



Balanced Choices FIT Thanksgiving Meal Recipes

Roast Turkey



Portion: 3 1/2 oz.

Classic roasted all-white turkey breast.

<u>Step</u>	<u>Ingredients</u>	<u>8 Servings</u>	<u>Method:</u>
1	Turkey Breast, French Cut Water Kosher Salt Cracked Black Pepper	2 1/2 lb. 1 1/2 cup 1/8 tsp 1/2 tsp.	<u>Step 1:</u> Preheat oven to 350°F. Clean the turkey and place on a roasting pan with a rack. Add water to the bottom of the pan. Season the turkey with salt and pepper and cover with foil. Roast for approximately 40 minutes until an internal temperature of 170°F is reached.

Nutrition Information per Serving: Calories: 106; Fat: 3.5g; Sat. Fat: 1g; Carbs: 1g; Fiber: 0g; Protein: 18.5g

We attempt to provide nutrition information that is as complete as possible. The nutritional values are based on standard product formulations and data from our suppliers. Variations may occur due to the use of regional suppliers, seasonal influences, differences in product preparation at the unit level, recipe revisions, and other factors. This information is always subject to change and will be updated periodically.

Roasted Turkey Gravy



Portion: 2 Tbsp.

Delicious gravy to accompany your festive meal.

<u>Step</u>	<u>Ingredients</u>	<u>8 Servings</u>	<u>Method:</u>
1	Carrots, Fresh, 1" Pieces Celery, Fresh, Chopped Red Onions, Chopped Olive Oil	2/3 cup 1/3 cup 1/3 cup 1 tsp.	<u>Step 1:</u> Saute vegetables in a saucepan until they start to color.
2	Low Sodium Chicken Base Boiling Water Thyme Sprig, Fresh Cornstarch Cold Water Ground Black Pepper	3/4 tsp. 1 1/3 cup 3/4 each 1 Tbsp. 1/3 cup 1/8 tsp.	<u>Step 2:</u> Add the bouillon to the vegetables along with the water and thyme. Bring to a simmer for approximately 15 minutes until all of the flavors have combined. You may need to thicken the gravy. If so, whisk cornstarch with water and drizzle into simmering gravy until thickened. <i>Note: Turkey pan drippings may be added to gravy, but will affect nutritional information.</i>

Nutrition Information per Serving: Calories: 18; Fat: 0.6g; Sat. Fat: 0g; Carbs: 3g; Fiber: 0.5g; Protein: 0.3g

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Fresh Cranberry Sauce



Portion: 2 Tablespoons

Allspice, cinnamon and honey flavor fresh cranberries.

Step	Ingredients	8 Servings	Method:
1	Dark Brown Sugar	¼ cup	Step 1: Combine all ingredients in a saucepan over medium-high heat; bring to a boil. Reduce heat, and simmer 10 minutes or until the cranberries have popped and the mixture is slightly thickened, stirring occasionally. Discard cinnamon stick; cool completely and refrigerate.
	Orange Juice	¼ cup	
	Cool Water	1 Tbsp, 2 ¼ tsp	
	Honey	1 Tbsp.	
	Ground Allspice	1/8 tsp.	
	Fresh Cranberries	6 ¾ oz.	
	Cinnamon Stick	1 each	

Nutrition Information per Serving: Calories: 50; Fat: 0g; Sat. Fat: 0g; Carbs: 13g; Fiber: 1g; Protein: 0g

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Sauteed Green Beans and Cherry Tomatoes



Portion: ½ cup

Great served warm or chilled.

Step	Ingredients	8 Servings	Method:
1	Olive Oil	1 Tbsp., 2 ¼ tsp.	Step 1: In a large skillet over medium heat, add oil. Saute the onion for 7-10 minutes, or until softened and beginning to turn golden. Add garlic and saute for 1 minute. Add green beans and water, cover, and cook for 5-7 minutes or until crisp-tender, stirring occasionally. Add tomatoes and saute for 1 minute. Season with salt and pepper and serve.
	Red Onions, Finely Chopped	3 ¼ oz.	
	Fresh Garlic Cloves, Minced	4 each	
	Fresh Green Beans	1 pound	
	Boiling Water	½ cup	
	Cherry Tomatoes, Halved	1 cup	
	Kosher Salt	1/8 tsp.	
	Ground Black Pepper	1/8 tsp.	

Nutrition Information per Serving: Calories: 60; Fat: 3g; Sat. Fat: 0.5g; Carbs: 8g; Fiber: 3g; Protein: 2g

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Whipped Cider Sweet Potatoes



Portion: ½ cup

A fresh, new version of sweet potatoes.

Step	Ingredients	8 Servings	Method:
1	Sweet Potatoes, Peeled, Cubed	2 lb.	Step 1: In a saucepan, combine the potatoes, cider and cinnamon stick and bring to a boil, stirring occasionally. The liquid will not cover the potatoes completely. Reduce the heat and simmer for 20 minutes, or until the potatoes are tender. Remove the cinnamon stick.
	Fresh Apple Cider	¾ cup, 1 Tbsp.	
	Cinnamon Stick	1 Each	
2	Unsalted Butter	2 tsp.	Step 2: Add the butter, salt, and pepper and beat with an electric mixer until smooth. Enjoy!
	Kosher Salt	1/8 tsp.	
	White Pepper	1/8 tsp.	

Nutrition Information per Serving: Calories: 110; Fat: 1g; Sat. Fat: 0.6g; Carbs: 24g; Fiber: 3g; Protein: 2g

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