



*Wonders of
Wellness Healthy
Holiday Entrees
Recipes 2013*

Entrees:

- a. Turkey Tom's Leftover Turkey Casserole*
- b. Leftover Thanksgiving Turkey Chili*
- c. Herb Roasted Turkey*

Turkey Tom's Leftover Turkey Casserole

Prep Time: 15 minutes

Cooking Time: 5 minutes

Servings: 4 (1 cup)

Ingredients:

6 oz. whole wheat penne

1 can cream of mushroom

1 can water chestnuts

1 can mushrooms

6 oz. leftover turkey

Directions:

Boil noodles until tender. Drain noodles and add can of cream of mushroom soup. Mix well in pan over medium heat. Add turkey, mushrooms, and water chestnuts and let sit on medium heat, stirring for 5 minutes.

Nutritional Facts:

Calories = 321.2

Fat = 5.6 g

Cholesterol = 27.3 mg

Sodium = 594.9 mg

Total Carbs = 46.9 g

Dietary Fiber = 7.6 g

Protein = 19.5 g

<http://recipes.sparkpeople.com/recipe-detail.asp?recipe=448887>

Leftover Thanksgiving Turkey Chili

Prep Time: 10 minutes

Cooking Time: 30 minutes

Servings: 12

Ingredients:

1 cup onions, chopped

1 can diced green chilies

1 tablespoon extra-virgin olive oil

1 can tomatoes, diced

1 can cannellini beans

1 can black beans

2 cups turkey, shredded

Dash of cayenne pepper (optional)

2 teaspoon cumin

1 teaspoon chili powder



Directions:

Heat a 2-quart pan with olive oil and sauté the onions and diced chilies. Once the onions soften, add the tomatoes with

the liquid, as well as the 2 cans of beans with their liquid. Let the mixture simmer a few minutes, then add the shredded turkey. Add the spices, and then allow the chili to simmer for 30 minutes.

Nutritional Facts:

Calories = 89.7

Fat = 1.6 g

Cholesterol = 8.3 mg

Sodium = 436.9 mg

Total Carbs = 13.6 g

Dietary Fiber = 3.6 g

Protein: 7.4 g

<http://recipes.sparkpeople.com/recipe-detail.asp?recipe=1344156>

Herb Roasted Turkey

Prep Time: 15 minutes

Cooking Time: 4 hours

Servings: 24 (4 oz.)

Ingredients:

1 (18-lb.) whole turkey, raw

1 ½ teaspoons sea salt

2 tablespoons coarsely ground black pepper

1 ½ teaspoons dried thyme leaves

1 ½ teaspoons dried ground sage

1 ½ teaspoons dried oregano leaves

1 ½ teaspoons dried basil leaves

6 cups low-sodium organic chicken (or turkey) broth, divided use

2 cloves garlic, finely chopped

18 fresh marjoram sprigs, leaves removed and finely chopped, stems discarded

18 fresh parsley sprigs, finely chopped

2 medium onions, cut into 1/4-inch slices

2 medium carrots, cut into ¼-inch slices

2 medium celery stalks, cut into ¼-inch slices

2 medium leeks, cut into ¼-inch slices

1 garlic head, halved crosswise

Directions:

- 1. Pre-heat oven to 450 degrees. Place rack in lowest position in oven.*
- 2. Remove turkey neck and giblets from inside turkey; rinse turkey and pat dry with paper towels. Set aside.*
- 3. Combine salt, pepper, thyme, sage, oregano, and basil in a small bowl; mix well.*
- 4. Slide your hand under the skin of the turkey breast to loosen. Rub the pepper mixture inside turkey cavity, under skin, and on skin. Pour ¼ cup broth into turkey cavity.*
- 5. Combine ¾ cup broth and chopped garlic in a small bowl; pour over turkey.*
- 6. Combine marjoram, parsley, onions, carrots, celery, and leeks in a large bowl; mix well. Place in turkey cavity with garlic head.*

7. Tie turkey legs together with cooking string. Place turkey breast side up on cooking rack set in a large, heavy roasting pan. Pour 2 cups broth into bottom of roasting pan. Tent aluminum foil over turkey and sides of the pan. Bake for 30 minutes.
8. Reduce heat to 325 degrees. Bake for an additional 3 to 3 ½ hours, basting with remaining 3 cups of broth and pan juices every 20 minutes. Remove aluminum foil after 2 ½ hours. Bake until a meat thermometer inserted in the thickest part of the thigh reads 180 degrees, and juices run clear.
9. Let sit for 20 minutes before carving. Discard skin before serving.

Nutritional Facts:

Calories = 219

Fat = 6 g

Cholesterol = 83 mg

Sodium = 379 mg

Total Carbs = 3 g

Dietary Fiber = 1g

Protein = 35 g

http://www.beachbody.com/product/newsletters/nl_539-13-healthy-thanksgiving-recipes.do