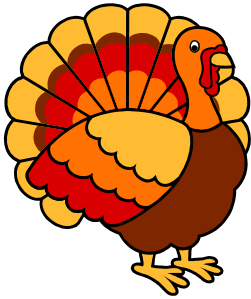




Thanksgiving Day meal - made healthy



TASTY TURKEY

- * Don't stuff the turkey with the dressing – the dressing will absorb much of the fat from the turkey. (serving size is 3 ounces or “palm of your hand”)
- * Bake it in a covered casserole dish instead of inside the turkey.
- * Do not use large amounts of oil or butter to flavor the stuffing.
- * Use chicken or turkey broth for additional moisture and flavor.
- * Roast the turkey on a rack so the fat drips away from the bird.
- * Skim all excess fat off of the roasting pan juices before making your gravy. (gravy serving size is 2 tablespoons)



DELICIOUS DESSERT

- * Make your pie with condensed, or evaporated skim milk.
- * Use half the amount of sugar in the recipe.
- * Use light or fat free whipped topping.
- * Eat the filling of the pie first and try to leave the high-fat crust on your plate. (pie serving size is 1/8th or a “small slice”)

PERFECT POTATOES

- * Mash the potatoes with chicken broth and low-fat milk. HOLD the butter. (potato serving size ½ cup or a “tennis ball”)

