Thanksgiving Dinner, November 22, 2012

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Dinner:
- Turkey with Gravy
- Cornbread or Regular Stuffing
- Oven Roasted Butternut Squash
- Green Bean Casserole
- Baby Corn Salad**
- Homemade Cranberry Sauce**
- Quick Rolls**

Dessert:
- Cranapple Streusel Pie***
- Pumpkin Pie***

If you are new to the menus, please review the information found here:  http://www.menus4moms.com/downloads/m4m_premium/

Notes:
1. This menu should serve at least 10 adults plus smaller children comfortably. If you have growing teens, big appetites, or more people, I suggest doubling several of the side dishes and cooking a larger turkey.
2. Several of these dishes can be made ahead and refrigerated until time to bake (if they need baking). They are marked with ***.
3. Be absolutely sure to give your turkey enough time in the refrigerator to thaw!! Nothing is worse than finding a frozen turkey on Thanksgiving morning. Allow at least one day of refrigerator thawing for every 4 lbs. of turkey. Source: Butterball.com For detailed turkey safety information, see http://www.fsis.usda.gov/FACTSheets/Lets_Talk_Turkey/index.asp.
4. The size of the turkey you buy will depend on the number of guests you are having and how many leftovers you want to have. I am including a 12-lb. turkey on the list and hopefully you will have leftovers for recipes we will be having in the near future, but adjust this according to your needs.
5. If you have a turkey dilemma, call the experts at the Butterball Turkey Talk-Line at 1-800-288-8372.

Roast Turkey
Yield: 24 Servings
- 12 lb. turkey, fresh or thawed
- Water
- 1/2 cup dry sherry
- Basting Sauce (see recipe below)

Remove any packages of extra parts such as giblets and neck from inside the turkey. Rinse the turkey with cold water inside and out and pat dry. Place the turkey in a large roasting pan, placing the wings under the turkey. Pour the water and sherry into the pan and brush your turkey with the basting sauce. Cover the turkey with foil and bake at 300°F for about 4 1/2 hours. Check internal temperature and adjust bake temperature if needed. Baste occasionally with the juices from the bottom of the pan. Uncover the turkey for the last 30 minutes of baking time and baste again. The internal temperature of your turkey should be about 165°F according to the US Dept. of Agriculture. When turkey is done, remove from oven and allow to cool for about 15 minutes before carving.

Per Serving: 348 Cal (17% from Fat, 83% from Protein, 1% from Carb); 67 g Protein; 6 g Tot Fat; 2 g Sat Fat; 1 g Carb; 0 g Fiber; 0 g Sugar; 152 mg Sodium; 222 mg Cholesterol; Units = 7.5; Exchanges = 9½ Very Lean Meat

Roast Turkey Basting Sauce***
Yield: 24 Servings
- 1 1/2 tsp brown sugar
- 1 tsp garlic, minced
- 1 tsp paprika
- 1/4 tsp pepper
- 1/2 tsp salt
- 1 1/2 Tbsp dry sherry** or white cooking wine
- 1/2 tsp thyme
- 1/2 tsp sage

Whisk all ingredients together and use to baste your turkey.

Per Serving: 3 Cal (6% from Fat, 6% from Protein, 88% from Carb); 0 g Protein; 0 g Tot Fat; 0 g Sat Fat; 1 g Carb; 0 g Fiber; 0 g Sugar; 49 mg Sodium; 0 mg Cholesterol; Units = 0.1; Exchanges = 0; Recipe adapted from Fat Free Holiday Cooking
Gravy preparation

When the turkey is done, transfer the juices from the baking pan to a saucepan through a strainer. In a glass jar (with a tight-fitting lid available) put 1/2 cup warm water and 2 Tbsp. flour. Tighten the lid and shake vigorously until the flour is dissolved. If your turkey came with a gravy packet, you can use that instead of the flour and water. Heat, stirring frequently, until gravy is thickened. If you need to stretch your gravy, add all or part of a can of chicken broth. Pour the gravy through a strainer into a gravy boat to remove any lumps.

