

SNAP News* Recipes

Turkey Dinner

Preparing your Turkey Dinner

This insert is provided to help you prepare the items you may receive for your turkey box. Make some or all of the following recipes for your dinner. I always try to do the make ahead parts early then save the roasting the bird for the morning of Thanksgiving. Make sure to start thawing your turkey early so you can do it safely. (See page 2)

Recipes are in the back of this packet for the following items.

Menu

Roasted Turkey (pg 2) with Bread Stuffing

Mashed Potatoes with Turkey Gravy

Sweet Potato Casserole

Green Bean Casserole

Cranberry Apple Crisp

Carrot Pie

Leftover Recipes included

*Leftover Turkey Casserole, Turkey Tetrazzini,
Turkey Tostadas, Mom's Turkey Soup and
Perfect Pumpkin Pancakes*

Items to Pick up today

Frozen Turkey
Bread, Crackers
Potatoes
Carrots
Celery
Onion
Apples
Pasta
Eggs
Milk
Canned mushrooms
Chicken broth
Canned green beans
Canned Sweet Potatoes
Canned Cranberry Sauce
Chicken Broth
Canned Pumpkin
Frozen Peas
Frozen Corn
Frozen Carrots
Oatmeal
Dried and Canned Beans
Butter or margarine
Flour
Sugar, brown sugar, cinnamon, salt, pepper, spices, pepper, ground sage, thyme, garlic powder, onion powder, Worcestershire sauce

WASHINGTON STATE UNIVERSITY
 WAHKIAKUM COUNTY EXTENSION

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Roasting Turkey

Instructions:

1. Preheat oven to 325 ° or higher.
 2. Wash hands and clean your work area. Use two separate cutting boards during preparation, one for raw meat and one for vegetables.
 3. Place turkey or turkey breast on a rack in a shallow roasting pan.
 4. Insert an oven safe thermometer in the innermost part of the thigh before placing in the oven. If your turkey has a "pop-up" temperature indicator, it is recommended to also check the internal temperature of the turkey in the thigh, wing and the thickest part of the breast. The minimum internal temperature should reach 165 °F as measured with a food thermometer. Turkey is done when the temperature with is 180° F in thigh and 165° F in breast or stuffing. For more moist turkey, remove from oven and let the turkey stand or rest for 20 minutes before carving to allow juices to set. For optimum safety, stuffing a turkey is not recommended. For more even cooking, it is recommended to cook stuffing outside the bird in a covered oven safe dish. Use a food thermometer to ensure that the stuffing has reached a safe minimum internal temperature of 165 °F. **Always use a food thermometer don't guess.**
- Divide leftovers into smaller portions and refrigerate within 2 hours. Use refrigerated leftovers within 3 to 4 days or freeze for 3 to 4 months.

Thawing the Turkey 2 safe ways

#1 In the refrigerator

Place frozen bird in original wrapper in the refrigerator (40 °F or below). Allow approximately 24 hours per 4 to 5 pounds of turkey. A thawed turkey can remain in the refrigerator for 1-2 days.

Thawing Time in the Refrigerator

Size of Turkey=Number of Days

4 to 12 pounds=1 to 3 days

12 to 16 pounds=3 to 4 days

16 to 20 pounds=4 to 5 days

20 to 24 pounds=5 to 6 days

#2 In cold water

If you forget to thaw the turkey or don't have room in the refrigerator for thawing, don't panic. You can submerge the turkey in cold water and change the water every 30 minutes. Allow about 30 minutes defrosting time per pound of turkey. The following times are suggested for thawing turkey in water. Cook immediately after thawing. Thawing Time in Cold Water

Size of Turkey=Hours to Defrost

4 to 12 pounds=2 to 6 hours

12 to 16 pounds=6 to 8 hours

16 to 20 pounds=8 to 10 hours

20 to 24 pounds=10 to 12 hours

http://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/seasonal-food-safety/countdown-to-the-thanksgiving-holiday/CT_Index

Quick tips-

- Butterball Turkey Hotline is open for questions call 1800-288-8372 or log on to www.butterball.com
- If you don't have canned chicken broth, make your own. You can put the gizzards and the waste parts that are inside the bird in your crock pot overnight with onions, celery, and carrots and a few cups of water. Season to taste. In the morning you will have turkey broth for your recipes and you can use the cooked gizzards, for your gravy later.
- If you don't have the spices called for just use salt and pepper.
- You can substitute canned milk for fresh milk, canned green beans for frozen, and cooked carrots for pumpkin puree.
- Remember to count back how many hours cooking time to determine when to start cooking your turkey. There is usually a chart on the turkey packaging. I always add an hour to give it time to rest on the counter while I make the gravy and mashed potatoes.
- Don't worry, if you make a mistake just do the best you can. Sometimes mistakes make the best memories of the holiday. Every year my family laughs and remembers the time I forgot to put sugar in the pumpkin pie. They sure are thankful now...

