

Here's a tasty treat for either Thanksgiving morning breakfast or brunch or for a snack with a cup of skim milk or green tea during this holiday season. It uses 2 favorite foods of the season which are also packed with nutrients! It's also made with healthy fat, whole grains and contains cinnamon which some studies are showing may have health benefits (read more on this at: <http://www.newscientist.com/news/news.jsp?id=ns99994413> )

### **Pumpkin Cranberry Bread (16 slices)**

1 and  $\frac{3}{4}$  (three fourths) cup canned pumpkin  
3 eggs (or 6 egg whites)  
 $\frac{1}{4}$  (one fourth) cup canola oil  
1 and  $\frac{1}{2}$  (one half) cup sugar  
1 cup whole wheat flour  
1 and  $\frac{1}{4}$  (one fourth) cup all purpose flour  
2 tsp. baking powder  
1 tsp. baking soda  
1 and  $\frac{1}{4}$  (one fourth) tsp. cinnamon  
1 cup dried cranberries  
 $\frac{1}{2}$  cup (one half) chopped walnuts  
Lemon glaze, if desired (see below)

Preheat oven to 350 degrees. Beat together pumpkin, eggs, and oil. Add sugar, flours baking powder and soda, and cinnamon. Combine all ingredients and pour into 9-by-5-inch loaf pan sprayed with cooking spray and floured. Bake 60 minutes or until wooden pick inserted in center comes out clean. (If desired, pour lemon glaze over warm bread while still in pan. Glaze is made with  $\frac{1}{2}$  cup powdered sugar, 3 Tbsp. freshly squeezed lemon juice and  $\frac{1}{2}$  tsp. lemon rind).

One of my family's favorite things about Thanksgiving is the Turkey Frame soup made the next day using the turkey carcass. Just thrown the carcass in a large plastic bag and refrigerate over night. You can adapt this recipe to include the vegetables and grains your family enjoys most.

### **Turkey Frame Soup (makes 10 servings)**

1 meaty turkey frame  
3 quarts (12 cups) water  
1 onion, quartered  
1-2 teaspoons salt  
1 (16 ounce) can diced tomatoes with juice  
1-2 tsp. instant chicken bouillon granules or cubes  
1 and  $\frac{1}{2}$  (one half) tsp, dried oregano leaves  
1 tsp. dried thyme  
 $\frac{1}{4}$  tsp. black pepper  
4 cups chopped fresh vegetables (any combination of celery, carrots, onion, mushrooms, broccoli, and cauliflower)  
1 and  $\frac{1}{2}$  cups uncooked medium noodles, brown rice or barley

Break turkey frame or cut in half with kitchen shears. Place in large Dutch oven or soup pan with water, onion and salt. Bring to boil. Reduce heat and simmer for 1 and  $\frac{1}{2}$  (one half) hours. Remove turkey frame. When cool enough to handle, cut off meat and coarsely chop. Discard bones. Strain broth and discard solids. Return broth to pot and stir in cut-up turkey meat, tomatoes and juice, bouillon, and spices. Stir in fresh vegetables. Bring to boil and reduce heat. Cover, simmer 45 minutes. Stir in noodles; simmer, uncovered 8-10 minutes or until noodles are just tender. Barley and rice require longer cooking and should be added with the vegetables.)

What to do with leftover turkey? Turkey sandwiches are a stand-by (and so tasty with cranberry sauce on them!) How about using leftover turkey in a wrap, quesadilla, pita or in Shepherd's Pie using leftover veggies, gravy and mashed potatoes? Eventually we all get tired of eating the turkey in the same way so here are a couple of recipes to consider for your leftover turkey (if there is any!)

## **Acapulco Enchiladas**

### **(6 servings)**

12 corn tortillas  
2 cups canned enchilada sauce (or make your own with tomato sauce and Mexican spices)  
1 can (8 oz.) unsalted tomato sauce  
3 cups diced cooked turkey (can also use leftover chicken)  
1/4 (one fourth) cup sliced black olives  
2 Tbsp. slivered almonds  
1/2 cup shredded mozzarella or other cheese  
2 cups plain yogurt or low-fat sour cream  
1/4 (one fourth) cup chopped green onions  
1/2 cup chopped fresh cilantro

Preheat oven to 350 degrees. Soften tortillas by placing in plastic bag and microwaving for one minute (or wrap in foil in oven for 10 minutes). Mix enchilada sauce and tomato sauce. Mix turkey, olives, and almonds with about 1/2 cup sauce to moisten. Spoon 1/4 cup of turkey mixture down center of each warm tortilla. Roll and place seam side down in 9x13 baking dish. (May need toothpicks to hold them together). When all are in place, cover with remaining sauce and shredded cheese. Bake uncovered for 15-20 minutes. Serve with yogurt or sour cream and sprinkle with green onions and/or cilantro.

## **Curry Turkey Salad**

(from Cooking Light Nov 2004 issue)

Makes 4 servings-serving size is 1 cup

2 Tbsp. reduce-fat sour cream  
2 Tbsp. plain yogurt  
1 Tbsp. fresh lime juice  
1 Tbsp. honey  
1 tsp. curry powder  
1/4 (one fourth) tsp. salt  
1/4 (one fourth) tsp. freshly ground black pepper  
2 cups chopped cooked turkey  
1 cup seedless red grapes, halved  
1/2 (one half) cup sliced celery  
1/4 (one fourth) cup chopped red onion  
2 Tbsp. cashew pieces (or other nut)

Combine first 7 ingredients for dressing in large bowl. Add turkey, grapes, celery, onion and cashews (nuts). Stir gently to combine. Serve with pita bread.

Tips to remember about Thanksgiving:

- It's just one meal so don't stretch it into mega-eating for 4 full days!
- Visualize the meal and decide which foods you want to enjoy before you sit down to eat. Consider trade-offs like giving up one food you aren't as fond of to have a little more of a real favorite.
- The celebration is about more than food! It's really about being with family and friends and remembering our many blessings.
- Try to work in some together time outdoors-walking, playing football or Frisbee, raking leaves-that's a great way to work up an appetite and to burn off calories for extra food you may consume!

I hope each of you enjoy your holiday and time off from work! Healthy Recipe of the Week will continue the first week of December!

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