



An Easy • Affordable • Comfy THANKSGIVING Meal

APPETIZER

Caprese Salad on a Stick

DINNER

Unstuffed Oven Roasted Turkey
Giblet Gravy
Roasted Brussels Sprouts & Apples
Praline Sweet Potato Casserole
Old Fashioned Bread Dressing
Cranberry Orange Relish

DESSERT

Low Fat Pumpkin Pie
Whipped Cream

Commissary List

The Gameplan

Produce:

Cherry Tomatoes.....	16
Fresh Basil Leaves.....	16
Onion.....	2 med
Celery Stalk w/ leaves.....	6
Brussels Sprouts.....	1 lb
Fuji Apple.....	1
Oranges.....	2 med
Fresh cranberries.....	4 cups

Deli:

Fresh Mozzarella.....	8 oz.
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Meat:

Turkey.....	1 lb/person
allowing more for leftovers	

Aisles:

Sweet Potatoes.....	40 oz can
Solid Pack Pumpkin.....	15 oz can
Chicken Broth.....	1 cup
Dried Cranberries.....	1/4 cup
Chopped Pecans.....	1/2 cup
Chopped Walnuts.....	1/4 cup
Pecan halves for topping.....	Optional
Cubed Herb-Seasoned stuffing.....	16 oz
Balsamic Vinegar.....	2 Tbsp
Olive Oil.....	2 Tbsp
Vegetable Oil.....	4 Tbsp
Toothpicks.....	16
Dried Thyme.....	1 tsp
Garlic Powder.....	1 Tbsp
Cinnamon.....	1 tsp
Ground Ginger.....	1/2 tsp
Nutmeg.....	1/2 tsp
Poultry Seasoning.....	1 tsp
salt & pepper.....	
Vanilla.....	1 tsp
All-purpose Flour.....	3/4 cup
Sugar.....	2-1/3 cup
Brown Sugar.....	3/4 cup
FF Sweetened condensed milk.....	14 oz
9" Unbaked Pastry Shell.....	1

Dairy:

Butter.....	3/4 cup
Eggs.....	2 large
Egg substitute.....	1/2 cup

Frozen:

Rolls.....	2/person
Whipped Topping.....	pie topping

Leftover Options

Turkey & Biscuits



Add these ingredients to your commissary list:

2 cups whole wheat flour
4 tsp baking powder
1/2 tsp salt
4 Tbsp butter
1 cup skim milk
12 oz cooked boneless turkey
8 oz chicken broth
2 Tbsp olive oil
3 Tbsp whole wheat flour
12-14 oz bag frozen peas
pepper to taste

Cranberry Turkey Sandwiches



Add these ingredients to your commissary list:

4 Whole Wheat buns
12-16 oz sliced turkey
12 oz cabbage
1/4 cup balsamic vinegar
2 Tbsp Olive Oil
12 oz. cranberries
1 cup 100% cranberry juice
1 cup 100% pure maple syrup
lemon juice 1/2 lemon
zest from whole lemon

Turkey & Quick Dumplings



Add these ingredients to your commissary list:

12 oz turkey breast cubed
1 Tbsp olive oil
2 cups frozen mixed vegetables
4 cups chicken broth
2 cups dry biscuit mix
2/3 cup skim milk
salt and pepper to taste

Grilled Turkey, Brie & Pear Sandwich



Add these ingredients to your commissary list:

8 oz round of Brie
12 Fresh Basil leaves
8 slices whole wheat bread
3 firm pears
2 Tbsp butter/olive oil blend
spread
Turkey slices for 4 sandwiches

4 days before:

-Thaw turkey in refrigerator

1 day before:

- Make giblet broth for Giblet gravy (recipe steps 1-3)
- Prepare Cranberry-Orange Relish; chill in fridge until ready to serve
- Prepare Low-Fat Pumpkin Pie. Store after cooled.
- Prepare Praline Sweet Potato Casserole through step 4 of recipe. Cover and place in fridge.
- Rinse & store tomatoes for Caprese Salad on a Stick
- Rinse and halve brussels sprouts, store & refrigerate
- Chop celery & onion for Bread Stuffing, store & refrigerate

Morning of:

- Set table
- Make space in refrigerator for leftovers
- Place turkey in oven following recipe

3 hours before serving:

- Using the previously chopped celery & onions, prepare (up to baking) the Bread Stuffing using the dressing option. Set aside.
- Pull Praline Sweet Potato Casserole from fridge & set aside.
- Using previously halved brussels sprouts, prepare the Brussels Sprouts & Apples (up to baking) according to recipe.

1 1/2 hours before serving:

- Preheat oven to 350°
- Place sweet potatoes, dressing & brussels sprouts in the oven & bake for 30-40 minutes
- Assemble the Caprese On A Stick appetizers and set out for your guests to enjoy - the kids can even help prepare this one
- Using the giblet broth previously prepared, make the giblet gravy according to recipe
- When sides come out of oven, put in rolls according to package directions
- In serving dish, mix sprouts & apples with the cranberries and pecans
- Be sure to put foil on the sides to keep the warm
- Slice turkey
- Take whipped topping out of freezer to thaw
- When rolls are baked, serve all and enjoy your guests