**Simple Nutrition and Planning 11/18/2015, updated 11/18/2016*

SNAP News is a publication of Wahkiakum Nutrition Education Program, for more information contact Suzie at 360-795-3278, WSU Extension, PO Box 278, (25 River Street, Suite E) Cathlamet, WA 98612

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Food Banks and Pantries in Wahkiakum County

Helping Hand

Seventh Day Adventist Church
3 Fern Hill, off SR 4 in Cathlamet, WA
Open Tuesdays 10 am -3 pm
360-749-3511

St Catherine's/St Vincent DePaul
400 Columbia Street, Cathlamet WA
Open 1st and 3rd Wednesdays of every month
360-795-8725 or 360-957-5676

Wahkiakum Food Bank
42 Elochoman Valley Road, Cathlamet, WA
Open Tuesdays 3-5 pm
360-795-3553 or 360-795-8630

West End Food Pantry
Located at Johnson Park Community Center
30 Rosburg School Rd, Rosburg WA
North East Entrance
Open Thursdays 1 pm-5 pm or by appt.
360-465-2722 or 360-465-2312

GAP

Students of JA Wendt Elementary
To sign up call or go to school website
360-795-3261

The Supplemental
Nutrition
Assistance
Program (SNAP)
provides
nutrition assistance.
SNAP can help you
buy nutritious foods
for a better diet.

To find Help
enrolling in
SNAP-
Supplemental
Nutrition
Assistance
Program Contact
Community Outreach
Coordinator Carol @
360-795-8630



**ENERGIZE YOUR LIFE!
EAT HEALTHY-BE ACTIVE**

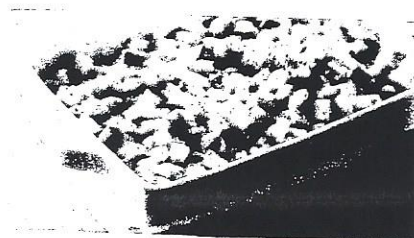


Bread Stuffing

15 min
Prep Time

20 min
Total Time

10
Servings



Ingredients

- 3/4 cup butter or margarine
- 2 large celery stalks, chopped
- 1 medium onion, chopped (1/2 cup)
- 9 cups soft bread cubes (15 slices)
- 1 1/2 teaspoons chopped fresh thyme leaves or 1/2 teaspoon dried thyme leaves
- 1 teaspoon salt
- 1/2 teaspoon ground sage
- 1/4 teaspoon pepper

Directions

Directions

1. Melt butter in 4-quart Dutch oven over medium-high heat. Cook celery and onion in butter 6 to 8 minutes, stirring occasionally, until tender. Remove Dutch oven from the heat.
2. Gently toss celery mixture and remaining ingredients, using spoon, until bread cubes are evenly coated.
3. Use to stuff one 10- to 12-pound turkey. Or to bake stuffing separately, grease 3-quart casserole or rectangular baking dish, 13x9x2 inches. Place stuffing in casserole or baking dish. Cover with lid or aluminum foil and bake at 325°F for 30 minutes; uncover and bake 15 minutes longer.

Notes

Tips

Nutrition Information

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Homemade Mashed Potatoes

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

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	140	
Total Fat	4.5 g	7%
Protein	3 g	
Carbohydrates	22 g	7%
Dietary Fiber	2 g	8%
Saturated Fat	1 g	5%
Sodium	340 mg	14%

Turkey Gravy

Rating: ★★★★★

Makes: 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

1/2 cup giblets (cooked and chopped)

Directions

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

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	70	
Total Fat	4.5 g	7%
Protein	4 g	
Carbohydrates	3 g	1%
Dietary Fiber	0 g	0%
Saturated Fat	1 g	5%
Sodium	370 mg	15%

Sweet Potato Casserole

Makes: 6 Servings

Sweet potato casserole is rich in flavor and low in fat.