Cornbread or Regular Stuffing

Yield: 10 Servings

For easier preparation, chop and sauté your onion and celery the day before and refrigerate until needed.

- 1 (14 oz.) bag Pepperidge Farm stuffing, cornbread** or regular
- 1/2 cup (1 stick) butter, melted
- 1 Tbsp olive oil
- 1 1/2 cups chicken broth
- 1 cup onion, chopped
- 2 stalks celery, chopped
- 1 Tbsp olive oil, divided
- 3 cloves garlic, minced
- 2 Tbsp chopped parsley

Sauté celery and onion on stovetop in olive oil. In a saucepan, heat broth and butter to boiling. In a large bowl, combine celery, onion, stuffing mix, heated broth and butter. Mix well, adding up to 2/3 cup water if necessary for correct consistency. Serve immediately. If you wish to stuff your turkey, follow the safety guidelines found at the website linked in the notes.

Cornbread stuffing is used in the nutritional calculations.

Per Serving: 163 Cal (55% from Fat, 7% from Protein, 38% from Carb); 3 g Protein; 10 g Tot Fat; 6 g Sat Fat; 16 g Carb; 3 g Fiber; 2 g Sugar; 315 mg Sodium; 24 mg Cholesterol; Units = 3.5; Exchanges = 1 Starch - ½ Veg - 2 Fat

Oven Roasted Butternut Squash

Yield: 10 Servings

- 5 lbs butternut squash, peeled, seeded and cut into 1-inch chunks
- 1 1/2 tsp salt
- 1 Tbsp olive oil, divided
- 3 cloves garlic, minced
- 2 Tbsp chopped parsley

Preheat oven to 375°F. In a large bowl, mix together cubed squash, 1 tbsp olive oil, salt, and pepper. Gently spread squash out in a single layer on a large baking sheet. Roast squash 30 to 45 minutes until squash turns golden brown. Heat the remaining 1 tbsp of oil in a small skillet over medium heat. Sauté garlic in heated oil, stirring constantly, until garlic begins to brown. Toss the roasted squash with the garlic and parsley. Taste, adjust the seasoning as needed, and serve.

Per Serving: 128 Cal (18% from Fat, 7% from Protein, 75% from Carb); 2 g Protein; 3 g Tot Fat; 0 g Sat Fat; 27 g Carb; 5 g Fiber; 5 g Sugar; 363 mg Sodium; 0 mg Cholesterol; Units = 2.0; Exchanges = 1 Starch - ½ Fat

Adapted from EatingWell

Green Bean Casserole***

Yield: 8 Servings

- 4 (15 oz.) cans green beans
- 1 1/2 cups French onions
- 2 tsp ground pepper (or to your liking)
- 2 (10.5 oz.) cans cream of mushroom soup
- 2 cups milk

Mix green beans, milk, pepper, soup, and 1 cup of onions. Bake at 375°F for 35 minutes stirring periodically. Add the remainder of onions and bake 5 more minutes.

Per Serving: 244 Cal (51% from Fat, 9% from Protein, 40% from Carb); 5 g Protein; 14 g Tot Fat; 5 g Sat Fat; 24 g Carb; 4 g Fiber; 5 g Sugar; 1323 mg Sodium; 6 mg Cholesterol; Units = 5.3; Exchanges = 1½ Milk - 1 Other Carb - 3 Veg - 1 Fat
Baby Corn Romaine Salad

Yield: 12 Servings

- 12 cups romaine, torn into bite-sized pieces
- 4 cups fresh broccoli florets
- 2 (15 oz.) cans whole baby corn, rinsed, drained and cut in half
- 6 slices bacon, cooked and crumbled
- 1 cup Caesar salad dressing** or Italian dressing

In a large salad bowl, combine the romaine, broccoli, corn, and bacon. Drizzle with dressing just before serving and toss to coat.

