

# November

Discover the Flavors of November with  
Warming Winter Recipes

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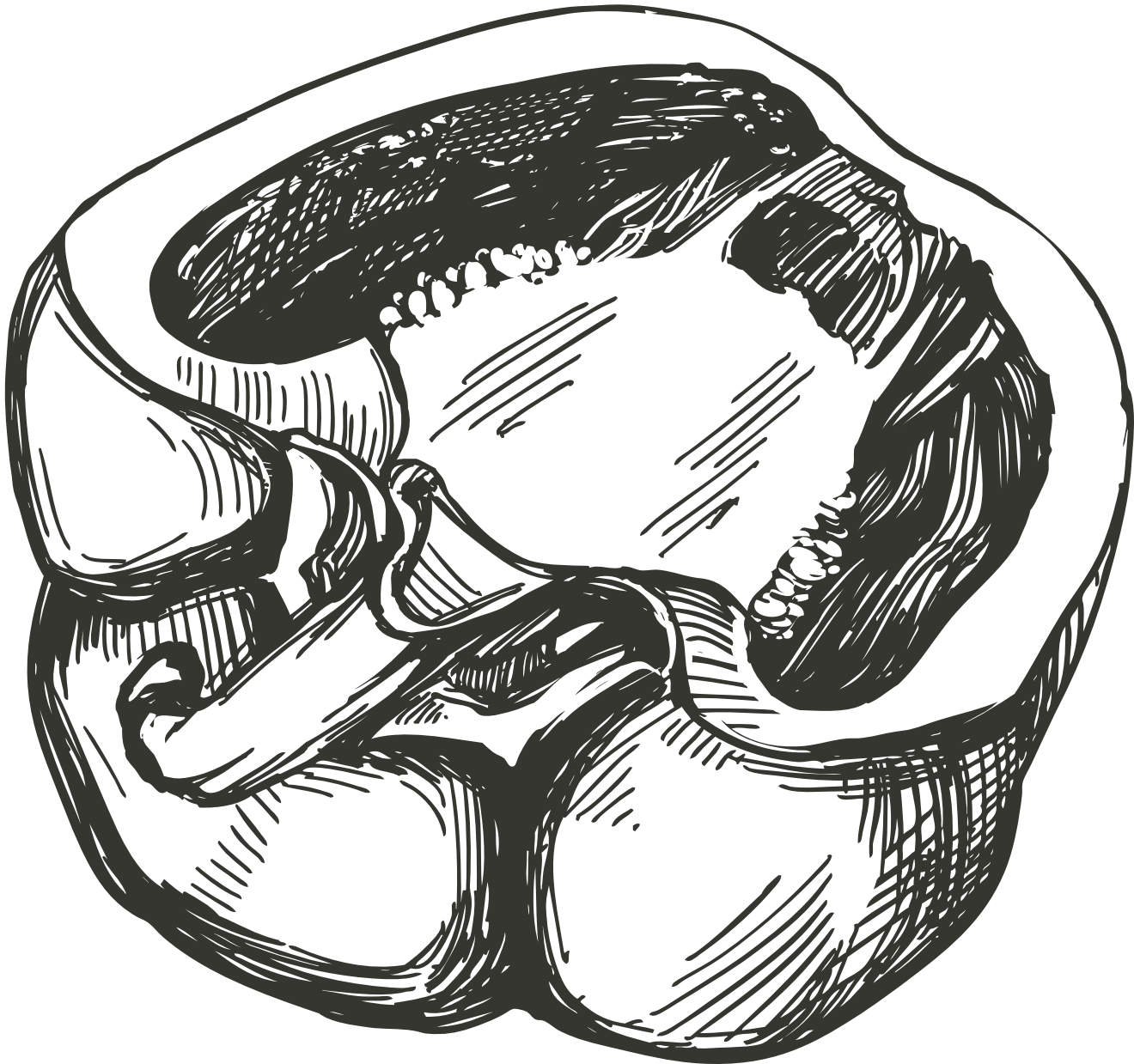


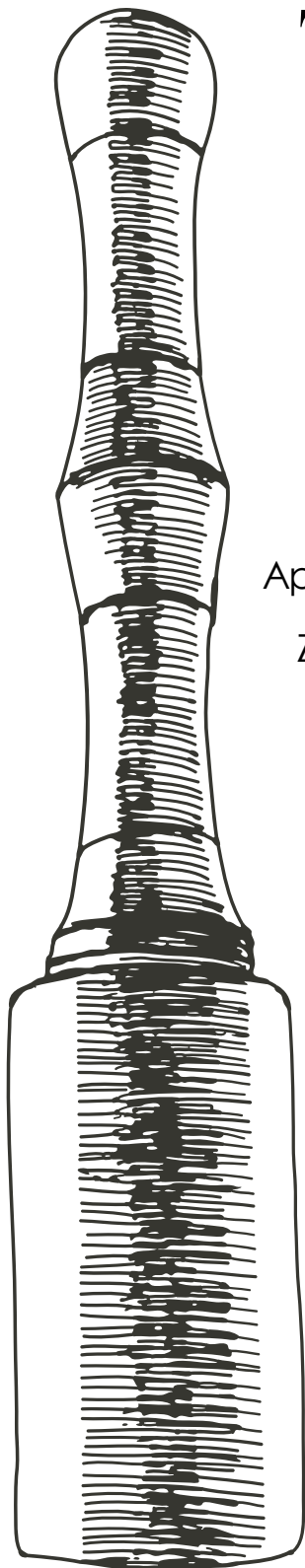
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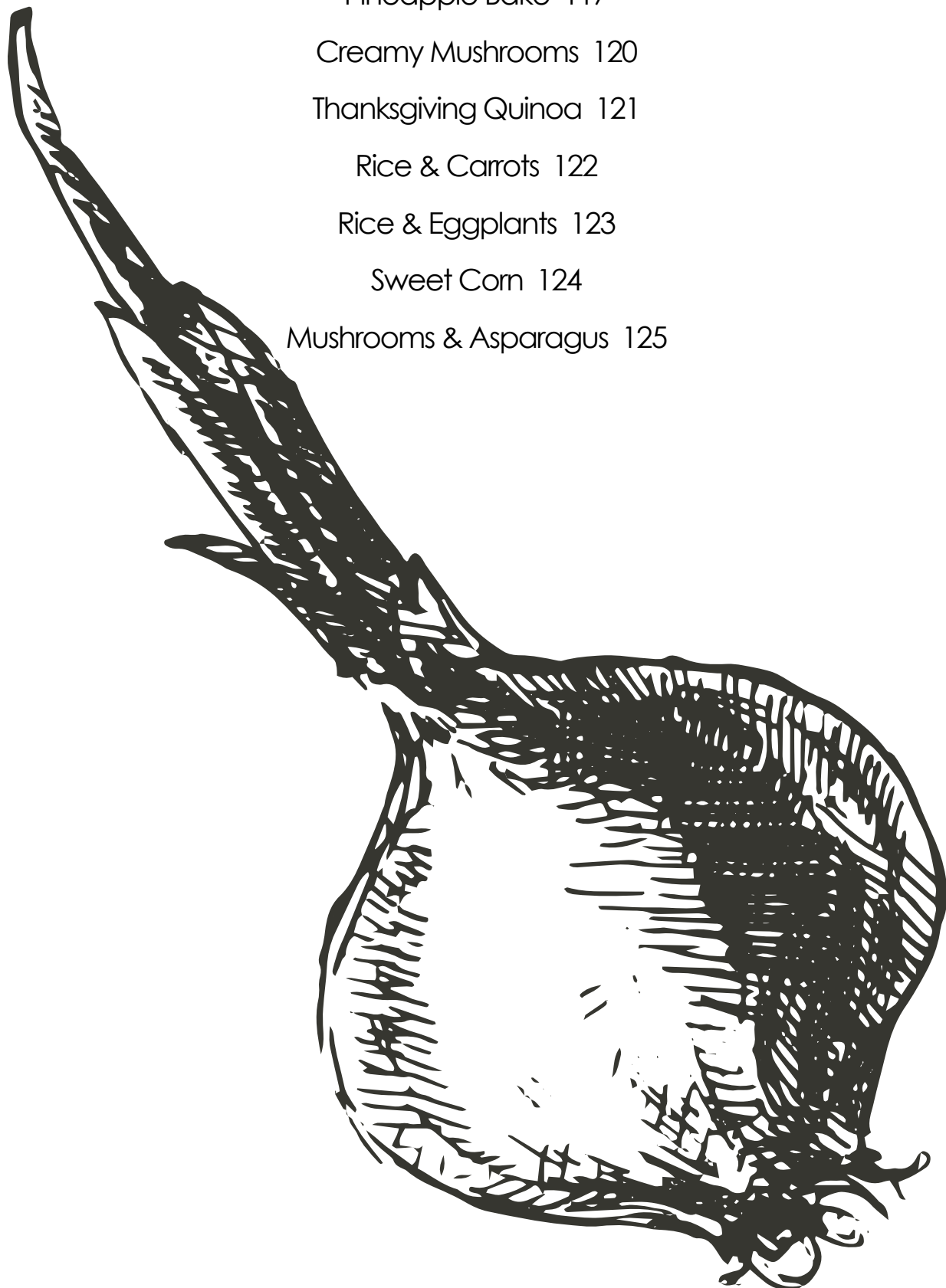
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# Sausage, Wild Rice Stuffing



Prep Time: 25 mins



Total Time: 1 hr 55 mins

Servings per Recipe: 2

Calories 453

Fat 24.4g

Cholesterol 46mg

Sodium 846mg

Carbohydrates 50.3g

Protein 11.4g

## Ingredients

- 1 C. water
- 2½ C. wild rice
- 12 C. butter
- 2 C. celery stalk, chopped
- 2½ C. onion, chopped
- 1 lb. ground beef sausage
- 2½ C. mushrooms, chopped
- 1½ tsp dried rosemary, crushed
- 1½ tsp dried thyme, crushed
- 2 tsp salt
- 1½ tsp freshly ground black pepper
- 1 C. raisins
- 2 large Rome beauty apples, peeled, cored and chopped
- 6 C. whole wheat bread, cubed
- 1 (14½ oz.) can chicken broth

## Directions

1. In a pan, add water and bring to a boil on medium - high heat.
2. Stir in rice and reduce the heat to low. Simmer, covered for about 45 minutes or till all the liquid is absorbed.
3. Set your oven to 350 degrees F. Lightly, grease a large baking dish.
4. In a large skillet, melt butter on medium heat.
5. Add celery, onion and sausage and cook for about 10 - 12 minutes.
6. Drain the extra fat from skillet.
7. Add mushrooms and herbs and cook for about 2 - 3 minutes.
8. Remove from heat and immediately, stir in seasoning.
9. In a large bowl, add sausage mixture, cooked rice and remaining ingredients except broth and mix till well combined.
10. Slowly, stir in broth and mix till well combined.
11. Now, place the mixture in prepared baking dish.
12. Bake for about 30 minutes or till golden brown.







# SAUSAGE

## Celery Stuffing



Prep Time: 15 mins



Total Time: 1 hr 30 mins

Servings per Recipe: 12

Calories 329

Fat 12.5g

Cholesterol 55mg

Sodium 888mg

Carbohydrates 41g

Protein 12.3g



### Ingredients

1 lb. ground beef sausage	Salt and freshly ground black pepper, to taste
1 tbsp butter	1 1/2 tsp sage seasoning mixture
2 onions, chopped	2 eggs, beaten lightly
6 celery stalks, chopped	1 C. chicken broth
2 (1 lb.) day-old white bread loaves, torn into bite sized pieces	

### Directions

1. Set your oven to 325 degrees F. Lightly, grease a 13x9 -inch baking dish.
2. Heat a large nonstick skillet on medium - high heat.
3. Add sausage and cook for about 10 minutes. Drain the fat and transfer into a large bowl.
4. In the same skillet, melt butter on medium heat.
5. Add onion and celery and sauté for about 5 minutes.
6. Add onion mixture in the bowl with sausage.
7. Add remaining ingredients except broth and mix till well combined.
8. Slowly, stir in broth and mix till well combined.
9. Now, place the mixture in prepared baking dish.
10. Bake for about 1 hour or till golden brown.

# Classical Meatless Stuffing

 Prep Time: 15 mins  
 Total Time: 1 hr

Servings per Recipe: 10  
Calories 254  
Fat 15.5g  
Cholesterol 37mg  
Sodium 613mg  
Carbohydrates 24.7g  
Protein 4.4g

## Ingredients

1 (1 lb.) white bread loaf, sliced	2 tsp poultry seasoning
$\frac{3}{4}$ C. butter	1 C. chicken broth
4 celery stalks, chopped	
1 onion, chopped	
Salt and freshly ground black pepper, to taste	

## Directions

1. In a large dish, place bread slices and keep in room temperature for about 1-2 hours. Then cut the bread in little cubes.
2. Set your oven to 350 degrees F. Lightly, grease a casserole dish.
3. In a large skillet, melt butter on medium heat.
4. Add celery and onion and sauté for about 5 minutes. Drain the fat from skillet.
5. Stir in seasoning and remove from heat.
6. Add bread and broth and stir to combine.
7. Now, place the mixture in prepared baking dish.
8. Bake for about 30-40 minutes or till golden brown.

# SAGE Stuffing



Prep Time: 15 mins

Total Time: 1 hr 20 mins

Servings per Recipe: 24

Calories 102

Fat 2.5g

Cholesterol 18mg

Sodium 308mg

Carbohydrates 16.7g

Protein 3.1g

## Ingredients

30 white bread slices, toasted

2 tbsp butter

2 celery stalks, chopped

1 large onion, chopped

Salt and freshly ground black pepper, to taste

2 eggs, beaten lightly

2 tsp dried sage, crushed

Salt and freshly ground black pepper, to taste

1 tsp garlic powder

2 C. chicken broth

## Directions

1. In a large dish, place bread slices and keep in room temperature for about 24 hours. Then crush the bread slice in breadcrumbs.
2. Set your oven to 325 degrees F. Lightly, grease a 13x9 -inch baking dish.
3. In a large skillet, melt butter on medium heat.
4. Add celery and onion and sauté for about 5 minutes. Drain the fat from skillet.
5. In a large bowl, add breadcrumbs, celery mixture and remaining ingredients except broth and mix till well combined.
6. Slowly, stir in broth and mix till well combined.
7. Now, place the mixture in prepared baking dish.
8. Bake for about 1 hour or till golden brown.

# Chestnuts Stuffing



Prep Time: 15 mins



Total Time: 1 hr 28 mins

Servings per Recipe: 16

Calories 354

Fat 19.9g

Cholesterol 35mg

Sodium 744mg

Carbohydrates 37.5g

Protein 6.2g

## Ingredients

2 C. chestnuts, cut the slits from surface  
1½ C. margarine  
½ C. onion, chopped  
2 tsp poultry seasoning  
1 tsp salt  
¼ tsp freshly ground black pepper

2 (1 lb.) day-old bread loaves, cubed  
¼ C. milk  
3 eggs

## Directions

1. In a large pan of water, add chestnuts and bring to a boil.
2. Cover and cook for about 25 minutes or till tender.
3. Drain well. Let it cool slightly. Then peel the chestnuts and chop them.
4. Set your oven to 350 degrees F. Lightly, grease a medium baking dish.
5. In a large skillet, melt margarine on medium heat.
6. Add onion, chestnuts and seasoning and sauté for about 3 minutes.
7. Remove from heat and stir in bread cubes.
8. Transfer the mixture into prepared baking dish.
9. In another bowl, add milk and eggs and beat till well combined.
10. Drizzle the milk on top of chestnut mixture evenly.
11. Bake for 30 - 45 minutes or till golden brown.

# HAZELNUT and Mushrooms Stuffing



Prep Time: 25 mins

Total Time: 2 hrs

Servings per Recipe: 16

Calories 282

Fat 13.3g

Cholesterol 60mg

Sodium 308mg

Carbohydrates 16.7g

Protein 3.1g

## Ingredients

- 1 oz. dried porcini mushrooms
- 2 C. hot water
- 1 $\frac{3}{4}$  lb. egg bread, trimmed and cubed into  $\frac{3}{4}$ -inch size
- 1 C. hazelnuts, chopped
- 1/3 C. unsalted butter
- $\frac{1}{2}$  lb. shiitake mushrooms, sliced
- 1 $\frac{1}{4}$  lb. crimini mushrooms, sliced
- 1 C. shallots, chopped
- 3 leeks, chopped
- 2 C. celery stalk, chopped
- 2 tbsp fresh sage, chopped
- 3 tbsp fresh thyme, chopped
- 1 C. fresh parsley, chopped
- Salt and freshly ground black pepper, to taste
- 2 eggs, beaten lightly
- $\frac{3}{4}$  C. chicken broth

## Directions

1. In a bowl, add dried porcini mushrooms and hot water. Cover and soak for about 30 minutes.
2. Drain the mushrooms, reserving the liquid. Then chop the mushrooms.
3. Set your oven to 325 degrees F. Grease a 15x10-inch baking dish.
4. Place bread cubes in a large baking sheet in a single layer.
5. Place hazelnut in another baking sheet in single layer.
6. Bake hazelnuts for 8-10 minutes and bread cubes for about 15 minutes.
7. In a large skillet, melt butter on medium heat.
8. Add shiitake mushrooms, crimini mushrooms, shallots and leeks and cook for about 15 minutes.
9. Add porcini mushrooms and celery and cook for about 5 minutes.
10. Remove from heat and transfer into a large bowl.
11. Add bread cubes, hazelnut, herbs, seasoning and eggs and mix well.
12. In another bowl, mix broth and  $\frac{1}{2}$ - $\frac{3}{4}$  cup of reserved liquid.



13. Add broth mixture in bowl with mushroom mixture and mix till well combined.
14. Now, place the mixture in prepared baking dish.
15. Bake for about 1 hour or till golden brown.