Ingredients

- 2 tablespoons** 1% low fat milk
- 1 1/2 teaspoons** brown sugar
- 1 teaspoon** ground cinnamon
- 1/4 cup** quick cooking oats, dry
- 1 can** low-sodium sweet potatoes, drained and chopped

Directions

1. Preheat oven to 350 degrees F.
2. In a small bowl, combine milk, brown sugar, cinnamon, and oatmeal. Mix well and set aside.
3. In a medium-size baking pan, add the sweet potatoes so that they cover the bottom of the pan.
4. Add the oatmeal mixture on top of the sweet potatoes.
5. Bake for 20 minutes. Serve hot or refrigerate and serve cold.



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	94	
Total Fat	0.5 g	
Protein	2 g	
Carbohydrates	21 g	
Dietary Fiber	3 g	
Saturated Fat	0 g	
Sodium	30 mg	

Sarahs Green Bean Casserole

Rating: ★★★★★

Prep time: 15 minutes

Cook time: 30 minutes

Makes: 8 Servings

This is a healthier version of my mom's green bean casserole recipe. My version has more vegetables and almost half the sodium per portion. The secret ingredient is the onion powder mixed with the cracker crumb topping. It tastes a lot like the fried onions in my mom's recipe. I knew the result was good when my husband said he liked it better than the original. Enjoy! - Sarah, MyPlate Nutritionist

Ingredients

4 cups fresh green beans (trimmed)
1 cup onion (diced)
2 cups mushrooms (diced)
1 1/2 tablespoons butter
2 tablespoons flour
1 cup skim milk
1 tablespoon Worcestershire sauce
1/8 teaspoon black pepper
1/8 teaspoon garlic powder
3/4 teaspoon salt
16 low sodium whole wheat crackers
1 teaspoon olive oil
1/2 teaspoon onion powder

Directions

1. Blanch the green beans in boiling water for about 3 minutes for crisper beans, longer for a softer texture. Then



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	117	
Total Fat	4 g	6%
Protein	4 g	
Carbohydrates	17 g	6%
Dietary Fiber	3 g	12%
Saturated Fat	2 g	10%
Sodium	274 mg	11%

MyPlate Food Groups

Vegetables	1 cup
Grains	1/2 ounce
Dairy	1/4 cup

plunge in ice water. Drain and set aside.

2. Place diced onions and mushrooms in a microwaveable bowl and microwave for about 1.5 minutes on high to soften. Set aside.

3. Melt the butter over medium heat. Once heated, stir in flour with a whisk and cook for about 2 minutes (continuously whisking).

4. Whisk in the milk and cook over low heat until you have a thick white sauce.

5. Stir in Worcestershire sauce, garlic powder, black pepper, and salt.

6. Stir the drained green beans, onions, and mushrooms into the white sauce.

7. Pour into a casserole dish sprayed with nonstick spray.

8. Crush the crackers and toss cracker crumbs with olive oil and onion powder. Sprinkle over the top of the casserole.

9. Bake at 350°F for about 30 minutes or until crackers are golden brown.

Cran-Apple Crisp

Makes: 8 Servings

A featured ingredient in this recipe is canned cranberry sauce. Canned cranberry sauce can also be used in fruit desserts such as pies or cobblers.

Ingredients

4 apples (center removed, thinly sliced)
1 **can** cranberry sauce (16 ounces)
2 **teaspoons** margarine (melted)
1 **cup** oatmeal (uncooked)
1/3 **cup** brown sugar (or regular sugar)
1 **teaspoon** cinnamon

Directions

1. Preheat oven to 400 degrees F.
2. In a bowl, combine the cranberry sauce and apples. Pour into an 8x8-inch pan.
3. Combine melted margarine with oatmeal, brown sugar, and cinnamon until well blended. Sprinkle over apple/cranberry mixture.
4. Cover and bake for 15 minutes.
5. Uncover and bake 10 more minutes until the topping is crisp and brown. 6. Serve warm or cold.



Carrot Pie

Prep
30 m

Cook
55 m

Ready In
3 h 25 m

SAFeway

Safeway
401 W Columbia
River Hwy
CLATSKANIE, OR
97016

Recipe By: Laura

"Carrot Pie, with its sweet cinnamon taste, has been in my family for at least 5 generations. It's a must-have at our family Thanksgiving and Christmas get-togethers (but good any time!)."

