

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

Healthier Sweet Potatoes**Serving: 1/2 cup**

- Add orange juice or apple juice
- Add sweet spices such as cinnamon, cloves or ginger
- Omit sugar (including brown)
- Omit butter or use a small amount
- Use half the number of marshmallows or substitute raisins

Calories: 107

Fat: 1



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 well 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

