

INSIDE THIS ISSUE



PG. 1

My First Thanksgiving Cooking.

Cranberry Jell-o



PG. 2

Sweet Potatoes -Veggie of the month.

Time for the Turkey



PG. 3

- Herbs in My Kitchen: reference guide for everyday cooking.

- Joints Pain Relief

MY FIRST THANKSGIVING COOKING.

I want to share with you my first thanksgiving cooking experience. I had never cooked before and at that time I was not interested in cooking at all but I decided to cook Thanksgiving dinner. So, I had some shopping to do. I made the list and went to the grocery store. I picked the turkey, cranberries and sweet potatoes. That was a really easy choice but than my frustration level was rising every minute. I was standing in the aisle and had no idea how I am going to cook all this, what spices I need to use, how to season this and finally after about an hour wondering around the store, I got a fabulous idea. Almost a golden thought: I started reading recipes on all labels looking for an inspiration. Remember it was a long time before the internet and google era. Good recipes were in the cook books which I didn't have and if I had all old recipes are so long and complicated but I was looking for something easy, breezy and tasty. I spent another hour at the grocery store taking notes (I always had a list and the pen- old times, now I have my list on the phone). The rest is history, I was ready for a wonderful cooking experience and tradition that lasts for the past 36 years already. So, here is my cranberry jell-o, the recipe, I found on the back of the package of cranberries. I am so sorry but I wish I remember the brand I purchased. It was one of the local brands from Wisconsin or Michigan.

CRANBERRY JELL-O

Ingredients:

1package fresh cranberries

2 green apples

1 cup chopped walnuts

2 small packages of cranberry jell-o. you can use any red jell-o, raspberry or strawberry

Instructions:

Wash cranberries and sliced them in the processor. Rinse them under running water to remove seeds. Drain them well. Chopped walnuts or you can purchase already chopped. Chop apples into very small cubes. Combine all ingredients in the bowl. Prepare the jell-o. Use one cup less than it is in the recipe. The jello must be thicker to bind everything well but not too thick or rubbery. Pour the jell-o over the cranberry-walnut-apple mixture. Make sure that everything is cover. Cool it and refrigerate overnight. Serve with the turkey and sweet potatoes as the side dish (serve on the salad plate to avoid melting). Delicious.



HAPPY THANKSGIVING!!!!



<https://lilluna.com/turkey-veggie-tray/>



Veggie of the Month: Sweet Potatoes

SWEET POTATO WITH OREGANO

Sweet potatoes, the staple on the Thanksgiving dinner table, is at the same time most hated dish according to the most recent internet survey. But everyone eats it because it is a tradition. Personally, I do not like it with sweet cranberry sauces but I love it with oregano and stake seasoning.

Spice up your sweet potatoes!!!

Chop sweet potatoes (2 pounds) into half inch cubes, sprinkle with olive oil (very little of oil), stake seasoning and oregano. Bake in the oven for about 30 minutes at 380F.

SIMPLY DELICIOUS



TIME FOR THE TURKEY

Salt and pepper the turkey and soak overnight in the plain yogurt. In the morning rinse it well. Season your turkey with salt, pepper, oregano, thyme, rosemary and sage. Fresh herbs are the best but dried are good as well. Add some dried fruits: dates, apricots. Place portion of the herbs and dried fruits inside the cavity of the turkey. Add half cup of red wine and put it in the oven. Preheat the oven to 450°F then drop the temperature to 350°F after putting the turkey into the oven. It takes usually about 15 minutes of cooking time for each pound of turkey. An instant-read thermometer inserted into the thickest part of the thigh, near the bone should read 180 degrees F.

<https://herbsinmykitchenbook.com/recipes/>



*"The secret of happiness is variety,
but the secret of variety, like the
secret of all spices,*

is knowing when to use it." —

Daniel Gilbert

RESOLUTION'S SOLUTION:

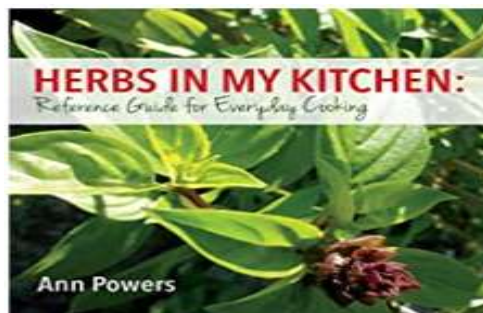
We are all guilty of making them on December 31st. Promises and pledges to be good, healthy, sleep better and exercise but on January 1st we already forgot about them.

"Herbs in My Kitchen" will guide you how to prepare your meal in hundreds of different ways using natural aromatic spices and herbs and keep up with the resolutions. Also, it will give you interesting facts about popular herbs and spices.

How and when to use herbs and spices? You are just click away to get answers to your questions. Click on the link below.

Bon Appetit!!!

<https://herbsinmykitchenbook.com/order/>



JOINTS PAIN RELIEF

Rheumatoid Arthritis causes a lot of pain, swelling, stiffness, and loss of physical function in hands, wrists, shoulders, knees, and feet.

Taking rheumatoid arthritis medication can cause even more serious side effects including: edema (swelling of the feet) heartburn, upset stomach, stomach ulcers, possibly increased risk of blood clots, heart attack, stroke cataracts, elevated blood fats and blood sugar levels, increased appetite and bone loss.

There is a solution: Joints Pain Relief!!!

100% Organic and Natural!!! This unique blend of organic oils and botanical extracts provides almost immediate relief from aches, pain and leads to increased flexibility and mobility of joints and tendons. Most importantly, **NO** side effects.

Apply a drop or two multiple times throughout the day. Use the drops as many times as you use hand lotion. For external use only.

<https://herbsinmykitchenbook.com/joint-pain-relief/>