Per Serving: 157 Cal (73% from Fat, 11% from Protein, 16% from Carb); 4 g Protein; 13 g Tot Fat; 2 g Sat Fat; 6 g Carb; 3 g Fiber; 2 g Sugar; 505 mg Sodium; 5 mg Cholesterol; Units = 3.7; Exchanges = 1 Other Carb - ½ Veg - 3 Fat

Homemade Cranberry Sauce

Yield: 10 Servings

- 1 cup sugar
- 1 cup water
- 1 (12 oz.) bag fresh cranberries

Rinse cranberries in a colander and check for debris. Bring water to a boil and add sugar; stir until sugar is dissolved. Stir in cranberries; reduce heat to medium. Continue cooking at a gentle boil, stirring occasionally. Cranberries should pop and sauce will thicken. Place in serving bowl. Cover and refrigerate until serving, up to one week.

Per Serving: 94 Cal (0% from Fat, 1% from Protein, 99% from Carb); 0 g Protein; 0 g Tot Fat; 0 g Sat Fat; 24 g Carb; 2 g Fiber; 22 g Sugar; 1 mg Sodium; 0 mg Cholesterol; Units = 1.6; Exchanges = 1 Other Carb

Quick Rolls

Yield: 12 Servings

- 2 1/4 cups biscuit mix, divided
- 1 cup sour cream
- 1/2 cup butter, melted

Preheat oven to 350°F. Combine all ingredients except 1/4 cup biscuit mix and mix well. Sprinkle reserved biscuit mix onto a flat surface such as a cutting board. Divide dough into 12 equal sections (this is easiest if you divide the dough into quarters, then divide each quarter into thirds). Out of each dough section, make 3 equal balls and roll them in the flour. Place the 3 balls together in a muffin cup. Repeat for each of the remaining sections of dough until you have filled 12 muffin cups. Bake for 15-20 minutes or until starting to brown.

Per Serving: 187 Cal (64% from Fat, 5% from Protein, 31% from Carb); 2 g Protein; 13 g Tot Fat; 7 g Sat Fat; 14 g Carb; 0 g Fiber; 3 g Sugar; 335 mg Sodium; 29 mg Cholesterol; Units = 4.8; Exchanges = 1 Starch - 3 Fat
Dessert

Cranapple Streusel Pie | Pumpkin Pie

**Cranapple Streusel Pie**

Yield: 8 Servings

- 3/4 cup all-purpose flour
- 6 Tbsp firmly packed light brown sugar
- 6 Tbsp old-fashioned oats, uncooked
- 1/2 tsp ground cinnamon
- 6 Tbsp butter, melted
- 1 refrigerated pie crust (1/2 box)
- 5 cups Granny Smith apples, peeled, cored, thinly sliced
- 1 (14 oz.) can whole berry cranberry sauce
- 3/4 cup firmly packed light brown sugar
- 1 1/2 Tbsp cornstarch

Preheat oven to 350° F. Prepare streusel topping in a small bowl by mixing together flour, 6 tbsp brown sugar, uncooked oats and cinnamon. Add melted butter to oats mixture and blend until coated. Mixture will be crumbly. Set aside. For pie filling, place pie crust into a 9-inch pie plate. Fold excess crust at edge under and press dough together on edges to form a thick crust edge. In a medium-sized bowl, combine apples, cranberry sauce, remaining 3/4 cup brown sugar, and cornstarch until well blended. Spoon apple mixture into pastry-lined pie plate. Sprinkle with Streusel mix. Bake 1 hour or until apples are tender. Serve warm.

