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

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.

Nutrition Facts

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%DV Vit A: 153%
%DV Vit C: 117%
%DV Calcium: 4%
%DV Iron: 5%
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.
Cherokee Nation Health Services

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
¾ cup olive oil
2 tablespoons garlic powder
2 teaspoons dried basil
1 teaspoon ground sage
1 teaspoon salt
½ 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 3 ½ 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

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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.
Cherokee Nation Health Services

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°F.
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.

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Gather Ingredients:
1½ pounds potatoes
1 1/3 cup water
1 ½ 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

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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:
2. Chill in refrigerator 2 hours before filling.

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.

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%
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

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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.