

## Thanksgiving Recipes (from Shiprock, DPPOS Center 26)



**Turkey**-thaw and roast according to package directions. Turkey is a low-fat meat and can be even lower fat by: not eating the skin, limiting the amount of gravy your pour on top and white meat is leaner than dark meat.

**Mashed Potatoes**-Clean potatoes and boil until soft. Mash with fat free chicken broth. To make potatoes have more fiber, mash with the skin on.

**Gravy**-Use packaged turkey gravy where you just add water. It has no fat, look at the nutrition label of the gravy mix you buy to make sure total fat is 0g. If you make from scratch use skim milk and water to add volume to the gravy ,instead of the fat from the meat.

**Cranberry Sauce**-One package of fresh cranberries, one orange (leave the skin on) and 15 packets of sugar substitute. Cut orange in eight sections, remove seeds and place in blender or food processor with cranberries, grind. Chill and garnish with orange.

**Stuffing**-Use a combination of packaged dressing or dried bread crumbs to make amount of stuffing you desire. Add diced celery and onion to taste (1/2 cup to 1 cup per package stuffing), cook to soften in cooking spray or fat free chicken broth. Add 1 cup diced green apples. Use sage and thyme to season to taste (at least 1 tsp. of each per package of stuffing). (You can also add pepper, salt, garlic, depending on taste). Moisten with fat free chicken broth. Optional can add 1-2 diced green apples and 1/4-1/2 cup raisins. Bake in 350 degree oven for 30 minutes or until heated through.

**Lemon Pepper Green Beans**-4 cups green beans or french style green beans, Melt 3 tablespoons fat free Promise margarine with juice from 1 lemon, pepper to taste. Pour melted fat over beans and toss. Garnish with lemon slices.

### **Pumpkin Pie-**

1 frozen pie crust

1-15 oz. can of pumpkin,

1-15 oz. can fat free evaporated milk

1/2 cup sugar

2 eggs or 4 egg whites (using only the egg white cuts the fat)

2 tsp. Pumpkin pie spice (combination of cinnamon, ginger and cloves to taste)

Combine ingredients except crust until smooth, pour into frozen crust, bake 400 degree oven for sixty minutes.



## Thanksgiving Menu

(fat and calories using these recipes)

	<u>Calories</u>	<u>Fat Grams</u>
Roast Turkey-4 oz.	150	5 g
Stuffing-1/2 cup	118	1.5 g
Mashed Potatoes and gravy-1/2 cup and 1/4 cup	90	0 g
Cranberry Sauce-1/4 cup	20	0 g
Green Beans with Lemon Pepper Sauce-1/2 cup	25	0 g
Pumpkin Pie-1/8 of pie with 3 tsp. fat free whipped cream	172	4 g
Pumpkin Pie-1/8 of pie without whipped cream	<u>142</u>	<u>3 g</u>
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With whipped cream	575	8.5 g
No whipped cream	433	7 g

### Other Recipes

#### Lowfat Banana Bread

1/3 Cup Applesauce  
 1/2 Cup Sugar  
 2 eggs  
 1-3/4 Cup Flour  
 1 tsp. baking powder  
 1/2 tsp. baking soda  
 1/2 tsp. salt  
 1 Cup ripe mashed banana

Cream together applesauce, sugar and eggs. Add dry ingredients and mashed banana. Pour into greased loaf pan. Bake 350 degrees for 45-50 minutes. Cool and remove bread loaf from pan.

#### Sugar-free Sweet Potatoes

Boil 6 sweet potatoes with skin on.  
 Cool and push potato from skin.  
 Cut cooked potatoes in chunks.  
 Heat with one can crushed pineapple with one tsp. cinnamon added.