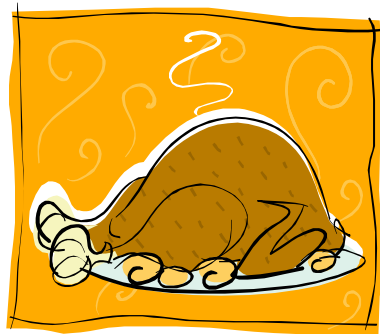




# Lighten Up with this Thanksgiving Menu!



Vegetable Snack Tray with Zesty Vegetable Dip

Easy Herb Roasted Turkey  
Cranberry Apple Relish  
Savory Turkey Gravy  
Cornbread Dressing  
Lighter Mashed Potatoes  
Green Bean Casserole  
Dinner Roll with Spray Butter  
Pumpkin Pie  
Spiced Tea

## Vegetable Snack Tray



### Nutrition Facts

Servings per Recipe: 30  
Serving Size: 1/30 of recipe

Calories per Serving: 45  
Total Fat: 0.5g  
Saturated Fat: 0g  
Cholesterol: 0mg  
Sodium: 52mg  
Total Carbohydrate: 10.5g  
Dietary Fiber: 2.5g  
Sugars: 6g  
Protein: 1.5g

%DV Vit A: 153%  
%DV Vit C: 117%  
%DV Calcium: 4%  
%DV Iron: 5%

### Gather Ingredients:

- 1 bunch celery, cleaned with each stalk divided lengthwise and chopped into three pieces (six per stalk)
- 1 large bag baby carrots
- 1 pint grape or cherry tomatoes, washed
- 2 red bell peppers, washed, seeded and sliced into strips
- 4 green bell peppers, washed, seeded and sliced into strips
- 2 yellow bell peppers, washed, seeded and sliced into strips
- 3 cucumbers, washed with ends removed, but not skin—slice each in half and cut each half into eight sticks (16 total per cucumber)

### Steps:

1. Arrange vegetables on platter.
2. Optional—may serve with 1 teaspoon ranch dressing for dipping.

For variation, try chopped green onion sticks, asparagus sticks, or whatever fresh vegetables you enjoy.

## Zesty Vegetable Ranch Dip

### Gather Ingredients:

1 cup fat free sour cream  
½ package Good Seasons Buttermilk Salad Dressing Mix

### Nutrition Facts

---

Servings per Recipe: 8  
Serving Size: 2 tablespoons

---

Calories per Serving: 34

Total Fat: 0g.

Saturated Fat: 0g

Cholesterol: 2.9mg

Sodium: 225mg

Total Carbohydrate: 6.0g

Dietary Fiber: 0g

Sugars: 1g

Protein: 1g

---

%DV Vit A: 4%

%DV Vit C: 0%

%DV Calcium: 4%

%DV Iron: 0%

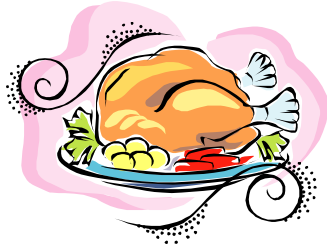
### Steps:

1. Mix 1 cup sour cream with ½ package ranch dip mix.
2. Serve with fresh non-starchy vegetables.

## Easy Herb Roasted Turkey

### Tip:

This is an easy and delicious recipe for a turkey that is perfectly browned on the outside while tender and juicy on the inside!



### Gather Ingredients:

- 1 (12 pound) whole turkey
- $\frac{3}{4}$  cup olive oil
- 2 tablespoons garlic powder
- 2 teaspoons dried basil
- 1 teaspoon ground sage
- 1 teaspoon salt
- $\frac{1}{2}$  teaspoon black pepper
- 2 cups water