# APRICOT, Cranberries, and Currants Stuffing



Prep Time: 20 mins

Total Time: 1 hr 5 mins

Servings per Recipe: 12

Calories 313

Fat 6.4g

Cholesterol 9mg

Sodium 186mg

Carbohydrates 59.2g

Protein 7.2g

## Ingredients

1½ C. low-sodium, low-fat chicken  
broth

3½ C. plus 1 tbsp water, divided

1 C. wild rice

1 C. white rice

1 C. apple, cored and chopped

1¾ C. currants

½ oz. dried apricots

¾ C. dried cranberries

¾ C. dried cherries

1/3 lb. bacon

3 C. celery, chopped

3 C. onion, chopped

1/3 C. mixed dried herbs (of your choice),  
crushed

½ C. fresh Italian flat-leaf parsley,  
chopped

## Directions

1. In a large pan, add broth and 1½ cups of water and bring to a boil on medium heat.
2. Stir in wild rice. Reduce the heat to low.
3. Simmer, covered for about 45 minutes.
4. Stir in 2 cups of water, apple and dried fruit and simmer, covered for 20 minutes more or till both rice are cooked completely.
5. Transfer the rice mixture in a large bowl.
6. Meanwhile, heat a large nonstick deep skillet on medium-high heat.
7. Add bacon and cook for about 10 minutes or till crisp.
8. Transfer the bacon into a bowl, reserving bacon fat in the skillet.
9. Crumble the bacon and keep aside.
10. In the same skillet, add celery, onion and remaining 1 tablespoon of water on medium heat.
11. Sauté for about 20 minutes or till very soft.
12. In the bowl of rice mixture, add onion mixture and herbs and stir to combine well.

# Zucchini, Squash, and Quinoa Stuffing



Prep Time: 15 mins



Total Time: 30 mins

Servings per Recipe: 8

Calories 387

Fat 9.8g

Cholesterol 0mg

Sodium 258mg

Carbohydrates 70.7g

Protein 9.1g

## Ingredients

- 4 C. vegetable broth
- 2 C. uncooked quinoa
- ¼ C. olive oil
- 2 small zucchinis, cubed into 1-inch size
- 1 butternut squash, peeled, seeded and chopped
- 1 C. dried cranberries
- 1 C. dried apricots
- 1 C. fresh parsley, chopped
- 1 bunch scallion, chopped
- 2 tbsp fresh lime juice

## Directions

1. In a pan, add broth and bring to a boil.
2. Stir in quinoa and immediately, reduce the heat to low.
3. Simmer, covered for about 10-15 minutes or till all the liquid is absorbed. Remove from heat and keep aside.
4. In a large skillet, heat oil on medium heat.
5. Add zucchini and squash and cook for about 10 minutes.
6. Stir in cooked quinoa, juice, dried fruit, parsley and scallion.
7. Serve with the drizzling of lime juice.

# CORNBREAD

## Stuffing



Prep Time: 15 mins



Total Time: 1 hr

Servings per Recipe: 24

Calories 141

Fat 9.5g

Cholesterol 14mg

Sodium 467mg

Carbohydrates 10.4g

Protein 3.5g

### Ingredients

- |                              |                                   |
|------------------------------|-----------------------------------|
| 1 (12 oz.) box cornbread mix | 1 tsp garlic powder               |
| 1 lb. sausage                | 1 tsp salt                        |
| 1 tbsp butter                | ¼ tsp freshly ground black pepper |
| 3 celery stalks, chopped     | 1 C. vegetable broth              |
| ¾ C. onion, chopped          |                                   |
| 2 tsp ground sage            |                                   |
| 1 tsp dried thyme, crushed   |                                   |

### Directions

1. Prepare the cornbread according to package's directions about one day before.
2. Keep in room temperature for at least overnight to get almost a hard crust. Then crumble it.
3. Set your oven to 350 degrees F. Lightly, grease a casserole dish.
4. Heat a large nonstick deep skillet on medium-high heat.
5. Add sausage and cook for about 10 minutes. Drain the fat from skillet and transfer the sausage in a large bowl.
6. In the same skillet, melt butter on medium heat.
7. Add celery and onion and sauté for about 5 minutes.
8. Add onion mixture in the bowl with sausage.
9. Add the remaining ingredients except broth and mix till well combined.
10. Slowly, stir in broth and mix till well combined.
11. Now, place the mixture into prepared casserole dish.
12. Bake for about 30 minutes or till golden brown.

# Mushrooms and Olives Stuffing



Prep Time: 20 mins



Total Time: 1 hr 20 mins

Servings per Recipe: 8

Calories 641

Fat 48g

Cholesterol 110mg

Sodium 1428mg

Carbohydrates 38.9g

Protein 14.3g

## Ingredients

20 bread slices  
1 lb. breakfast sausage  
¾ C. butter  
2 C. celery stalk, chopped  
1 C. onion, chopped  
2 tsp garlic, minced  
1 (15 oz.) can black olives, drained and chopped

2 C. fresh mushrooms, sliced  
1 tbsp. poultry seasoning  
¼ tsp salt  
¼ tsp freshly ground black pepper  
1 egg, beaten

## Directions

1. Set your oven to 350 degrees F. Lightly, grease a 13x9 - inch baking dish.
2. Arrange bread slices onto a large baking sheet in a single layer.
3. Bake for about 15 minutes, turning once in the middle way.
4. Remove from oven and let the slices cool. Then cut the slices into ½ - inch cubes.
5. Heat a large nonstick deep skillet on medium - high heat.
6. Add sausage and cook for about 10 minutes. Drain the fat from skillet.
7. Stir in butter, celery and onion and cook for about 5 minutes.
8. Transfer the sausage mixture in a large bowl.
9. In the same skillet, add half of cubed bread, garlic, olives, mushrooms and seasoning and stir to combine well.
10. Then, stir in reaming bread cubes and egg and stir to combine well.
11. Now, place the mixture into prepared baking dish.
12. Bake for about 30 minutes or till golden brown.











# GROUND BEEF and Sausage Stuffing



Prep Time: 15 mins



Total Time: 1 hr 35 mins

Servings per Recipe: 8

Calories 811

Fat 66.8g

Cholesterol 189mg

Sodium 1257mg

Carbohydrates 31.1g

Protein 22.2g

## Ingredients

- |                                  |                           |
|----------------------------------|---------------------------|
| 2 C. butter                      | 1 lb. ground beef         |
| 1 large onion, chopped           | 1 white bread loaf, cubed |
| 1 celery stalk, chopped          |                           |
| 1 lb. bulk beef sausage, chopped |                           |

## Directions

1. Set your oven to 350 degrees F.
2. In a Dutch oven, melt butter on medium - low heat.
3. Add onion and celery and sauté for about 8 - 10 minutes.
4. Meanwhile in another nonstick skillet, add beef sausage and beef and cook for about 10 minutes.
5. Drain the excess fat from skillet. Stir in onion mixture and bread cubes and stir to combine.
6. Transfer the Dutch oven into oven.
7. Bake for about 1 hour or till golden brown.



# Oysters and Cornbread Stuffing



Prep Time: 15 mins



Total Time: 1 hr 20 mins

Servings per Recipe: 10

Calories 391

Fat 23.2g

Cholesterol 171mg

Sodium 1059mg

Carbohydrates 17.1g

Protein 26.9g

## Ingredients

1½ C. turkey broth

¼ C. margarine

1 (6 oz.) package cornbread stuffing mix

1 lb. ground beef

1 lb. bulk beef sausage

1 egg, beaten

1 small onion, chopped

1 turkey's cooked giblets, chopped

16 oz. shucked oysters, drained

1 tsp poultry seasoning

Salt and freshly ground black pepper, to taste

## Directions

1. Set your oven to 350 degrees F. Lightly, grease a 9x9 -inch baking dish.
2. In a pan, add broth and bring to a boil medium heat.
3. Stir in butter and stir till melted. Add stuffing mix and stir till well combined.
4. Transfer the stuffing mixture into a bowl.
5. Add beef, sausage, egg and onion and stir to combine.
6. Add giblets, oyster, poultry seasoning, salt and black pepper and gently mix.
7. Now, place the mixture in the prepared baking dish.
8. Bake for about 1 hour or till golden brown.

# APPLES and Mushrooms Stuffing



Prep Time: 15 mins

Total Time: 1 hr 20 mins

Servings per Recipe: 14

Calories 443

Fat 10.7g

Cholesterol 40mg

Sodium 899mg

Carbohydrates 71.7g

Protein 14.6g

## Ingredients

- 1/3 C. butter
- 1 lb. fresh mushrooms, sliced
- 1 C. celery stalk, chopped
- 1 C. onion, chopped
- 1 tsp poultry seasoning
- 1 tsp salt
- 1/4 tsp freshly ground black pepper
- 2 C. apples, cored and chopped
- 12 C. dried breadcrumbs
- 1/4 C. fresh parsley, chopped
- 2 eggs, beaten lightly
- 1 1/2 C. hot chicken broth

## Directions

1. Set your oven to 375 degrees F. Lightly, grease a 13x9 -inch baking dish.
2. In a large skillet, melt butter on medium heat.
3. Add mushrooms, celery and onion and sauté for about 5 minutes.
4. Remove from heat and immediately, stir in poultry seasoning, salt and black pepper.
5. Transfer the mixture in a large bowl.
6. In another bowl, add apples, breadcrumbs, parsley, eggs and broth and stir to combine well.
7. Add mushroom mixture and mix to combine.
8. Transfer the mixture into a prepared casserole dish. Cover with a foil paper completely.
9. Bake for about 45 minutes. Uncover and bake for about 15 minutes or till golden brown.

# Wild Rice and Mushrooms Stuffing



Prep Time: 20 mins



Total Time: 1 hr 40 mins

Servings per Recipe: 12

Calories 271

Fat 11.2g

Cholesterol 21mg

Sodium 739mg

Carbohydrates 35.9g

Protein 7g

## Ingredients

- 1½ C. water
- ½ C. wild rice
- ½ C butter
- 1 C. onion, chopped
- 1½ C. fresh mushrooms, sliced
- 2 C. fresh broccoli, chopped
- 1 (16 oz.) package herb seasoned stuffing mix
- ½ C. almonds, sliced
- 1 (14 oz.) can chicken broth

## Directions

1. In a pan, add water and rice and bring to a boil on medium heat.
2. Reduce the heat to low. Simmer, covered for about 45 minutes.
3. Set your oven to 350 degrees F. Lightly, grease a baking dish.
4. In a skillet, melt butter on medium heat.
5. Add onion and mushrooms and sauté for about 5 minutes. Transfer the mixture into a large bowl.
6. Meanwhile in a pan of boiling water, add broccoli and cook for about 45 minutes. drain well
7. In the bowl, of mushroom mixture, add broccoli, cooked rice and remaining ingredients and stir to combine.
8. Now, place the mixture in the prepared baking dish.
9. Bake for about 30 minutes or till golden brown.

# RICE and Peppers Stuffing



Prep Time: 20 mins



Total Time: 40 mins

Servings per Recipe: 12

Calories 184

Fat 10.3g

Cholesterol 21mg

Sodium 607mg

Carbohydrates 19.7g

Protein 3.9g

## Ingredients

4 chicken bouillon cubes, crumbled and divided

2 C. hot water

1 (6 oz.) package of uncooked wild rice

½ C. butter

½ C. green bell pepper, chopped

1 C. celery stalk, chopped

2 tsp poultry seasoning

1 (5½ oz.) package seasoned croutons

## Directions

1. In a medium pan, add 3 chicken cubes and 1 cup of hot water. Stir till cubes are dissolved in water.
2. Add wild rice and stir to combine. Add enough cold water to cover the rice.
3. Bring to a boil on medium heat. Reduce the heat to low and cover the pan.
4. Simmer, stirring occasionally for about 25 minutes.
5. In a bowl, mix together remaining cube and hot water. Keep aside.
6. In a skillet, melt butter on medium heat.
7. Add bell pepper and celery and sauté for about 5 minutes.
8. Add cube mixture and stir to combine and immediately remove from heat.
9. Transfer the celery mixture in a large bowl.
10. Add cooked rice and remaining ingredients and stir to combine.

# Fennel and Barley Stuffing



Prep Time: 15 mins



Total Time: 1 hr 20 mins

Servings per Recipe: 6

Calories 182

Fat 3.4g

Cholesterol 6mg

Sodium 984mg

Carbohydrates 33.9g

Protein 5.2g

## Ingredients

¾ C. wild and brown rice mix  
¾ C. barley  
4 1/3 C. chicken broth  
¼ tsp fennel seeds  
1 tsp salt, divided  
1 apple, peeled, cored and chopped

1 tsp dried thyme, crushed  
1 tsp dried rosemary, crushed  
1 tsp dried sage, crushed  
2 garlic cloves, minced  
4 tsp freshly ground black pepper

## Directions

1. In a pan, add rice mix, barley, broth, fennel seeds and ½ teaspoon of salt and bring to a boil on medium heat.
2. Reduce the heat to low. Simmer, covered for about 35-45 minutes.
3. Set your oven to 350 degrees F. Lightly, grease a 13x9 -inch baking dish.
4. In a skillet, melt butter on medium-low heat.
5. Add onion and remaining salt and sauté for about 5-10 minutes.
6. Stir in apple and cook for about 2 minutes.
7. Stir in remaining ingredients and cook for about 2-3 minute more.
8. Remove from heat and stir in rice mixture.
9. Transfer the mixture into a prepared baking dish. Cover with a foil paper loosely.
10. Bake for about 20 minutes or till golden brown.

# PUMPKIN, Chives, and Tarragon Stuffing



Prep Time: 20 mins



Total Time: 1 hr 30 mins

Servings per Recipe: 12

Calories 581

Fat 36.7g

Cholesterol 107mg

Sodium 952mg

Carbohydrates 59.4g

Protein 6.2g

## Ingredients

- 6 C. pumpkin bread, cubed
- 1 C. butter
- 2 C. onion, chopped
- 1 C. celery stalk, chopped
- 2 C. crimini mushrooms, sliced
- 2 tbsp fresh parsley, chopped
- 2 tbsp fresh chives, chopped
- 2 tbsp fresh tarragon, chopped
- 2 tbsp fresh rosemary, chopped
- 1½ tsp salt
- 1 tsp freshly ground black pepper
- 1/3 cup chicken broth

## Directions

1. In a large dish, place bread cubes and keep in the room temperature for overnight to dry.
2. Set your oven to 375 degrees F. Lightly, grease a large baking dish.
3. In a skillet, melt butter on medium-low heat.
4. Add onion and celery and sauté for about 10 minutes.
5. Stir in mushrooms and cook for about 8-10 minutes. Stir in herbs, salt and black pepper and remove from heat.
6. Add bread cubes and broth and stir to combine.
7. Transfer the mixture into a prepared baking dish. Cover with a foil paper completely.
8. Bake for about 40 minutes. Uncover and bake for about 10 minutes or till golden brown.

# Cashews Stuffing



Prep Time: 15 mins



Total Time: 1 hr 10 mins

Servings per Recipe: 4

Calories 301

Fat 17.6g

Cholesterol 1mg

Sodium 847mg

Carbohydrates 31g

Protein 8.1g

## Ingredients

1 tsp olive oil  
½ C. onion, chopped  
½ C. fresh mushrooms, chopped  
1 tbsp. fresh rosemary, chopped  
1 C. cashews, chopped

1 C. long grain and wild rice mix  
1¾ C. chicken broth

## Directions

1. In a skillet, heat oil on medium-low heat.
2. Add onion and sauté for about 5-8 minutes.
3. Add mushrooms and cook for about 10 minutes.
4. Stir in rosemary and cook for about 1 minute.
5. Stir in cashews and cook for about 1 minute.
6. Transfer the veggie mixture in a pan.
7. Add rice and broth and bring to a boil.
8. Reduce the heat to low. Cover and simmer for about 25-35 minutes or till rice are done and all the liquid is absorbed.

# BACON and Onions Stuffing



Prep Time: 15 mins



Total Time: 1 hr

Servings per Recipe: 12

Calories 357

Fat 16.3g

Cholesterol 65mg

Sodium 877mg

Carbohydrates 40.5g

Protein 11.8g

## Ingredients

1 lb. turkey bacon, cut into ½-inch pieces  
½ C. butter  
1 C. stalk, chopped  
1 C. onion, chopped finely  
2 tbsp poultry seasoning  
2 day-old white bread loaves, torn into small chunks  
2 eggs, beaten lightly

## Directions

1. Set your oven to 400 degrees F. Lightly, grease 12 muffin cups.
2. Heat a large nonstick skillet on medium-high heat.
3. Add bacon and cook for about 8-10 minutes. Transfer the bacon on paper towel lined plate to drain.
4. In the same skillet with bacon fat, melt butter on medium heat.
5. Add celery and onion and sauté for about 5 minutes.
6. Stir in cooked bacon and poultry seasoning and remove from heat.
7. In a large bowl, add bacon, mixture, bread and eggs and stir to combine.
8. Transfer the mixture into prepared muffin cups.
9. Bake for about 25 minutes or till golden brown.



# Pumpkin Bread I



Prep Time: 15 mins



Total Time: 1 hr 15 mins

Servings per Recipe: 24

Calories 189

Fat 6.9g

Cholesterol 23mg

Sodium 221mg

Carbohydrates 29.8g

Protein 2.6g

## Ingredients

3 C. all-purpose flour  
2 tsp baking soda  
½ tsp baking powder  
2 tsp pumpkin pie spice  
1 tsp salt  
3 eggs, beaten

2 C. white sugar  
2/3 C. vegetable oil  
2 C. pumpkin puree

## Directions

1. Set your oven to 350 degrees F. Grease 2 (9x5-inch) loaf pans.
2. In a large bowl, mix together flour, baking soda, baking powder, pumpkin pie spice and salt.
3. In another bowl, add eggs, sugar and oil and beat till well combined.
4. Add pumpkin puree and beat till well combined.
5. Add egg mixture into flour mixture and mix till well combined.
6. Transfer the mixture in both prepared loaf pans evenly.
7. Bake for about 1 hour or till a toothpick inserted in the center comes out clean.
8. Remove from oven and let the breads cool on wire rack before slicing.