Ingredients

1 (9 inch) unbaked pie shell
3/4 cup sugar
2 cups chopped carrots
2 eggs

1 teaspoon ground cinnamon
1 teaspoon vanilla extract
3/4 cup milk

Directions

- 1 Preheat the oven to 400 degrees F (200 degrees C). Press the pie crust into the bottom and up the sides of a 9-inch pie plate.
- 2 Bake the pie shell for 3 to 5 minutes, just to firm it up, then remove from the oven, and set aside. Place carrots in a saucepan with enough water to cover. Bring to a boil, and cook until tender, about 10 minutes. Drain water, and mash carrots until smooth using a food processor, or potato ricer.
- 3 In a medium bowl, mix together the carrot puree, sugar and eggs. Mix in the cinnamon and vanilla. Gradually stir in the milk. Pour the mixture into the partially baked pie shell.
- 4 Bake for 10 minutes in the preheated oven, then reduce heat to 350 degrees F (175 degrees C). Bake for an additional 40 to 45 minutes at the lower temperature, or until firm. Cool completely before serving.



Lucerne Eggs
Large Brown
Grade AA

\$1.99 - expires in
14 hours



Carrots Peeled
Baby

4 lb For \$5.00 -
expires in 14
hours

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Eve's Tasty Turkey Tetrazzini

Makes: 8 Servings

Our family loves the savory flavors of a turkey dinner. However, after a few rounds of leftovers, it's great to be able to taste new flavors and prepare an easy, one-dish meal. My version of Turkey Tetrazzini has 1/2 the sodium and more vegetables than the original version without sacrificing flavor or texture. This Turkey Tetrazzini is a tradition in our household, and I hope it becomes one in yours as well. - Eve, CNPP Nutritionist.

Ingredients

8 ounces whole-wheat fettuccine, spaghetti, macaroni, or other noodles

4 tablespoons light butter (unsalted)

2 cups Mushrooms, sliced (fresh or canned)





1 teaspoon dried thyme

Nutrition Information

Nutrients	Amount
Calories	319
Total Fat	7 g
Saturated Fat	4 g
Cholesterol	56 mg
Sodium	260 mg
Total Carbohydrate	34 g
Dietary Fiber	5 g
Total Sugars	4 g
Added Sugars included	0 g
Protein	30 g
Vitamin D	1 mcg
Calcium	110 mg
Iron	3 mg
Potassium	457 mg

N/A - data is not available

MyPlate Food Groups

	Vegetables	1/2 cup
	Grains	1 1/2 ounces
	Protein Foods	2 1/2 ounces
	Dairy	1/4 cup

1/2 cup all-purpose flour

2 cups reduced-sodium chicken broth

1 1/2 cups skim milk

4 cups chopped cooked turkey

1 cup peas (frozen)

2 tablespoons grated Parmesan cheese

Directions

1. Preheat oven to 400 °F. Lightly grease a 9x9-inch baking dish.
2. Cook pasta in a large pot of boiling water until tender. (Check cooking time for pasta; remove pasta approximately 2 minutes early.)
3. While pasta is cooking, melt butter in a saucepan over medium heat. Add the mushrooms and thyme. Stir and cook until mushrooms are softened, about 5 minutes.
4. Stir in flour until well blended. (Note: Start with 1/3 cup flour and add more, if needed.)
5. While whisking, slowly add chicken broth and milk. Bring to a boil, reduce heat, and simmer until sauce is thickened and smooth, about 5 minutes.
6. Add turkey, toasted almonds, frozen peas, and cooked pasta. Gently mix together. Pour into the baking dish and sprinkle with Parmesan cheese.
7. Bake until the sauce is bubbling and the cheese is golden brown, 25-35 minutes. Let cool 15 minutes before serving.

USDA Center for Nutrition Policy and Promotion

Mom's Turkey Soup



Classic turkey soup recipe.

Every Thanksgiving my mother takes what's left of the turkey carcass and makes a delicious soup with the leftover turkey that we enjoy for days.

The amounts shown are a guideline. Improvise at will depending on the ingredients you have on hand and how much soup you are making.

