



**DRS. HECKLIN,  
SMILEY & DILUZIO**

COSMETIC & RESTORATIVE  
DENTISTRY FOR THE FAMILY

*No Stress, Easy*  
**THANKSGIVING**  
*Recipes*

**BY DR. HECKLIN TEAM MEMBERS**







We know that cooking for Thanksgiving can sometimes be stressful or take too much time, when the true meaning should be centered around spending quality time with your friends and family. So we put together this no stress, easy recipe book to help! These recipes are our teammates very favorites and we hope they help you enjoy Thanksgiving this holiday season.

Yours truly,  
The Dr. Hecklin & Associates team







# THANKSGIVING *Recipe*

**Submitted By:** Dr. Steven Hecklin



**Title:** Reverse Montreal

**Servings:** As desired

**Time to Cook:**

## **Ingredients:**

- 2" thick steaks
- Montreal seasoning
- Olive oil
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## **Instructions:**

Heat grill to 200 degrees. Brush steaks with olive oil, then season generously with Montreal steak seasoning. Put steaks on the grill until they reach an internal temperature of 100-125 degrees (about 5-10 minutes). Take steaks off the grill and turn grill up to 600 degrees. Put steaks back on the grill for 3 minutes on each side to sear. Enjoy!

## **Note:**

Dr. Hecklin prefers using filet mignon.







# THANKSGIVING *Recipe*

**Submitted By:** Dr. David Smiley



**Title:** Grandma Surretta's Sweet Potato Casserole

## Ingredients:

- 4-5 Sweet Potatoes
- 2 tbsp. Butter
- 8 oz. can crushed pineapple
- 1/2 tsp. salt
- 1 tbsp. brown sugar
- Mini marshmallows

## Note:

Add a splash of orange juice and cinnamon for even more flavor!

## Instructions:

Scrub and roast sweet potatoes in their skins\*. Cool, peel and mash. Stir in butter. Fold in pineapple and brown sugar (+ splash of OJ and cinnamon if desired). Preheat oven to 400. Grease a medium casserole dish and spoon in potato mixture. Bake for 15 minutes and remove from oven. Place marshmallows on top, pressing gently. Cook 10 more minutes or until golden brown.

\*Preheat to 425. Scrub sweet potatoes and pierce in several places. Line a baking sheet with foil and place potatoes on top. Bake for 45 minutes - 1 hour depending on the size of potatoes until soft and beginning to ooze.







# THANKSGIVING *Recipe*

**Submitted By:** Dr. Abby DiLuzio



**Title:** Festive Pineapple Cranberry Salad

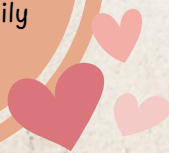
## Ingredients:

- 1 20oz. can crushed pineapple (undrained)
- 2 sm. packages raspberry Jell-o
- 1 16 oz. can whole berry cranberry sauce
- 1 apple chopped
- 2/3 cup chopped walnuts
- mint leaves for garnish

## Instructions:

Drain pineapple, reserving the juice. Remove 1 tbsp. and set aside. Add enough cold water to juice to equal 3 cups liquid. Pour 3 cups of juice/water mixture into sauce pan. Bring liquid to a boil, then remove from heat. Add dry gelatin mixes and stir for 2 minutes. Stir in cranberry sauce. Pour into a large bowl and refrigerate for ~1.5 hours until slightly thickened. Stir in pineapples, apples and walnuts. Refrigerate for ~4 hours until firm. Garnish with pineapple, sliced apple and mint.

Dr. DiLuzio's mom has made this recipe for Dr. DiLuzio's entire life! It reminds her of a full table of family laughter and fun.







# THANKSGIVING *Recipe*

**Submitted By:** Vanessa, Front Desk  
Coordinator



**Title:** Asparagus Casserole

## Ingredients:

- 2 cans Green Giant Asparagus
- 1/4 large block of Velveeta
- 1/2 stick butter
- 4 boiled eggs, sliced
- 1 pack of slivered almonds
- 1/2 cup of milk

## Note:

## Instructions:

Combine 1 cup of Asparagus juice, milk and Velveeta. Microwave in 45 second intervals until melted. Whisk in between cycles. Take 1/2 cup of Asparagus juice and 2 tbsp. of corn starch and mix into the melted cheese mixture until thickened. In a casserole dish, layer 1 can of asparagus + sliced eggs + slivered almonds. Cover with half of the cheese mixture. Repeat a second time. Bake at 350 until bubbly and brown, about 30 minutes.





# THANKSGIVING *Recipe*

**Submitted By:** Vanessa, Front Desk  
Coordinator



**Title:** Apricot Nectar Cake

This recipe has  
been passed down  
for generations on  
Vanessa's dad side  
of the family.

## Ingredients:

- Box of yellow cake mix
- 3 oz. box of lemon jello
- 4 egg yolks + 4 egg whites
- 3/4 cup of vegetable oil
- 3/4 cup of apricot nectar juice
- 2 tbsp. lemon extract
- 2 cups confectioner sugar
- 2 lemons or 2 tbsp. lemon juice

## Note:

Vanessa uses a toothpick and pokes holes so the topping soaks into the cake.

