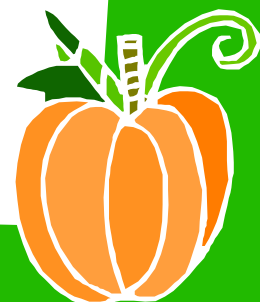
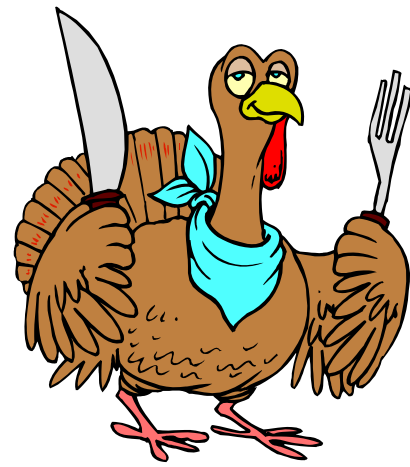


**Healthy  
Versions of  
Thanksgiving  
Favorites**



## Gourmet Spinach Salad

2 teaspoons lemon juice, fresh  
1 teaspoon olive oil  
2 tablespoons white wine vinegar  
4 cups of spinach leaves  
2 large tomatoes, chopped  
1/4 cup feta cheese, crumbled  
1 tablespoon pine nuts, toasted  
Salt & pepper to taste

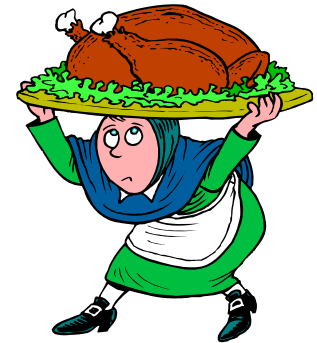


Whisk lemon juice, oil and vinegar together. Add salt & pepper to taste. In a large bowl toss spinach leaves with dressing. Add the tomatoes and goat cheese, mix gently to flavor entire salad. Sprinkle pine nuts over entire surface of salad. Makes 4 servings.

*Nutrition Facts: Calories – 79, Protein – 8 g, Fat – 4 grams, Carbohydrate – 7 g, Cholesterol – 15 mg, Sodium – 87 mg*

## Holiday Salad

1 (4-serving) Package Jell-O sugar-free lime gelatin  
3 c. boiling water  
1 (8 oz.) package Philadelphia fat-free cream cheese  
1 c. (8 oz. can) crushed pineapple, packed in its own juice, drained  
Sugar substitute to equal 2 teaspoons sugar  
1/2 tsp. vanilla extract  
1/4 c. chopped pecans  
1 (4-serving) package Jell-O sugar-free strawberry gelatin

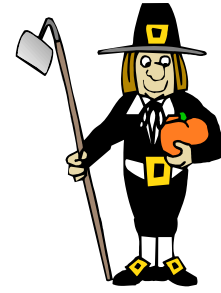


In a medium bowl, combine dry lime gelatin and 1 1/2 c boiling water. Mix well to dissolve gelatin. Pour mixture into an 8-by-8-inch dish. Refrigerate until set, about 2 hours. In a medium bowl, stir cream cheese with a spoon until soft. Add drained pineapple, sugar substitute, vanilla extract, and pecans. Mix well to combine. Spread mixture over set lime gelatin. Refrigerate for about 15 minutes. Meanwhile, in a medium bowl, combine dry strawberry gelatin and remaining 1 1/2 c boiling water. Mix well to dissolve gelatin. Refrigerate gelatin mixture for about 15 minutes. Pour cooled strawberry gelatin evenly over cream cheese layer. Refrigerate for at least 2 hours. When serving, cut into 8 pieces.

*Nutrition Facts: Calories – 72, Protein – 6 g, Fat – 2g, Sodium – 225 mg*

## Green Beans Almandine

1½ lbs. fresh green beans cut into 1-inch pieces (6 cups)  
3 tsp. lemon juice  
2 tsp. margarine, melted  
¼ cup sliced almonds



Cook fresh green beans in a saucepan, covered, in a small amount of boiling water for 12 to 15 minutes or until crisp-tender. Drain well. Meanwhile, stir together lemon juice and melted margarine in a small bowl. Toast almonds in a small skillet over medium heat until golden, 5 to 7 minutes, stirring constantly. Pour lemon mixture over green beans; toss to coat. Gently stir in toasted almonds. Serve immediately. Makes 8 servings.

