

Celebrate the Season

with your Independent Grocer



Gather at the Table

The holiday season is upon us and there is no better time than now to start planning. Wondering about how much food to make or buy at the deli? Here are some general guidelines that will help you plan the ideal amount of food.

<i>Item</i>	<i>per Person</i>	<i>Group of Ten</i>
Snacks/Appetizers	2-4 ounces	2 to 3 pounds
Potatoes	1/3 to 1/2 pound	4 pounds
Vegetables	1/4 to 1/3 pound	2 1/2 pounds
Stuffing	1/3 to 1/2 pound	4 pounds
Gravies/Sauces	1/4 cup	2 to 3 cups
Turkey (whole)	1 to 1 1/2 pounds	10 to 15 pounds
Entrées	1/2 to 3/4 pound	5 to 7 pounds
Pie/Cake	1 slice	2: 9-inch pies
Ice Cream	1/2 cup	1/2 gallon
Cookies/Bars	2	20 total



Thawing Your Turkey

We all know that thawing the turkey can be a very daunting task. We have included an easy guide to ensure your turkey is ready to go for the big day.

<i>Turkey Size</i>	<i>Refrigerator</i>	<i>Cold Water</i>
4 to 12 pounds	1 to 3 days	2 to 6 hours
12 to 16 pounds	3 to 4 days	6 to 8 hours
16 to 20 pounds	4 to 5 days	8 to 10 hours
20 to 24 pounds	5 to 6 days	10 to 12 hours

Thawing in the Refrigerator: Keep the turkey in its original wrapper. Place it on a tray or in a pan to catch any juices that may leak. A thawed turkey can remain in the refrigerator for 1 to 2 days. If necessary, a turkey that has been properly thawed in the refrigerator may be refrozen.

Thawing with Cold Water: Wrap your turkey securely, making sure the water is not able to leak through the wrapping. Submerge your wrapped turkey in cold water. Change the water every 30 minutes. Cook the turkey immediately after it is thawed. Do not refreeze.



Making the Perfect Charcuterie Board

Mix and match your favorites by selecting items from the categories below. Vary the flavors and textures in each category for good balance.

Meats

Salami, soppressata, prosciutto, pâté, sausage, and vegan mushroom, or walnut pâtés.

Cheese

Brie, bleu, gorgonzola, chèvre, havarti, Comté, MontAmoré, manchego, Parmasean, and vegan cheeses.

Fruit

Fresh apples, grapes, figs, mandarins, and pears. Dried figs and apricots. Fig preserves, cherry jam, and honey.

Nuts

Marcona almonds, salted mixed nuts, spiced nuts, and caramelized nuts.

Bases

Crackers, sticks, baguettes, and crostini.

Additional Accompaniments

Cornichons, pickles, mustard, pickled vegetables, onion jam, and marinated artichokes.

Arrange your morsels on a board so it looks full and visually appealing. Have vegetarian or vegan guests? Assemble a second arrangement to satisfy their taste buds.



Hummus Plate

Ingredients

16 ounces prepared classic hummus

¼ cup good-quality olive oil

½ small red onion, julienne

⅓ cup crumbled feta

2 sprigs fresh thyme

½ teaspoon dried oregano

½ teaspoon crushed chili flakes

2 boxes flatbread crackers or pita bread packages

Instructions

- Spread hummus on a serving platter creating swirls.
- Evenly sprinkle remaining ingredients on top in order listed above.
- Serve with your favorite cracker or pita bread.

serves 6 • vegetarian



Beet & Apple Salad with Arugula

Ingredients

2 pounds whole red beets	1 Tablespoons agave nectar
½ pound Gala apples, chopped	1 teaspoon Dijon mustard
2 ounces baby arugula	¼ teaspoon sea salt
3 Tablespoons sunflower oil	2 Tablespoons roasted & salted sunflower seeds
2 Tablespoons apple cider vinegar	

Instructions

- Preheat oven to 350 degrees F.
- Place whole beets in an oven-safe dish and fill halfway with water. Cover and bake for 2-3 hours or until beets are knife tender. Remove from oven and cool. Peel and chop beets.
- Place prepared beets, apples, and arugula in a mixing bowl.
- Whisk together dressing ingredients and pour over salad. Toss gently.
- Sprinkle on sunflower seeds and serve.

