Our Planet* (April, 2020). Like this one, I created it to help people eat better during the pandemic while also raising money for Feeding America. You can [download it for free on my blog](#) ; it has many more recipes, including some you might also enjoy on your holiday table.



# My Latest Book *What Every Eater Needs to Know. Literally.*

Are you sometimes confused about what to eat for your health, or our environment? Do you feel like nutritionists are always changing their minds? Do you want science-based information but don't know who or what to believe? I got you.

If you answered "yes" to any of these three questions, you're not alone. And it's why I wrote *Food & Nutrition: What Everyone Needs to Know*. Say goodbye to fake nutrition news: In 134 Q & A, *Food & Nutrition* debunks food myths and junk-science that lie at the heart of nutrition confusion. You'll hear what science says about popular diets—keto to clean eating, GMOs to grass-fed beef, and beyond—and learn the truth about why what we eat matters, from farm to fork. And the best part? When it comes to a health-giving, disease-preventing diet, planet-saving diet, one size doesn't fit all. Nutrition confusion ends here.



*Support your local bookstore or buy the book from [Indiebound](#) or [Amazon](#) or [OUP](#).*



# About Me

**P.K. Newby, ScD, MPH, MS**, aka, "The Nutrition Doctor", is a scientist, author, and science communicator whose work focuses on all things food, farm to fork. In 2012, she left the Ivory Tower to bring science to today's critical food and nutrition conversations and challenges through writing and other media—and fight junk-science in all the ways she can. She launched her second company, [Food Matters Multimedia](http://FoodMattersMultimedia.com), LLC, in 2019. She is an inspiring thought leader who speaks locally, nationally, and internationally, and her newest book is *Food and Nutrition: What Everyone Needs to Know* (Oxford University Press, 2018), now translated into Chinese. Other works include *Superfoods* (National Geographic, 2016); two e-books on employee health and wellness (Virgin Pulse, 2015); and *Foods for Health: Choose and Use the Very Best Foods for Your Family and Our Planet* (National Geographic, 2014). Dr. Newby also communicates with the public through her blog *Cooking & Eating the PK Way*, articles, and free e-books such as *Create Delicious Health: Change is Possible* (2018) and *How to Eat: Plant-Based Recipes to Save Your Life and Our Planet* (2020). She consults regularly and serves as a science advisor to or on the boards of several companies. Dr. Newby's passion for nutrition stems from a life-long love affair with food, from cooking, baking, and gardening as a kid to working in the restaurant industry. She was one of the "best undiscovered cooks" on ABC's *The Taste* (2014-15), where she created globally-inspired, plant-based cuisine showcasing her unique Healthy Hedonism™ philosophy—and was the last woman standing with domestic goddess Nigella Lawson. She holds a doctorate from Harvard and two master's degrees from Columbia. A recovering academic, she left her Associate Professor position after serving on the faculties at Tufts, Boston University, and Harvard, where she was an award-winning educator.

[pknewby.com](http://pknewby.com)

*P.K. is a total science geek who was born in Montréal, Canada and grew up in Port Washington, New York. She is a wanderlust whose hobbies include traveling, yoga, marathon-ing, reading, music, cooking and entertaining, and theater. She lives in Boston with her husband and feisty black lab, K'Ehleyr.*





[foodmattersmedia.com](http://foodmattersmedia.com)