*Nutrition per serving: Calories: 56g, total fat: 3g, Cholesterol: 0, Sodium: 14mg, Carbohydrate: 7, Fiber: 5g, Protein: 2g*

## Gingered Carrots

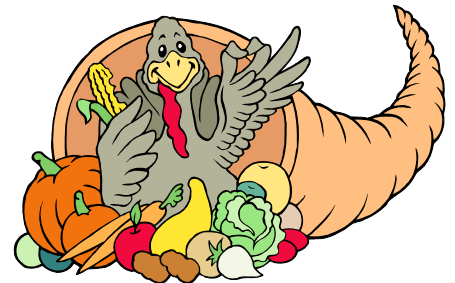
¾ lbs fresh carrots  
½ cup chicken broth  
Dash onion powder  
2 Tbsp. fresh lemon juice  
½ tsp ground ginger  
1 Tbsp. fresh parsley, chopped  
1 Tbsp. margarine

Cut carrots in matchstick slices or thin rounds. Place in a saucepan with broth and onion powder. Cook 15 minutes or until tender. Drain, add remaining ingredients and toss lightly. Makes about 4 servings.

*Nutrition Facts: Calories – 53, Protein – 1 g, Fat –2.6g, Saturated Fat –<1g, Carbohydrate – 8 g, Cholesterol – 0 mg, Sodium – 130 mg, Fiber – 1.6 g*

## Steamed Vegetable Medley

1 c. broccoli florets  
1 c. cauliflower florets  
1 c. sliced carrots or baby carrots  
1 medium red onion, sliced and separated into rings  
1 tsp. reduced fat margarine  
1/2 tsp. dried basil

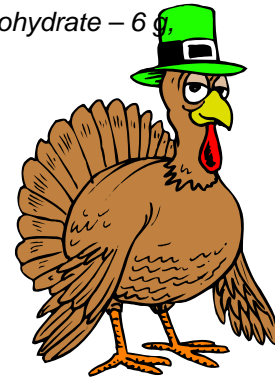


Steam broccoli, cauliflower and carrots until fork-tender. Heat margarine in a large nonstick skillet over medium heat. Add onions and sauté until fork tender. Toss all ingredients together and serve. Makes 6 Servings

*Nutrition Facts: Calories – 33, Protein – 1 g, Fat – 1 g, Saturated Fat – 0 g, Carbohydrate – 6 g, Cholesterol – 0 mg, Sodium – 32 mg, Fiber – 2 g*

## **Roasted Yellow Squash**

5 lbs. yellow squash, sliced into 1-inch thick rounds  
6 garlic cloves  
3 Tbsp. olive oil  
Coarse salt & ground pepper  
1 c. loosely packed fresh flat-leaf parsley leaves  
2-3 Tbsp. fresh lemon juice (1 lemon)



Preheat oven to 475°, with oven racks in upper and lower thirds. Dividing evenly, combine squash and garlic on two rimmed baking sheets; drizzle with 2 tablespoons oil and sprinkle with 1 tablespoon salt and ½ teaspoon pepper. Toss to coat the squash. Roast, rotating sheets from top to bottom and front to back half way through, until browned, about 55 to 60 minutes; cool on sheets. Transfer squash mixture to a large bowl and discard any burned garlic. Add parsley, lemon juice, and remaining tablespoon oil. Season with salt and pepper; toss. Refrigerate, covered up to 1 day. Drain off liquid before serving. Makes 8 servings.

*Nutrition Facts: Calories – 98, Protein – 3.8 g, Fat – 5.7 g, Carbohydrate – 11.2 g, Fiber – 3.5 g*

## **Turnip & Mustard Greens**

2 lbs. Turnip greens  
2 lbs. mustard greens  
2 low-sodium chicken bouillon cubes  
1 lb. lean smoked turkey  
1 Tbsp. salt substitute  
1 tsp. sugar  
1 medium onion, chopped  
1 tsp. lemon pepper  
5 c. water



Rinse greens thoroughly. Pat dry. Remove greens from stems. Cut into small pieces. In a large pot, bring water to a boil. Add greens, bouillon cubes, onions, smoked turkey and seasoning. Cover; cook for 1 hour or until tender. Taste and adjust seasoning before serving. Makes 12 servings.

## Rosemary Mashed Potatoes

2 lbs. potatoes, unpeeled  
4 Tbsp. fat-free sour cream  
2 Tbsp. skim milk  
1 tsp. dried rosemary  
Salt and Pepper  
2 Tbsp. white wine or chicken broth



Cut potatoes into quarters and cook in boiling water for 15 to 20 minutes or until tender. Drain and place in an oven at 300 degrees just to lightly dry them out.