### Nutrition Facts

Servings per Recipe: 16  
Serving Size: 1/16 of recipe

Calories per Serving: 261

Total Fat: 14g

Saturated Fat: 2.5g

Cholesterol: 86mg

Sodium: 216mg

Total Carbohydrate: 0g

Dietary Fiber: 0g

Sugars: 0g

Protein: 29g

%DV Vit A: 0%

%DV Vit C: 0%

%DV Calcium: 3%

%DV Iron: 11%

### Steps:

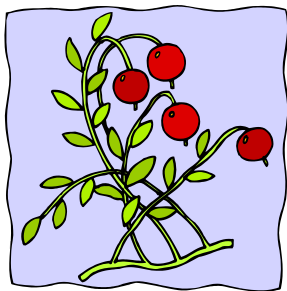
1. Preheat oven to 325 degrees F. Clean turkey (discard giblets and organs), and place in a roasting pan with a lid.
2. In a small bowl, combine olive oil, garlic powder, dried basil, ground sage, salt and black pepper. Using a basting brush, apply the mixture to the outside of the uncooked turkey.
3. Pour water into the bottom of the roasting pan and cover.
4. Bake for 3 to 3½ hours or until the internal temperature of the thickest part of the thigh measures 165 degrees F.
5. Remove the bird from the oven and allow to stand for about 30 minutes before carving.

## Cranberry Apple Relish

### Gather Ingredients:

12 ounce bag fresh cranberries  
1 cup Splenda® Granular  
1 cup water  
3 Tablespoons orange juice concentrate

1 medium apple  
½ cup golden raisins



### Nutrition Facts

---

Servings per Recipe: 20  
Serving Size: 1/20 of recipe

---

Calories per Serving: 30  
Total Fat: 0g  
Saturated Fat: 0g  
Cholesterol: 0mg  
Sodium: 1mg  
Total Carbohydrate: 8g  
Dietary Fiber: 1g  
Sugars: 4g  
Protein: 0g

---

%DV Vit A: 0%  
%DV Vit C: 6%  
%DV Calcium: 0%  
%DV Iron: 1%

### Steps:

1. Place cranberries, Splenda®, water and orange juice concentrate in a medium saucepan. Bring to a boil and boil 3-4 minutes or until cranberries start to thicken and water has reduced by half.
2. Remove from pan and place in medium bowl. Cover and refrigerate 2-3 hours or overnight.
3. Peel, core and dice apple and add to cranberries. Add half of the raisins to cranberries. Stir well. Refrigerate until ready to serve. Just before serving, sprinkle remaining raisins over cranberries as a garnish. Serve chilled.

## Savory Turkey Gravy

### Gather Ingredients:

5 cups turkey stock (may substitute chicken, beef or vegetable)

¼ cup all-purpose flour

1 cup water

1 teaspoon poultry seasoning

1 teaspoon salt

½ teaspoon ground black pepper

¼ teaspoon celery salt



### Nutrition Facts

Servings per Recipe: 24

Serving Size: 1/24 of recipe

Calories per Serving: 9

Total Fat: 0g

Saturated Fat: 0g

Cholesterol: 0mg

Sodium: 237mg

Total Carbohydrate: 1g

Dietary Fiber: 0g

Sugars: 0g

Protein: 29g

%DV Vit A: 0%

%DV Vit C: 0%

%DV Calcium: 1%

%DV Iron: 1%

### Steps:

1. In a medium saucepan, bring the turkey stock to a boil.
2. In a small bowl, dissolve flour in water.
3. Gradually whisk into the turkey stock. Season with poultry seasoning, salt, pepper and celery salt.
4. Bring to a boil, reduce heat, and simmer for 8 to 10 minutes, or until thickened.

Cherokee Nation Health Services  
Cornbread Dressing

**Tip:**

Use egg whites instead of whole eggs to cut 5g of fat per egg used. Using Healthy Request soup cuts fat and sodium. Using clear broth cuts fat, but you could also cut the sodium by using no salt added broth.

