

Roast Turkey Breast with Rosemary, Sage, and Thyme

Perfect for a holiday gathering, this roast turkey breast can be prepared in less time than a whole turkey. Enjoy!



Average Cost: \$9.07



Prep Time: 10 minutes



Average Cook Time: 1 hour and 30 minutes



Average Servings: 8

Recipe Source: U.S. Department of Agriculture

Ingredients

- 3 Pounds turkey breast half (with skin and bones)
- 1 Onion, large quartered
- 1 Carrot, large quartered
- 1 Tsp dried sage
- 1 Tsp dried thyme
- 1 Tsp rosemary
- 3 Tbsp olive oil
- Salt and pepper (to taste, optional)
- Chicken broth (or margarine, for basting, optional)

Directions

Step 1

Preheat oven to 400 degrees Fahrenheit. Place turkey breast in roasting pan along with onion and carrot.

Step 2

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

Step 3

Roast turkey at 400 degrees Fahrenheit for 15 minutes. Baste with margarine and chicken broth (optional).

Step 4

Reduce turkey temperature to 350 degrees Fahrenheit 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 degrees Fahrenheit.

Step 5

Remove to carving board and let rest for 10 minutes.

Utensils Needed

- Knife
- Cutting board
- Bowl
- Measuring utensils
- Oven
- Roasting pan
- Baster

NUTRITION FACTS

Serving Size: 1/8 Recipe

| Nutrients | Amount |
|---------------------|--------|
| Calories | 213 |
| Total Fat | 6 g |
| Saturated Fat | 1 g |
| Cholesterol | 0 mg |
| Sodium | 270 mg |
| Total Carbohydrates | 3 g |
| Dietary Fiber | 1 g |
| Total Sugars | 1 g |
| Added Sugars | 0 g |
| Protein | 35 g |



Apple Cinnamon Bars

Apples are sandwiched between two cinnamon crumb layers for a delicious treat!



Average Cost: \$13.94



Prep Time: 30 minutes



Average Cook Time: 45 minutes



Average Servings: 24

Recipe Source: MyPlate.gov

Ingredients

- 4 Apple (medium)
- 1 Cup flour
- 1/4 Tsp salt
- 1/2 Tsp baking soda
- 1/2 Tsp cinnamon
- 1/2 Cup brown sugar
- 1 Cup oats (uncooked)
- 1/2 Cup margarine (or butter)

Directions

Step 1

Preheat the oven to 350 degrees. Put the flour, salt, baking soda, cinnamon, brown sugar, and oats into the mixing bowl. Stir together.

Step 2

Add the margarine to the bowl. Use 2 table knives to mix the ingredients and cut them into crumbs.

Step 3

Lightly grease the bottom and sides of the baking dish with a little bit of shortening. Spread half of the crumb mixture in the greased baking dish.

Step 4

Remove the core from the apples and slice them. Put the apple slices into the baking dish. Top the apples with the rest of the crumb mixture.

Step 5

Bake in the oven for 40 – 45 minutes. Cut into squares

Utensils Needed

- 2 Table knives
- Apple peeler
- Baking dish
- Oven
- Spoon
- Measuring utensils

NUTRITION FACTS

Serving Size: 1 Bar

| Nutrients | Amount |
|---------------------|--------|
| Calories | 100 |
| Total Fat | 5 g |
| Saturated Fat | 1 g |
| Cholesterol | 0 mg |
| Sodium | 53 mg |
| Total Carbohydrates | 14 g |
| Dietary Fiber | 1 g |
| Total Sugars | 7 g |
| Added Sugars | 4 g |
| Protein | 1 g |



Collards and Cranberries

Cranberries add a hint of sweetness to this nutrient rich dish.



Average Cost: \$7.38



Prep Time: 10 minutes



Average Cook Time: 20 minutes



Average Servings: 6

Recipe Source: FoodHero.org

Ingredients

- 1 Tsp oil
- 1/4 Cup chopped onion (¼ medium onion)
- 1/4 Cup dried cranberries
- 1 Clove garlic, minced or 1/4 teaspoon garlic powder
- 6 Cups chopped collards (leaf portion, no stems)
- Juice from 1/2 orange (about 1/4 cup)
- 1/4 Cup water, as needed

Directions

Step 1

Add oil and onion to large skillet. Stir and saute over medium-high heat (350 degrees in an electric skillet) until onion is translucent.