Spray a small saucepan with nonstick cooking spray, and cook the garlic until lightly brown. Add the rosemary and continue to cook two more minutes. Add wine or chicken broth. Mix all ingredients, except sour cream and milk, using an electric mixer on low speed. Slowly add milk then sour cream and season with salt and pepper. Makes 4-6 servings.

*Nutrition Facts: Calories – 179, Protein – 4.4 g, Fat – 4 grams, Saturated Fat – <1 g, Carbohydrate – 41 g, Cholesterol – <1 mg, Sodium – 229 mg, Fiber – 2 g*

## Mashed Potatoes & Gravy

9 medium potatoes (3 pounds)  
4 tsp. butter-flavored sprinkles  
1/4 tsp. salt  
1/3 c. fat-free milk  
3 Tbsp. all-purpose flour  
2 tsp. instant chicken bouillon granules  
1/8 tsp. pepper  
1 (12-oz.) can evaporated fat-free milk

Wash, peel, and quarter potatoes. Cook, covered, in a large saucepan in a small amount of boiling water for 20 to 25 minutes or until tender. Drain potatoes and mash with a potato masher or with an electric mixer on low speed. Add butter-flavored sprinkles and salt. Heat the 1/3 cup fat-free milk. Gradually beat enough of the hot milk into the potatoes to make them light and fluffy. For gravy, stir together flour, bouillon granules, and pepper in a small saucepan. Gradually stir in evaporated milk and water until mixture is smooth. Cook and stir over medium heat until thickened and bubbly. Cook and stir for 1 minute more. Serve over hot mashed potatoes. Makes 8 side-dish servings.

\* Up to 24 hours ahead, peel potatoes, cover with water, and refrigerate. Drain before using.

*Nutritional facts: calories: 201, total fat: 0g, saturated fat: 0g, cholesterol: 2mg, sodium: 442mg, carbohydrate: 43g, fiber: 0g, protein: 7g*



## Lemon-Garlic Potato Packet

2 ½ lbs. medium red potatoes, cut into 1-inch chunks  
12 garlic cloves, peeled  
2 Tbsp. olive oil  
1 ½ tsp. freshly grated lemon peel  
1 tsp. salt  
¼ tsp. coarsely ground black pepper

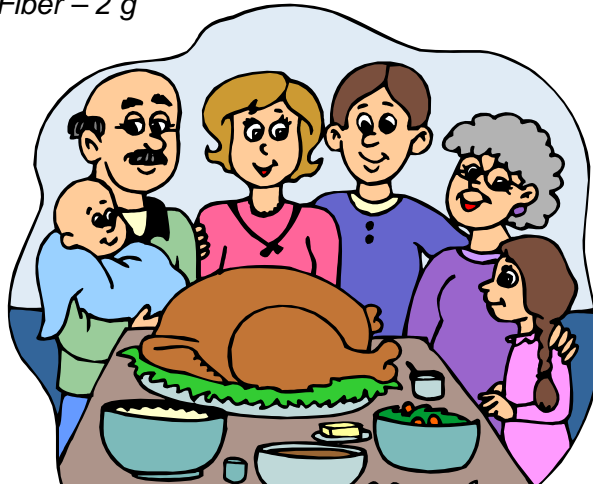
In a large bowl, toss all ingredients until potatoes are evenly coated. Wrap potato mixture in a foil packet or in individual foil packets. Place packet(s) on grill over medium heat and cook 30 minutes or until potatoes are fork-tender, turning packet over once halfway through grilling. The packet(s) can also be baked in the oven at 350° - 400° until fork-tender. Makes about 6 cups or 8 accompaniment servings.

## Low-Fat Rum Whipped Sweet Potatoes

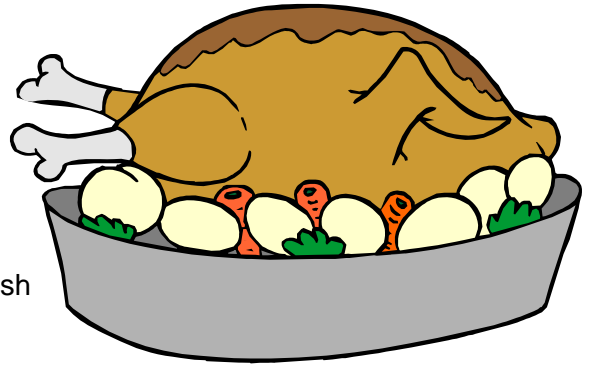
Fresh or canned yams  
1 orange - zest and juice  
rum flavoring - a few drops  
Cinnamon to taste  
brown sugar to taste  
pinch of salt

