



*gluten-free*  
**Thanksgiving Menu**

*Each menu item below is a recipe link. Enjoy!*

## starter

spiced butternut squash + apple soup

## main

roasted turkey + gravy

classic [gluten-free] bread stuffing

homemade cranberry sauce

maple-thyme mashed sweet potatoes

balsamic roasted brussels sprouts

caramelized onion + potato gratin

shredded kale + apple salad\*

## dessert

pumpkin pie

apple-cranberry crisp

*\*This menu is gluten-free, peanut free and tree nut free. Please note that the kale salad recipe contains **optional** nuts. Be sure to omit if your family is nut-free.*

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# tips for hosting a **gluten-free** Thanksgiving

## prepare.

Plan ahead! Hosting Thanksgiving can be stressful for anyone. Make sure you read your recipes and give yourself plenty of time to prepare everything. If you're trying a new recipe, consider testing it in advance so you have plenty of time to make modifications. Take into consideration that you may need to extra time for cleaning and decontaminating your cooking utensils and counter tops to make your space gluten-friendly!

## gluten-free first.

If you are preparing and serving some gluten-free options and some that contain gluten, be sure to cook the gluten-free items first. After cooking and storing gluten-free items, sanitize the kitchen, appliances and cookware, before preparing the rest of the foods. The same is true when serving. Invite guests who follow a gluten free diet to serve themselves first to reduce risk of cross-contamination.

## reduce the risk.

If you're not always cooking gluten-free, you may not know how easily cross-contamination can occur. Keep an eye on:

*Utensils:* use clean, separate serving utensils and dishes. Avoid using wooden utensils as they can harbor gluten.

*Small Appliances:* toasters, microwaves and counter-top ovens hold onto crumbs and should be cleaned well before used for gluten-free cooking.

*Condiments:* be sure to have designated condiments, like butter, mayonnaise and seed/nut butters. Anything spread with a knife is high risk for cross-contamination.

## visit **mygerbs.com**.

For more information on allergy-friendly living, visit the Allergy Hub on mygerbs.com. We're here to help your family live well.

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