Step 2

Add cranberries and garlic. Continue to saute for 2 to 3 minutes.

Step 3

Add collards. Pour or squeeze orange juice over top of collards. Cover skillet and simmer about 15 minutes until collards are wilted and tender.

Step 4

Add water if mixture begins to stick. Serve immediately. Refrigerate leftovers within 2 hours.

Utensils Needed

- Cutting board
- Sharp knife
- Measuring cups
- Measuring spoons
- Large skillet with lid

NUTRITION FACTS

Serving Size: 3/4 Cup

| Nutrients | Amount |
|---------------------|--------|
| Calories | 60 |
| Total Fat | 1.5 g |
| Saturated Fat | 0 g |
| Cholesterol | 0 mg |
| Sodium | 25 mg |
| Total Carbohydrates | 12 g |
| Dietary Fiber | 2 g |
| Total Sugars | 4 g |
| Added Sugars | 0 g |
| Protein | 3 g |



Garden Sloppy Joes

This healthy twist on a classic is sure to become a family favorite!



Average Cost: \$13.84



Prep Time: 10 minutes



Average Cook Time: 20 minutes



Average Servings: 12

Recipe Source: FoodHero.org

Ingredients

- 1 Onion, chopped
- 1 Carrot, chopped or shredded
- 1 Green bell pepper, chopped
- 1 Pound lean ground meat (15% fat turkey, chicken or beef)
- 1 Can (8 ounces) tomato sauce
- 1 Can (15 ounces) whole tomatoes, crushed
- 1 Can (8 ounces) mushrooms or ½ pound chopped fresh mushrooms
- 1/4 Cup barbecue sauce
- 6 Whole wheat buns, split in half to make 12

Directions

Step 1

Saute onions, carrots, green bell pepper and ground meat in a 2-3 quart saucepan over medium-high heat for 5 minutes.

Step 2

Add tomato sauce, crushed tomatoes, mushrooms and barbecue sauce. Bring to a boil.

Step 3

Reduce heat and simmer for 15 to 20 minutes or until thick, stirring occasionally.

Step 4

Toast buns if desired. Spoon sauce over bun halves. Serve open-faced.

Step 5

Refrigerate leftovers within 2 hours.

Utensils Needed

- Cutting board
- Sharp knife
- Can opener
- Measuring cups
- 2-3 quart saucepan
- Large spoon or spatula

NUTRITION FACTS

Serving Size: 1/2 Bun

| Nutrients | Amount |
|---------------------|--------|
| Calories | 140 |
| Total Fat | 2.5 g |
| Saturated Fat | 0.5 g |
| Cholesterol | 20 mg |
| Sodium | 230 mg |
| Total Carbohydrates | 19 g |
| Dietary Fiber | 3 g |
| Total Sugars | 6 g |
| Added Sugars | 0 g |
| Protein | 10 g |



Grandma's Stuffing

Enjoy this classic holiday dish with whole wheat bread, fresh veggies and apples, and a delightful blend of spices. This recipe to sure to please a crowd!



**Average Cost: \$11.43**

**Prep Time: 2 hours**

**Average Cook Time: 3 hours**

**Average Servings: 8**

Recipe Source: [MyPlate.gov](#)

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 Tsp parsley, dried (or 1 Tbsp fresh parsley chopped)
- 1/4 Tsp salt
- 1/4 Tsp black pepper
- 1 1/2 Cups milk
- 1 Egg (lightly beaten)
- 2 Apples (optional- medium, pared, cored and chopped, or 1/4 cup raisins)

Directions

Step 1

Preheat oven to 350 degrees. Put cubes in a large bowl. Set aside.

Step 2

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

Step 3

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

Step 4

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

Utensils Needed

- Knife
- Cutting Board
- Mixing Spoon
- Bowl
- Measuring spoons
- Saucepan
- Baking dish

NUTRITION FACTS

Serving Size: 1/8 Recipe

| Nutrients | Amount |
|---------------------|--------|
| Calories | 140 |
| Total Fat | 2 g |
| Saturated Fat | 1 g |
| Cholesterol | 24 mg |
| Sodium | 306 mg |
| Total Carbohydrates | 22 g |
| Dietary Fiber | 3 g |
| Total Sugars | 5 g |
| Added Sugars | 2 g |
| Protein | 8 g |



Holiday Roasted Butternut Squash

A healthier twist on this holiday classic, this recipe is sure to become a family favorite!



