

Side Dish

with Leslie Durso

Recipe Book

Six of Chef Leslie Durso's recipes for classic and delicious top-9 free side dishes for you and your family to enjoy this season!



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It's time for the holidays, which means it's time for family feasts. No matter what's at the center of your table, we all know the real heroes of the holidays are the side dishes! Inside, you'll find six of Chef Leslie Durso's recipes for classic and delicious top-9 free side dishes for you and your family to enjoy this season! Happy Holidays!

Note: while some of these recipes are listed free from some or all top allergens, please make sure to always read each label.



Sweet Potato Casserole

- 5-6 large sweet potatoes, baked Preheat oven to 350 degrees
- 1 CUP oat milk Peel the already baked sweet potatoes and add to a large bowl with all ingredients except marshmallows. Mash with a potato masher until creamy and smooth.
- 2 TBSP vegan, soy free butter
- 1 TBSP maple syrup
- 1 TSP salt
- 1 TSP cinnamon Pour into a 9x13 baking dish and top with the mini marshmallows.
- 1/2 TSP nutmeg
- 1/4 TSP ground ginger Bake for 20 minutes or until the filling is hot and marshmallows are browned.

Topping

- 8-10 OZ Vegan Dandies mini marshmallows





Cornbread Stuffing

- 1** 8X8 pan of cornbread, cut in 1/2 inch pieces and dried
- 1** firm apple, peeled and chopped
- 1/2** cup fresh cranberries, halved
- 1/4** cup raisins
- 1/4** cup chopped onion
- 1/4** cup chopped celery
- 6** OZ mushrooms, sliced and sauteed still soft
- thyme
- sage
- parsley
- marjoram
- 1-1½** CUPS vegetable broth
- 1/4** CUP olive oil or melted vegan butter
- salt
- pepper

Preheat oven to 350 degrees

Combine all the ingredients in a bowl. Mixture should be damp but not wet. Add a little more veg broth if still dry.

Bake in a greased baking dish, covered for about 1 hour. Remove the lid the last ten minutes to brown the top.



Green Bean Casserole

- 1 1/2 LBS fresh green beans, washed, trimmed, and cut into 2 inch pieces**
- 3 TBSP butter substitute**
- 4 OZ mushrooms chopped**
- 1/2 onion, finely diced**
- 2 garlic cloves, diced**
- 1 TSP tapioca flour or cornstarch**
- 1 1/2 CUP plain oat milk**
- 1/4 CUP vegan mayonaise**
- 1/8 TSP nutmeg**
- salt**
- pepper**
- gluten free crispy onions**

Serves 8

Preheat oven to 350 degrees farenheit

Steam the green beans until soft, but still crunchy (you're going to bake them so they will cook more), set aside.

In a sauce pot, on medium heat, melt the butter and add the mushrooms, onion and garlic. Sauté until the onion is soft and translucent. Add the flour and nutmeg and stir continuously until it becomes a paste like consistency and tan colored. Carefully add the oat milk and continue to stir continuously. Toss the green beans in the sauce and pour into a casserole dish. Top with the crispy onions, cover with foil and bake for 15 minutes.



Wild Mushroom Gravy

- 1/2 CUP chopped onion
- 2 cloves of garlic, minced
- 2 TBSP dairy free, soy free butter
- 2-3 sprigs of fresh thyme
- 1 medium portabello mushroom, minced
- 8 OZ wild mushrooms, minced
- 2 TBSP cornstarch
- 1 1/2 CUPS vegetable broth
- 2 TBSP tamari or coconut aminos
- salt and pepper to taste

Serves 4-6

In a large frying pan, on medium low heat, melt the butter and add in the onions, garlic, thyme, and mushrooms. Add a pinch of salt. Sauté for about 2 minutes. When soft, add the cornstarch and mix until dissolved.

Slowly add in the vegetable broth. Stir to dissolve all the cornstarch. Let cook for another couple minutes and add the soy sauce. Taste and season.



Creamiest Mashed Potatoes

2 1/2 POUNDS Yukon Gold potatoes
4 TBSP vegan butter
1/4-1/2 cooking water from the potatoes
salt and pepper to taste

Serves 4

Peel or not the potatoes and cut into large chunks. Place in a large pot and fill with water till the potatoes are just covered. Bring to a boil. Sprinkle in a big pinch of salt. Reduce heat to medium so that the water is a soft boil. Cook until the potatoes are fork tender, about 20 minutes.

Drain the potatoes, reserving about a cup of cooking liquid.

Optional

1 clove minced garlic
1 TBSP chopped chives

In the warm pot, return the potatoes and mash. Fold in the butter and add a pinch of salt and pepper and garlic if you like. When the potatoes are about half mashed, begin to slowly add some cooking liquid until you reach your desired consistency.

Serve warm topped with chives.



Creamed Spinach

2	LBS fresh spinach	Preheat oven to 350 degrees fahrenheit
3	TBSP vegan butter	Sauté the fresh spinach in water or a tsp of olive oil. Drain and roughly chop, set aside.
4	OZ mushrooms, finely chopped	In a sauce pot, on medium heat, melt the butter and add the mushrooms, onion and garlic. Sauté until the onion is soft and translucent. Add the flour and stir continuously until it becomes a paste like consistency and tan colored. Carefully add the oat milk and continue to stir continuously. Add in the mayonnaise and stir well. Add the spinach, stir well, and pour into a casserole dish. Top with the crispy onions, cover with foil and bake for 15-20 minutes.
1/2	onion, finely diced	
2	garlic cloves, chopped	
1	TSP tapioca flour or cornstarch	
1 1/2	CUP plain oat milk	
1/2	CUP vegan mayonaise	
	salt	
	pepper	
	gluten free crispy onions	



For more tips and recipes, visit [FoodAllergy.org](https://www.foodallergy.org)