# PUMPKIN Bread II



Prep Time: 15 mins



Total Time: 1 hr 15 mins

Servings per Recipe: 24

Calories 263

Fat 10.2g

Cholesterol 31mg

Sodium 313mg

Carbohydrates 40.7g

Protein 3.2g

## Ingredients

3½ C. all-purpose flour

2 tsp baking soda

½ tsp baking powder

2 tsp ground ginger

1 tsp ground cloves

1 tsp ground cinnamon

1 tsp ground allspice

1½ tsp salt

4 eggs, beaten

3 C. sugar

1 C. vegetable oil

2/3 cup water

1 (15 oz.) can pumpkin puree

## Directions

1. Set your oven to 350 degrees F. Grease 2 (9x5-inch) loaf pans.
2. In a large bowl, mix together flour, baking soda, baking powder and spices.
3. In another bowl, add eggs, sugar, oil and water and beat till well combined.
4. Add pumpkin puree and beat till well combined.
5. Add egg mixture into flour mixture and mix till well combined.
6. Transfer the mixture in both prepared loaf pans evenly.
7. Bake for about 1 hour or till a toothpick inserted in the center comes out clean.
8. Remove from oven and let the breads cool on wire rack before slicing.

# Pumpkin Bread III



Prep Time: 20 mins



Total Time: 1 hr 20 mins

Servings per Recipe: 36

Calories 210

Fat 6.9g

Cholesterol 21mg

Sodium 204mg

Carbohydrates 30.5g

Protein 3.2g

## Ingredients

3½ C. all-purpose flour  
2 tsp baking soda  
1 tbsp ground nutmeg  
1 tbsp ground cinnamon  
1½ tsp salt  
4 eggs, beaten  
3 C. white sugar

1 C. vegetable oil  
2/3 C. water  
1 (15 oz.) can pumpkin puree  
1 C. miniature semisweet chocolate chips  
½ C. walnuts, chopped (optional)

## Directions

1. Set your oven to 350 degrees F. Grease and flour 3 (9x5-inch) loaf pans.
2. In a large bowl, mix together flour, baking soda and salt.
3. In another bowl, add eggs, sugar, oil and water and beat till well combined.
4. Add pumpkin puree and beat till well combined.
5. Add egg mixture into flour mixture and mix till well combined.
6. Gently fold in chocolate chips and walnuts.
7. Transfer the mixture in all three prepared loaf pans evenly.
8. Bake for about 1 hour or till a toothpick inserted in the center comes out clean.
9. Remove from oven and let the breads cool on wire rack before slicing.

# PUMPKIN Bread IV



Prep Time: 20 mins



Total Time: 1 hr 20 mins

Servings per Recipe: 15

Calories 319

Fat 10.8g

Cholesterol 25mg

Sodium 212mg

Carbohydrates 54.9g

Protein 3.4g

## Ingredients

2¼ C. all-purpose flour

1 tsp baking soda

2 tsp ground cinnamon

½ tsp ground nutmeg

½ tsp ground ginger

½ tsp ground clove

½ tsp salt

2 eggs, beaten

2 C. white sugar

½ C. vegetable oil

1 C. canned pumpkin puree



¾ C. semisweet chocolate chips

1 C. dried cranberries

## Directions

1. Set your oven to 350 degrees F. Grease and flour 2 (8x4-inch) loaf pans.
2. In a large bowl, mix together flour, baking soda and spices.
3. In another bowl, add eggs, sugar, oil and water and beat till well combined.
4. Add pumpkin puree and beat till well combined.
5. Add egg mixture into flour mixture and mix till well combined.
6. Gently fold in chocolate chips and cranberries.
7. Transfer the mixture in all three prepared loaf pans evenly.
8. Bake for about 50-60 minutes or till a toothpick inserted in the center comes out clean.
9. Remove from oven and let the breads cool on wire rack before slicing.

# Pumpkin Muffins I

 Prep Time: 15 mins  
 Total Time: 50 mins

Servings per Recipe: 36  
Calories 207  
Fat 3.3g  
Cholesterol 31mg  
Sodium 237mg  
Carbohydrates 42.1g  
Protein 3.6g

## Ingredients

4<sup>3</sup>/<sub>4</sub> C. all-purpose flour  
1<sup>1</sup>/<sub>2</sub> tsp baking soda  
1<sup>1</sup>/<sub>2</sub> tsp baking powder  
1<sup>1</sup>/<sub>2</sub> tsp ground cinnamon  
1<sup>1</sup>/<sub>2</sub> tsp ground nutmeg  
1<sup>1</sup>/<sub>2</sub> tsp ground cloves  
1<sup>1</sup>/<sub>2</sub> tsp salt

6 eggs, beaten  
4 C. white sugar  
1 C. unsweetened applesauce  
1 (29-oz.) can pumpkin puree  
1<sup>1</sup>/<sub>2</sub> C. raisins  
1 C. walnuts, chopped

## Directions

1. Set your oven to 350 degrees F. Grease three 12 cups muffin tins.
2. In a large bowl, mix together flour, baking soda, baking powder and spices.
3. In another bowl, add eggs, sugar and applesauce and beat till well combined.
4. Add pumpkin puree and beat till well combined.
5. Add egg mixture into flour mixture and mix till well combined.
6. Gently fold in raisins and walnuts.
7. Transfer the mixture in all the cups of prepared muffin tins evenly.
8. Bake for about 30-35 minutes or till a toothpick inserted in the center comes out clean.
9. Remove from oven and let the muffins cool on wire rack before serving.



# PUMPKIN Muffins II



Prep Time: 20 mins



Total Time: 1 hr

Servings per Recipe: 18

Calories 249

Fat 8g

Cholesterol 23mg

Sodium 182mg

Carbohydrates 42.6g

Protein 2.8g

## Ingredients

For Muffins:

2½ C. all-purpose flour

1 tsp baking soda

1 tbsp pumpkin pie spice

½ tsp salt

2 eggs, beaten

2 C. white sugar

½ C. vegetable oil

1 C. canned pumpkin puree

2 C. apple, peeled, cored and chopped  
finely

For Topping:

¼ cup white sugar

2 tablespoons all-purpose flour

½ teaspoon ground cinnamon

4 teaspoons butter

## Directions

1. Set your oven to 350 degrees F. Grease 18 cups of muffin tins.
2. In a large bowl, mix together flour, baking soda, pumpkin pie spice and salt.
3. In another bowl, add eggs, sugar and vegetable oil and beat till well combined.
4. Add pumpkin puree and beat till well combined.
5. Add egg mixture into flour mixture and mix till well combined.
6. Gently fold in apple.
7. Transfer the mixture in prepared muffin cups evenly.
8. For topping in a third bowl, mix together sugar, flour and cinnamon.
9. With a knife, cut the butter in the sugar mixture and mix till a coarse crumb forms.
10. Top each muffin cup with crumb mixture.
11. Bake for about 35-40 minutes or till a toothpick inserted in the center comes out clean.
12. Remove from oven and let the muffins cool on wire rack before serving.



# Pumpkin Pie I



Prep Time: 20 mins



Total Time: 30 mins

Servings per Recipe: 8

Calories 346

Fat 13.2g

Cholesterol 63mg

Sodium 526mg

Carbohydrates 5.9g

Protein 8.1g

## Ingredients

- 1 (25-oz.) package unflavored gelatin
- 1 tsp ground cinnamon
- ½ tsp ground nutmeg
- ½ tsp ground ginger
- ½ tsp salt
- 2 eggs, beaten
- 1 (14 oz.) can sweetened condensed milk
- 1 (15 oz.) can pumpkin puree
- 1 (9-inch) prepared graham cracker crust

## Directions

1. In medium heavy sauce pan, add gelatin and spices.
2. Add eggs and condensed milk and mix till well combined. Keep aside for at least 1 minute.
3. Now, place the pan on low heat. Cook, stirring continuously for about 10 minutes or till mixture becomes thick.
4. Remove from heat and add pumpkin puree and mix till well combined.
5. Transfer the mixture in graham cracker crust.
6. Refrigerate to chill for at least 3 hours before serving.

# PUMPKIN Pie II



Prep Time: 15 mins



Total Time: 55 mins

Servings per Recipe: 8

Calories 322

Fat 11.9g

Cholesterol 79mg

Sodium 460mg

Carbohydrates 49.2g

Protein 6.5g

## Ingredients

1 C. packed brown sugar  
2 tsp ground cinnamon  
1 tsp ground ginger  
½ tsp salt  
1 (15 oz.) can pumpkin puree  
2 tbsp molasses  
1 cup evaporated milk

3 eggs, beaten  
1 (9 - inch) single pie crust

## Directions

1. Set your oven to 425 degrees F. Grease
2. In a large bowl, mix together brown sugar, spices.
3. Add pumpkin puree, molasses, evaporated milk and eggs and mix till well combined.
4. Transfer the mixture into pie crust.
5. Bake for about 40 minutes or till set completely.

# Pumpkin Soup I



Prep Time: 15 mins



Total Time: 1 hr 10 mins

Servings per Recipe: 4

Calories 245

Fat 19.8g

Cholesterol 67mg

Sodium 899mg

Carbohydrates 16.8g

Protein 3.7g

## Ingredients

2 small sugar pumpkins, halved and seeded

3 C. chicken broth

$\frac{3}{4}$  C. heavy whipping cream

$\frac{1}{2}$  tsp ground sage, crushed

$\frac{1}{4}$  tsp ground nutmeg

$1\frac{1}{2}$  tsp salt

$\frac{1}{4}$  C. sour cream

## Directions

1. Set your oven to 400 degrees F. Grease baking sheet.
2. Place pumpkin, cut side down onto prepared baking sheet.
3. Roast for about 45 minutes. Remove the pumpkin from oven and let it cool completely.
4. After cooling, scrape out the flesh of pumpkin.
5. In a food processor, add pumpkin flesh and broth and pulse till smooth.
6. Transfer the pureed soup in a large pan on medium heat.
7. Bring to a gentle simmer. Then, stir in whipping cream, sage, nutmeg and salt till well combined.
8. Transfer the soup in serving bowls.
9. Top with the dollop of sour cream and serve hot.

# PUMPKIN Chili I



Prep Time: 15 mins



Total Time: 45 mins

Servings per Recipe: 6

Calories 285

Fat 16.6g

Cholesterol 76mg

Sodium 321mg

Carbohydrates 14.9g

Protein 21.2g

## Ingredients

- 1 tbsp vegetable oil
- 1 C. onion, chopped
- 1 garlic clove, minced
- ½ C. yellow bell pepper, seeded and chopped
- ½ C. green bell pepper, seeded and chopped
- 1 lb. ground turkey
- 2 C. pumpkin puree
- 1 (14½ oz.) can diced tomatoes
- Salt, to taste
- 1½ tbsp red chili powder
- ½ tsp freshly ground black pepper
- ½ C. sour cream
- ½ C. cheddar cheese, shredded freshly

## Directions

1. In a large pan, heat oil on medium heat.
2. Add onion, garlic and bell peppers and sauté for about 4-5 minutes.
3. Add turkey and cook for about 5 minutes or till browned.
4. Drain the excess fat from pan.
5. Now, stir in pumpkin puree, tomatoes and seasoning.
6. Bring to a gentle boil. Reduce the heat to low.
7. Simmer, covered for about 20 minutes.
8. Transfer the chili to serving bowls. Top with sour cream and cheese and serve hot.

# Pumpkin Soup II



Prep Time: 20 mins



Total Time: 50 mins

Servings per Recipe: 8

Calories 288

Fat 11.1g

Cholesterol 7mg

Sodium 1820mg

Carbohydrates 44.3g

Protein 7.1g

## Ingredients

1/3 cup olive oil  
2 carrots, peeled and chopped  
2 leeks (light green and white parts),  
sliced thinly  
9 C. chicken broth  
5 small red potatoes, chopped  
1/4 tsp ground cloves

1 1/2 tsp salt  
Freshly ground black pepper, to taste  
2 (16 oz.) cans pumpkin puree  
1/2 C. milk  
1 (16 oz.) package frozen whole corn kernels  
1 tbsp fresh parsley, minced

## Directions

1. In a large soup pan, heat oil on medium heat.
2. Add carrots and leeks and sauté for about 5-10 minutes.
3. Pour broth and bring to a boil. Stir in potatoes, ground clove and seasoning and again bring to a boil.
4. Cook for about 15 minutes or till potatoes become tender.
5. In a large bowl, add pumpkin puree and 1 cup of hot soup and mix till well combined.
6. Add pumpkin puree mixture, milk and corns in the soup and stir to combine.
7. Cook for about 5 minutes more.
8. Serve hot with the garnishing of parsley.









# PUMPKIN Noodles



Prep Time: 15 mins



Total Time: 45 mins

Servings per Recipe: 4

Calories 512

Fat 13g

Cholesterol 35mg

Sodium 1081mg

Carbohydrates 70.1g

Protein 28.3g

## Ingredients

1 (32 oz.) carton chicken broth

2 tbsp olive oil

1 C. onion, chopped finely

1 tsp fresh thyme, chopped finely

¾ lb. dried small pasta (like pastina, orzo or riso etc.)

Salt and freshly ground black pepper, to taste

1 C. cooked turkey, cubed

1 C. roasted pumpkin, pureed

½ C. parmesan cheese, grated freshly plus extra for garnishing

## Directions

1. In a large pan, add broth and bring to a boil on medium-high heat.
2. Reduce the heat to low. Let the soup simmer on low heat.
3. Meanwhile in another large pan, heat oil on medium-high heat.
4. Add onion and sauté for about 2-3 minutes.
5. Add thyme and 2 cups of hot broth in the pan.
6. Bring to a boil and stir in pasta. Reduce the heat to low and stir in seasoning.
7. Pour ½ cup of hot broth at a time after the absorbing of previous broth.
8. While, adding broth, stir, occasionally and simmer for about 15 minutes.
9. Stir in turkey and pumpkin till well combined.
10. Stir in cheese and cook for about 1-2 minutes or till cheese is melted completely.
11. Serve this dish with the topping of extra cheese.

# Pumpkin Chili II



Prep Time: 20 mins



Total Time: 4 hrs 30 mins

Servings per Recipe: 8

Calories 592

Fat 27.9g

Cholesterol 76mg

Sodium 1085mg

Carbohydrates 61.9g

Protein 31.4g

## Ingredients

3 tablespoons vegetable oil, divided  
2 lb. beef stew meat, cubed into 1-inch size  
1 onion, chopped  
1 large green bell pepper, chopped  
4 carrots, peeled and chopped  
4 garlic cloves, minced  
1 C. water  
2 tsp salt

1/2 tsp freshly ground black pepper  
2 tbsp beef bouillon granules  
1 (14 1/2 oz.) can whole peeled tomatoes, chopped  
1 sugar pumpkin, cut off the top and seeds and pulp removed

## Directions

1. In a large pan, heat oil on medium-high heat.
2. Add beef and sear for about 5 minutes or till browned.
3. Add vegetables, seasoning and water and bring to a boil.
4. Reduce the heat to low. Simmer, covered for about 2 hours.
5. Set your oven to 325 degrees F.
6. Add beef bouillon granules and stir well. Stir in tomatoes and remove from heat.
7. Now, arrange the pumpkin in heavy baking dish. Grease the outside of pumpkin with remaining oil completely.
8. Carefully, transfer the stew in hollowed pumpkin.
9. Bake for about 2 hours or till pumpkin becomes tender.
10. While serving, scrap some pumpkin meat from inside and serve with stew.

# PUMPKIN Chili III



Prep Time: 20 mins



Total Time: 55 mins

Servings per Recipe: 10

Calories 203

Fat 11.8g

Cholesterol 25mg

Sodium 1113mg

Carbohydrates 13.4g

Protein 12.2g

## Ingredients

- 2 tbsp extra-virgin olive oil
- 2 yellow onions, chopped
- 1 small sugar pumpkin, peeled, seeded and cubed into 1/2-inch size
- 5 garlic cloves, minced
- 1 (16 oz.) can diced tomatoes, with juice
- 4 cups beef broth
- 1/2 tsp salt
- 1 tsp freshly ground black pepper
- 1 bunch fresh kale, trimmed and chopped
- 1 (15 oz.) can black beans, rinsed and drained
- 1 lb. cooked ham, cubed
- 1 tbsp sorrel, sliced thinly
- 2 tbsp sherry vinegar

## Directions

1. In a large soup pan, heat oil on medium heat.
2. Add onion and sauté for about 4-5 minutes.
3. Add pumpkin and garlic and sauté for about 5 minutes.
4. Add tomatoes, broth and seasoning and bring to a boil.
5. Reduce the heat to low. Simmer, covered for about 15 minutes or till pumpkin becomes tender.
6. Meanwhile in a pan of salted boiling water, add kale and boil for about 3 minutes. Drain well.
7. Add beans, ham and kale in the pan with pumpkin and simmer for about 5 minutes.
8. Stir in sorrel and vinegar and remove from heat. Serve hot.

