

HERB ROASTED TURKEY BREASTServing Information

Serves 16 (1 serving = approximately 3 ounces)

Ingredients

- 1 boneless, skinless turkey breast (approximately 3 lbs.)
- Non-fat cooking spray

Optional seasoning rub:

- 1 tbsp. parsley
- 2 tsp. sage
- 1 tbsp. rosemary
- 2 tbsp. thyme
- 1 clove garlic

Directions

1. Preheat oven to 350° F.
2. Lightly spray small roasting pan, casserole, or baking dish with non-fat cooking spray.
3. Mix parsley, sage, rosemary, thyme, and garlic together to create a seasoning rub. Apply to turkey breast.
4. Place turkey breast in baking dish.
5. Bake to an internal temperature of 165 F, approximately 45 minutes.

131 calories, 0g carb, 25g protein, 3g fat, 0g fiber

SKINNY GRAVYServing Information

Serves 8 (1 serving = 1/4 cup)

Ingredients

2 cups de-fatted drippings, or non-fat broth
2 tbsp. corn starch

Directions

1. If using meat drippings, remove the fat from the broth by (1) allowing the fat and broth layers to separate in a gravy separator and then pouring off the fat layer or removing the fat layer with a baster, (2) add ice cubes to the dripping causing the fat to congeal around the ice cubes.
2. Bring the de-fatted broth to a rolling boil in a small saucepan.
3. Combine cornstarch in a small amount of cold water to dissolve.
4. Slowly pour cornstarch slurry into boiling broth, whisking or stirring constantly to prevent lumps.
5. Reduce gravy to a simmer. Cook until gravy thickens to desired consistency.

9 calories, 1.75g carb, 0.25g protein, 0g fat, 0g fiber

APPLE STUFFINGServing Information

Serves 16 (1 serving = 1/2 cup)

Ingredients

- 1 cup water
- 2 cups low sodium broth
- 1 box low sodium stuffing mix
- 1 1/2 cups whole grain quick cook (minute) rice
- 1 tbsp. olive oil
- 1 cup thin sliced apple (1 medium)
- 1/2 cup diced onion
- 1/2 cup diced celery

Directions

1. In a medium saucepan, combine 1 cup water with 1/2 cup low sodium broth and bring to a boil.
2. Stir in low sodium stuffing mix, cover, and set aside.
3. In a separate medium saucepan, bring 1 1/2 cup low sodium broth to a boil.
4. Stir in rice, cover and reduce heat and simmer 5 minutes. Set aside.
5. Add olive oil to a large skillet. Sauté apples, onion, and celery until tender.
6. Stir together stuffing, rice, and apple/onion/celery mix. Serve.

78 calories, 16g carb, 2g protein, 1g fiber

ROASTED VEGETABLESServing Information

Serves 6 (1 serving = 1/2 cup)

Ingredients

- 3 cups assorted hearty vegetables
- 2 tbsp. olive oil
- 1/2 tsp. thyme
- 1/4 tsp. ground black pepper
- 1/2 tsp. Kosher salt

Directions

1. Preheat oven to 400° F.
2. In a mixing bowl, toss the prepared vegetables with the oil, and spices.
3. Place the vegetables in a shallow roasting pan or broiler pan.
4. Roast (bake) for 30 – 40 minutes, stirring and turning carefully every 10 minutes, until the vegetables are desired doneness.

99 Calories, 13 g carb, 2 g protein, 5 g fat, 2 g fiber



GREEN BEANS, CRANBERRIES & NUTSServing Information

Makes approximately 2 servings (1 serving = 2/3 cup)

Ingredients

- 1 cup green beans or 1 cup frozen green beans or 1 cup of fresh green beans, trimmed and cut into 4-inch pieces
- 2 tsp. canola or olive oil
- 2 tbsp. dried cranberries or 1/2 cup fresh or frozen cranberries
- 2 tbsp. chopped nuts (walnuts, pecans or almonds)
- 1/2 tbsp. honey
- Lemon pepper, dill or seasoning blend of your choice

Directions

1. Drain and rinse canned green beans. If using frozen or fresh, cook until tender crisp and drain.
2. Heat oil in saucepan, add dried cranberries and nuts.
3. Cook, stirring often.
4. Once cranberries are softened, stir in green beans; cook until beans are heated through.
5. Add honey and stir well.
6. Serve beans hot sprinkled with your choice of seasoning(s).

