

HEALTHIER HOLIDAY RECIPES



TRADITIONAL HERBED ROAST TURKEY

SERVING SIZE: 4 OUNCES, SERVINGS PER RECIPE: 24

- ♦ 1 12-14 pound turkey
- ♦ 1 tablespoon snipped fresh rosemary or 1 teaspoon dried rosemary, crushed
- ♦ 1 tablespoon snipped fresh thyme or 1 teaspoon dried thyme, crushed
- ♦ 1 tablespoon snipped fresh sage or 1 teaspoon dried sage, crushed
- ♦ 1 teaspoon kosher salt or ½ teaspoon regular salt
- ♦ ½ teaspoon ground black pepper
- ♦ 3 small onions, quartered (12 oz total)
- ♦ 3 medium carrots, peeled and cut into 2-inch chunks
- ♦ 3 stalks celery, trimmed and cut into 2-inch chunks
- ♦ 1 cup water
- ♦ 1 tablespoon olive oil
- ♦ Fresh rosemary sprigs, fresh sage leaves, pomegranate wedges, tiny apples or pears, and/or kumquats (optional)

NUTRITION FACTS PER SERVING: Calories: 229, Protein: 38 gm, Total Fat: 7 gm (Saturated Fat: 2 gm), Cholesterol: 137 mg, Sodium: 155 mg

DIABETIC EXCHANGES: Very Lean Meat(d.e): 5, Fat(d.e): 1

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1. Preheat oven to 425°F. Remove neck and giblets from turkey, reserving neck bone. Rinse the inside of the turkey; pat dry with paper towels. In a small bowl, stir together snipped or dried rosemary, thyme, snipped or dried sage, salt, and pepper. Season inside of body cavity with half of the herb mixture. Pull neck skin to the back; fasten with a skewer. Tuck the ends of the drumsticks under the band of skin across the tail. If there is no band of skin, tie the drumsticks securely to the tail with 100 percent cotton kitchen string. Twist wing tips under the back.
2. Place turkey, breast side up, on a rack in a shallow roasting pan. Arrange onions, carrots, celery, and neck bone around turkey in roasting pan. Pour the water into the pan. Brush turkey with oil. Sprinkle turkey with remaining herb mixture. Insert an oven-going meat thermometer into the center of an inside thigh muscle; the thermometer should not touch bone. Cover turkey loosely with foil.
3. Roast for 30 minutes. Reduce oven temperature to 325°F. Roast for 2½ to 3 hours more or until the thermometer registers 180°F. About 45 minutes before end of roasting, remove foil and cut band of skin or string between drumsticks so thighs cook evenly. When turkey is done, the juices should run clear and the drumsticks should move easily in their sockets.
4. Remove turkey from oven. Transfer to a serving platter (reserve mixture in pan for gravy). Cover; let stand for 15 to 20 minutes before carving. If desired, garnish platter with rosemary sprigs, sage leaves, pomegranate wedges, tiny apples or pears, and/or kumquats. Makes 24 (about 4-ounce) servings.

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GINGERBREAD COOKIES

SERVINGS PER RECIPES: 36 (3-INCH) COOKIES, CARB GRAMS PER SERVING: 12

- ◆ *¼ cup butter, softened*
 - ◆ *¼ cup 50% to 70% vegetable oil spread*
 - ◆ *½ cup packed brown sugar**
 - ◆ *2 teaspoons ground ginger*
 - ◆ *1 teaspoon baking soda*
 - ◆ *1 teaspoon ground cinnamon*
 - ◆ *¼ teaspoon salt*
 - ◆ *¼ teaspoon ground cloves*
 - ◆ *¼ cup full-flavor molasses*
 - ◆ *¼ cup refrigerated or frozen egg product, thawed, or 1 egg*
 - ◆ *2 cups all-purpose flour*
 - ◆ *¾ cup white whole wheat flour or whole wheat flour*
1. In a large bowl, combine butter and vegetable oil spread; beat with an electric mixer on medium to high speed for 30 seconds. Add brown sugar, ginger, baking soda, cinnamon, salt, and cloves. Beat until well mixed, scraping side of bowl occasionally. Beat in molasses and egg. (Mixture will look curdled.) Add all-purpose flour and whole wheat flour, beating just until combined. Divide dough in half. Cover and chill the dough for 2 to 3 hours or until easy to handle.
 1. Preheat oven to 375°F. Lightly grease cookie sheets or line with parchment paper; set aside. On a lightly floured surface, roll dough, half at a time, to 1/8-inch thickness. Using a 2- to 3-inch gingerbread person cookie cutter, cut out shapes; reroll scraps as necessary. Place cutouts 1 inch apart on prepared cookie sheets.
 1. Bake for 4 to 6 minutes or until edges are firm and centers are set. Cool on cookie sheets on wire racks for 1 minute. Transfer to wire racks; cool.
- *Test Kitchen Tip:** We do not recommend using brown sugar substitutes for this recipe

NUTRITION FACTS PER SERVING: Calories: 73, Protein: 1 gm, Carbohydrate: 12 gm, Total Fat: 2 gm (Saturated Fat: 1 gm), Cholesterol: 3 mg, Sodium: 73 mg

DIABETIC EXCHANGES: Other Carb(d.e): 1

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