



4 NO-OVEN thanksgiving sides

by COOKSMARTS



# Fennel & Green Bean Salad

## Ingredients | Serves 8

Basil - 4 Tbsp, chopped  
Fennel - 1 small bulb, sliced  
Green beans - 2 lbs, trimmed  
Red wine vinegar - 2 Tbsp  
Dijon mustard - 2 Tbsp  
Olive oil - 4 Tbsp  
Capers - 2 Tbsp



## Prep

1. Prep basil, fennel, and green beans. (can be done up to 3 days ahead)
2. Whisk together red wine vinegar, Dijon mustard, and olive oil. Season with salt and pepper. (can be done up to 5 days ahead)

## Make

1. Place green beans in a microwave-safe container. Cover with a wet paper towel and microwave for 2 to 2 1/2 minutes, until tender but still crunchy.
2. Toss basil, fennel, and green beans with vinaigrette and capers. You can do this right before serving.

# Coconut Rice & Beans

## Ingredients | Serves 8

Kidney beans - 2 14-16 oz cans  
Garlic - 4 cloves, minced  
Coconut milk - 2 cups  
Bay leaves - 2  
Jerk or Cajun seasoning - 2 tsp  
Long grain rice - 2 cups  
Chicken or veg stock - 2 cups  
Salt - 1/2 tsp



## Prep

1. Rinse and drain beans.
2. Mince garlic. (can be done up to 5 days ahead)

## Make

1. Heat a Dutch oven or non-stick pot over medium-high heat for rice and beans. Pour in coconut milk, garlic, bay leaves, and jerk or Cajun seasoning. Bring to a simmer.
2. Add rice, chicken stock, and salt. Cover and bring to a boil and then simmer for 15 to 20 minutes, until rice has absorbed all the liquid. Fold in beans. Season to taste with salt and pepper. Transfer in a slow cooker to easily warm up.

# Buttered Corn & Peas

## Ingredients | Serves 8

Garlic - 4 cloves, minced

Onions - 1, diced

Butter - 4 Tbsp

Corn kernels - 3 cups

Peas - 3 cups

Baby spinach - 10 oz

Cream (opt) - 1/2 cup

Salt - 1/2 tsp

Black pepper - 1/2 tsp

Limes - 1, juice of

## Prep

1. Prep garlic and onions. (can be done up to 3 days ahead)

## Make

1. Heat a skillet or saute pan over medium-high heat. Add butter and then garlic and onions to melted butter with a sprinkle of salt. Saute until softened, 4 to 5 minutes.

2. Next fold in corn and peas and cook for another 3 to 4 minutes, until everything is warmed through.

3. Fold in spinach with cream, salt, and pepper. Finish with lime juice, and season to taste with more salt and pepper as needed. Transfer in a slow cooker to easily warm up.



# Cauliflower Mash

## Ingredients | Serves 8

Cauliflower - 2 heads, chopped

Milk - 1/2 cup

Butter - 4 Tbsp

Garlic powder - 4 tsp

Thyme leaves - 4 tsp

## Prep

1. Chop cauliflower. (can be done up to 4 days ahead)

## Make

1. Fill a large pot with salted water and bring to a boil.  
2. Cook chopped cauliflower in boiling water until fork tender. Drain cauliflower and then return to pot.

3. Add the milk and butter to the cauliflower along with garlic powder and fresh thyme leaves

4. Using an immersion blender, potato masher, or a fork, blend / mash the cauliflower until they resemble a smooth paste. Season to taste with salt and pepper. Transfer in a slow cooker to easily warm up.

