



United States Department of Agriculture

MyPlate **KITCHEN**

Thanksgiving

Apple Cranberry Salad Toss

Make: 8 servings

Ingredients:

1 head of lettuce (about 10 cups)
2 apples (medium, sliced)
1/2 cup walnuts (chopped)
1 cup dried cranberries
1/2 cup green onion (sliced)
3/4 cup vinaigrette dressing

Directions:

1. Wash hands with soap and water.
2. Toss lettuce, apples, walnuts, cranberries, and onions in a large bowl.
3. Add dressing; toss to coat. Serve immediately.

Candied Yams

Make: 6 servings

Ingredients:

1 1/2 cups yams
1/4 cup brown sugar (packed)
1 teaspoon flour (sifted)
1/4 teaspoon salt
1/4 teaspoon cinnamon (ground)
1/4 teaspoon nutmeg, ground
1/4 teaspoon orange peel
1 teaspoon margarine, unsalted
1/2 cup orange juice

Directions:

1. Wash hands with soap and water.
2. Preheat oven to 350 degrees Fahrenheit.
3. Cut yams in half and boil until tender, but firm (about 20 minutes). When cool enough to handle, peel and slice into 1/4-inch thickness.
4. Combine sugar, flour, salt, cinnamon, nutmeg, and grated orange peel.
5. Place half of sliced yams in medium-sized casserole dish. Sprinkle with spiced sugar mixture.
6. Dot with half the amount of margarine.
7. Add second layer of yams, using the rest of the ingredients in the order above. Add orange juice.
8. Bake uncovered for 20 minutes.

Crustless Pumpkin Pie

Make: 8 servings

Ingredients:

3/4 cup sugar
1/2 cup Master Mix
2 tablespoons vegetable oil
1 can evaporated milk, nonfat (about 13 oz)
2 egg
1 can pumpkin (16 ounces)
3 1/2 teaspoons pumpkin pie spice
2 teaspoons vanilla extract

Directions:

1. Wash hands with soap and water.
2. Preheat the oven to 350 degrees and lightly grease a 9 or 10 inch pie plate.
3. Combine all ingredients in a medium mixing bowl or a blender.
4. Beat 2 minutes with a mixer until smooth, or blend in the blender on high for one minute.
5. Pour into the pie plate.
6. Bake until a knife inserted in the center comes out clean, about 50-55 minutes.
7. Cool slightly and keep refrigerated.
8. Serve with whipped topping or ice cream.

Fall Veggie Casserole

Make: 8 servings

Ingredients:

5 1/2 cups eggplant, cubes (1 medium eggplant)
4 tomatoes
1 green pepper
1 onion
1 teaspoon salt
1/4 teaspoon pepper
3 tablespoons vegetable oil
1 clove garlic
2 tablespoons Parmesan cheese (grated)

Directions:

1. Wash hands with soap and water.
2. Remove the skin from the eggplant. Cut the eggplant into cubes.
3. Chop the tomatoes into small pieces.
4. Cut the green pepper in half. Remove the seeds and cut it into small pieces.
5. Chop the onion into small pieces.
6. Cut the garlic into tiny pieces.
7. Cook the first 8 ingredients in a large skillet until tender.
8. Top with the Parmesan cheese and serve.

Grandma's Stuffing

Make: 8 servings

Ingredients:

10 slices whole wheat bread, cubed (or white bread or buns, dry)
1/3 cup water
1/2 cup onion (chopped)
1/2 cup celery (chopped)
1 teaspoon parsley, dried (or 1 Tbsp fresh parsley chopped)
1/4 teaspoon salt
1/4 teaspoon black pepper
1 1/2 cups milk
1 egg (lightly beaten)
2 apples (optional - medium, pared, cored and chopped, or 1/4 cup raisins)
raisins

Directions:

1. Wash hands with soap and water.
2. Preheat oven to 350 degrees.
3. Put cubes in a large bowl. Set aside.
4. Put water in medium saucepan. Add onion, celery, parsley, salt and pepper. Cook for 5 minutes. Do not drain. Pour over bread cubes.
5. Stir in milk and egg. Gently stir in apples, and raisins, if desired.
6. Spoon into a greased 2-quart baking dish.
7. Bake at 350 degrees for 1 hour.