Per Serving: 543 Cal (27% from Fat, 3% from Protein, 70% from Carb); 4 g Protein; 17 g Tot Fat; 7 g Sat Fat; 97 g Carb; 4 g Fiber; 68 g Sugar; 211 mg Sodium; 21 mg Cholesterol; Units = 11.5; Exchanges = 2 1/2 Starch – 1 1/2 Fat

**Pumpkin Pie**

Yield: 8 Servings

- 1/4 cup sugar
- 1/2 tsp salt
- 1 tsp ground cinnamon
- 1/2 tsp ground ginger
- 1/4 tsp ground cloves
- 2 eggs
- 1 (14 oz.) can pure pumpkin
- 1 (12 oz.) can evaporated milk
- 1 refrigerated pie crust (1/2 box)

Preheat oven to 425° F. In a small bowl, mix together sugar, cinnamon, ginger, and cloves. Set aside. In a larger bowl, beat eggs and then mix in pumpkin. Stir in spice mixture. Mix thoroughly. Gradually stir in evaporated milk. For pie filling, place pie crust into a deep dish 9-inch pie plate. Fold excess crust at edge under and press dough together on edges to form a thick crust edge. Pour mixture into unbaked pie shell. Bake for 15 minutes. Reduce oven temperature to 350° F and continue baking for 45 minutes or until knife inserted into center of pie comes out clean. Remove from oven and cool for at least 2 hours. Serve or refrigerate. Optional: serve with ice cream or whipped topping.

Adapted from recipe on Libby’s Pure Pumpkin can. Nutritional information does not include Ice Cream or Whipped Topping.

Per Serving: 289 Cal (20% from Fat, 10% from Protein, 70% from Carb); 8 g Protein; 7 g Tot Fat; 2 g Sat Fat; 53 g Carb; 2 g Fiber; 37 g Sugar; 329 mg Sodium; 61 mg Cholesterol; Units = 5.5; Exchanges = 2 Fruit – ½ Milk – 1 Other Carb – ½ Fat
## Grocery List

### Meat
- Bacon - 6 slices  
  - 1  
  - $3.50
- Turkey - 12 lbs  
  - 1  
  - $16.00

### Fruit
- Bag of Granny Smith Apples  
  - 1  
  - $3.99
- Cranberries - 12 oz. Bag  
  - 1  
  - $2.50

### Baking Prods
- Biscuit Mix - 40 oz. box  
  - 1  
  - $4.19
- Cornbread Stuffing - 14 oz bag  
  - 1  
  - $3.00
- Evaporated Milk (12 oz.)  
  - 1  
  - $0.89

### Produce
- Broccoli Bunch  
  - 2  
  - $2.00
- Butternut Squash (need 5 lbs)  
  - 3  
  - $1.50
- Celery (pkg)  
  - 1  
  - $1.79
- Garlic (bulb)  
  - 1  
  - $0.50
- Onion (individual)  
  - 1  
  - $0.99
- Parsley (bunch)  
  - 1  
  - $1.29
- Romaine Lettuce (bunch)  
  - 2  
  - $1.99

### Dairy/spreads
- Butter - 1 lb.  
  - 1  
  - $2.50
- Refrigerated Pie Crust (2/box)  
  - 1  
  - $2.00
- Sour Cream (8 oz.)  
  - 1  
  - $1.50

### Condiments
- Caesar Salad Dressing - 8 oz.  
  - 1  
  - $1.50

### Canned Vegetables
- Canned Green Beans (15 oz.)  
  - 4  
  - $1.00
- French Fried Onions (6 oz.)  
  - 1  
  - $2.00
- Whole Baby Corn (15 oz.)  
  - 2  
  - $1.25
- Whole Berry Cranberry Sauce (14 oz)  
  - 1  
  - $1.50

### Soup
- Chicken Broth (14 oz)  
  - 1  
  - $1.25
- Cr. Of Mushroom (10.5 oz.)  
  - 2  
  - $1.25

### Canned Fruit
- Pumpkin (14 oz.)  
  - 1  
  - $1.50

### Frozen Dessert
- Vanilla Ice Cream (1/2 Gal.)  
  - 1  
  - $4.00

### Pantry Items
- Brown Sugar - 1-1/4 C.
- Cinnamon - 1-1/2 tsp.

**Approximate Total:** $78.00