79 calories, 8.4g carb, 1.2g protein, 5g fat, 2.2g fiber

DOUBLE LAYER PUMPKIN PIEServing Information

Makes approximately 16 servings (2 – 8-piece pies)

Ingredients

- 1 1/2 cups graham cracker crumbs
- 4 tbsp. reduced-fat margarine
- 4 oz. reduced-fat cream cheese (Neufchatel)
- 2 tbsp. skim milk
- 2 packets artificial sweetener (Equal or aspartame)
- 1 8-oz. tub “lite” frozen whipped topping, thawed
- 1 cup skim milk
- 2 boxes sugar-free instant vanilla pudding (4 serving size)
- 1 15-oz. can pumpkin (NOT pie mix)
- 1 tsp. cinnamon
- 1/2 tsp. ginger
- 1/4 tsp. ground cloves (or use 1 1/2 tsp. pumpkin pie spice in place of cinnamon, ginger and cloves)

Directions

1. Mix Graham cracker crumbs and reduced-fat margarine with fork until will blended. Press into bottom of two 9” pie pans or one 9 x 13 pan. Bake for 5-7 minutes at 350. Cool while mixing next layer.
2. Beat softened reduced-fat cream cheese until very smooth. Beat in 2 Tbsp. skim milk and the artificial sweetener. Carefully stir in half of the carton of thawed reduced calorie frozen whipped topping. Spread on cooled graham cracker crust. Place in refrigerator while mixing next layer.
3. Pour skim milk into chilled bowl. Sprinkle both boxes of pudding mix on milk. Beat on low speed. Mixture will thicken. Stir in pumpkin and spices. Fold in remaining whipped topping. Spread on cream cheese layer. Chill for one hour.

120 calories, 16g carb, 2g protein, 6g fat, 1g fiber



MASHED CAULIFLOWER

Serving Information

Serves 4

Ingredients

1 head cauliflower, cut into bite-size florets OR two 12-ounce bags frozen cauliflower
1 tbsp. oil, vegetable or olive
1 clove garlic, minced
¼ cup Parmesan cheese, grated
2 tbsp. reduced-fat cream cheese
½ tsp. salt
1/8 tsp. black pepper

Optional Toppings: chopped parsley or other favorite fresh herb or a sprinkle of paprika

Tips:

- Steaming fresh cauliflower will take longer but it prevents the cauliflower from absorbing too much liquid, which prevents the mashed cauliflower from becoming runny
- Instead of mashing, you can combine cooked cauliflower, cooked garlic, and the remaining ingredients in a blender and blend until the desired consistency is reached.

INSTRUCTIONS

- Before you begin, wash your hands, surfaces, utensils and produce.
- Fill a large pot half full with water and bring to a boil. Boil or steam cauliflower until fork tender.
 - If boiling: add fresh or frozen cauliflower directly to boiling water. Boiling fresh cauliflower will take about 13 minutes. Follow directions on package if using frozen cauliflower
 - If steaming: insert steamer tray into pot above the water line and add fresh or frozen cauliflower to the steamer tray. Steaming fresh cauliflower will take about 30 minutes to become fork tender. Follow directions on package
- While cauliflower is cooking, heat oil in a small skillet over low heat. Add garlic and stir until softened, around 2 minutes. Remove pan from heat.
- Drain cauliflower using a colander and let rest for several minutes, gently shaking off as much water as possible.
- In a large bowl, add cauliflower, garlic, parmesan cheese, cream cheese, salt and pepper and mash with a potato masher or fork until you reach the desired consistency. Sprinkle with optional toppings

120 calories, 7g fat, 500mg sodium, 12g carb., 6g protein