# Pumpkin Curry I



Prep Time: 15 mins



Total Time: 45 mins

Servings per Recipe: 4

Calories 176

Fat 12.6g

Cholesterol 0mg

Sodium 52mg

Carbohydrates 16g

Protein 3.5g

## Ingredients

2 C. plus 2 tbsp water, divided  
Salt, to taste  
1 tsp ground turmeric  
5 C. pumpkin, peeled, seeded and cubed  
1 green chile pepper, chopped  
5 dried red chile peppers, divided  
1 tsp cumin seeds

½ C. plus 2 tbsp coconut, grated  
1 tbsp coconut oil, divided  
1 tsp split black lentils  
1 tsp mustard seeds  
6 fresh curry leaves

## Directions

1. In a large pan, mix together 2 cups of water, salt and turmeric on medium heat.
2. Add pumpkin and bring to a boil. Cook for about 15 minutes is tender enough.
3. Meanwhile in a food processor, add green chile, 3 red chiles, cumin seeds, ½ cup of coconut and 2 tablespoons of water and pulse till a smooth paste forms.
4. Add chile paste in the pan with pumpkin and stir to combine.
5. Again, bring to a boil. Cook for about 5-7 minutes or till desired thickness.
6. Remove from heat and transfer into a large serving bowl.
7. In a small frying pan, heat 2 teaspoons of oil on medium - high heat.
8. Add remaining 2 red chilis, black lentils and mustard seeds and cook, stirring for about 2-3 minutes.
9. Immediately, pour chili mixture over curry.
10. In the same frying pan, heat remaining oil on medium heat.
11. Add remaining 2 tablespoons of coconut and cook, stirring for about 3-5 minutes.
12. Immediately, pour fried coconut over curry.
13. Serve with the garnishing of curry leaves.

# PUMPKIN Quiche



Prep Time: 20 mins



Total Time: 1 hr 30 mins

Servings per Recipe: 8

Calories 274

Fat 11.2g

Cholesterol 106mg

Sodium 440mg

Carbohydrates 39.5g

Protein 8.4g

## Ingredients

For Pumpkin Layer:

1 small pumpkin, peeled, seeded and chopped

2 carrots, peeled and chopped

1 large sweet potato, peeled and chopped

2 eggs, beaten

2 tbsp olive oil

2 tbsp butter, melted

3 tbsp brown sugar

½ tsp curry powder

½ tsp ground cinnamon

¼ tsp ground cumin

Pinch of ground nutmeg

½ tsp salt

For Spinach Layer:

1 (16 oz.) package frozen chopped spinach, thawed and drained

½ C. half-and-half cream

2 eggs

½ tsp salt

¼ tsp freshly ground black pepper

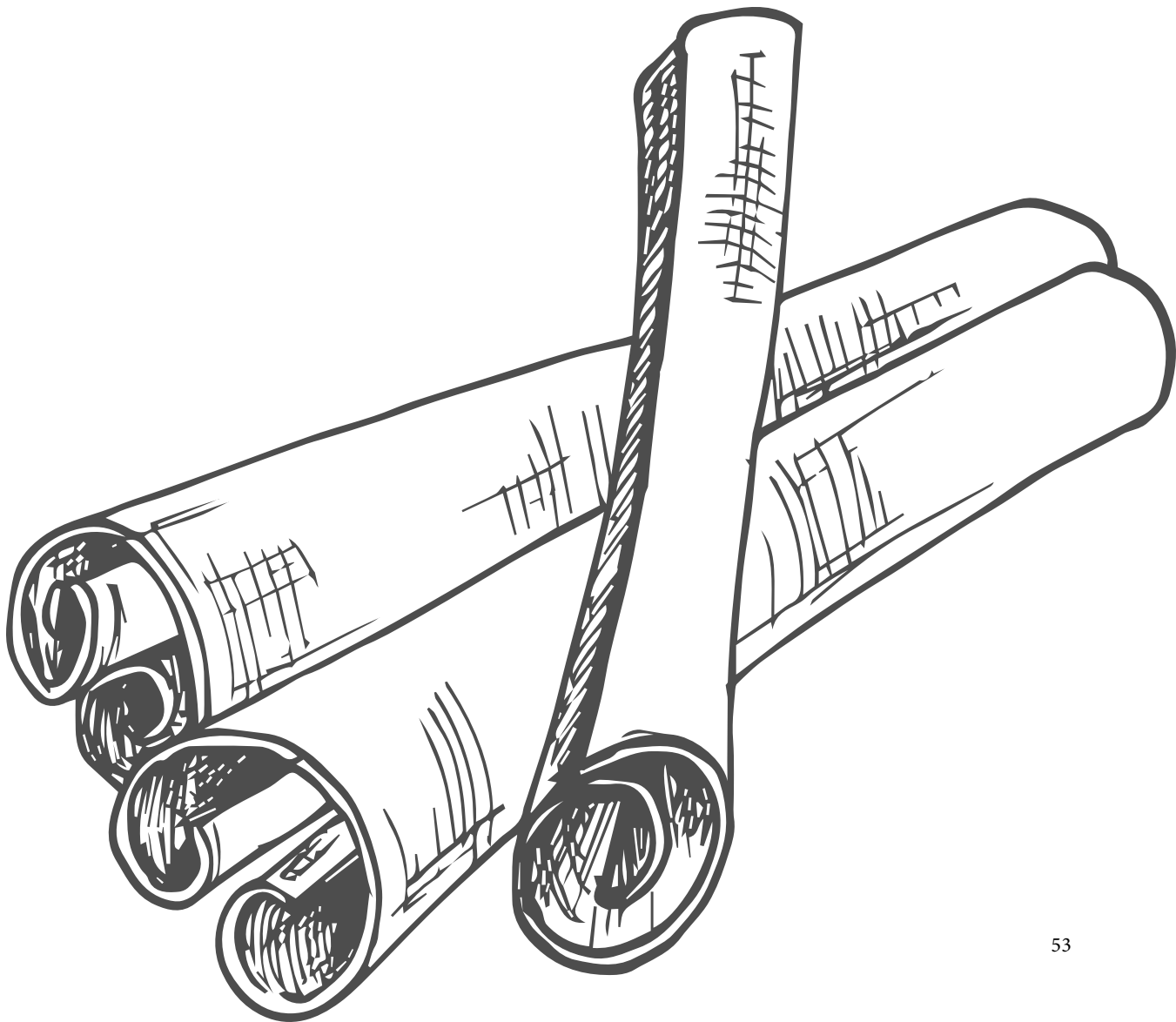
2 tbsp bread crumbs

## Directions

1. For pumpkin layer in a large pan of water, add pumpkin, carrots and sweet potato and bring to a boil on high heat.
2. Reduce the heat to low. Cook for about 40 minutes or till vegetables become very tender. Drain well.
3. Set your oven to 350 degrees F. Grease a 12-inch pie dish.
4. In a large food processor, add cooked vegetables and remaining all ingredients till smooth and well combined.
5. Transfer the vegetable mixture in a bowl.
6. Wirth paper towel, wipe out the food processor.
7. For spinach layer in food processor, add all ingredients except bread crumbs and pulse till smooth.



8. Stir in bread crumbs.
9. Transfer the spinach mixture in prepared pie dish evenly. With the back of spatula, flatten the surface.
10. Now, place the vegetable mixture over spinach mixture evenly.
11. With a spoon, gently, mix the both mixture to make a marbled pattern.
12. Bake for about 30 minutes or till top becomes golden brown.



## INDIAN

# Deep Fried Pumpkin



Prep Time: 5 mins



Total Time: 15 mins

Servings per Recipe: 24

Calories 333

Fat 37g

Cholesterol 8mg

Sodium 140mg

Carbohydrates 4.9g

Protein 0.9g

### Ingredients

1 C. all-purpose flour  
1 tsp curry powder  
1 tsp baking powder  
1 tsp salt  
1 cup pumpkin puree

1 egg, beaten lightly  
4 cups vegetable oil or cooking

### Directions

1. In a large bowl, add all ingredients except oil and mix till well combined and smooth.
2. In a deep skillet, heat oil on medium heat.
3. Add the mixture by 2 spoonsful in the skillet.
4. Cook for about 2 minutes.
5. With a slotted spoon transfer on paper towel lined plate.
6. Serve immediately.

# Pumpkin Curry II



Prep Time: 20 mins



Total Time: 2 hrs 15 mins

Servings per Recipe: 6

Calories 360

Fat 3.7g

Cholesterol 0mg

Sodium 244mg

Carbohydrates 64.3g

Protein 20.1g

## Ingredients

- 1 C. brown lentils
- 1 C. red lentils
- ½ tsp ground turmeric
- 8 C. water
- 1 tbsp canola oil
- 1 large onion, chopped
- 3 garlic cloves, minced
- 2 tomatoes, seeded and chopped
- 2 C. pumpkin, peeled, seeded and cubed into 1 - inch size
- 2 carrots, peeled and chopped
- 2 potatoes, scrubbed and chopped
- 1½ tbsp curry powder
- ¼ tsp ground cloves
- 2 tsp ground cumin
- ½ tsp salt
- ½ tsp freshly ground black pepper
- 1 granny smith apple, cored and chopped
- 2 C. packed fresh spinach, torn

## Directions

1. In a pan, add both lentils, turmeric and water on medium - low heat.
2. Cover and cook for about 45 minutes.
3. Drain well but reserve 2½ cups of cooking liquid.
4. In a large pan, heat oil on medium heat.
5. Add onion and sauté for about 4 - 5 minutes.
6. Add garlic and tomatoes and cook, stirring occasionally for about 4 - 5 minutes.
7. Stir in cooked lentils, reserved cooking liquid, pumpkin, carrots, potatoes, curry powder and spices.
8. Bring to a gentle boil. Reduce the heat to medium - low. Cook, covered for about 35 - 45 minutes.
9. Stir in apple and spinach and simmer for about 15 minutes further.
10. Season with salt and black pepper if desired.

# PUMPKIN & Chicken



Prep Time: 15 mins



Total Time: 45 mins

Servings per Recipe: 4

Calories 266

Fat 14.1g

Cholesterol 42mg

Sodium 70mg

Carbohydrates 21.2g

Protein 17.5g

## Ingredients

2 (6 oz.) skinless, boneless chicken breasts, cut into bite-sized pieces  
1 tsp poultry seasoning  
1 tbsp olive oil  
1 tbsp butter  
1 onion, chopped  
1 (1-inch) piece fresh ginger, chopped finely  
2 garlic cloves, minced  
1 tbsp ground cumin  
1 tbsp ground cumin  
1 tsp red pepper flakes, crushed  
Pinch of ground turmeric  
1 (2 lb.) sugar pumpkin, peeled, seeded and cubed  
1½ C. chicken broth  
½ C. canned coconut milk  
Salt, to taste

## Directions

1. Coat the chicken poultry seasoning completely. Keep aside for about 5 minutes.
2. In a large skillet, heat oil on medium heat.
3. Add chicken and cook for about 4-5 minutes. Transfer the chicken into a bowl and keep aside.
4. In the same skillet, melt butter on medium heat.
5. Add onion and sauté for about 3-4 minutes.
6. Add ginger, garlic and spices and sauté for about 1 minute.
7. Stir in pumpkin, broth, coconut milk and cooked chicken and bring to a boil.
8. Cook, covered for about 15-20 minutes or till desired thickness.
9. Season with salt and remove from heat. Serve hot.

# Pumpkin Cake I



Prep Time: 15 mins



Total Time: 1 hr 15 mins

Servings per Recipe: 12

Calories 434

Fat 20.1g

Cholesterol 76mg

Sodium 658mg

Carbohydrates 58.4g

Protein 7.6g

## Ingredients

½ C. packed brown sugar  
1 tsp ground cinnamon  
¼ tsp ground cloves  
½ tsp ground ginger  
½ tsp salt  
3 eggs, beaten  
1 (12 fl. oz.) can evaporated milk  
½ C. white sugar  
1 (29 oz.) can pumpkin puree

1 (18¼ oz.) package spice cake mix  
½ C. pecans, chopped  
½ C. unsalted butter, melted

## Directions

1. Set your oven to 350 degrees F. Grease a 13x9 -inch cake pan.
2. In a medium bowl mix together brown sugar and spices.
3. In another large bowl, add eggs, evaporated milk, sugar and pumpkin puree and beat well.
4. Add brown sugar mixture and mix till well combined.
5. Transfer the mixture into prepared pan evenly.
6. Place cake mix over mixture evenly. Top with pecans evenly.
7. Drizzle melted butter on top evenly.
8. Bake for about 50 -60 minutes or till a tooth pick inserted in the center comes out clean.









# PUMPKIN Cake II



Prep Time: 15 mins



Total Time: 1 hr 15 mins

Servings per Recipe: 10

Calories 765

Fat 40.9g

Cholesterol 138mg

Sodium 589mg

Carbohydrates 94.7g

Protein 9.5g

## Ingredients

2 tsp ground cinnamon

½ tsp ground cloves

Salt, to taste

3 eggs, beaten

1 (12 fl. oz.) can evaporated milk

1¾ C. white sugar

1 (29 oz.) can pumpkin puree

1 (18¼ oz.) package yellow cake mix  
with pudding

1 C. pecans, chopped

1 C. unsalted butter, melted

## Directions

1. Set your oven to 350 degrees F. Grease a 13x9 -inch cake pan.
2. In a medium bowl mix together spices.
3. In another large bowl, add eggs, evaporated milk, sugar and pumpkin puree and beat well.
4. Add spice mixture and mix till well combined.
5. Transfer the mixture into prepared pan evenly.
6. Place cake mix over mixture evenly. Top with pecans evenly.
7. Drizzle melted butter on top evenly.
8. Bake for about 1 hour or till a tooth pick inserted in the center comes out clean.

# Pumpkin Cookies



Prep Time: 15 mins



Total Time: 27 mins

Servings per Recipe: 72

Calories 128

Fat 5.6g

Cholesterol 13mg

Sodium 119mg

Carbohydrates 19.2g

Protein 1.4g

## Ingredients

4 C. all-purpose flour  
2 C. packed brown sugar  
2 C. quick-cooking oats  
1 tsp baking powder  
2 tsp baking soda  
2 tsp ground cinnamon  
1 tsp salt  
1 egg  
1 C. white sugar

1½ C. butter, softened  
1 tsp vanilla extract  
1 (15 oz.) can pumpkin puree  
2 C. miniature chocolate chips

## Directions

1. Set your oven to 375 degrees F. Grease a large cookie sheet.
2. In a large bowl, mix together flour, brown sugar, oats, baking powder, baking soda, cinnamon and salt.
3. In another bowl, add eggs, sugar, butter and vanilla and beat till well combined.
4. Add pumpkin puree and beat till well combined.
5. Add egg mixture into flour mixture and mix till well combined.
6. Fold in chocolate chips.
7. With a tablespoon, place the mixture onto prepared cookie sheet.
8. With your fingers, slightly flatten the cookies.
9. Bake for about 10-12 minutes or till golden brown.

# PUMPKIN Chili IV



Prep Time: 20 mins



Total Time: 6 hrs 20 mins

Servings per Recipe: 8

Calories 330

Fat 7.9g

Cholesterol 59mg

Sodium 696mg

Carbohydrates 37.2g

Protein 28.4g

## Ingredients

- 1 tbsp brown sugar
- 2 (14½ oz.) cans diced tomatoes
- 2 tbsp olive oil
- 1 onion, chopped
- 1 tsp ground coriander
- 1 tsp ground cumin
- 1 tsp ground cinnamon
- 1 tsp ground ginger
- 1½ lb. skinless, boneless chicken breast, cut into small chunks
- 1 (15 oz.) can garbanzo beans, drained and rinsed
- 3 lb. pumpkin, peeled, seeded and cubed into ¾-inch size
- Salt and freshly ground black pepper, to taste
- ¼ cup water (optional)
- 1 tsp cornstarch (optional)

## Directions

1. Set one of your large slow cooker on High settings.
2. Place brown sugar and tomatoes in slow cooker and mix.
3. In a large skillet, heat oil on medium-high heat.
4. Add onion and sauté for about 10 minutes. Add spices and sauté for about 1-2 minutes.
5. Add chicken and cook for about 5-6 minutes.
6. Stir in beans and bring a gentle simmer.
7. Now, place the chicken mixture in the slow cooker and mix with tomatoes.
8. In the same skillet, add pumpkin and cook for about 10 minutes.
9. Transfer the pumpkin in slow cooker and mix. Cover and cook on high for about 1 hour.
10. Now, set the slow cooker on Low settings.
11. Cook for about 3-4 hours. Uncover the slow cooker and stir in salt and black pepper.
12. If stew seems to be a little thin. Then in a cup, mix water and cornstarch.
13. Add cornstarch mixture in stew and stir to combine.
14. Cook for about 30 minutes more.



# Pumpkin Flapjacks



Prep Time: 10 mins



Total Time: 20 mins

Servings per Recipe: 5

Calories	499
Fat	7.9g
Cholesterol	79mg
Sodium	705mg
Carbohydrates	80.1g
Protein	11g

## Ingredients

- 1½ C. all-purpose flour
- ½ C. brown sugar
- 1 C. cornmeal
- 1 tbsp baking powder
- ½ tsp ground cinnamon
- ¼ tsp ground cloves
- ½ tsp salt
- 2 eggs, beaten
- 1¼ C. milk
- 2 tbsp vegetable oil
- 1 tsp vanilla extract
- 1 C. canned pumpkin puree
- 2 tbsp oil, for cooking

## Directions

1. In a large bowl, mix together flour, brown sugar, cornmeal, baking powder, cinnamon, cloves and salt.
2. In another bowl, add eggs, milk, oil and vanilla and beat till well combined.
3. Add pumpkin puree and beat till well combined.
4. Add egg mixture into flour mixture and mix till well combined.
5. In a griddle or skillet, heat 1 tablespoon of oil on medium-high heat.
6. With a large tablespoon, add the mixture and cook for about 3-4 minutes.
7. Carefully, change the side and cook for 2-3 minutes more.
8. Repeat with the remaining mixture.

# PUMPKIN Brûlée



Prep Time: 15 mins

Total Time: 50 mins

Servings per Recipe: 7

Calories 269

Fat 14.6g

Cholesterol 134mg

Sodium 127mg

Carbohydrates 34.2g

Protein 3.2g

## Ingredients

½ C. brown sugar  
3 egg yolks  
1 C. pumpkin puree  
1 C. heavy cream  
½ tsp ground allspice

¼ tsp ground nutmeg  
¼ tsp ground cinnamon  
Pinch of salt  
½ C. white sugar

## Directions

1. Set your oven to 325 degrees F. Arrange 7 (5-inch) ramekins in a large baking dish.
2. In a bowl, add brown sugar and egg yolks and beat till well combined.
3. Add remaining ingredients except white sugar and stir till well combined.
4. Place the mixture in ramekins, about ½-inch less from top.
5. Carefully, pour hot water in the baking dish about halfway of the ramekins.
6. Bake for about 30 - 35 minutes. Remove from oven and transfer the ramekins in refrigerator for at least 2 hours.
7. Top each crème Brûlée with about 1 tablespoon of sugar.
8. With a chef's torch, melt the sugar for about 1-2 minutes or till dark brown and crispy.

