HOLIDAY MENU IBD-AIDTM PHASE I

**Starter:** Carrot and Ginger Soup

<https://www.umassmed.edu/nutrition/ibd-aid/soups/carrot-and-ginger-soup/>

**Main Course:** Holiday Turkey Bake

<https://www.umassmed.edu/es/nutrition/ibd-aid/entrees/turkey-bake-for-phase-1/>

**Vegan Option:** Carrot Spinach Oat Groats

[Carrot Spinach Oat Groats (umassmed.edu)](https://www.umassmed.edu/nutrition/ibd-aid/salads_and_side_dishes/carrot-spinach-oat-groats/)

A picture containing plate, food, white, ice

Description automatically generated

**Sides:** Cashew Cream Spinach Puree

[Cashew Cream Spinach Puree (umassmed.edu)](https://www.umassmed.edu/nutrition/ibd-aid/salads_and_side_dishes/cashew-cream-spinach-puree/)

Butternut Squash Puree

[Butternut Squash Hemp Seed Puree (umassmed.edu)](https://www.umassmed.edu/nutrition/ibd-aid/salads_and_side_dishes/butternut-squash-hemp-seed-puree/)

**Dessert:** Vanilla Custard

<https://www.umassmed.edu/nutrition/ibd-aid/desserts/vanilla-custard/>

For more IBD-AIDTM Phase I recipes visit <https://www.umassmed.edu/nutrition/ibd-aid/>

HOLIDAY MENU IBD-AIDTM PHASE 2

**HOLIDAY MENU IBD-AIDTM PHASE 2**

**Starter:** Butternut Squash Bisque

<https://www.umassmed.edu/nutrition/ibd-aid/soups/butternut-squash-bisque/>

**Main Course:** Braised Chard with Chicken and Steel Cut Oats

<https://www.umassmed.edu/nutrition/ibd-aid/entrees/braised-chard-with-chicken-and-steel-cut-oats/>

**Vegan Option:** Carrot Spinach Oat Groats

[Carrot Spinach Oat Groats (umassmed.edu)](https://www.umassmed.edu/nutrition/ibd-aid/salads_and_side_dishes/carrot-spinach-oat-groats/)

**Sides:** Sauteed Green Beans with Mushrooms

<https://www.umassmed.edu/nutrition/ibd-aid/vegetables/sauteed-green-beans-with-mushrooms/>

Stuffing for Turkey

<https://www.umassmed.edu/nutrition/ibd-aid/salads_and_side_dishes/stuffing-for-turkey/>

A picture containing plate, indoor, white, dish

Description automatically generated

**Dessert:**

Pumpkin Pie Chia Seed Pudding Parfait

[Pumpkin Pie Chia Seed Parfait (umassmed.edu)](https://www.umassmed.edu/nutrition/ibd-aid/desserts/pumpkin-pie-chia-seed-parfait/)

For more IBD-AIDTM Phase 2 Recipes visit <https://www.umassmed.edu/nutrition/ibd-aid/>

-id/

A close-up of a plant

Description automatically generated with low confidence

**HOLIDAY MENU IBD-AIDTM PHASE 3**

**Starter:** Mushroom Kale Miso Oat Soup

<https://www.umassmed.edu/nutrition/ibd-aid/soups/mushroom-kale-miso-oat-groat-soup/>

**Main Course**: Cran-Apple Turkey Medallions

<https://www.umassmed.edu/nutrition/ibd-aid/entrees/cran-apple-turkey-medallions/>

**Vegan Option:** Oat Groats & Roasted Root Vegetables over Arugula

<https://www.umassmed.edu/nutrition/ibd-aid/salads_and_side_dishes/oat-grouts--roasted-veggie-arugula-salad-with-lemony-chia-seed-dressing/>

**Sides:** Garlicky Green Beans

<https://www.umassmed.edu/nutrition/ibd-aid/vegetables/garlicky-green-beans/>

Honey Roasted Brussel Sprouts

<https://www.umassmed.edu/nutrition/ibd-aid/vegetables/honey-roasted-brussels-sprouts/>

**Dessert:** Pear Crisp

<https://www.umassmed.edu/nutrition/ibd-aid/desserts/Pear-Crisp/>

or

Pumpkin Pie

<https://www.umassmed.edu/nutrition/ibd-aid/desserts/Pumpkin-Pie/>

For more IBD-AID TM PHASE 3 Recipes visit:

<https://www.umassmed.edu/nutrition/ibd-aid/>