



NEWS RELEASE

Defense Commissary Agency

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Want to save money?

Make the commissary your 'go-to' destination for Thanksgiving ingredients

*By Kay Blakley,
DeCA home economist*

FORT LEE, Va. – Will you host the Thanksgiving feast at your house this year, or will you provide one of the traditional side dishes at someone else's table? Either way, make your local commissary your "go-to" source for all the necessary ingredients, and go to <http://www.commissaries.com> to make Kay's Kitchen your source for tried-and-true recipes.

Concerned about how much turkey it takes to feed a crowd? Click on this link, http://www.commissaries.com/kays_kitchen/healthy_cooking/articles/kays_11_15_10.cfm, to find those answers by accessing the hyperlinks in the online version of this article for the following topics: "How much to buy," "How to thaw safely" and "How long to cook." If you're worried about the number of menu items that require baking causing a traffic jam in your oven, check out alternative ways to roast the lovely bird. It can be done on a charcoal grill or in a deep fryer with excellent results.

Side dishes, salads and desserts are called for to round out the feast, and some of the very best are collected for you in Kay's Kitchen. The ever popular green bean and mushroom soup casserole topped with french fried onion rings is even included. It's called Green Bean Bake.

Sweet potatoes are as much a "must have" as the turkey, but if the marshmallow-topped version sends you into sugar overload, try the Whipped Sweet Potatoes with Caramelized

Apples. They're brimming with flavor and delicately sweet, with each serving containing only a respectable 2 teaspoons butter, 1 teaspoon cream and 1 1/2 teaspoons of added sugar.

Your guests won't be able resist a festive-looking dish like the Holiday Brussels Sprouts. Even those who claim to dislike Brussels sprouts will like them prepared this way. They taste even better than they look.

Finally, if you've been eating healthy all year long and really hate to blow it on high-calorie holiday sweets, be sure to try the Low-Fat Pumpkin Pie. You'll save 70 calories and more than 8 grams total fat per slice with this slimmed-down version, but it's still flavorful enough that you won't feel like you're missing a thing.

To check out the recipes mentioned in this article and more, come to Kay's Kitchen at <http://www.commissaries.com>. As always, you'll save 30 percent or more on the ingredients for all of these recipes in your local commissary.

-DeCA-

About DeCA: *The Defense Commissary Agency operates a worldwide chain of commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment. Authorized patrons purchase items at cost plus a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones. Shoppers save an average of more than 30 percent on their purchases compared to commercial prices – savings worth more than \$4,400 annually for a family of four. A core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America's military and their families, and help recruit and retain the best and brightest men and women to serve their country.*