If using fresh yams, peel, chop into chunks and boil until soft. If using canned yams, drain the liquid. Mash the yams. Yest an orange, add the zest to the yams Squeeze the orange to add the orange juice (a couple of tablespoons of juice). Add cinnamon to taste - 1/4 teaspoon or more although it is good without it if you are sensitive to cinnamon. Add a few drops of rum flavoring and a pinch of salt. Add brown sugar - 1/4 cup or more to taste, depending also on whether you used yams already in syrup. Whip the yams with a mixer or a food processor. If you need more liquid, just add water or some more orange juice. Heat in microwave or oven (300F) or saucepan (medium high) until warmed through.

*Nutrition Facts: Calories – 124, Total Fat – 0 g, Saturated Fat – 0 g, Protein – 1 g, Carbohydrate – 30 g, Sodium – 86 mg, Fiber – 2 g*



## Herbed Turkey and Roasted Garlic Gravy



**For the garlic-herb-rub:** 1 cup flat-leaf parsley leaves, ¼ cup fresh sage leaves, ¼ cup fresh sage leaves, ¼ cup fresh rosemary leaves, ¼ cup thyme leaves, 12 garlic cloves

**For the turkey:** 1 whole garlic head, 1 (15-pound) fresh or frozen turkey, thawed, cooking spray

**For the roasted garlic gravy:** 2 (14.5 oz) cans fat-free, less sodium chicken broth, ¼ cup all-purpose flour

Preheat oven to 325°. Place garlic-herb rub ingredients in a food processor until finely minced or chop until finely minced.

To prepare turkey, remove white papery skin from garlic head (do not peel or separate the cloves). Wrap garlic head in foil. Set aside. Remove and discard giblets and neck from turkey. Rinse turkey with cold water; pat dry. Trim excess fat. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between the skin and meat. Spread garlic-herb rub under the loosened skin and rub over breast and drumsticks. Gently press skin to secure. Lift wing tips up and over back; tuck under turkey.

Place turkey on a broiler pan coated with cooking spray. Insert a meat thermometer into meaty part of a thigh, making sure not to touch bone. Bake at 325 degrees for 1 hour. Add garlic head to pan; bake an additional 2 hours or until thermometer registers at 180°. Place turkey on a platter, reserving pan drippings; let stand 20 minutes. Discard skin.

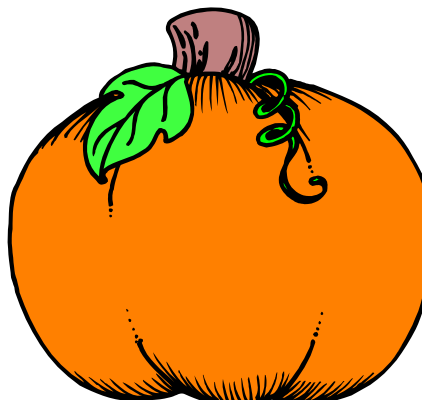
To prepare gravy, place zip-top plastic bag inside a 4-cup glass measure. Pour pan drippings into bag; let stand 10 minutes (fat will rise to the top). Seal bag; carefully snip off 1 bottom corner of bag. Drain drippings into glass measure, stopping before fat layer reaches opening (you should have about 2/3 cup). Reserve 1 TBSP fat; discard remaining fat. Add enough broth drippings to measure 3 cups; reserve remaining broth for another use.

Separate roasted garlic cloves; squeeze to extract garlic pulp. Discard skins. Heat reserved fat in a medium saucepan over medium heat. Add garlic pulp and flour; cook 30 seconds until lightly browned, whisking constantly. Gradually add broth mixture, stirring with a whisk until blended. Bring to a boil over high heat, stirring constantly. Remove from heat.

*Nutrition Facts: Calories – 299, Protein – 51 g, Total Fat – 8 g, Protein – 51 g, Cholesterol – 148 mg, Fiber – 0g, Sodium – 232 mg*

## Pumpkin Spice Bread

2 c unbleached flour  
1 c brown sugar, packed  
1 tbsp baking powder  
2 tsp cinnamon  
1/2 tsp nutmeg  
1/4 tsp baking soda  
1/4 tsp ginger  
1/4 tsp cloves  
1 15 oz canned pumpkin  
1/2 c skim milk  
2 egg whites, whipped  
1/3 c fat-free sour cream



Preheat oven to 350°. Prepare a bundt pan with cooking spray, set aside. Combine flour, brown sugar, baking powder, baking soda, cinnamon, nutmeg, ginger and cloves in a large mixing bowl. In a medium mixing bowl, combine pumpkin, skim milk, egg whites and sour cream. Spoon the pumpkin mixture into the flour mixture and mix just until moistened. Pour batter into prepared pan. Bake 60 minutes. Makes 18 servings.