Average Cost: \$15.81



Prep Time: 15 minutes



Average Cook Time: 35 minutes



Average Servings: 6

Recipe Source: Cooking Matters

Ingredients

- 2 Pounds butternut squash
- 1/4 Cup walnuts
- 2 Tbsp canola oil
- 1 Tsp dried sage
- 1/4 Tsp salt
- 1/4 Tsp ground black pepper
- 1 Tbsp butter or canola oil
- 1/4 Cup dried cranberries
- 1 1/2 Tbsp maple syrup

Directions

Step 1

Preheat oven to 375°F. Rinse and peel squash. Cut off ends and discard. Cut squash at the neck, creating a narrow end and a round end. Cut round end in half and scoop out seeds with a spoon. Cut both ends into ¾-inch, even-sized cubes. Coarsely chop walnuts. Set aside.

Step 2

In a large bowl, add squash. Toss with oil, sage, salt and ground black pepper. Spread squash evenly on a baking sheet.

Step 3

Roast, stirring once, until tender, about 35 minutes.

Step 4

In a small skillet over medium heat, melt butter or heat oil. Add walnuts and cook until fragrant, about 2 minutes. Remove from heat.

Step 5

Stir in cranberries and maple syrup. Gently toss cooked squash with cranberry mixture.

Utensils Needed

- Sharp knife
- Cutting board
- Measuring cups
- Measuring spoons
- Large mixing bowl
- Baking sheet
- Small skillet
- Spoon
- Peeler

NUTRITION FACTS

Serving Size: 3/4 Cup

| Nutrients | Amount |
|---------------------|--------|
| Calories | 180 |
| Total Fat | 10 g |
| Saturated Fat | 1.5 g |
| Cholesterol | 5 mg |
| Sodium | 105 mg |
| Total Carbohydrates | 23 g |
| Dietary Fiber | 3 g |
| Total Sugars | 11 g |
| Added Sugars | 0 g |
| Protein | 2 g |



Potato Kale Frittata

This delicious frittata is a nutritious one dish meal and a real crowd pleaser!



Average Cost: \$8.18



Prep Time: 15 minutes



Average Cook Time: 10 minutes



Average Servings: 4

Recipe Source: MyPlate.gov

Ingredients

- 4 Large eggs
- 1/4 Tsp ground black pepper
- 1/4 Tsp salt
- 2 Medium unpeeled red potatoes
- 1/2 Tbsp olive oil
- 4 Cups Italian kale, or other kale variety
- 1/4 Cup chopped onion
- 1/2 Red bell pepper (chopped)

Directions

Step 1

Beat eggs, pepper, and salt in large bowl, set aside.

Step 2

Microwave potatoes until slightly soft, but not completely cooked, then cube. (Alternate method without microwave: cube potatoes and boil 5 minutes until slightly soft, drain)

Step 3

Chop remaining vegetables while potatoes cool. Mix vegetables together.

Step 4

Heat oil in a 10-inch non -stick skillet. Sauté vegetables for 5-8 minutes; add to eggs and mix well.

Step 5

Pour egg-vegetable mixture into the same skillet. Cook over low to medium heat until eggs are almost set, about 8-10 minutes.

Step 6

Cover and let sit until eggs are completely set, about 5 minutes. Egg dishes should be cooked to 160°F.

Utensils Needed

- Microwave
- Large bowl
- Knife
- Cutting board
- Skillet

NUTRITION FACTS

Serving Size: 1/4 Recipe

| Nutrients | Amount |
|---------------------|--------|
| Calories | 180 |
| Total Fat | 7 g |
| Saturated Fat | 2 g |
| Cholesterol | 185 mg |
| Sodium | 240 mg |
| Total Carbohydrates | 22 g |
| Dietary Fiber | 3 g |
| Total Sugars | 3 g |
| Added Sugars | 0 g |
| Protein | 9 g |



Pumpkin Pancakes

Fluffy, pumpkin pancakes will delight your taste buds at breakfast or dinner. Top with raisins, sliced banana or applesauce.



