

Fruit Glazed Turkey

Ingredients:

- 1 package (14 ounces) unseasoned stuffing cubes
- 1 small onion, chopped
- 1 medium tart apple, peeled and chopped
- 1 celery rib, chopped
- 1 cup raisins
- 1 cup hot water
- 1 cup butter, melted
- 1 tablespoon poultry seasoning
- 1 turkey (10 to 12 pounds)



Glaze:

- 2 cans (8 ounces each) unsweetened crushed pineapple, undrained
- 1 can (11 ounces) mandarin oranges, undrained
- 1/8 teaspoon ground cinnamon
- 1/8 teaspoon ground cloves

Gravy:

- 3 tablespoons all-purpose flour
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

To Make Your Own Poultry Seasoning

Combine:

- 2 teaspoons ground sage
- 1½ teaspoons ground thyme
- 1 teaspoon ground marjoram
- ¾ teaspoon ground rosemary
- ½ teaspoon nutmeg
- ½ teaspoon finely ground black pepper

Directions

1. In a large bowl, combine the first eight ingredients. Loosely stuff into turkey just before baking. Place remaining stuffing in a greased 1-qt. baking dish; cover and refrigerate until ready to bake. Skewer turkey openings; tie drumsticks together. Place breast side up on a rack in a roasting pan. Bake, uncovered, at 325° for 1 hour.
2. Meanwhile, in a blender, combine the glaze ingredients; cover and process until smooth. Cover and refrigerate 1 cup for gravy. Brush turkey with some of the remaining glaze. Add 1/2 in. of hot water to roasting pan. Bake 2-1/2 to 3 hours longer or until a meat thermometer reads 180° for turkey and 165° for stuffing, basting two to three times with glaze and occasionally with pan drippings (cover loosely with foil if turkey browns too quickly).
3. Discard any unused basting glaze. Cover and bake additional stuffing for 30-40 minutes. Uncover; bake 10 minutes longer or until lightly browned.
4. Cover turkey and let stand for 20 minutes before removing stuffing and carving turkey.

For gravy:

1. Loosen browned bits from roasting pan. Pour pan drippings and browned bits into a bowl. Skim fat, reserving 1/4 cup.
2. In a 2-cup measuring cup, combine pan drippings and enough water or broth to measure 2 cups. In a large saucepan, combine the flour, salt and pepper; gradually whisk in the reserved 1/4 cup fat and dripping mixture until blended. Cook and stir over medium-high heat until thickened and bubbly. Stir in the reserved glaze. Bring to a boil; cook and stir for 2 minutes or until thickened.
3. Serve with turkey.

Serves 10-12 (2-1/2 cups gravy)

Source: www.rd.com/advice-and-know-how/fruit-glazed-turkey-recipe/article19049.html

WOW Tip: Reduce saturated fat by using one-quarter the butter, and substituting the remainder with healthy olive oil or canola oil.

Turkey is a good source of tryptophan, protein, selenium, vitamins B3 & B6, and phosphorus.

www.whfoods.org/genpage.php?tname=foodspice&dbid=125#healthbenefits

Read about health benefits of celery at www.whfoods.org/genpage.php?tname=foodspice&dbid=14#healthbenefits.

See page 2 for a leftover turkey recipe, and page 3 for bonus recipe — Black Bean Salad with Avocado

Wondering what to do with those Thanksgiving turkey leftovers?

Turkey Loaf With Mushroom Sauce

Prep time: 20 minutes

Cooking time 45 minutes

Turkey Loaf:

2 cups finely chopped cooked turkey or chicken
1 cup fresh bread crumbs
2 tablespoons chopped drained canned pimientos
1/2 teaspoon celery seed
1/2 teaspoon salt
1/8 teaspoon white or black pepper
3/4 cup low-fat (1% milkfat) milk
2 large egg whites
1 large egg



Mushroom Sauce:

1 1/2 cups sliced fresh mushrooms
1/2 cup lower-sodium chicken broth
1 can (12 ounces) evaporated skimmed milk
3 tablespoons all-purpose flour
1/8 teaspoon white or black pepper
2 tablespoons minced parsley
1 teaspoon lemon juice

Preparation

1. To prepare the turkey loaf, preheat the oven to 325°F. In a large mixing bowl, combine the turkey, bread crumbs, pimientos, celery seed, salt and 1/8 teaspoon pepper. Whisk together the milk, egg whites and egg. Pour over turkey mixture. Mix thoroughly until combined. Press turkey mixture into a lightly greased 8 x 4 x 2-inch loaf pan. Bake for 45 to 50 minutes or until loaf is set in center.

2. Meanwhile, to prepare the mushroom sauce, in a medium saucepan, combine mushrooms and chicken broth. Bring to a boil. Lower heat and simmer, covered, for 1 minute or until mushrooms are tender.

3. In a small bowl, whisk together the evaporated skimmed milk, flour and 1/8 teaspoon pepper. Add to mushroom mixture. Cook over moderate heat, whisking constantly, until mixture starts to thicken. Cook and whisk for 2 minutes more or until thickened. Stir in parsley and lemon juice. Serve mushroom sauce over turkey loaf.

Serves: 4

Per serving: Calories 311, Total Fat 8 g, Saturated Fat 2 g, Protein 34 g, Carbohydrates 25 g, Fiber 1 g, Sodium 551 mg, Cholesterol 121 mg

Source: www.rd.com/thanksgiving-recipes-turkey-loaf/article13947.html

WOW Tip: Reduce sodium by decreasing salt to 1/4 teaspoon in turkey loaf.

For more ideas, visit:

www.rd.com/advice-and-know-how/thanksgiving-recipes-13-ideas-for-thanksgiving-leftovers/article30846.html

<http://lowfatcooking.about.com/od/thanksgivingin1/a/leftoverturkey.htm>

www.foodfit.com/cooking/archive/recipeRevue_leftoverturkey.asp

Black Bean Salad with Avocado

Ingredients:

Salad

- 1 fresh diced avocado
- 2 lbs. frozen corn
- 15 oz. canned black beans, rinsed
- 1 cup fresh chopped scallions
- 1 1/4 cups diced red peppers
- 2 cups fresh chopped tomatoes
- 2 jalapeno peppers

Salad Dressing

- 1/2 cup plus 2 Tbsp. lime juice
- 1/2 cup chopped cilantro
- 2 Tbsp. olive oil
- 1 Tbsp. granulated sugar
- 1 tsp. minced garlic
- 1 tsp. dried oregano
- 2 tsp. salt
- 1/4 tsp. black pepper

Preparation:

- Preheat oven to 375 degrees.
- In a small bowl, combine all ingredients for salad dressing.
- Add the diced avocado to the dressing, toss gently, and set aside.
- On a large sheet pan, roast the corn in the oven for 20 – 25 minutes, or until slightly golden. Add the corn to a medium bowl and chill in the refrigerator.
- In a large bowl, combine chilled corn, black beans, scallions, red peppers, tomatoes and jalapenos. Toss with dressing.

Makes 16 servings.

NUTRITIONAL ANALYSIS

Each serving contains approximately:

- 130 calories
- 5 g. protein
- 21 g. carbohydrates
- 4 g. fat
- 0 mg. cholesterol
- 245 mg. sodium
- 5 g. fiber

Source: www.speakingofwomenshealth.com/recipesite/recipe.asp?id=110

