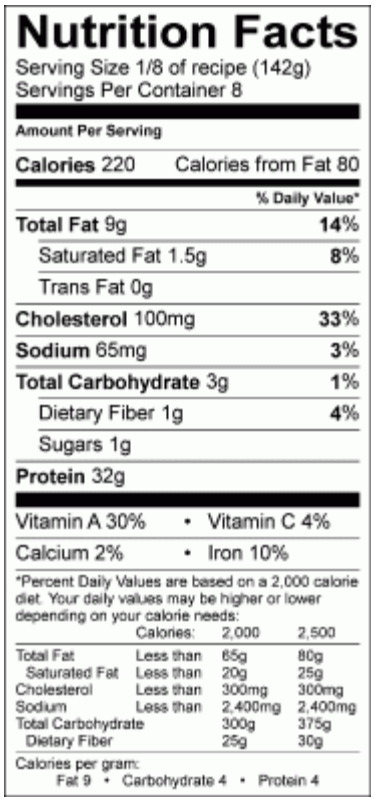
Roast Turkey Breast with Rosemary, Sage, and Thyme

Yield 8 Servings



Nutrition Facts

Serving Size 1/8 of recipe (142g)
Servings Per Container 8

Amount Per Serving

Calories 220	Calories from Fat 80
	% Daily Value*
Total Fat 9g	**14%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 100mg	**33%**
Sodium 65mg	**3%**
Total Carbohydrate 3g	**1%**
Dietary Fiber 1g	**4%**
Sugars 1g	
Protein 32g	

Vitamin A 30% • Vitamin C 4%
Calcium 2% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients

3 pounds	turkey breast half (with skin and bones)
1	onion, large quartered
1	carrot, large quartered
1 teaspoon	dried sage
1 teaspoon	dried thyme
1 teaspoon	rosemary
3 tablespoons	olive oil
	salt and pepper (to taste, optional)
	chicken broth (or margarine, for basting, optional)

Instructions

1. Preheat oven to 400°F. Place turkey breast in roasting pan along with onion and carrot.

2.Mix spices with olive oil. Rub turkey with olive oil.

3. Roast turkey at 400°F for 15 minutes. Baste with margarine and chicken broth (optional).

4. Reduce turkey temperature to 350°F and roast turkey, basting every 20 minutes with pan juices (or margarine and chicken broth), about 1 hour and 15 minutes, or until meat thermometer inserted in thick part of meat registers 165°F.

5. Remove to carving board and let rest for 10 minutes.

6. Remove skin from the turkey before slicing and serving.

Cost

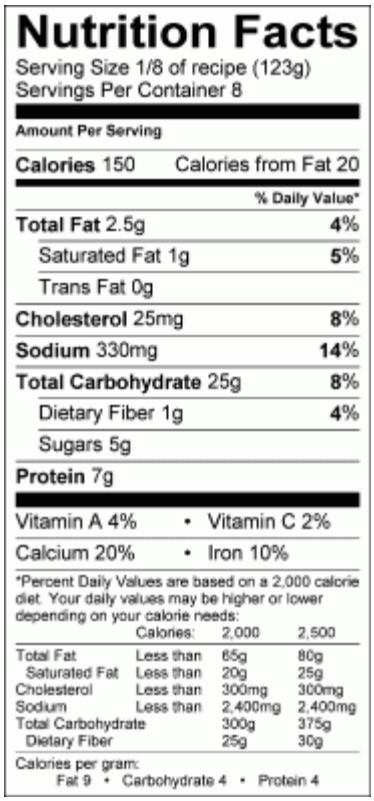
Per recipe: $6.78
Per serving: $0.85

Source

Utah State University Cooperative Extension, Visit Website

Grandma's Stuffing

Yield 8 servings



Ingredients

10 cups	whole wheat bread cubes (or white bread or buns, dry)
1⁄3 cup	water
1⁄2 cup	onion (chopped)
1⁄2 cup	celery (chopped)
1 teaspoon	parsley, dried (or 1 Tbsp fresh parsley chopped)
1⁄4 teaspoon	salt
1⁄4 teaspoon	black pepper
1 1⁄2 cup	milk
1	egg (lightly beaten)
2	apple (medium, pared, cored and chopped, or 1/4 cup raisins optional)

Instructions

1. Preheat oven to 350 degrees.

2. Put cubes in a large bowl. Set aside.

3. Put water in medium saucepan. Add onion, celery, parsley, salt and pepper. Cook for 5 minutes. Do not drain. Pour over bread cubes.