Average Cost: \$5.61



Prep Time: 15 minutes



Average Cook Time: 20 minutes



Average Servings: 8

Recipe Source: FoodHero.com

Ingredients

- 1 Egg
- 1/2 Cup canned pumpkin
- 1 3/4 Cups nonfat or 1% milk
- 2 Tbsp vegetable oil
- 2 Cups flour
- 2 Tbsp brown sugar
- 1 Tbsp baking powder
- 1 Tsp pumpkin pie spice
- 1 Tsp salt
- 5 Tbsp raisins (optional, to make faces)

Directions

Step 1

Combine eggs, pumpkin, milk, and oil in large mixing bowl.

Step 2

Add flour, brown sugar, baking powder, pumpkin pie spice, and salt to egg mixture. Stir gently.

Step 3

Lightly spray a large saute pan, skillet or griddle with non-stick cooking spray or lightly wipe with oil. Heat, saute pan, skillet, or griddle over medium-high heat (300 degrees in an electric skillet). Using a 1/4 cup measure, pour batter on hot griddle.

Step 4

Put a face on the pancake, using raisins for eyes and teeth. Drop raisins in batter while it cooks. Pancakes are ready to turn when tops are bubbly all over, and the edges begin to appear dry. Use a quick flip with a broad spatula to turn pancakes. Turn only once.

Step 5

Continue to bake until bottoms are brown and dry. Refrigerate leftovers within 2 hours.

Utensils Needed

- Saute pan, skillet, or griddle
- Large mixing bowl
- Medium mixing bowl
- Spoon
- Spatula
- Measuring cup
- Measuring spoon
- Can opener

NUTRITION FACTS

Serving Size: 2 Pancakes

| Nutrients | Amount |
|---------------------|--------|
| Calories | 200 |
| Total Fat | 5 g |
| Saturated Fat | 1 g |
| Cholesterol | 25 mg |
| Sodium | 510 mg |
| Total Carbohydrates | 31 g |
| Dietary Fiber | 1 g |
| Total Sugars | 7 g |
| Added Sugars | 3 g |
| Protein | 6 g |



Turkey Pumpkin Chili

This chili is sure to be a new favorite in your home.



 **Average Cost: \$10.31**

 **Prep Time: 20 minutes**

 **Average Cook Time: 1 hour and 20 minutes**

 **Average Servings: 10**

Recipe Source: FoodHero.org

Ingredients

- 1 Tsp oil
- 1 Pound lean ground turkey (15% fat)
- 2/3 Cup chopped onion (2/3 medium onion)
- 1/2 Cup green pepper, seeded and chopped (about
- 1 Small pepper)
- 2 Cloves garlic, minced or 1/2 teaspoon garlic powder
- 1 Can kidney beans, drained and rinsed (15 ounce or 1 3/4 cups)
- 1 Can great northern beans, drained and rinsed (15 ounce or 1 3/4 cups)
- 1 Can solid-pack pumpkin (15 ounce or 1 3/4 cups)
- 1 Can crushed tomatoes (15 ounce or 1 3/4 cups)
- 1 Can chicken broth, low sodium (15 ounce or 1 3/4 cups)
- 1/2 Cup water
- 2 Tbsp brown sugar
- 1 Package taco seasoning mix (1.25 ounces)

Directions

Step 1

Pour oil into a 4 quart (or larger) saucepan.

Step 2

Add ground turkey, onion, green pepper, and garlic.

Step 3

Cook and stir, breaking meat apart until meat is brown and vegetables are tender.

Step 4

Stir in the beans, pumpkin, tomatoes, broth, water, brown sugar, and taco seasoning.

Step 5

Bring to a boil. Reduce heat; cover and simmer for 1 hour. Refrigerate leftovers within 2 hours

Utensils Needed

- Saucepan with lid
- Spoon
- Measuring cup
- Measuring spoon
- Cutting board
- Knife
- Can opener

NUTRITION FACTS

Serving Size: 1 Cup

| Nutrients | Amount |
|---------------------|--------|
| Calories | 240 |
| Total Fat | 7 g |
| Saturated Fat | 2 g |
| Cholestrol | 35 g |
| Sodium | 460 mg |
| Total Carbohydrates | 29 g |
| Dietary Fiber | 6 g |
| Total Sugars | 8 g |
| Added Sugars | 3 g |
| Protein | 15 g |

