

Recipe	Ingredients	Directions
Roast Turkey breast with Rosemary, Sage, & Thyme	<ul style="list-style-type: none"> <li>• 3lbs Turkey breast</li> <li>• 1 large onion, quartered</li> <li>• 1 large carrot, quartered</li> <li>• 1 tsp each of Fresh or dried rosemary, sage, and thyme</li> <li>• 3 tbsp olive oil</li> <li>• Salt &amp; pepper to taste</li> <li>• Chicken broth/butter for basting</li> </ul>	<ol style="list-style-type: none"> <li>1. Preheat oven to 400 degrees F; place turkey in roasting pan along with onion and carrot</li> <li>2. Mix spices with olive oil; rub turkey with oil mixture</li> <li>3. Roast turkey for 15 minutes. Baste if desired.</li> <li>4. Reduce temp to 350 degrees F and roast, basting every 20 minutes, for about 1 hr 15 minutes, or until meat thermometer reads 165 degrees F</li> <li>5. Remove to carving board and let rest for 10 minutes; carve and serve.</li> </ol>
Apple Cranberry Salad	<ul style="list-style-type: none"> <li>• Salad greens (about 10 cups)</li> <li>• 2 apples, sliced</li> <li>• ½ cup walnuts chopped</li> <li>• 1 cup dried cranberries</li> <li>• ½ cup green onions, sliced</li> <li>• ¾ cup vinaigrette dressing</li> </ul>	<ol style="list-style-type: none"> <li>1. Toss greens, apples, walnuts, cranberries, and onions in a large bowl.</li> <li>2. Add dressing; toss to coat.</li> <li>3. Serve immediately.</li> </ol>
Healthy Pumpkin Pie (serves 8-9)	<p>For crust</p> <ul style="list-style-type: none"> <li>• Graham cracker pie crust</li> </ul> <p>For Filling</p> <ul style="list-style-type: none"> <li>• ¾ cup light brown sugar</li> <li>• 1 tsp ground cinnamon</li> <li>• ½ tsp ground nutmeg</li> <li>• ½ tsp ground ginger</li> <li>• ½ tsp salt</li> <li>• 2 eggs</li> <li>• 1 tsp vanilla extract</li> <li>• 1 (15oz) can solid pack pumpkin</li> <li>• 1 (14oz) can fat free evaporated milk</li> </ul>	<ol style="list-style-type: none"> <li>1. Preheat oven to 425 degrees F</li> <li>2. Bake crust until light brown.</li> <li>3. Remove from oven and turn down the oven to 350 degrees F</li> </ol> <p>To Prepare filling:</p> <ol style="list-style-type: none"> <li>4. Mix brown sugar, cinnamon, nutmeg, ginger, and salt in a bowl.</li> <li>5. Add eggs, vanilla, and mix to blend ingredients.</li> <li>6. Add pumpkin and evaporated milk, and mix well to combine.</li> </ol> <p>Putting it together:</p> <ol style="list-style-type: none"> <li>7. Pour filling into prepared pie shell.</li> <li>8. Bake for 40-50 minutes at 350 degrees F or until knife inserted near center comes out clean.</li> </ol>
Homemade Mashed Potatoes	<ul style="list-style-type: none"> <li>• 2 lbs red potatoes</li> <li>• 1 cup skim milk</li> <li>• 3 tbsp butter</li> <li>• ¼ cup low fat cheddar cheese</li> </ul>	<ol style="list-style-type: none"> <li>1. Wash and dice potatoes.</li> <li>2. Place potatoes in a large pot and cover with water. Bring to a boil over high heat then reduce to simmer.</li> <li>3. Continue cooking until potatoes are fork</li> </ol>

	<ul style="list-style-type: none"> <li>• Salt and pepper</li> </ul>	<p>tender, about 20 minutes.</p> <ol style="list-style-type: none"> <li>4. Drain the water and place the pot back on the stove. Mash potatoes with a potato masher.</li> <li>5. Add milk, cheese, butter and seasonings.</li> </ol>
Green Bean Saute	<ul style="list-style-type: none"> <li>• 1 cup onion, chopped</li> <li>• 1 cup mushrooms, sliced</li> <li>• 1 tsp garlic, minced</li> <li>• 1 lb fresh green beans</li> <li>• Olive oil or spray</li> </ul>	<ol style="list-style-type: none"> <li>1. Spray skillet with non-stick cooking spray or coat with olive oil.</li> <li>2. Saute onions, mushrooms, and garlic.</li> <li>3. Add green beans and heat thoroughly.</li> </ol>