INGREDIENTS

For the stock:

- 1 turkey carcass, leftover from carving a whole turkey, including any leftover drippings or giblets (not the liver) if you have them
- Cold water
- 1 medium to large yellow onion, quartered or cut into thick wedges
- 1 to 2 carrots, roughly chopped (can include tops)
- Several sprigs of fresh parsley
- 1 to 2 sprigs of thyme, or a teaspoon of dried thyme
- 1 bay leaf
- 1 celery rib (roughly chopped) and some celery tops
- 5 to 10 peppercorns
- Salt
- Pepper

For the soup:

- 1 to 1 1/2 cups each, chopped carrots, onion, and celery
- A few sprigs of fresh parsley, leaves chopped (about 2 to 4 Tbsp)
- A couple cloves garlic, minced
- Seasoning - a couple teaspoons or more of poultry seasoning (to taste) or a combination of ground sage, thyme, marjoram, and/or a bouillon cube
- 2 cups or more of leftover chopped or shredded cooked turkey meat
- Salt and pepper to taste
- Egg noodles or rice (optional, skip egg noodles for gluten-free version)

METHOD

Making Stock

1 Remove all the usable turkey meat from the turkey carcass to save for making sandwiches later or for adding to the soup once the stock is made.

2 If you are working with a large turkey carcass, you may want to break up the bones a bit so they fit better in the pot. Place the turkey carcass, neck (if you haven't cooked it with the turkey), leftover skin and bones from dinner, into a large stock pot (at least 8 quart or 12 quart depending on the size of the turkey), and cover with COLD water by an inch.

Add any drippings that weren't used to make gravy, and any giblets (not the liver) that haven't been used already. Add thickly sliced onion, some chopped carrots, celery and celery tops, parsley, thyme, a bay leaf, and some peppercorns to the pot.

3 Bring to a boil on high heat and then lower the heat to keep the stock to a bare simmer. Skim off any foamy crud that may float to the surface of the stock. (Note in the photo that even though the stock is at a bare simmer, it looks like it is boiling because of the foam that is beginning to come to the surface.)

4 Add salt and pepper to the pot, about 1 teaspoon of salt, 1/2 teaspoon of ground black pepper. It sort of depends on how big your turkey is. You can always add salt to the soup later.

5 Cook for at least 4 hours, partially uncovered, occasionally skimming off any foam that comes to the surface.

6 After 4 hours of a low simmer, use tongs or a large slotted spoon to remove the bones and vegetables from the pot. Then strain the stock through a fine mesh sieve or strainer. If you have a strainer but it isn't a fine mesh strainer, you can line it with cheesecloth or with several layers of dampened paper towels and strain the stock through that.

7 If making stock for future use in soup you may want to reduce the stock by cooking it longer, uncovered, to make it more concentrated and easier to store. (We usually do this step at a rolling boil, and reduce the stock by at least half. When you boil stock it will make it cloudy, but the taste is great so we don't care. If you want to reduce stock and keep it relatively clear, you'll need to do that slowly and a bare simmer, and it will take much longer.)

Makes 3 to 4 quarts or more of stock, depending on the size of the turkey carcass, and how much water you added to cover it.

Making the Turkey Soup

Prepare the turkey soup much as you would a chicken soup.

1 In a large soup pot, heat some butter or olive oil (or turkey fat rendered from the stock) on medium high heat. Add chopped carrots, onions, and celery in equal parts. Cook until the onions are softened, about 10 minutes. Add a couple cloves of garlic, chopped, and cook for a minute more, until the garlic is fragrant. Then add the stock to the pot. Add some parsley and seasoning—salt, pepper, poultry seasoning, sage, thyme, marjoram, and/or a bouillon cube.

2 Bring to a simmer and cook until the vegetables are just cooked through. Add rice, noodles*, or even leftover mashed potatoes (skip all of these if you are cooking low-carb). Take some of the remaining turkey meat you reserved earlier, shred it into bite sized pieces and add it to the soup. You may also want to add some chopped tomatoes, either fresh or canned. Add salt and pepper to taste. Sometimes a dash or two of Tabasco gives the soup a nice little kick.

**If cooking gluten-free use gluten-free noodles.*

Simply Recipes <http://www.simplyrecipes.com>

Leftover Turkey Casserole

Makes: 6 Servings

Ingredients

6 slices bread, whole wheat
2 cups cubed turkey
1/2 cup onion, chopped
1/2 cup celery, chopped
1/2 teaspoon pepper
2 eggs, lightly beaten
1 1/2 cups milk, 1%
1 can cream of mushroom soup, low-sodium (10.75 ounces)
2 slices bread, whole wheat
2 teaspoons margarine
1/2 cup cheddar cheese, low-fat shredded (or jack cheese)