## Instructions:

Beat 4 egg whites until stiff. In mixer bowl, combine yellow cake mix with box of lemon jello mix. Add in remaining ingredients and mix well in the mixer. Fold in 4 egg whites stiffly beaten. Bake in a greased bundt pan at 325 for 1 hour.

## Topping:

Combine 2 cups of sifted confectioner sugar with 2 squeezed lemons or pure lemon juice. Pour glaze over cake while hot.







# THANKSGIVING *Recipe*

**Submitted By:** Kellie, Front Desk  
Coordinator



**Title:** Brussel sprouts and bacon

Kellie's kids  
LOVE this dish  
every  
Thanksgiving!

## Ingredients:

- 4 slices of bacon
- Pack of fresh brussel sprouts
- 2 tbsp. of balsamic vinegar
- Salt and pepper

## Instructions:

Cook bacon and cut into 1/4 inch pieces. After cooking bacon, remove bacon and leave the grease in the pan. Slice brussel sprouts in half and cook in the bacon grease until brown. Add bacon. Toss in balsamic vinegar and add salt and pepper to taste.

## Note:







# THANKSGIVING *Recipe*

**Submitted By:** Kellie, Front Desk  
Coordinator



**Title:** Baked pineapple

## Ingredients:

- 2 20 oz. cans of chunky pineapple
- 1 cup of sugar
- 1/2 cup of flour
- 1/2 lb. grated cheddar cheese
- 1 sleeve of Ritz crackers (crumbled)

## Instructions:

Drain the pineapple cans and reserve the juice. Grease a 9 x 13 baking dish. Mix flour, sugar and cheese together. Layer bottom of the dish with pineapple. Sprinkle with flour/cheese mixture. Pour reserved pineapple juice on top. Cover with cracker crumbs on top. Bake at 350 for 45 minutes.

## Note:





# THANKSGIVING *Recipe*

**Submitted By:** Amber, Dental Assistant



**Title:** Carrot Casserole

## Ingredients:

- 1 bag of whole carrots
- 1 stick of butter
- 1 block of velveeta cheese
- 1 sleeve of Ritz crackers (crumbled)

## Instructions:

Peel and cut carrots into 1/4 inch thick pieces. Boil until soft. In a 9 x 13 dish, layer carrots with slices of butter, then cubed Velveeta cheese. Cover with crumbled Ritz crackers. Bake at 350 for 30 minutes or until bubbly.

## Note:





# THANKSGIVING *Recipe*

**Submitted By:** Amber, Dental Assistant



**Title:** Fruit Dip

## Ingredients:

- 1 8 oz. block of cream cheese
- 1 tub of salted caramel dip
- 1 package of toffee bits

## Instructions:

Layer salted caramel dip on top of the block of cream cheese. Top with 1 package of toffee bits. Serve with sliced green apples, grapes or your favorite fruit.

## Note:





# THANKSGIVING *Recipe*

**Submitted By:** Kelsey, Front Desk  
Coordinator



**Title:** Pasta with Butternut Squash & Sage Butter

## Ingredients:

- 2 tbsp. extra-virgin olive oil
- 1 lb. butternut squash (peeled, seeded and cut into 1/2" cubes)
- Kosher salt & black pepper
- 2 tbsp unsalted butter
- 1 small shallot, finely minced
- 1 handful of sage leaves, minced
- 1 tbsp. juice from lemon
- 1 pound penne or farfalle pasta
- 1 oz. grated parmigiano-reggiano cheese

## Instructions:

Heat olive oil in a large skillet over high heat. Add squash, season with salt and pepper and cook until tender. Add butter and shallots until browned. Add sage and stir to combine until sage lets off a great aroma. Remove from heat and stir in lemon juice, set aside.

Cook pasta until just shy of al dente (about 2 minutes less than normal), reserving a couple cups of the cooking liquid.

Add pasta to the skillet with the squash along with a splash of the pasta water. Bring to a simmer over high heat and cook until the pasta is al dente, stirring and tossing constantly and adding a splash of water as needed to keep sauce loose.

Top with parmigiano-reggiano cheese and serve immediately.





# THANKSGIVING *Recipe*

**Submitted By:** Alyssa, Dental Hygienest



**Title:** Leftover Turkey Meatballs

## Ingredients:

- 2 cups cooked turkey (shredded)
- 3 cups prepared stuffing
- 1/2 cup dried cranberries
- 1/4 cup chicken broth
- 1/4 cup peas (optional)
- 1 egg (beaten)
- 1 tbsp. fresh parsley (chopped)
- salt & pepper to taste
- cranberry sauce (for dipping)

## Instructions:

Preheat oven to 375. In a large bowl, mix cooked turkey, stuffing, cranberries, peas (if using), beaten egg, and broth until combined.

Roll into golf ball-sized portions and place on a parchment-lined baking sheet.

Bake for 20-25 minutes until golden brown.

Garnish with parsley and serve with cranberry sauce for dipping!