*Nutrition Facts: Calories - 112, Protein - 3g, Fat - <1g, Saturated Fat - 0g, Carbohydrate - 28g, Cholesterol - 1mg, Sodium - 116mg*

Note: The following pans may be used in place of the bundt: 4 mini loaf pans, 12 muffin pans, 1-9 x 5" loaf pan, 1-9 x 13" baking pan, or 2-8 x 8" baking pans.

## Sugar & Spice Zucchini Bread

1½ c. unbleached flour  
1 c granulated sugar  
2 tsp cinnamon  
½ tsp baking soda  
½ tsp nutmeg  
¼ tsp baking powder  
1 c zucchini -- unpeeled and grated  
¼ c fat-free sour cream  
1 egg white -- whipped  
½ tsp lemon peel -- grated

Preheat oven at 350. Prepare pan a 8 x 4x 2" loaf pan with cooking spray and flour; set aside. In a bowl, combine flour, sugar, cinnamon, baking soda, nutmeg, and baking powder. In another bowl, combine zucchini, sour cream, egg white, and lemon peel. Combine dry ingredients with wet ingredients just until moistened. Pour batter into prepared pan. Bake 60 minutes. Makes 16 servings.

*Nutrition Facts: Calories - 92, Protein - 2 g, Fat - <1 g, Saturated Fat - 0 g, Carbohydrate - 22 g, Cholesterol - 0 mg, Sodium - 53 mg*

## Lightened Pumpkin Pie

1 recipe Lightened Pastry for Single-Crust Pie (see next page)  
1 (15 oz.) can pumpkin  
2/3 c. sugar  
1/2 tsp. ground ginger  
1 1/2 tsp. ground cinnamon  
1/8 tsp. ground cloves or allspice  
4 egg whites  
1 c. evaporated skim milk  
1/4 c. water  
8 Tbsp. frozen fat free whipped dessert topping, thawed (*optional*)



Prepare Pastry for Lightened Single-Crust Pie and line a 9-inch pie plate as directed. Stir together pumpkin, sugar, cinnamon, ginger, and cloves or allspice in a large mixing bowl. Add egg whites. Beat mixture with a fork until combined. Stir in evaporated skim milk and water. Place pastry-lined pie plate on an oven rack. Pour pumpkin mixture into pie plate. Cover edge of pie crust with foil. Bake in a 375 degree F oven for 25 minutes. Remove foil. Bake for 25 to 30 minutes more or until a knife inserted near the center comes out clean. Cool pie on a wire rack. Cover and store in refrigerator. Serve with whipped topping, if desired. Makes 8 servings.

**\*Make-Ahead Tip:** Up to 1 week ahead, prepare pastry. Roll the pastry into rounds. Place on waxed paper on a baking sheet. Wrap, seal, label, and freeze. Thaw at room temperature before using. Pastry also may be refrigerated for up to 3 days.

## Lightened Pie Crust

1 1/4 c. all-purpose flour	1/4 c. shortening
1/4 tsp. salt	4 to 5 Tbsp. cold water

Stir together flour and the salt. Using a pastry blender cut in shortening until pieces are pea size. Sprinkle 1 tablespoon of the water over part of the mixture; gently toss with a fork. Push moistened dough to the side of the bowl. Repeat moistening dough, using 1 tablespoon of the water at a time, until all the dough is moistened. Form dough into a ball. On a lightly floured surface, use your hands to slightly flatten dough. Roll dough from center to edges into a circle about 12 inches in diameter. To transfer pastry, wrap it around the rolling pin. Unroll pastry into a 9-inch pie plate. Ease pastry into pie plate, being careful not to stretch pastry. Trim pastry to 1/2 inch beyond edge of pie plate. Fold under extra pastry. Crimp edge as desired. Do not prick pastry. Continue as directed above.

*Nutrition Facts: Calories - 240, Protein - 7g, Fat - 7g, Saturated Fat - 2g, Fiber - 2g, Carbohydrate - 39g, Cholesterol - 1mg, Sodium - 116mg*