serves 6 • *gluten-free, vegan*



Marbleized Root Puree

Ingredients

2 ½ pounds russet potatoes,
peeled & cubed 1"

½ pound parsnips, peeled &
diced

2 cups shredded asiago cheese

6 Tablespoons unsalted butter,
room temperature

½ cup heavy cream

1 pound carrots, peeled &
chopped

¼ cup shredded asiago

2 Tablespoons unsalted butter,
room temperature

Instructions

- Place potatoes and parsnips in a large stock pot covered with water. In a separate pot, place carrots and cover with water. Bring to a boil and simmer until parsnips are tender and carrots are tender.
- Drain potatoes and mash with asiago and butter. Stir in cream, and season with salt to taste.
- Drain carrots and mash with remaining asiago, butter, and season with salt to taste.
- In a oven-safe serving dish swirl both mixtures together.

serves 4-6 • gluten-free, vegetarian



Roasted Squash Soup

Ingredients

3 pounds Kuri squash, halved and seeded

1 large leek, halved and thinly sliced

¼ cup olive oil

2 large garlic cloves, minced

4 cups chicken stock

1 bay leaf

3 fresh thyme springs

¼ teaspoon freshly grated nutmeg

Sea salt and black pepper to taste

Instructions

- Place prepared squash on an oiled baking sheet and bake in a 350° F oven until knife tender. Remove and cool.
- Meanwhile, sauté leeks in oil in a soup pot over medium-low heat until tender, about 2 minutes. Add garlic and cook for a minute. Add stock and herbs.
- Bring to a gentle simmer and cook for 5 minutes. Discard bay leaf and thyme sprigs. Scoop out squash and add to pot. Puree with a stick blender until smooth. Add salt and pepper to taste.
- Remove from pan and break into pieces. Keep refrigerated until ready to serve.

serves 6 • gluten-free



Pumpkin Cheesecake Braid

Ingredients

Filling

½ cup canned pumpkin puree

4 ounces cream cheese, room temperature

¼ cup light brown sugar

1 large egg (reserve white for brushing)

1 ½ teaspoon pumpkin spice

2 8-ounce cans Immaculate Baking Crescent Dough

Glaze

½ cup powdered sugar

1 Tablespoon whole milk

¼ teaspoon vanilla extract

Instructions

- Preheat oven to 350 degrees F. Whisk together all ingredients for the filling and set aside.
- Roll out one package of dough on a lightly floured piece of parchment paper into a 13 by 7 inch rectangle, pressing seams together. Place on baking sheet.
- Place half of the pumpkin mixture in a strip down the middle third length of dough. Using scissors, cut 1-inch strips on both sides of the dough just to the edge of filling.
- Fold strip across filling, overlapping ends. Brush with beaten egg white. Repeat with remaining dough and filling on a separate baking sheet.
- Bake for 20-25 minutes or until golden. Whisk together glaze ingredients and drizzle over cooled pastry.

serves 8 • vegetarian



Chocolate Cranberry Nut Bark

Ingredients

9 ounces semi-sweet chocolate, chopped

2 ounces white chocolate, chopped

1 cup mixed nuts, salted or unsalted

¼ cup sweetened dried cranberries

¼ teaspoon poppy seeds (optional)

Instructions

- Line a 7 x 11 pan with parchment paper and set aside.
- Heat chocolates separately in microwave safe bowls until mostly melted. Remove and stir each until smooth.
- Pour semi-sweet chocolate onto the parchment lined pan and spread it to the edges. Drizzle white chocolate and tap pan to smooth out chocolate.
- Sprinkle with nuts, cranberries, and poppy seeds. Chill for 30 minutes.
- Remove from pan and break into pieces. Keep refrigerated until ready to serve.

serves 6-8 • vegetarian, gluten-free



There's always something to be grateful for.

To maintain the integrity, availability, and accessibility of our food, we are a part of a network of independent retailers, Independent Natural Food Retailers Association (INFRA). INFRA is a purchasing cooperative owned and governed by natural and organic food retailers of all sizes working together to forge a sustainable future. Together we continuously work to bring you the very best service and selection for your family.

Thank you for supporting us, your local, independent, organic grocery store. We believe in the power of food during times of celebration and value the trust you put in us to bring you and your loved ones the very best this holiday season.

We appreciate your continuous support and are so thankful for our community!

To learn more about INFRA stores in your community and across the United States, connect with us online!



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