**Gather Ingredients:**

1 recipe cornbread (see next recipe)  
2 teaspoons ground sage  
2 teaspoons poultry seasoning  
½ teaspoon salt  
1 teaspoon black pepper  
2 tablespoons light margarine  
1 medium onion, chopped  
1 cup celery, chopped  
1 10.5 ounce can Healthy Request cream of chicken soup  
1 whole egg  
1 egg white  
3-15 ounce cans clear chicken broth

**Nutrition Facts**

Servings per Recipe: 24  
Serving Size: ½ cup

Calories per Serving: 80  
Total Fat: 3g  
Saturated Fat: 0.5g  
Cholesterol: 10mg  
Sodium: 490mg  
Total Carbohydrate: 11g  
Dietary Fiber: 1g  
Sugars: less than 1g  
Protein: 3g

%DV Vit A: 2%  
%DV Vit C: 0%  
%DV Calcium: 6%  
%DV Iron: 4%

**Steps:**

1. Prepare cornbread the day before.
2. Preheat Oven to 400°.
3. Crumble cooled cornbread into large bowl.
4. Add sage, poultry seasoning, salt, and pepper to crumbled cornbread and stir well.
5. Melt light margarine in skillet and add chopped onion and celery.
6. Sauté vegetables until onion is translucent, then add vegetables to the bowl of cornbread.
7. Add cream of chicken soup, whole egg, egg white, and broth to cornbread mixture and combine well. Mixture should be slightly “soupy”.
8. Spray 9x13 and 8x8 pans with non-stick cooking spray and pour mixture into pans.
9. Bake in 400° oven for about 45 minutes, or until set and golden brown.

## Cornbread

### Tip:

Use egg whites instead of whole eggs to cut 5g of fat per egg used. Using low-fat buttermilk also cuts about 5g of fat.

### Gather Ingredients:

2 cups yellow cornmeal  
3 teaspoons baking powder  
½ teaspoon baking soda  
½ teaspoon salt  
2 egg whites  
2 tablespoons canola oil  
1 cup low-fat buttermilk

### Nutrition Facts

---

Servings per Recipe: 24  
Serving Size: 2x2 square

---

Calories per Serving: 60  
Total Fat: 1.5g  
Saturated Fat: 0g  
Cholesterol: 0mg  
Sodium: 150mg  
Total Carbohydrate: 10g  
Dietary Fiber: less than 1g  
Sugars: less than 1g  
Protein: 2g

---

%DV Vit A: 0%  
%DV Vit C: 0%  
%DV Calcium: 4%  
%DV Iron: 4%

### Steps:

1. Preheat Oven to 425°.
2. Combine cornmeal, baking powder, baking soda, and salt in a large bowl.
3. Combine egg whites, oil, and buttermilk in a small bowl.
4. Add wet ingredients to dry ingredients and combine well.
5. Spray 9x13 baking pan with non-stick cooking spray and pour batter into pan.
6. Bake for about 15-20 minutes, or until golden brown.



## Lighter Mashed Potatoes

### Tip:

Potatoes are a good source of many healthy nutrients for your body like vitamin C, potassium, and dietary fiber.

Plan to cook potatoes in a healthy way to get the best benefits from this vegetable.

Avoid adding extra fat when cooking. Use light margarines or low-fat milks to substitute for butter or whole milk.

Leave the peeler in the drawer!  
Potato skins are packed with nutrients you don't want to miss out on.



### Nutrition Facts

Servings per Recipe: 10  
Serving Size: ½ cup

Calories per Serving: 57  
Total Fat: 0.5g  
Saturated Fat: 0g  
Cholesterol: 0mg  
Sodium: 364mg  
Total Carbohydrate: 11g  
Dietary Fiber: 1g  
Sugars: 2g  
Protein: 2g

%DV Vit A: 0%  
%DV Vit C: 21%  
%DV Calcium: 1%  
%DV Iron: 3%

### Gather Ingredients:

- 1½ pounds potatoes
- 1 1/3 cup water
- 1½ teaspoon salt (optional)
- 1 tablespoon light margarine
- 1/3 cup skim milk
- 1/8 teaspoon black pepper (optional)

### Steps:

1. Wash potatoes. Do not peel! Cut into pieces no thicker than ½ inch. Put potato pieces and water into heavy-bottomed pot. Cover and bring to a boil; reduce heat to simmer. Simmer for about 15 minutes, or until potatoes are very tender. Add a little more water if necessary to keep potatoes from sticking. If you add too much water; you'll need to drain the potatoes before mashing.
2. Remove from heat, add margarine. Mash with electric mixer on low speed or use a potato masher.
3. Heat the skim milk. Gradually beat the hot milk into the potatoes; continue beating until light and fluffy. Add black pepper, if desired. Taste before adding salt.