4. Stir in milk and egg. Gently stir in apples, and raisins, if desired.

5. Spoon into a greased 2-quart baking dish. Bake at 350 degrees for 1 hour.

Cost

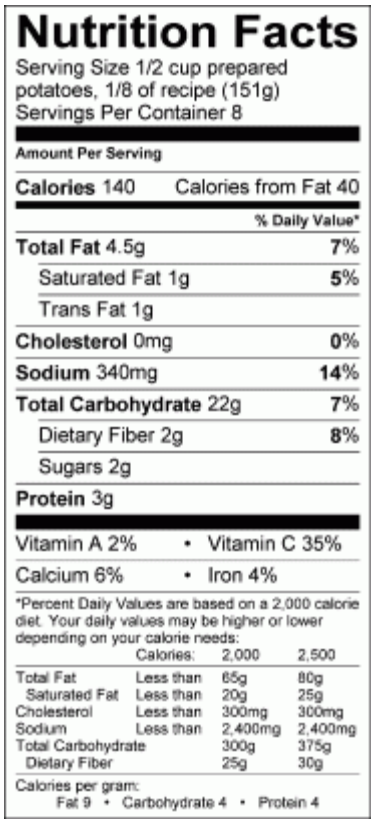
Per recipe: $3.13
Per serving: $0.39

Source

University of Wisconsin, Cooperative Extension Service, A Family Living Program

Homemade Mashed Potatoes

Yield 8 servings



Nutrition Facts

Serving Size 1/2 cup prepared potatoes, 1/8 of recipe (151g)
Servings Per Container 8

Amount Per Serving

Calories 140	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	**7%**
Saturated Fat 1g	**5%**
Trans Fat 1g	
Cholesterol 0mg	**0%**
Sodium 340mg	**14%**
Total Carbohydrate 22g	**7%**
Dietary Fiber 2g	**8%**
Sugars 2g	
Protein 3g	

Vitamin A 2% • Vitamin C 35%
Calcium 6% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients

2 pounds	potatoes (6 medium)
1 cup	milk, low-fat
3 tablespoons	margarine or butter
1 teaspoon	salt
1⁄2 teaspoon	pepper (ground)

Instructions

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.

Cost

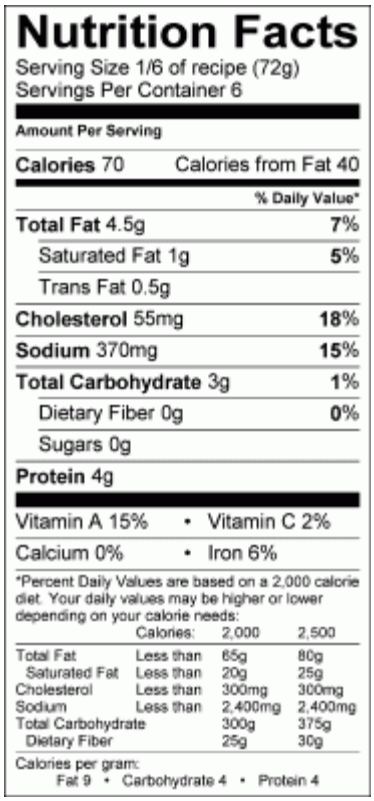
Per recipe: $2.03
Per serving: $0.25

Source

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

Turkey Gravy

Yield 6 servings



Nutrition Facts

Serving Size 1/6 of recipe (72g)
Servings Per Container 6

Amount Per Serving

Calories 70	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	**7%**
Saturated Fat 1g	**5%**
Trans Fat 0.5g	
Cholesterol 55mg	**18%**
Sodium 370mg	**15%**
Total Carbohydrate 3g	**1%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 4g	

Vitamin A 15% • Vitamin C 2%

Calcium 0% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients

2 tablespoons	margarine (or butter or turkey drippings)
3 tablespoons	flour
1⁄4 teaspoon	salt
1 1⁄2 cup	chicken or turkey broth
1⁄2 cup	giblets (cooked and chopped)

Instructions

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.

Cost

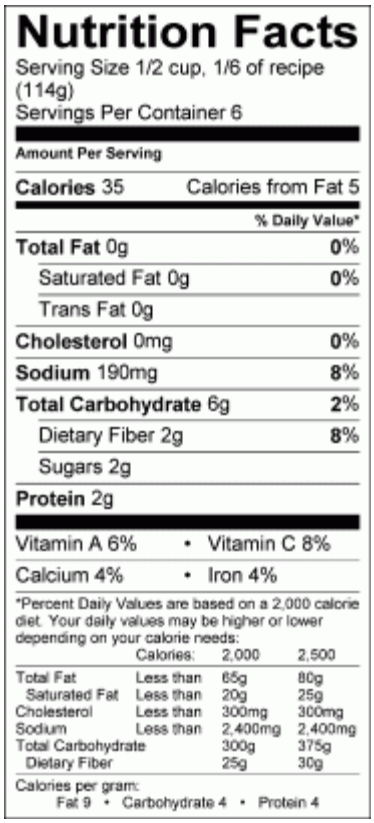
Per recipe: $1.11
Per serving: $0.19

Source

Oregon State University Cooperative Extension Service, Pictoral Recipes
Lynn Myers Steele, 2000
Oregon Family Nutrition Program