Directions

1. Lightly coat a 9x9x2-inch baking dish with vegetable spray. Cut 6 slices of bread (fresh or day-old) into 1-inch cubes and place half into the bottom of a baking dish.
2. In a bowl, combine turkey, onion, celery, mayonnaise, and pepper. Spoon mixture over bread crumbs.
3. Place remaining bread cubes over turkey mixture and press down slightly with spoon.
4. Combine eggs and milk and pour mixture over cubes. Cover and refrigerate overnight.
5. When ready to bake, preheat oven to 325°F
6. Spoon soup over top of casserole.
7. Spread one teaspoon margarine on side of each slice of bread. Cut buttered bread into 1/2-inch cubes and sprinkle on top of casserole.
8. Bake for 60 minutes or until knife inserted in middle comes out clean. Remove from oven and sprinkle cheese

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	300	
Total Fat	12 g	
Protein	21 g	
Carbohydrates	26 g	
Dietary Fiber	3 g	
Saturated Fat	4 g	
Sodium	470 mg	

over top. Let stand 15 minutes before cutting and serving.

Turkey Tostadas

Rating: ★★★★★

Makes: 4 servings

Ingredients

2 cups cooked turkey (cut into bite-size pieces, or 2 cups ground turkey, browned in a skillet and drained)
2 tablespoons taco seasoning (chili)
1 1/2 cups water
4 corn tortillas
1/4 cup refried beans (low-fat or fat-free)
1/4 cup Cheddar or Monterey Jack cheese (shredded, low-fat)
1/2 cup tomatoes (chopped)
1/2 cup lettuce (shredded)
2 tablespoons onion (chopped)
1/2 cup taco sauce
 plain yogurt (low-fat or fat-free optional)
 guacamole (or mashed avocado optional)

Directions

1. Wash and prepare vegetables.
2. In a large skillet over medium heat, combine turkey, taco seasoning, and water.
3. Bring mixture to boil, reduce heat and simmer 5 minutes, stirring occasionally.
4. Place tortillas on a cooking sheet. Bake at 375° for 4-7 minutes or until tortillas are crispy.
5. Spread tortillas with a tablespoon of beans. Top with 1/4 meat mixture and cheese.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	230	
Total Fat	4 g	6%
Protein	26 g	
Carbohydrates	20 g	7%
Dietary Fiber	3 g	12%
Saturated Fat	1 g	5%
Sodium	420 mg	18%

6. Return tortillas to oven to cook for 2-3 minutes or until cheese is melted.

7. Top with tomatoes, lettuce, onions and taco sauce. Garnish with yogurt and guacamole, if desired.

Notes

Recipe analysis includes light meat turkey without skin.

Perfect Pumpkin Pancakes

Rating: ★★★★★

Makes: 12 servings

Ingredients

2 cups flour
2 tablespoons brown sugar
1 tablespoon baking powder
1 1/4 teaspoons pumpkin pie spice
1 teaspoon salt
1 egg
1/2 cup pumpkin (canned)
1 3/4 cups milk, low-fat
2 tablespoons vegetable oil

Directions

1. Combine flour, brown sugar, baking powder, pumpkin pie spice and salt in a large mixing bowl.
2. In a medium bowl, combine egg, canned pumpkin, milk and vegetable oil, mixing well.
3. Add wet ingredients to flour mixture, stirring just until moist. Batter may be lumpy. (For thinner batter, add more milk).
4. Lightly coat a griddle or skillet with cooking spray and heat on medium.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	130	
Total Fat	3.5 g	5%
Protein	4 g	
Carbohydrates	21 g	7%
Dietary Fiber	1 g	4%
Saturated Fat	0.5 g	3%
Sodium	340 mg	14%

5. Using a 1/4 cup measure, pour batter onto hot griddle. Cook until bubbles begin to burst, then flip pancakes and cook until golden brown, 1 1/2 to 2 1/2 minutes. Repeat with remaining batter. Makes about 1 dozen 3 1/2 inch pancakes.

Notes

If you don't have pumpkin spice on hand, don't worry - it's just a combination of cinnamon, nutmeg, ginger, and cloves. In this recipe, you can substitute 3/4 teaspoon cinnamon, 1/4 teaspoon nutmeg and 1/8 teaspoon each of ginger and cloves for the pumpkin pie spice.

Safety Tip: You can be sure your skillet or griddle is hot enough for pancakes without burning your hand. Just sprinkle a few (3 or 4) drops of water on the surface. If they dance and sizzle, you are ready to cook. Be sure handles of skillets and pans are always turned toward the center or back of the stove, to prevent the pan from catching on hands or clothes and causing burns.