# Turkey loaf



Prep Time: 15 mins



Total Time: 1 hr 15 mins

Servings per Recipe: 8

Calories 440

Fat 24.9g

Cholesterol 173mg

Sodium 1073mg

Carbohydrates 16.7g

Protein 37.5g

## Ingredients

2 lb. ground turkey  
2 eggs, beaten  
1 C. Italian seasoned breadcrumbs  
1 C. milk  
1 tsp salt  
¼ tsp freshly ground black pepper

¾ C. Colby cheese, cubed into ½-inch size  
½ C. ketchup (optional)

## Directions

1. Set your oven to 400 degrees F. Lightly, grease a loaf pan.
2. In a large bowl, add turkey, eggs, breadcrumbs, milk, salt and black pepper.
3. With your clean hands, mix all ingredients till well combined. Gently, fold in cheese.
4. Now, transfer the mixture in prepared loaf pan.
5. Spread ketchup on top evenly. (if you like)
6. Bake for about 1 hour.
7. Remove from oven and keep aside for 10 minutes before slicing.
8. With a sharp knife cut in desired slices and serve.

# TURKEY Loaf II



Prep Time: 15 mins



Total Time: 1 hr 15 mins

Servings per Recipe: 6

Calories 434

Fat 19.9g

Cholesterol 182mg

Sodium 1327mg

Carbohydrates 28.8g

Protein 34.4g

## Ingredients

For Meatloaf:

1 lb. ground turkey

1 lb. mild Italian turkey sausage, casing removed

1½ C. roiling oats

2 eggs, beaten

½ C. onion, chopped

½ C. milk

1 tbsp Worcestershire sauce

1 tsp Italian-style seasoning

½ tsp salt

½ tsp garlic powder

For Topping:

2 C. spaghetti sauce

1 tbsp Worcestershire sauce

½ tsp liquid smoke flavoring

5 drops hot pepper sauce

## Directions

1. Set your oven to 350 degrees F. Lightly, grease a 13x9 - inch baking dish.
2. In a large bowl, add turkey, sausage, oats, eggs, onion, milk, Worcestershire sauce, Italian seasoning, salt and garlic powder
3. With your clean hands, mix all ingredients till well combined. Shape the mixture in a loaf.
4. Place the loaf in prepared baking dish.
5. In another bowl, mix together all topping ingredients.
6. Spread the sauce mixture on top evenly.
7. Bake for about 50-60 minutes.
8. Remove from oven and keep aside for 10 minutes before slicing.
9. With a sharp knife cut in desired slices and serve.

# Turkey Rolls



Prep Time: 20 mins



Total Time: 1 hr 30 mins

Servings per Recipe: 5

Calories 306

Fat 16.4g

Cholesterol 139mg

Sodium 1043mg

Carbohydrates 9.5g

Protein 31.9g

## Ingredients

For Meatloaf:

1¼ lb. ground turkey

1 egg, beaten

¾ C. soft breadcrumbs

1 tsp salt

1/3 tsp freshly ground black pepper

For Filling:

¾ C. Italian cheese blend, shredded

1 (10 oz.) package frozen chopped spinach,  
thawed and drained

1 tsp Italian seasoning

¼ tsp salt

1/8 tsp garlic powder

For Topping:

3 tbsp ketchup

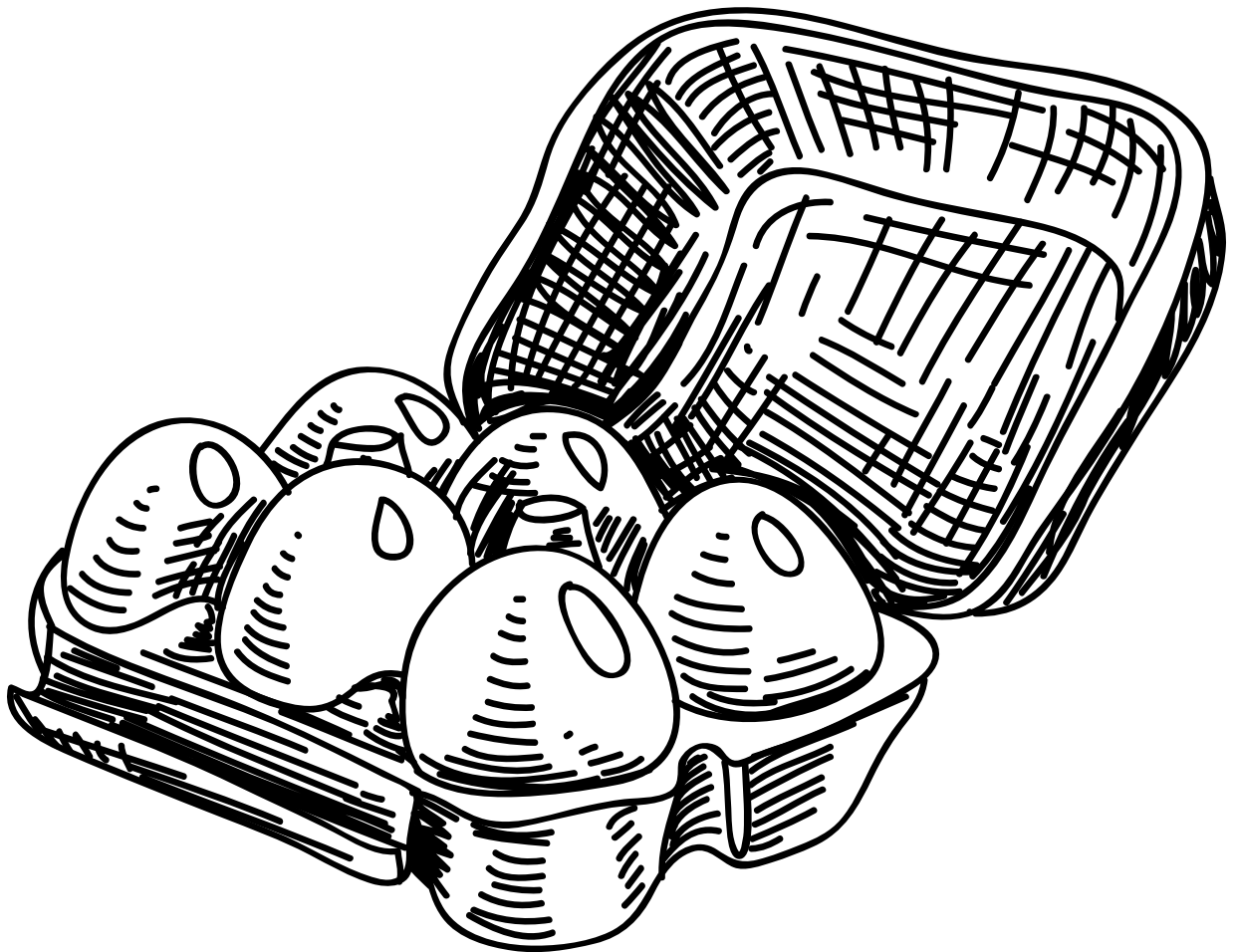
¼ C. Italian cheese blend, shredded

½ tsp Italian seasoning

## Directions

1. Set your oven to 350 degrees F. Arrange a rack into a roasting pan. Line a baking sheet with a large parchment paper.
2. In a bowl, add turkey, egg, breadcrumbs, salt and black pepper and mix till well combined.
3. Place the mixture onto prepared baking sheet, in a rectangle shape in the size of 10x14-inches.
4. With your hands, slightly, pat the mixture.
5. In another bowl, add all filling ingredients and gently, mix them.
6. Place the spinach mixture over turkey mixture, leaving ¾-inch space from sides.
7. Pick up the one edge of parchment paper and roll it over the meat, starting with the short end.
8. Continue to roll till the meat mixture form in a firm roll, by pulling back the parchment paper.
9. Place the seam side down onto rack over roasting pan.

10. Bake for about 50 minutes. Remove the roasting pan from oven.
11. Place ketchup over roll evenly. Top with cheese evenly.
12. Sprinkle with Italian seasoning. Bake for 10 minutes further.
13. Remove from oven and let it cool slightly.
14. With a sharp knife, cut the roll in desired slices and serve.





# Turkey Meatballs



Prep Time: 15 mins



Total Time: 40 mins

Servings per Recipe: 6

Calories 247

Fat 14.4g

Cholesterol 59mg

Sodium 428mg

Carbohydrates 10.3g

Protein 19.8g

## Ingredients

1 lb. ground turkey  
3 egg whites  
½ C. breadcrumbs  
3 tbsp blue cheese, crumbled  
½ of onion, minced  
4 garlic cloves, minced  
2 jalapeño peppers, seeded and minced  
1½ tbsp soy sauce  
3 tbsp olive oil

1 tbsp Italian seasoning  
1 tablespoon dried parsley, crushed  
1 tsp chili powder  
1 tbsp freshly ground black pepper

## Directions

1. Set your oven to 400 degrees F. Line a rimmed baking sheet with a foil paper.
2. In a large bowl, add all ingredients and mix till well combined.
3. Make 2-inch sized balls from mixture.
4. Place balls onto prepared baking sheet in a single layer.
5. Bake for about 25 minute or till golden brown.







# 4-INGREDIENT Turkey Meatballs



Prep Time: 15 mins



Total Time: 35 mins

Servings per Recipe: 6

Calories 218

Fat 13.5g

Cholesterol 106mg

Sodium 218mg

Carbohydrates 4.6g

Protein 18.5g

## Ingredients

2 tbsp olive oil

1 egg, beaten

1 (20 oz.) package ground turkey

1/3 C. Italian seasoned breadcrumbs

## Directions

1. Set your oven to 350 degrees F. Grease a baking dish with oil and arrange oven during preheating.
2. In a large bowl, add all ingredients and mix till well combined.
3. Make small equal sized balls from mixture.
4. Place balls onto prepared baking sheet in a single layer.
5. Bake for about 15 minute. Carefully, flip the side and bake for 5 minutes further or till golden brown.

# Turkey Soup



Prep Time: 20 mins

Total Time: 2 hrs 25 mins

Servings per Recipe: 8

Calories 234

Fat 13.5g

Cholesterol 106mg

Sodium 218mg

Carbohydrates 4.6g

Protein 18.5g

## Ingredients

12 C. water  
3 turkey drumsticks  
3 carrots, peeled and chopped  
2 large onions, chopped  
3 celery stalks, chopped  
4 garlic cloves, chopped  
1 tbsp olive oil  
½ tsp dried rosemary, crushed  
½ tsp dried thyme, crushed

½ tsp dried sage, crushed  
½ tsp celery salt  
1 tbsp salt  
½ tsp freshly ground black pepper  
2 C. dried egg noodles

## Directions

1. In a larger soup pan, add water and drumsticks and bring to a boil on high heat.
2. Add remaining ingredients except noodles and stir to combine.
3. Again bring to a boil and reduce the heat to low,
4. Simmer, covered for about 2 hours. Transfer the drumsticks in a large bowl and let them cool.
5. After cooling pull the meat from bones. Then chop into bite sized pieces and stir into soup.
6. Meanwhile in another pan of salted boiling water, add noodles and cook for about 5 minutes or according to package's directions. Drain well.
7. Divide noodles in serving bowls evenly.
8. Pour hot soup over noodles and serve immediately.

# POT Pie



Prep Time: 20 mins



Total Time: 1 hr 15 mins

Servings per Recipe: 6

Calories 562

Fat 19.2g

Cholesterol 79mg

Sodium 1399mg

Carbohydrates 60.2g

Protein 36.4g

## Ingredients



- 1 single pastry pie crust
- 4 C. cooked boneless turkey meat, cubed
- 1 (10<sup>3</sup>/<sub>4</sub> oz.) can condensed cream of chicken soup
- 2 C. water, divided
- 1 (16 oz.) package mixed frozen vegetables
- 2 (1<sup>1</sup>/<sub>2</sub> oz.) packages turkey gravy mix
- 4 C. boiled potatoes, peeled and mashed

## Directions

1. Set your oven to 375 degrees F.
2. Place the pie crust in the bottom of a 13x9 -inch baking dish. Gently, press the crust downwards.
3. Place the cooked turkey meat over the crust evenly.
4. Pour cream of chicken soup over turkey meat evenly.
5. In a pan, add 1 cup of water and bring to a boil on medium heat.
6. Add vegetables and cook for about 5 minutes.
7. In a bowl, add remaining water and turkey gravy mix and stir to combine.
8. Add gravy mixture in the pan of vegetables. Bring to boil and cook for about 1 minute.
9. Now, place vegetable mixture over soup evenly.
10. Top with mashed potatoes evenly.
11. Bake for about 45 minutes.



# Turkey Gyros

 Prep Time: 20 mins  
 Total Time: 27 mins

Servings per Recipe: 4  
Calories 517  
Fat 19.5g  
Cholesterol 94mg  
Sodium 730mg  
Carbohydrates 44.2g  
Protein 40g

## Ingredients

For Sauce:

½ C. plain low-fat yogurt  
½ C. sour cream  
½ C. cucumber, peeled, grated and squeezed finely  
1 garlic clove, minced  
2 tsp rice wine vinegar  
Salt and freshly ground black pepper, to taste

For Sandwiches:

4 large pita breads  
2 tbsp olive oil

1 large onion, cut into wedges  
1 garlic clove, minced  
3 C. roasted boneless turkey meat, cut into chunks  
1tsp dried oregano, crushed  
1½ C. romaine lettuce, shredded  
1 C. cherry tomatoes, halved

## Directions

1. Set your oven to 300 degrees F. Arrange the rack in the middle position of rack.
2. For sauce in a bowl, add all ingredients and mix till well combined. Keep aside.
3. Bake the pitas in preheated oven for about 7 minutes.
4. Remove from oven and cut each pita bread in half.
5. Meanwhile in a large skillet, heat oil on high heat.
6. Add onion and sauté for about 2-3 minutes.
7. Add garlic and sauté for 1 minute more.
8. Add turkey and thyme and cook for about 2 minutes and remove from heat.
9. First of divide shredded lettuce in each pita half evenly.
10. Then place turkey mixture and then tomatoes in each pita half evenly.
11. Top with cucumber sauce and serve.

# CHILI



Prep Time: 20 mins



Total Time: 27 mins

Servings per Recipe: 8

Calories 250

Fat 7.4g

Cholesterol 38mg

Sodium 621mg

Carbohydrates 32.5g

Protein 16g

## Ingredients

For Sauce:

2 sweet potatoes, peeled and chopped

¾ C. sweet onion, chopped

2 (14½ oz.) cans diced tomatoes with chili seasoning

½ C. celery stalk, chopped

1 (8 oz.) can tomato sauce

½ C. water

1 tbsp chili powder

½ tsp ground cinnamon

½ tsp ground cumin

Pinch of cayenne pepper

Pinch of onion powder

Pinch of garlic powder

Pinch of salt

Pinch of freshly ground black pepper

½ lb. ground beef

½ lb. ground turkey

1 C. corn

1 (12 oz.) can black beans, drained and rinsed

## Directions

1. In a slow cooker, add sweet potato, onion, diced tomatoes, celery, tomato sauce, water and spices and stir to combine.
2. Set the slow cooker on high. Cover and cook for about 5 hours, stirring occasionally.
3. Meanwhile, heat a large nonstick skillet on medium-high heat.
4. Add beef and turkey and cook for about 10-15 minutes.
5. Remove from heat and drain the excess fat from skillet.
6. Uncover the slow cooker and add cooked beef, turkey, corn and beans and stir to combine.
7. Cover and cook for 1-2 hours further.
8. Serve warm.

# Fried Turkey



Prep Time: 25 mins



Total Time: 1 hr 10 mins

Servings per Recipe: 12

Calories 1036

Fat 70.9g

Cholesterol 346mg

Sodium 682mg

Carbohydrates 2.8g

Protein 91.2g

## Ingredients

- 2 C. butter
- 7 fl. oz. beer
- ¼ C. Worcestershire sauce
- ¼ C. Louisiana-style hot sauce
- ¼ C. garlic juice
- ¼ C. onion juice
- 1 tsp cayenne pepper
- 2 tbsp freshly ground black pepper
- 1 (12 lb.) whole turkey, neck and giblets

removed

48 C. whole turkey, giblets and neck removed

## Directions

1. In a large pan, melt butter on medium heat.
2. Add beer, Worcestershire sauce, hot sauce, garlic juice, onion juice, cayenne pepper and black pepper and mix till well combined.
3. Remove from heat.
4. With marinade injecting syringe, inject the beer mixture in whole turkey.
5. Transfer the turkey in a larger sealable bag.
6. Refrigerate to marinate for at about 8-10 hours.
7. In a large fryer, heat oil.
8. Carefully, place turkey in oil and cook for about 36 minutes.
9. Transfer the turkey onto a large paper lined dish and keep aside for about 20 minutes before slicing.