Green Bean Saute

Yield 6 servings



Nutrition Facts

Serving Size 1/2 cup, 1/6 of recipe (114g)
Servings Per Container 6

Amount Per Serving

Calories 35	Calories from Fat 5
	% Daily Value*
Total Fat 0g	**0**%
Saturated Fat 0g	**0**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 190mg	**8**%
Total Carbohydrate 6g	**2**%
Dietary Fiber 2g	**8**%
Sugars 2g	
Protein 2g	

Vitamin A 6% • Vitamin C 8%
Calcium 4% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients

1 cup	onion (chopped)
1 cup	mushroom (sliced)
1 teaspoon	garlic (minced)
1 can	green beans (16 ounce, drained, cut)

Instructions

1. Spray a skillet with non-stick cooking spray.

2. Sauté onions, mushrooms, and garlic.

3. Add green beans and heat thoroughly.

Cost

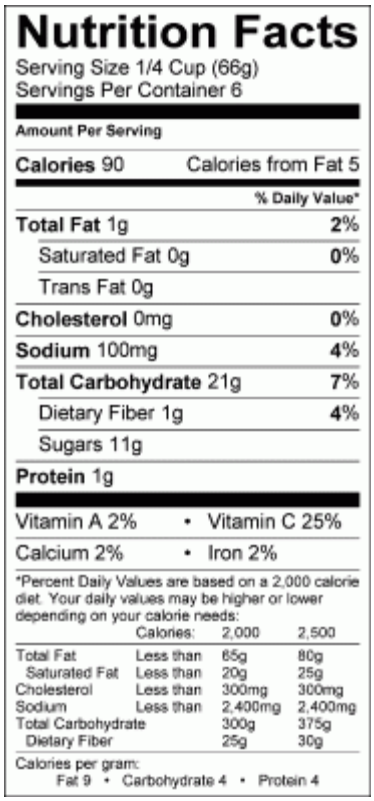
Per recipe: $2.26
Per serving: $0.38

Source

Ponichtera, Brenda RD
ScaleDown Publishing, Inc., Quick and Healthy, Vol.II, 1995, p.93

Candied Yams

Yield 6 servings



Nutrition Facts

Serving Size 1/4 Cup (66g)
Servings Per Container 6

Amount Per Serving

Calories 90	Calories from Fat 5
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	4%
Sugars 11g	
Protein 1g	

Vitamin A 2% • Vitamin C 25%
Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients

1 1⁄2 cup	yams
1⁄4 cup	brown sugar (packed)
1 teaspoon	flour (sifted)
1⁄4 teaspoon	salt
1⁄4 teaspoon	cinnamon (ground)
1⁄4 teaspoon	orange peel
1 teaspoon	margarine, tub (soft, unsalted)
1⁄2 cup	orange juice

Instructions

1. Preheat oven to 350 degrees Fahrenheit.

2. Cut yams in half and boil until tender, but firm (about 20 minutes). When cool enough to handle, peel and slice into ¼-inch thickness.

3. Combine sugar, flour, salt, cinnamon, nutmeg, and grated orange peel.

4. Place half of sliced yams in medium-sized casserole dish. Sprinkle with spiced sugar mixture.

5. Dot with half the amount of margarine.

6. Add second layer of yams, using the rest of the ingredients in the order above. Add orange juice.

7. Bake uncovered for 20 minutes.

Cost

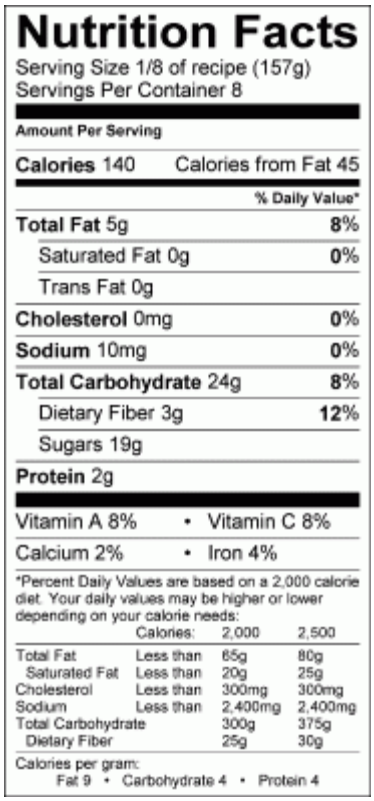
Per recipe: $1.27
Per serving: $0.21

Source

US Department of Health and Human Services
National Institutes of Health
National Heart, Lung and Blood Institute, Heart Healthy Home Cooking: African American Style.