## Green Bean Casserole

### Gather Ingredients:

2-15-ounce cans cut green beans, drained  
¾ cup nonfat milk  
1-10.75 ounce can 98% Fat-Free Cream of Mushroom soup  
1/3 cup slivered almonds  
Salt and pepper to taste

### Nutrition Facts

---

Servings per Recipe: 6  
Serving Size: 1/6 of recipe

---

Calories per Serving: 94  
Total Fat: 5g  
    Saturated Fat: 1g  
Cholesterol: 2mg  
Sodium: 535mg  
Total Carbohydrate: 9g  
    Dietary Fiber: 2g  
    Sugars: 3g  
Protein: 4g

---

%DV Vit A: 6%  
%DV Vit C: 4%  
%DV Calcium: 7%  
%DV Iron: 5%

### Steps:

1. Preheat oven to 350 degrees F.
2. In a medium casserole dish, mix together green beans, milk and cream of mushroom soup.
3. Bake for 25 minutes in the preheated oven until heated through and bubbly.
4. Toast almonds in non-stick skillet for a few minutes.
5. Sprinkle almonds over the top.
6. Season with salt and pepper to taste.

## Pumpkin Pie

### Tip:

Make your own homemade graham cracker pie crust to save on calories.



### Graham Cracker Pie Crust:

#### Gather Ingredients:

- ¾ cup graham cracker crumbs  
(about 3 whole crackers finely crushed)
- 3 tablespoons melted light margarine
- ¼ teaspoon cinnamon
- ¼ teaspoon nutmeg

#### Directions:

1. Combine cracker crumbs, margarine, spices. Press into 9-inch pie plate.
2. Chill in refrigerator 2 hours before filling.

### Nutrition Facts

---

Servings per Recipe: 8  
Serving Size: 1 slice

---

Calories per Serving: 200  
Total Fat: 7g  
Saturated Fat: 4g  
Cholesterol: 0mg  
Sodium: 256mg  
Total Carbohydrate: 33g  
Dietary Fiber: 4g  
Sugars: 12g  
Protein: 1g

---

%DV Vit A: 41%  
%DV Vit C: 0%  
%DV Calcium: 2%  
%DV Iron: 6%

### Gather Ingredients:

- 1 can pumpkin
- 1 package sugar-free Butterscotch pudding mix
- 1 container of Lite Whipped Topping (can use fat-free to lighten calories and saturated fat in recipe)
- 1 to 1½ teaspoon pumpkin pie spice
- 1 graham cracker pie crust

### Steps:

1. Mix all ingredients together.
2. Pour into graham cracker crust.
3. Chill until firm.

## Spiced Tea

### Tip:

Mix together and put into small glass jars with a ribbon for a thoughtful gift during the winter months!

### Gather Ingredients:

- 1 cup Lipton instant tea with lemon and nutrasweet
- 2 tubs of sugar free Tang® with nutrasweet
- ½ teaspoon cinnamon
- ¼ teaspoon ground cloves



### Nutrition Facts

---

Servings per Recipe: 42  
Serving Size: 1 teaspoon

---

Calories per Serving: 3

Total Fat: 0g

Saturated Fat: 0g

Cholesterol: 0mg

Sodium: 0mg

Total Carbohydrate: 3g

Dietary Fiber: 0g

Sugars: 0g

Protein: 0g

---

%DV Vit A: 0%

%DV Vit C: 100%

%DV Calcium: 0%

%DV Iron: 0%

### Steps:

1. Mix all ingredients into a glass jar and shake together until all is mixed.
2. Use approximately 1 teaspoon per 1 cup of hot water.