# TURKEY Soup II



Prep Time: 20 mins



Total Time: 4 hrs 40 mins

Servings per Recipe: 12

Calories 113

Fat 1.5g

Cholesterol 2mg

Sodium 471mg

Carbohydrates 22.5g

Protein 3.8g

## Ingredients

For turkey Broth:

1 turkey

20 C. water

½ C. carrot, peeled and chopped

3 celery stalks, chopped

1½ C. onion, chopped coarsely

10 whole black peppercorns

1 bay leaf

Pinch of dried thyme, crushed

For Soup:

1 C. barley

1½ lb. carrots, peeled and cut into

1 - inch pieces

½ C. mushrooms, chopped

6 celery stalks, chopped

2 bay leaves

1 tsp dried marjoram, crushed

Pinch of dried thyme, crushed

2 tsp salt

½ tsp freshly ground black pepper

## Directions

1. In a larger soup pan, add turkey carcass and water and bring to a boil on high heat.
2. Add remain ingredients and again bring to a boil.
3. Reduce the heat to low. Cover and simmer for about 2- 2½ hours.
4. Transfer the turkey carcass from broth and let it cool.
5. Strip meat from bones and then shred it.
6. Strain the broth and again pour in the soup pan on medium - high heat.
7. Add all soup ingredients and bring to a boil
8. Reduce the heat to low. Simmer for about 1 hour and 20 minutes.
9. Stir in shredded turkey meat and simmer for 10 minutes further.
10. Discard bay leaves and serve hot.

# Turkey Chili II



Prep Time: 20 mins



Total Time: 1 hr 15 mins

Servings per Recipe: 6

Calories 506

Fat 31.9g

Cholesterol 125mg

Sodium 1521mg

Carbohydrates 24.1g

Protein 34.7g

## Ingredients

- 3 tbsp vegetable oil, divided
- 1½ lb. ground turkey
- 2 tbsp tomato paste
- 1 tsp dried oregano, crushed
- 1 (1 oz.) package taco seasoning mix
- 1 tsp chili pepper flakes, crushed
- 1 tsp ground cumin
- 1 (14½ oz.) can beef broth
- 1 (14½ oz.) can crushed tomatoes
- 1 (7 oz.) can salsa
- 1 (7 oz.) can chopped green chile peppers
- 1 green bell pepper, seeded and chopped
- 1 medium onion, chopped finely
- 3 medium zucchinis, halved lengthwise and sliced
- 1 C. cheddar cheese, shredded freshly
- 1 C. sour cream
- 1 bunch scallion, chopped

## Directions

1. In a large pan, heat 1 tablespoon of oil on medium - high heat.
2. Add turkey and cook for about 4-5 minutes.
3. Add tomato paste, oregano, and seasoning and cook, stirring for 5 minutes more.
4. Add broth and cook for about 5 minutes.
5. Stir in tomatoes, salsa and green chile peppers and reduce the heat to medium.
6. Simmer for about 10 minutes.
7. Meanwhile in a skillet, heat 1 tablespoon of oil on medium heat.
8. Add bell pepper and onion and sauté for about 4-5 minutes.
9. Transfer the onion mixture in the chili pan.
10. In the same skillet heat remaining oil on medium heat.
11. Add zucchini and cook for about 4-5 minutes.
12. Transfer the zucchini in the chili pan and stir to combine.
13. Reduce the heat to low. Simmer for about 15 minutes further.
14. Serve this chili with the topping of cheese, sour cream and scallion.

# INDIAN

## Turkey Sandwhich



Prep Time: 20 mins



Total Time: 1 hr 15 mins

Servings per Recipe: 6

Calories 428

Fat 11.3g

Cholesterol 65mg

Sodium 349mg

Carbohydrates 49.9g

Protein 31.4g

### Ingredients

2 tbsp olive oil

2 tbsp fresh lemon juice

1 C. onion, sliced

½ lb. cooked turkey, cut into bite sized pieces

1 tbsp curry powder

1 medium apple, cored and sliced thinly

3 pita breads, halved

½ C. plain yogurt

### Directions

1. In a skillet, heat oil on medium heat.
2. Add lemon juice and onion and sauté for about 4-5 minutes.
3. Add turkey and curry powder and cook for about 4-5 minutes.
4. Remove from heat and stir in apple slices.
5. Fill the pita breads with turkey mixture.
6. Top with yogurt and serve.



# Turkey Soup III



Prep Time: 15 mins



Total Time: 55 mins

Servings per Recipe: 8

Calories 184

Fat 9.8g

Cholesterol 33mg

Sodium 632mg

Carbohydrates 11.9g

Protein 13.5g

## Ingredients

- 1½ C. cooked turkey, shredded
- 1 (28 oz.) can whole peeled tomatoes
- 2 plum tomatoes, chopped
- 1 (4 oz.) can chopped green chile peppers
- 1 onion, chopped
- 2 garlic cloves, minced
- ½ tsp ground cumin
- ½ tsp cayenne pepper
- ½ tsp dried cilantro

- Salt and freshly ground black pepper, to taste
- 1 tbsp fresh lime juice
- 4 C. vegetable broth
- 1 avocado, peeled, pitted and chopped
- 1 C. Monterrey Jack cheese, shredded freshly

## Directions

1. In a large soup pan, add all ingredients except avocado and cheese and bring to a boil on medium - high heat.
2. Reduce the heat to low. Simmer for about 15-20 minutes.
3. Stir in avocado and simmer for about 15-20 minutes more or till desired thickness.
4. Serve hot with the topping of cheese.







# TURKEY and Egg Noodle



Prep Time: 15 mins



Total Time: 55 mins

Servings per Recipe: 6

Calories 346

Fat 17.4g

Cholesterol 109mg

Sodium 625mg

Carbohydrates 21.5g

Protein 26.7g

## Ingredients

For Noodles:

3 C. dried wide egg noodles

4 oz. cream cheese, softened

½ C. milk

1 garlic clove, minced

1 tbsp fresh parsley, minced

For Turkey:

1 onion, chopped

1 lb. ground turkey

1 tsp Italian seasoning

1 (15 oz.) can tomato sauce

For Topping:

1¼ C. part-skim mozzarella cheese,  
shredded freshly

## Directions

1. Set your oven to 375 degrees F. Grease an 8-inch square baking dish.
2. In a large pan of salted boiling water, add noodles.
3. Cook for about 5 minutes. Drain well.
4. Meanwhile in another pan, mix together remaining ingredients on medium heat.
5. Cook, stirring for about 5 minutes. Remove from heat and add noodles and stir to combine.
6. For turkey in a nonstick pan, add onion and turkey on medium-high heat.
7. Cook, stirring for about 10 minutes. Stir in Italian seasoning and tomato sauce and bring to a gentle boil.
8. Reduce the heat to low. Simmer, covered for about 10 minutes.
9. Place the noodle mixture in the bottom of prepared baking dish evenly.
10. Place turkey mixture over noodles mixture evenly.
11. Top with cheese evenly. Bake for about 15-30 minutes or till cheese is melted completely.

# Turkey Burgers



Prep Time: 15 mins



Total Time: 35 mins

Servings per Recipe: 8

Calories 423

Fat 16.6g

Cholesterol 130mg

Sodium 921mg

Carbohydrates 37.4g

Protein 30.8g

## Ingredients

2 lb. ground turkey  
2 eggs, beaten  
1 1/3 C. seasoned breadcrumbs  
1 small onion, grated and squeezed  
3 tbsp applesauce  
1 tsp paprika  
2 tsp chili powder

1 tsp kosher salt  
2 tbsp olive oil  
8 hamburger buns, split

## Directions

1. Set your oven to 375 degrees F.
2. In a large bowl, add all ingredients except oil and buns and mix till well combined.
3. Make equal sized patties from mixture.
4. In a large skillet, heat oil on medium - high heat.
5. Add patties and cook for about 3-5 minutes from both sides.
6. Now, transfer the patties in a 13x9 -inch baking dish in a single layer.
7. Bake for about 10 minutes.
8. Serve these patties on burger buns.

# QUINOA

## Turkey Loaf III



Prep Time: 15 mins



Total Time: 35 mins

Servings per Recipe: 5

Calories 529

Fat 11g

Cholesterol 121mg

Sodium 968mg

Carbohydrates 15.2g

Protein 25.3g

### Ingredients

For Meatloaf:

½ C. water

¼ C. quinoa

1 tsp olive oil

1 small onion, chopped

1 large garlic clove, minced

1 (20 oz.) package ground turkey

1 egg, beaten

2 tbsp Worcestershire sauce

1½ tsp salt

1 tsp freshly ground black pepper

For Topping:

2 tsp Worcestershire sauce

2 tbsp brown sugar

1 tsp water

### Directions

1. Set your oven to 350 degrees F. Line a baking sheet with foil paper.
2. In a pan, add water and quinoa on high heat.
3. Bring to a boil. Reduce the heat to medium - low.
4. Simmer, covered for about 15-20 minutes or till all the liquid is absorbed.
5. Remove from heat and let it cool.
6. Meanwhile in a skillet, heat oil on medium heat.
7. Add onion and sauté for about 4-5 minutes. Add garlic and sauté for about 1 minute.
8. Remove from heat and let it cool slightly.
9. In a large bowl, add turkey, quinoa, onion mixture and remaining ingredients and mix till well combined.
10. Shape the mixture in a loaf and place in the prepared baking dish.
11. In another bowl, mix together all topping ingredients.
12. Spread the mixture on top evenly. Bake for about 50 minutes.
13. Remove from oven and keep aside for 10 minutes before slicing.
14. With a sharp knife cut in desired slices and serve.



# Turkey Burgers II



Prep Time: 15 mins



Total Time: 35 mins

Servings per Recipe: 4

Calories 225

Fat 11.2g

Cholesterol 90mg

Sodium 877mg

Carbohydrates 5.3g

Protein 26.8g

## Ingredients

- 1 lb. ground turkey
- 1 onion, chopped
- 8 oz. fresh mushrooms, chopped finely
- 2 tbsp soy sauce
- ½ tsp kosher salt
- ¼ tsp freshly ground black pepper
- ¼ C. blue cheese, crumbled

## Directions

1. Set your grill to high heat. Grease the grill grate.
2. In a large bowl, add all ingredients except cheese and mix till well combined.
3. Make 4 equal sized patties from mixture.
4. Grill the patties for about 10 minutes.
5. Carefully, flip the side. Frill for about 6 minutes.
6. Top each patty with cheese evenly. Grill for 4 minutes more.

# TURKEY

## Stew II



Prep Time: 15 mins



Total Time: 45 mins

Servings per Recipe: 8

Calories 311

Fat 6.1g

Cholesterol 45mg

Sodium 325mg

Carbohydrates 46.9g

Protein 18.3g



### Ingredients

- 1 lb. lean ground turkey
- 1 C. tomato sauce
- 1 (14 oz.) can stewed, diced tomatoes
- 2 tsp white sugar
- 3 garlic cloves, minced
- ½ tsp dried basil, crushed
- 1 (16 oz.) package dried bow tie pasta

### Directions

1. Heat a large nonstick skillet on medium heat.
2. Add turkey and cook for about 8-10 minutes or till browned.
3. Stir in remaining ingredients except pasta and bring to a gentle boil.
4. Reduce the heat to low. Simmer for about 20 minutes.
5. Meanwhile in a pan of salted boiling water, add pasta and cook for about 8-10 minutes or according to manufacturer's directions. Drain well.
6. Add pasta in the pan with turkey mixture and toss to combine.
7. Serve immediately.

# Turkey Salad

 Prep Time: 20 mins  
 Total Time: 20 mins

Servings per Recipe: 12  
Calories 126  
Fat 3.2g  
Cholesterol 38mg  
Sodium 48mg  
Carbohydrates 9.6g  
Protein 14.4g

## Ingredients

For Dressing:

1/3 C. low-fat sour cream

1 tbsp honey

2 tbsp mango chutney

1 tbsp fresh lemon juice

1/4 tsp curry powder

For Salad:

4 C. cooked turkey, chopped

1 C. orange, peeled, seeded and segments  
chopped

1 C. pineapple chunks

1 C. celery stalk, chopped

1 C. red bell pepper, seeded and chopped

1/2 C. scallion, chopped

## Directions

1. In a bowl, add all dressing ingredients and mix till well combined.
2. In another large bowl. Mix together all salad ingredients.
3. Pour dressing and gently, toss to coat well.
4. Cover and refrigerate to chill for about 1 hour.

# VEGGIE Loaf



Prep Time: 20 mins



Total Time: 45 mins

Servings per Recipe: 10

Calories 119

Fat 1g

Cholesterol 47mg

Sodium 244mg

Carbohydrates 13.6g

Protein 13.2g

## Ingredients

1 lb. extra lean ground turkey  
2 C. zucchini, chopped finely  
1 red bell pepper, seeded and chopped  
finely  
1½ C. onion, chopped finely  
1 egg, beaten  
½ C. uncooked couscous

1 tbsp Dijon mustard  
2 tbsp Worcestershire sauce  
½ C. BBQ sauce

## Directions

1. Set your oven to 400 degrees F. Grease 20 cups of muffin tins.
2. In a large bowl, add all ingredients except BBQ sauce and mix till well combined.
3. Transfer the mixture in prepared muffin cups about  $\frac{3}{4}$  full.
4. Spread about 1 teaspoon of BBQ sauce over each cup.
5. Bake for about 25 minutes or till a toothpick inserted in the center comes out clean.
6. Remove from oven and let the muffins cool on wire rack before serving.

# Fruity Stuffing



Prep Time: 15 mins



Total Time: 35 mins

Servings per Recipe: 10

Calories 235

Fat 11.6g

Cholesterol 80mg

Sodium 548mg

Carbohydrates 21.7g

Protein 12.5g

## Ingredients

3¾ C. white bread, cubed  
1½ C. whole wheat bread, cubed  
1 C. onion, chopped  
1 lb. ground turkey sausage, casing removed  
¾ C. celery stalk, chopped  
1½ tsp dried rosemary, crushed  
½ tsp dried thyme, crushed  
2½ tsp dried sage, crushed  
¾ C. cooked turkey liver, chopped finely

¾ C. dried cranberries  
1 golden delicious apple, cored and chopped  
1/3 C. fresh parsley, chopped finely  
¾ C. turkey broth  
¼ C. unsalted butter, melted

## Directions

1. Set your oven to 350 degrees F.
2. In a large baking sheet, place bread cubes in a single layer.
3. Bake for about 5-7 minutes or till toasted completely.
4. Transfer the bread cubes in a large bowl.
5. Meanwhile, heat a large nonstick skillet on medium heat.
6. Add onion and turkey sausage and cook, breaking with a spoon for about 8-10 minutes.
7. Stir in dried herbs and cook for 2 minutes more.
8. Transfer the sausage mixture in the bowl with bread cubes.
9. Add remaining ingredients and gently, stir to combine.
10. Let it cool completely before serving.

# STUFFED Turkey Meatballs



Prep Time: 20 mins



Total Time: 55 mins

Servings per Recipe: 12

Calories 486

Fat 25.3g

Cholesterol 130mg

Sodium 1621mg

Carbohydrates 26g

Protein 38.3g

## Ingredients

- 3 lb. ground turkey
- 1 C. Parmigiano-Reggiano cheese, grated
- 1 C. Italian-styled breadcrumbs
- ¼ C. milk
- ¼ C. prepared pesto
- 1 C. onion, chopped finely
- ½ C. fresh flat-leaf parsley, chopped
- 4 garlic cloves, minced
- 1 tbsp salt
- 2 tsp freshly ground black pepper
- 1 lb. fresh mozzarella, cubed into small size
- 3 tbsp extra-virgin olive oil
- 2 (24 oz.) jars marinara sauce

## Directions

1. Set your oven to 375 degrees F.
2. In a large bowl, add turkey, Parmigiano-Reggiano cheese, breadcrumbs, milk, pesto, onion, parsley, garlic, salt and black pepper and mix till well combined.
3. Make about 1¾-inch sized balls from mixture.
4. With your finger, make a hole in each meatball.
5. Fill the each hole with a cheese cube. Carefully, roll the balls to seal the cheese inside.
6. Arrange the meatballs in a large nonstick baking sheet in a single layer.
7. Drizzle with oil completely. Bake for about 30 minutes.
8. In a pan, add marinara sauce on low heat. Bring to a gentle simmer.
9. Transfer the meatballs in sauce and simmer for about 2 minutes.
10. Remove from heat and serve.



# Turkey Soup IV



Prep Time: 20 mins



Total Time: 2 hrs 20 mins

Servings per Recipe: 6

Calories 478

Fat 26.4g

Cholesterol 124mg

Sodium 1630mg

Carbohydrates 30.7g

Protein 30.2g

## Ingredients

- 2 smoked turkey legs
- 1 C. baby carrots, sliced
- 1 onion, chopped
- 1 small inner stalk celery with leaves, chopped
- 2 celery stalks, chopped
- 2 garlic cloves, minced
- 2 bay leaves
- 1 tsp dried marjoram, crushed
- 1 tsp dried thyme, crushed
- 1 tbs onion powder
- 1 tbs garlic powder
- 2 tsp freshly ground black pepper
- 1 tsp curry powder (optional)
- 4 chicken bouillon cubes
- 8 C. water
- 1 C. uncooked wild rice
- 4 C. half-and-half

## Directions

1. In a large soup pan, add all ingredients except rice and half-and-half on high heat.
2. Bring to a boil and reduce the heat to low. Simmer for about 30 minutes.
3. Stir in rice and simmer for about 1 hour.
4. Transfer the turkey legs in a large bowl and let them cool.
5. Pull the meat from bones and then chop it.
6. Stir in half-and-half and turkey meat and simmer for about 30 minutes.







# CANADIAN Turkey



Prep Time: 20 mins



Total Time: 3 hrs 30 mins

Servings per Recipe: 25

Calories 601

Fat 29g

Cholesterol 220mg

Sodium 324mg

Carbohydrates 5.3g

Protein 73.7g

## Ingredients

- ¼ C. butter, softened
- 3 tbsp fresh sage, minced
- 3 tbsp fresh thyme, minced
- 1 (20 lb.) whole turkey, giblets and neck removed
- 1 tsp salt
- 3 tbsp olive oil
- ¼ tsp freshly ground black pepper
- 1 C. chicken broth, divided
- ½ C. maple syrup
- ¼ C. fresh orange juice
- ½ C. dry vermouth

## Directions

1. Set your oven to 450 degrees F. Grease a large roasting pan.
2. In a bowl, mix together butter and fresh herbs.
3. Arrange the turkey in roasting pan. Rub the butter mixture under the skin completely.
4. Coat the outer skin with olive oil completely. Sprinkle with salt and black pepper evenly.
5. In a bowl, mix together ½ cup of broth, maple syrup and orange juice. Keep aside.
6. Roast the turkey for about 3 hours, coating with broth mixture after every 30 minutes.
7. Remove from oven and transfer into a large serving platter. Cover the turkey with foil paper. Keep aside for 10 - 15 minutes before slicing.
8. Now, place the roasting pan on medium - high heat.
9. Add remaining broth and vermouth and with a spoon, scrape the brown bits.
10. Reduce the heat to medium - low. Simmer for about 10 minutes or till desired thickness.
11. Remove from heat and strain the gravy.
12. Serve sliced turkey with gravy.