Apple Cranberry Salad Toss

Yield 8 servings



Ingredients

1	head of lettuce (about 10 cups)
2	apple (medium, sliced)
1⁄2 cup	walnuts (chopped)
1 cup	dried cranberries
1⁄2 cup	green onion (sliced)
3⁄4 cups	vinaigrette dressing

Instructions

1. Toss lettuce, apples, walnuts, cranberries, and onions in large bowl.

2. Add dressing; toss to coat. Serve immediately.

Cost

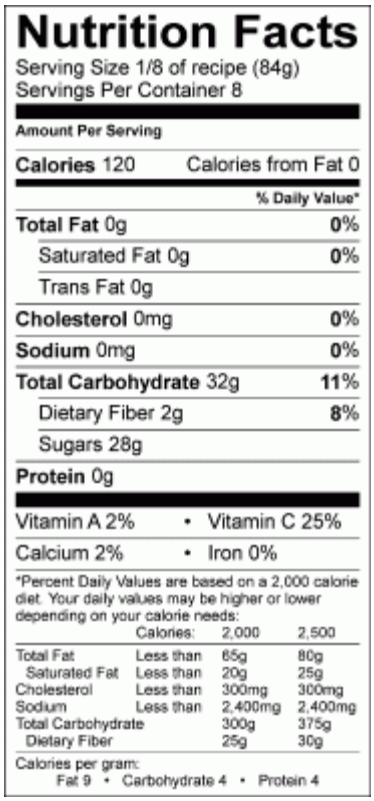
Per recipe: $4.76
Per serving: $0.59

Source

USDA Food and Nutrition Service, Creative Recipes for Less Familiar USDA Commodities Used by Household Programs
Food Distribution Service

Homemade Cranberry Sauce

Yield 8 Servings



Nutrition Facts

Serving Size 1/8 of recipe (84g)
Servings Per Container 8

Amount Per Serving

Calories 120	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 32g	**11%**
Dietary Fiber 2g	**8%**
Sugars 28g	
Protein 0g	

Vitamin A 2% • Vitamin C 25%
Calcium 2% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients

1 package	fresh cranberries (12 ounces, can also use frozen)
1	orange
1 cup	sugar

Instructions

1. Place all ingredients in a blender and blend until mixed well.

2. Heat up and serve over turkey, ice cream sandwiches, etc.

Cost

Per recipe: $3.42
Per serving: $0.43

Source

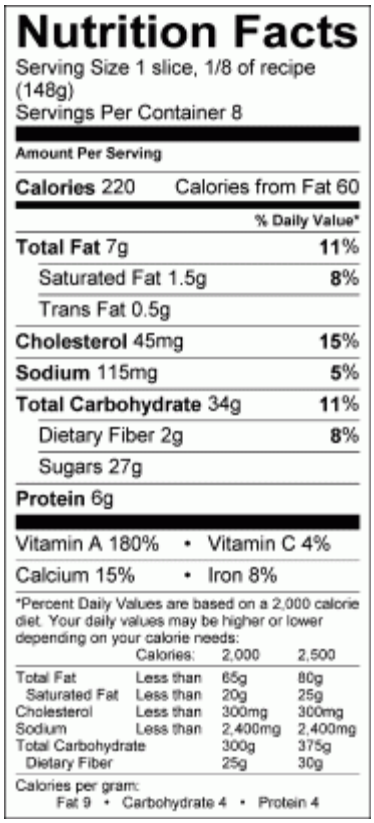
Utah State University Cooperative Extension, Visit Website

Notes

1 cup white grape juice concentrate can be substituted for 1 cup sugar.

Crustless Pumpkin Pie

Yield 8 servings



Ingredients

3⁄4 cups	sugar
1⁄2 cup	Master Mixes (Oregon) (see recipe)
2 tablespoons	vegetable oil
1 can	evaporated milk, nonfat (13 ounce)
2	egg
1 can	pumpkin (16 ounces)
3 1⁄2 teaspoons	pumpkin pie spice
2 teaspoons	vanilla extract

Instructions

1. Preheat the oven to 350 degrees and lightly grease a 9 or 10 inch pie plate.
2. Combine all ingredients in a medium mixing bowl or a blender.
3. Beat 2 minutes with a mixer until smooth, or blend in the blender on high for one minute.
4. Pour into the pie plate.
5. Bake until a knife inserted in the center comes out clean, about 50-55 minutes.
6. Cool slightly and keep refrigerated.
7. Serve with whipped topping or ice cream.

Cost

Per recipe: $4.20
Per serving: $0.52

Source

Oregon State University Cooperative Extension Service, Pictoral Recipes
Lynn Myers Steele, 2000
Oregon Family Nutrition Program

Notes

Recipe for Master Mix (Oregon)