

# Ideal Protein & Chef Verati's SPECIAL THANKSGIVING MENU



## *Appetizer*

### Stuffed Mushrooms - Serves 4

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| 1/2 lb. chopped cooked shrimp, peeled & deveined | 1 Tbsp green onions, chopped                    |
| 4 large Portabella mushrooms                     | 16 fresh basil leaves                           |
| 1/2 cup cucumber, chopped                        | 4 Tbsp Ideal Protein Classic Balsamic Dressing* |
| 1/2 cup cucumber, sliced                         | 1 tsp olive oil                                 |
| 1/2 cup radishes, chopped                        | sea salt & pepper to taste                      |

Preheat oven to 375 degrees. On a baking sheet, place portabella caps and drizzle with olive oil; set in the oven for 15 minutes. Meanwhile, in a large bowl, mix together cucumbers, radishes, green onions and balsamic dressing. When the portabella caps are ready, you can start dressing your plates. To serve, take a ring, line the inside with the sliced cucumbers. Then, place the mixture inside the ring. Lastly, top with cooked portabella caps. Bon appétit!



## *Main Course*

### Turkey Mille-Feuille with Roasted Vegetables - Serves 4

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| 16 oz turkey breast, finely sliced          | 1 cup spinach, cooked      |
| 1 tomato, sliced                            | sea salt & pepper to taste |
| 1 cup orange and yellow bell pepper, sliced |                            |

Preheat oven to 375 degrees. On a baking sheet, place bell pepper slices; set in the oven 30 minutes. Once the peppers are well roasted, remove and let cool. Then, in an oven safe mold (ramekin), place tomato slices at the base and then layer in the following order: raw turkey, roasted pepper, turkey, spinach, turkey. Top it off with one last tomato slice. Lastly, set mille-feuille in the oven for 30 minutes or until the turkey is fully cooked. Bon appétit!



## *Dessert*

### Crispy Vanilla Ice Cream, Pumpkin Pie Flavor - Serves 4

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| 1 Ideal Protein Cookies & Cream bar            | 1 pinch pumpkin spice                      |
| 3 Ideal Protein ready-to-serve Vanilla Pudding | 4 Tbsp Ideal Protein Maple Flavoured Syrup |

In a blender, crumble cookies and cream bar, until a crispy consistency is reached. Now, in a large bowl, mix together vanilla pudding and pumpkin spice. Then, in a ramekin, press the cookies and cream crumble in the bottom to make a base and top with pumpkin pudding mixture. Lastly, place ramekins in the freezer for approximately an hour. Remember to drizzle with Maple Syrup before serving! Bon appétit!