# No Bake Turkey



Prep Time: 15 mins



Total Time: 8 hrs 25 mins

Servings per Recipe: 12

Calories 382

Fat 15.6g

Cholesterol 139mg

Sodium 379mg

Carbohydrates 2.6g

Protein 54.2g

## Ingredients

- 5 bacon slices
- 1 (5½ lb.) bone-in skinless turkey breast
- ½ tsp garlic powder
- 1 tbsp Worcestershire sauce
- 2 tbsp all-purpose flour
- 1 tsp dried sage, crushed
- 1 (10½ oz.) can turkey gravy

## Directions

1. Heat a large nonstick skillet on medium-high heat.
2. Add bacon and cook for about 8-10 minutes.
3. Grease a slow cooker.
4. Arrange turkey breast in the bottom of prepared slow cooker. Sprinkle with garlic powder evenly.
5. In a large bowl, add cooked bacon and remaining ingredients and mix till well combined.
6. Place the bacon mixture over turkey evenly.
7. Set the slow cooker on Low.
8. Cover and cook for about 8 hours.

# ROASTED Turkey



Prep Time: 30 mins

Total Time: 3 hrs 55 mins

Servings per Recipe: 12

Calories 840

Fat 47.3g

Cholesterol 292mg

Sodium 1237mg

Carbohydrates 7g

Protein 93.5g

## Ingredients

For Turkey:

1/3 C. plus 1 tbsp vegetable oil

1/2 C. white vinegar

1/2 C. soy sauce

12 garlic cloves, peeled

1 tbsp dried oregano, crushed

1/2 C. ground cumin

3 tbsp paprika

1 tbsp smoked paprika

2 tbsp freshly ground black pepper

2 tsp kosher salt

1 (12 lb.) whole turkey, giblets and neck removed and pat dried

2 tsp water

For Gravy:

2 tbsp fresh lime juice

1 C. chicken broth

1 (8-oz.) container crème fraiche

1/2 C. fresh cilantro, chopped

2 jalapeño peppers, stemmed and chopped

Pinch of cayenne pepper

Salt and freshly ground black pepper, to taste

## Directions

1. In a blender, add 1/3 cup of oil, vinegar, soy sauce, garlic, oregano and spices and pulse till a thick and smooth paste forms.
2. Reserve 1/2 cup of paste in a cup and keep aside.
3. With a spatula, loosen the skin over each side of breastbone.
4. Coat the turkey with remaining paste underneath the loosened skin and all over the skin generously.
5. Keep in room temperature for at least 1 hour.
6. Set your oven to 325 degrees F. Arrange a rack in large roasting pan. Fold a large piece of aluminum foil into a round shape and keep aside.
7. With a kitchen twine, tie the both legs together at the bottom.



8. Rub the cavity of turkey with  $\frac{1}{4}$  cup of reserved paste. Sprinkle with salt generously.
9. Place turkey over rack in roasting pan. Roast for about  $1\frac{1}{2}$  hours.
10. Tent the turkey breast with foil paper. Roast for  $1\frac{1}{4}$  hour.
11. Add remaining 1 tablespoon of oil and water in the cup with remaining paste and stir to combine.
12. Coat the legs, tops and sides of turkey with water mixture generously.
13. Roast for 30 minutes further.
14. Transfer the turkey in a large serving platter and keep aside for about 20 minutes before serving.
15. In a blender, add lime juice, broth, crème fraiche, jalapeño peppers and cilantro and pulse till smooth.
16. Remove excess fat from roasting pan and place on medium - high heat.
17. Stir in crème fraiche mixture. With a spatula, scrape the brown bits of pan in sauce mixture and bring to a boil.
18. Cook, stirring occasionally for about 10 minutes. Stir in seasoning and remove from heat.
19. Serve turkey with gravy.



# ROASTED Turkey II



Prep Time: 30 mins

Total Time: 5 hrs 5 mins

Servings per Recipe: 20

Calories 584

Fat 29.3g

Cholesterol 206mg

Sodium 314mg

Carbohydrates 10.5g

Protein 65g

## Ingredients

For Turkey & Veggies:

1/3 C. pure maple syrup

2 C. apple cider

3/4 C. butter

2 1/2 tsp fresh lemon zest, grated finely

2 tbsp fresh marjoram, chopped and divided

2 tbsp fresh thyme, chopped and divided

Salt and freshly ground black pepper, to taste

1 (14 lb.) whole turkey, giblets and neck removed and reserved

1 C. carrots, peeled and chopped roughly

1 C. celery stalk, chopped

2 C. onion, chopped

2 C. chicken broth

For Gravy:

Chicken broth, as required

3 tbsp all-purpose flour

2 tbsp apple brandy

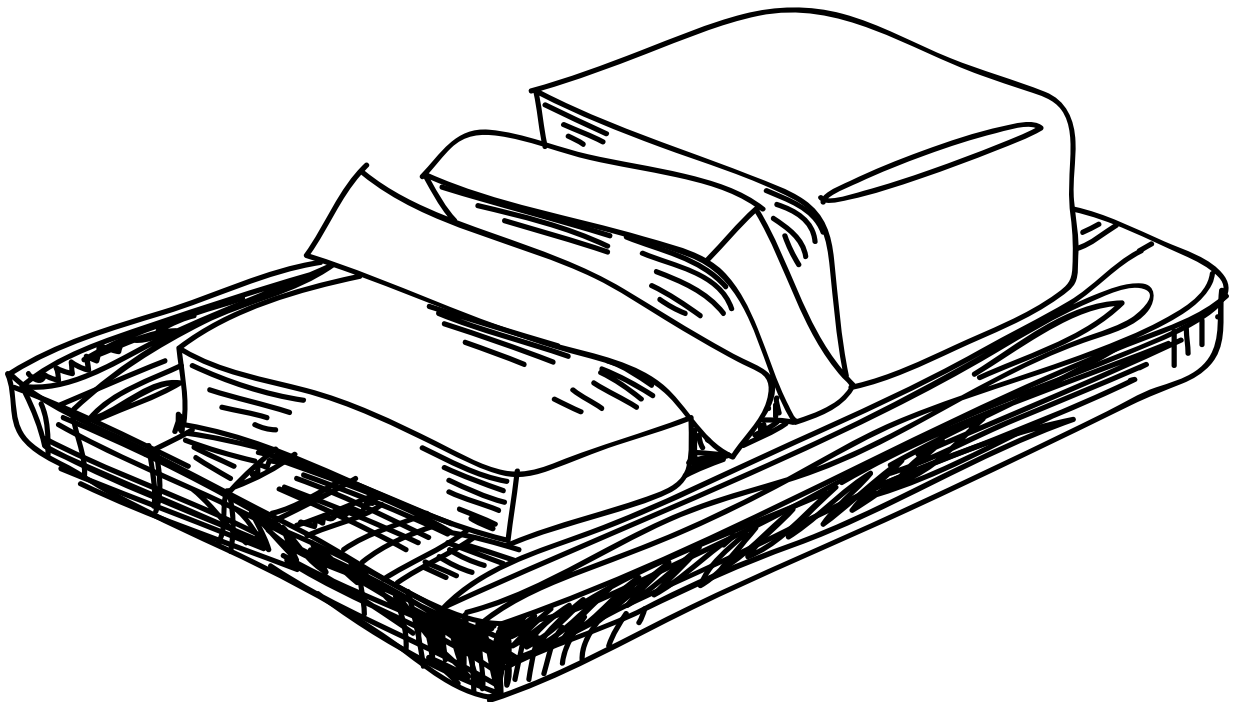
1 bay leaf

1 tsp fresh thyme, chopped

## Directions

1. In a pan, add maple syrup and apple cider on medium-high heat.
2. Bring to a boil and then cook, stirring occasionally for about 20 minutes.
3. Remove from heat and immediately, add butter, lemon zest, half of fresh herbs, salt and black pepper and stir till butter is melted completely.
4. Cover and refrigerate to cool completely.
5. Set your oven to 375 degrees F. arrange an oven rack in the lowest third part of oven.
6. Arrange the turkey in a large roasting pan.
7. With a spatula, loosen the skin over each side of breastbone.
8. Remove the maple glaze from refrigerator. Reserve 1/4 cup of glaze.

9. Coat the turkey with remaining glaze underneath the loosened skin and all over the skin generously.
10. With a kitchen twine, tie the both legs together at the bottom.
11. Place the vegetables and reserved giblets and neck around the turkey evenly.
12. Sprinkle the vegetables with remaining fresh herbs evenly. Add chicken broth evenly.
13. Roast for about 30 minutes. Now, set the oven to 350 degrees F.
14. With a large foil paper loosely cover the turkey. Roast for about 3-4 hours.
15. Transfer the turkey and vegetables in a large serving platter and keep aside for about 20 minutes before serving.
16. In a cup, strain the roasting pan juices. Discard the fats from juice.
17. Pour enough chicken broth to make almost 3 cups of liquid mixture.
18. Now, transfer the liquid mixture in a pan on medium heat and bring to a boil.
19. Meanwhile add flour in the bowl of reserved maple mixture.
20. Add flour mixture in the pan, stirring continuously.
21. Stir in remaining ingredients. Cook for about 2-3 minutes or thickens slightly.



# TANGERINE Turkey



Prep Time: 30 mins



Total Time: 4 hrs 5 mins

Servings per Recipe: 13

Calories 807

Fat 51.1g

Cholesterol 256mg

Sodium 316mg

Carbohydrates 8.9g

Protein 74g

## Ingredients

1½ C. tangerine juice

¾ C. canola oil

¾ C. unsalted butter, melted and divided

1 (10 lb.) whole turkey, giblets and neck removed and reserved

2¼ C. sausage stuffing

Salt and freshly ground black pepper, to taste

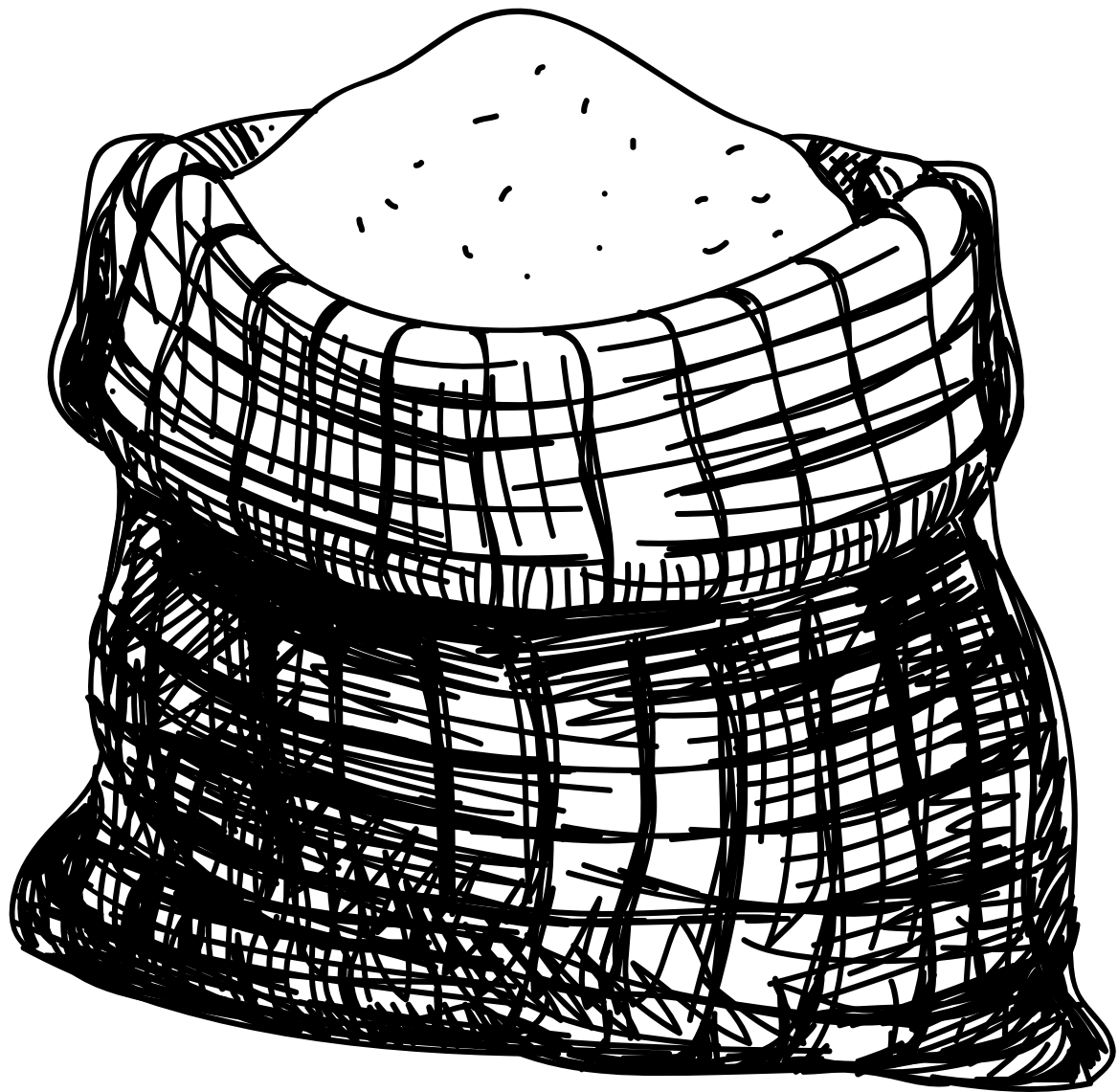
2¼ C. turkey broth

3 tbsp all-purpose flour

## Directions

1. Set your oven to 425 degrees F.
2. In a pan, mix together tangerine juice, canola oil and 1/3 cup of butter on medium heat.
3. Cook for about 3-4 minutes. Remove from heat and let it cool for about 5 minutes.
4. Soak a larger cheesecloth in tangerine juice mixture evenly.
5. Pat dry the turkey and arrange in a large shallow roasting pan.
6. Stuff the neck and body cavity with stuffing mix.
7. With a kitchen twine, tie the both legs together at the bottom.
8. Coat the whole turkey with remaining melted butter. Sprinkle with salt and black pepper generously.
9. Roast for about 25 minutes. Now, set the oven to 325 degrees F.
10. Remove the roasting pan from oven. Cover the turkey with soaked cheesecloth completely.
11. Roast for 1 hour. Now, coat the cheesecloth with tangerine juice mixture.
12. Roast for 2 hours, coating with tangerine juice mixture occasionally.
13. Transfer the turkey in a large serving platter and keep aside for about 25 minutes before serving.
14. Discard the fats from juices of roasting pan and place on high heat.

15. Add  $\frac{1}{4}$  cup of remaining butter and 1 cup turkey juice and cook, scraping the pan bits.
16. In a pan, add remaining  $\frac{1}{4}$  cup of butter and flour on low heat.
17. Cook, beating continuously for about 3 minutes. Stir in pan mixture, remaining broth, reserved giblets and neck.
18. Simmer, stirring continuously for about 10 minutes.
19. Strain the gravy and serve with turkey.