Green Bean Saute

Make: 6 servings

Ingredients:

- 1 cup onion (chopped)
- 1 cup mushroom (sliced)
- 1 teaspoon garlic (minced)
- 1 can green beans (16 ounce, drained, cut)

Directions:

1. Wash hands with soap and water.
2. Spray a skillet with non-stick cooking spray.
3. Sauté onions, mushrooms, and garlic.
4. Add green beans and heat thoroughly.

Hearty Mashed Potatoes

Make: 6 servings

Ingredients:

4 potatoes (baking, peeled and cut in chunks, about 2 pounds)
1 can garbanzo beans (15 ounce, drained)
1/2 cup milk, non-fat (or fortified soy milk)
1/4 cup Parmesan cheese
1/2 teaspoon garlic powder
black pepper (to taste)

Directions:

1. Wash hands with soap and water
2. Place the potatoes in a large sauce pan and cover with water. Bring to a boil over high heat then reduce to a simmer.
3. Add the garbanzo beans 10 minutes after potatoes start cooking. Continue cooking until potatoes are fork tender, about 20 minutes.
4. Drain water and place the sauce pan back on the stove. Mash the beans and potatoes using a potato masher or hand beaters.
5. Add the milk, cheese and seasonings.
6. Reheat if necessary. Serve hot.

Homemade Cranberry Sauce

Make: 8 Servings

Ingredients:

3 cups fresh cranberries (12 ounces, can also use frozen)
1 orange
1 cup sugar

Directions:

1. Wash hands with soap and water.
2. Peel orange and remove seeds.
3. Place all ingredients in a blender and blend until mixed well.
4. Heat up and serve over turkey.
5. For thicker sauce to do not blend just heat and serve.

Homemade Mashed Potatoes

Make: 8 servings

Ingredients:

2 pounds potatoes (6 medium)
1 cup milk, low-fat
3 tablespoons margarine or butter
1 teaspoon salt
1/2 teaspoon pepper (ground)

Directions:

1. Wash hands with soap and water.
2. Peel the potatoes, and cut them into chunks.
3. Put the potatoes in a medium saucepan with enough water to cover them.
4. Cook the potatoes on medium heat for 15 minutes or until tender.
5. Remove the potatoes from the heat. Drain the water off the potatoes.
6. Mash the potatoes with a fork or potato masher.
7. Stir in enough milk to make the potatoes smooth and creamy.
8. Add the butter, salt and pepper.

Roast Turkey Breast with Rosemary, Sage, and Thyme

Make: 8 Servings

Ingredients:

3 pounds turkey breast half (with skin and bones)
1 onion, large quartered
1 carrot, large quartered
1 teaspoon dried sage
1 teaspoon dried thyme
1 teaspoon rosemary
3 tablespoons olive oil
salt and pepper (to taste, optional)
chicken broth (or margarine, for basting, optional)

Directions:

1. Wash hands with soap and water.
2. Preheat oven to 400°F.
3. Place turkey breast in roasting pan along with onion and carrot.
4. Mix spices with olive oil. Rub turkey with olive oil.
5. Roast turkey at 400°F for 15 minutes. Baste with margarine and chicken broth (optional).
6. Reduce turkey temperature to 350°F and roast turkey, basting every 20 minutes with pan juices (or margarine and chicken broth), about 1 hour and 15 minutes, or until meat thermometer inserted in thick part of meat registers 165°F.
7. Remove to carving board and let rest for 10 minutes.

Turkey Gravy

Make: 6 servings

Ingredients

- 2 tablespoons margarine (or butter or turkey drippings)
- 3 tablespoons flour
- 1/4 teaspoon salt
- 1 1/2 cups chicken or turkey broth
- 2 1/2 ounces giblets (cooked and chopped, approximately 1/2 cup)

Directions:

1. Wash hands with soap and water.
2. Melt margarine in skillet over low heat. Mix in flour and salt. Stir and heat until bubbly.
3. Add broth slowly, stirring constantly. Cook over low heat for 5- 10 minutes.
4. Add the cooked giblets. Heat a few minutes to blend flavors.
5. Store leftovers in refrigerator within 2 hours.