# GINGER Turkey



Prep Time: 30 mins



Total Time: 4 hrs 55 mins

Servings per Recipe: 20

Calories 591

Fat 28.8g

Cholesterol 211mg

Sodium 301mg

Carbohydrates 10.9g

Protein 68.2g

## Ingredients

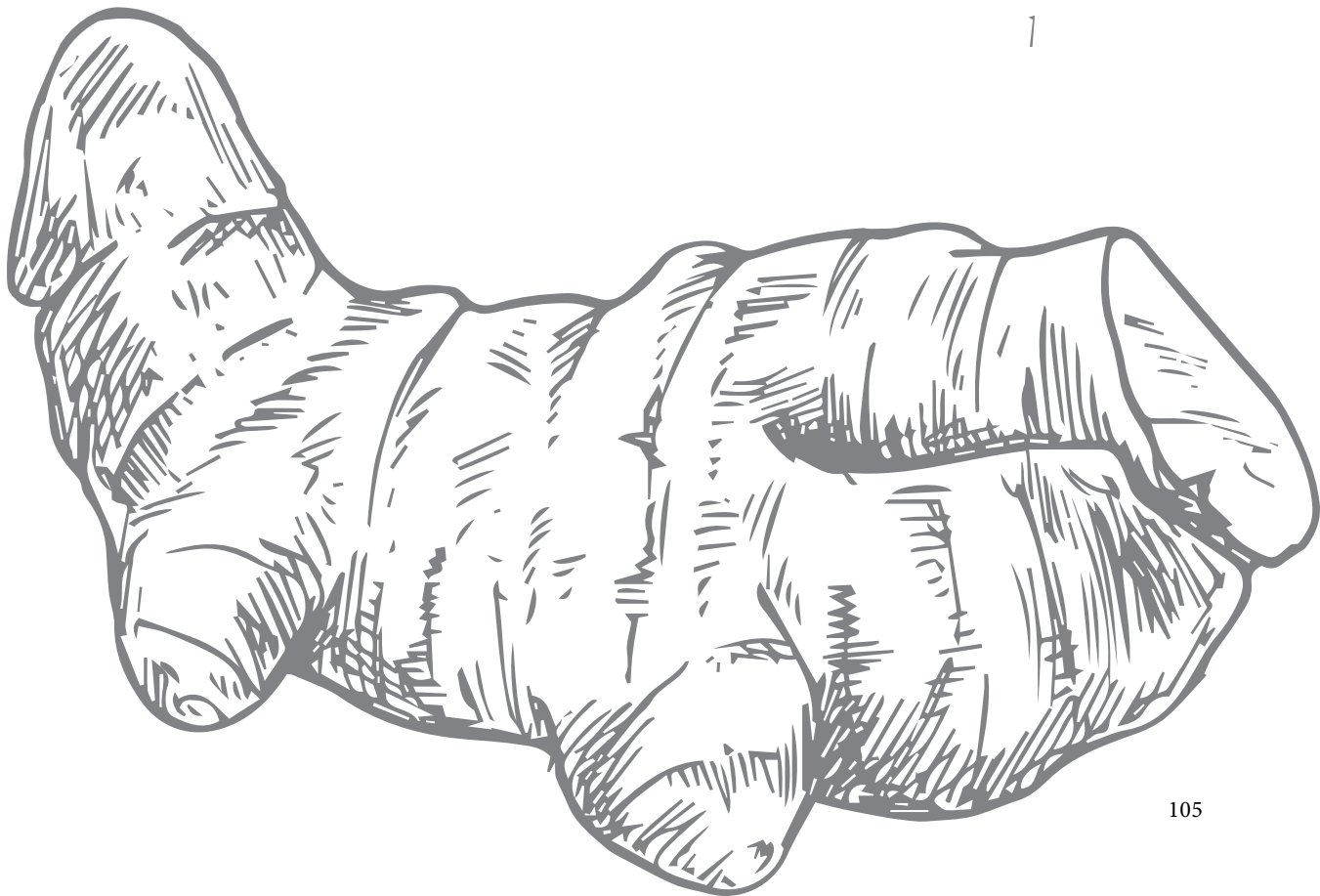
- 1 C. apricot preserves
- 1 C. apricot nectar
- 1 tbsp honey
- 2 tbsp fresh ginger root, minced
- 3 tbsp plus 1/2 tsp fresh sage, chopped
- 3/4 C. plus 2 tbsp unsalted butter, softened and divided
- 1 1/2 tsp salt
- 1 tsp freshly ground black pepper
- 6 oz. shallots, sliced thinly
- 3 onions, sliced thinly
- 1 (22 lb.) whole turkey, pat dried
- 1 tsp fresh thyme, chopped
- 2 C. reduced-sodium chicken broth

## Directions

1. Set your oven to 400 degrees F. Arrange a rack in the lowest third portion of the oven. Place a rack in a large roasting pan.
2. In a pan, add apricot preserves, nectar, honey and ginger root on high heat.
3. Bring to a boil and reduce the heat to medium-low.
4. Simmer for about 15 minutes or till thickened. Remove from heat and keep aside.
5. Meanwhile in a bowl, mix together 3 tablespoon of sage, 3/4 cup of butter, salt and black pepper. Keep aside.
6. In a pan, melt remaining 2 tablespoons of butter on medium heat.
7. Add shallots and onions and sauté for about 20 minutes.
8. Sprinkle the turkey with salt and black pepper generously.
9. Arrange the turkey, breast side up on rack in roasting pan.
10. With a spatula, loosen the skin over each side of breastbone.
11. Coat the turkey with apricot glaze underneath the loosened skin and all over the skin generously.



12. With a kitchen twine, tie the both legs together at the bottom.
13. Roast for about 30 minutes. Now, set the oven to 325 degrees F.
14. Roast for 1½ hours, coating with pan juices occasionally.
15. Now, cover the turkey with a large foil paper. Roast for about 45 minutes.
16. Add 1 cup of broth, thyme and remaining sage in the roasting pan.
17. Roast for about 15 minutes. Remove the foil paper and coat the turkey with ½ cup of apricot glaze.
18. Roast for 40 minutes, coating with glaze occasionally.
19. Transfer the turkey in a large serving platter and keep aside for about 30 minutes before serving.
20. In a cup, strain the roasting pan juices. Discard the fats from juice.
21. In a blender, add 1 cup of pan juices and onion mixture and pulse till smooth.
22. Now, transfer the pureed mixture in a pan on medium heat. Add remaining broth if required.
23. Bring to a boil and cook for about 5 minutes, removing the foam from top.
24. Stir in salt and black prepper and remove from heat.
25. Serve the turkey with gravy.









# ROASTED Turkey III



Prep Time: 15 mins



Total Time: 3 hrs 20 mins

Servings per Recipe: 12

Calories 697

Fat 32.5g

Cholesterol 264mg

Sodium 390mg

Carbohydrates 2.7g

Protein 92g

## Ingredients

1 (12 lb.) whole turkey, giblets and neck removed and pat dried

1 tbsp olive oil

¼ tsp salt

¼ tsp freshly ground black pepper

1 tsp dried thyme, crushed

1 tsp dried basil, crushed

3 tbsp fresh lemon juice

1 (26 oz.) chicken broth

¼ C. all-purpose flour

## Directions

1. Set your oven to 325 degrees F.
2. Arrange the turkey, breast side up on rack in roasting pan.
3. Coat the turkey with oil and sprinkle with salt and black pepper generously.
4. With a kitchen twine, tie the both legs together at the bottom.
5. In a bowl, mix together herbs, lemon juice, broth and some black pepper. Reserve 1¾ cups of broth mixture.
6. Place remaining broth mixture over turkey evenly. Roast for about 3 hours, coating with the pan juices occasionally.
7. Transfer the turkey in a large serving platter and keep aside for about 30 minutes before serving.
8. Discard the fats from pan juice.
9. In a bowl, add flour and reserved broth mixture and mix till smooth.
10. Now, transfer the flour mixture in the roasting pan on medium heat.
11. Bring to a boil and cook for about 3-5 minutes, scraping the bits from pan.
12. Serve the turkey with gravy.

# Honey Turkey



Prep Time: 15 mins



Total Time: 3 hrs

Servings per Recipe: 16

Calories 647

Fat 28.8g

Cholesterol 228mg

Sodium 776mg

Carbohydrates 25.3g

Protein 68.9g

## Ingredients

2 tbsp fresh sage, chopped  
2 tbsp fresh basil, chopped  
2 tbsp vegetable oil  
2 tbsp celery salt  
2 tbsp freshly ground black pepper  
1 (12 lb.) whole turkey, giblets and neck removed and pat dried

1 (12 oz.) jar honey  
½ lb. mesquite wood chips, soaked in water

## Directions

1. Set your grill for high heat.
2. In a bowl, mix together herbs, oil, celery salt and black pepper.
3. In a large roasting pan, arrange turkey, breast size down.
4. Coat the turkey with herb mixture generously.
5. Cover the turkey with foil paper.
6. Arrange the roasting pan over grill. Throw a handful of the soaked wood chips on fire.
7. Cover the grill with lid and cook for about 1 hour.
8. Uncover the grill. Remove the foil and coat the turkey with half of honey.
9. Again, cover the turkey with foil paper. Throw about 2 hands full of soaked wood chips on fire.
10. Cover the grill with lid and cook for about 1- 1½ hours.
11. Now, uncover the grill. Remove the foil paper and coat turkey with remaining honey.
12. Now, place turkey, breast side up.
13. Cook, uncovered for about 15 minutes.
14. Remove from grill and keep aside for 15 minutes before serving.

# GRILLED Turkey



Prep Time: 15 mins



Total Time: 4 hrs 25 mins

Servings per Recipe: 18

Calories 461

Fat 21.4g

Cholesterol 179mg

Sodium 508mg

Carbohydrates 1g

Protein 61.7g

## Ingredients

1 (12 lb.) whole turkey, giblets and neck removed and pat dried  
1/2 tsp fresh parsley, chopped  
2 tsp onion powder  
2 tsp garlic powder  
1 tsp poultry seasoning  
1 tsp paprika  
3 tbsp chicken bouillon powder  
2 C. water

## Directions

1. Set your grill for indirect medium heat. Grease the grill grate.
2. Arrange the turkey onto grill grate.
3. Sear for about 5 minutes per side.
4. Now, transfer the turkey in a large roasting pan, breast size down.
5. In a bowl, mix together remaining ingredients.
6. Pour the spice mixture over turkey evenly.
7. Cover with a foil paper tightly.
8. Cook for about 3-4 hours.
9. Remove from grill and keep aside for 15 minutes before serving.



# Fruit-Filled Turkey



Prep Time: 20 mins



Total Time: 4 hrs 20 mins

Servings per Recipe: 4

Calories 883

Fat 50.9g

Cholesterol 326mg

Sodium 666mg

Carbohydrates 3.6g

Protein 96g

## Ingredients

1 (18 lb.) whole turkey, giblets and neck removed and pat dried  
1 orange, peeled and poked  
1 apple, cored and poked  
1 large carrot, peeled  
1 celery stalk  
1 medium onion, peeled

¼ C. vegetable oil  
1 tsp soul food seasoning  
1 tsp salt  
1 tsp freshly ground black pepper  
1 lb. smoked bacon slices

## Directions

1. Set your oven to 350 degrees F. stuff the cavity of turkey with fruit and vegetables.
2. Coat the inside and outside of turkey with oil.
3. Sprinkle with fowl seasoning, salt and black pepper.
4. Now, place the turkey in a large oven bag.
5. Arrange the oven bag in a large roasting pan, breast side up.
6. Place bacon strips on top evenly.
7. Roast for about 4 hours.
8. Remove from oven and keep aside for 15 minutes before serving.
9. Note: you can use pan juices in a gravy of your choice.

# POTATO Bake



Prep Time: 20 mins



Total Time: 1 hrs 25 mins

Servings per Recipe: 8

Calories 381

Fat 19.2g

Cholesterol 82mg

Sodium 201mg

Carbohydrates 50.7g

Protein 3.8g

## Ingredients

- 5 sweet potatoes
- 2 eggs, beaten
- 2 tbsp heavy cream
- ½ C. butter, softened and divided
- ½ C. white sugar
- ½ tsp ground cinnamon
- ¼ tsp salt
- 1 tsp vanilla extract
- ¾ C. packed light brown sugar
- 3 tbsp all-purpose flour
- ½ C. pecans, chopped

## Directions

1. Set your oven to 350 degrees F. Lightly, grease a 13x9 -inch baking dish.
2. Place sweet potatoes onto a greased roasting pan.
3. Roast for about 35 minutes. Remove from oven and let them cool.
4. Peel the sweet potatoes and with a fork, mash completely.
5. In a large bowl, add mashed sweet potatoes, eggs, heavy cream, ¼ cup of butter, white sugar, cinnamon, salt and vanilla and mix till well combined.
6. Place the sweet potato mixture in prepared baking dish.
7. In another bowl, add brown sugar, flour, pecans and remaining butter and mix till a coarse crumb forms.
8. Place the crumb mixture over sweet potato mixture.
9. Bake for about 30 minutes or till top becomes golden brown.

# Green Bean Bake



Prep Time: 15 mins



Total Time: 50 mins

Servings per Recipe: 10

Calories 215

Fat 16.4g

Cholesterol 45mg

Sodium 832mg

Carbohydrates 9.5g

Protein 7.8g

## Ingredients

- 2 tbsp butter
- 2 tbsp all-purpose flour
- 3 (14½ oz.) cans French style green beans, drained
- ¼ C. onion, chopped
- 1 tsp white sugar
- 1 C. sour cream
- 2 C. cheddar cheese, shredded freshly
- 1 tbsp butter melted
- ½ C. buttery round crackers, crumbled

## Directions

1. Set your oven to 350 degrees F. Lightly, grease a large casserole dish.
2. In a large skillet, melt 2 tablespoons of butter on medium heat.
3. Add flour, stirring continuously.
4. Cook for about 1 minute or till smooth.
5. Stir in green beans, onion, sugar and cream and remove from heat.
6. Now, place the beans mixture into prepared casserole dish.
7. Sprinkle with cheese evenly.
8. In a bowl, mix together melted butter and crackers.
9. Place the cracker mixture over cheese evenly.
10. Bake for about 30 minutes or till top becomes golden brown.

# BREAD Pudding



Prep Time: 15 mins



Total Time: 1 hrs

Servings per Recipe: 12

Calories 165

Fat 4.8g

Cholesterol 70mg

Sodium 140mg

Carbohydrates 26.5g

Protein 4.6g

## Ingredients

6 day-old bread slices, torn into small pieces

2 tbsp butter, melted

½ C. black raisins

2 C. milk

4 eggs, beaten

¾ C. white sugar

1 tsp vanilla extract

1 tsp ground cinnamon

## Directions

1. Set your oven to 350 degrees F. Lightly, grease a square baking dish.
2. Place the torn bread in the bottom of prepared baking dish.
3. Drizzle with butter and top with raisins evenly.
4. In a bowl, add remaining ingredients and mix till well combined.
5. Place the egg mixture over raisins evenly.
6. Bake for about 45 minutes or till top becomes golden brown.

# Cobbler



Prep Time: 15 mins



Total Time: 55 mins

Servings per Recipe: 4

Calories 562

Fat 17.6g

Cholesterol 46mg

Sodium 400mg

Carbohydrates 99.4g

Protein 3.5g

## Ingredients

For Filling:

8 fresh peaches, peeled, pitted and cut into thin slices

1 tsp fresh lemon juice

¼ C. brown sugar

¼ C. white sugar

2 tsp cornstarch

1/8 tsp ground nutmeg

¼ tsp ground cinnamon

For Topping:

1/3 C. chilled butter, chopped

¼ C. brown sugar

¼ C. plus 3 tbsp white sugar, divided

1 C. all-purpose flour

1 tsp baking powder

½ tsp salt

¼ C. boiling water

1 tsp ground cinnamon

## Directions

1. Set your oven to 425 degrees F. Lightly, grease a large baking dish.
2. In a large bowl, mix together all filling ingredients.
3. Transfer the mixture into prepared baking dish evenly.
4. Bake for about 10 minutes.
5. Meanwhile on another bowl, add all filling ingredients except 3 tablespoons of white sugar and cinnamon and mix till a coarse crumb forms.
6. Remove the baking pan from oven.
7. Top with crumb mixture evenly.
8. In a small bowl, mix together 3 tablespoons of white sugar and cinnamon.
9. Sprinkle cinnamon mixture over crumb mixture evenly.
10. Bake for about 30 minutes or till top becomes golden brown.

# CRANBERRY Cake



Prep Time: 15 mins



Total Time: 1 hr 15 mins

Servings per Recipe: 12

Calories 437

Fat 17.5g

Cholesterol 73mg

Sodium 268mg

Carbohydrates 68.9g

Protein 3.2g

## Ingredients

For Cranberry Sauce:

½ C. butter

2 tbsp water

2 C. white sugar

1 tsp ground cinnamon

1 (12 oz.) bag fresh cranberries

For Cake:

1 ½ C. cake flour

½ C. brown sugar

½ tsp baking soda

½ tsp salt

2 eggs

½ C. white sugar

1/3 C. butter, softened

¾ C. sour cream



1 tsp vanilla extract

## Directions

1. Set your oven to 350 degrees F. Grease a 9 -inch spring foam pan. With a foil paper, wrap the outside of bottom.
2. For sauce in a pan, melt butter on medium heat.
3. Add water, cinnamon and sugar and stir till sugar is dissolved.
4. Bring to a boil and stir in cranberries.
5. Transfer the sauce into prepared cake pan.
6. Meanwhile in a large bowl, mix together flour, brown sugar, baking soda and salt.
7. In another bowl, add eggs, white sugar and butter and beat till well combined.
8. Add sour cream and vanilla and stir to combine well.
9. Mix egg mixture into flour mixture completely.
10. Place the cake mixture over cranberry sauce evenly.
11. Bake for about 50 minutes or till a tooth pick inserted in the center of cake comes out clean.
12. Remove the cake pan from oven and let it cool for about 10 minutes.
13. Carefully, invert the cake over serving plate and cut into slices.



# Pineapple Bake

 Prep Time: 15 mins  
 Total Time: 1 hr

Servings per Recipe: 5

Calories	353
Fat	17.4g
Cholesterol	148mg
Sodium	243mg
Carbohydrates	46.2g
Protein	5.6g

## Ingredients

2 tsp all-purpose flour  
½ C. white sugar  
Pinch of salt  
1 (20 oz.) can crushed pineapple with juice

3 eggs, beaten  
3 white bread slices, cubed  
1/3 C. butter

## Directions

1. Set your oven to 350 degrees F. Lightly, grease a baking dish.
2. In a bowl, mix together flour, sugar and salt.
3. Add pineapple with juice and eggs and mix till well combined.
4. Transfer the pineapple mixture into prepared baking dish.
5. Place bread cubes over pineapple mixture evenly.
6. Top with butter in the form of dots.
7. Bake for about 45 minutes or till top becomes golden brown.







# CREAMY Mushrooms



Prep Time: 15 mins



Total Time: 45 mins

Servings per Recipe: 12

Calories 329

Fat 17.6g

Cholesterol 61mg

Sodium 338mg

Carbohydrates 13.6g

Protein 7.7g

## Ingredients

4 bacon strips, chopped  
1 (16 oz.) package frozen green peas,  
thawed  
½ C. red onion, chopped  
1 C. heavy whipping cream  
Drop of Worcestershire sauce  
Pinch of monosodium glutamate

Pinch of salt and freshly ground black  
pepper  
1 (14 oz.) package fresh mushrooms,  
sliced  
2 tsp cooking sherry

## Directions

1. Heat a large nonstick skillet on medium - high heat.
2. Add bacon and cook for about 8-10 minutes or till crisp.
3. Meanwhile in a pan of boiling water, add peas and cook for about 5-7 minutes. Drain well.
4. Add onion in the skillet with bacon and cook for about 5-7 minutes.
5. Stir in cream and cook for about 5 minutes.
6. Stir in Worcestershire sauce, monosodium glutamate, salt and black pepper.
7. Now, stir in mushrooms, peas and sherry and gently, stir to coat with bacon mixture.
8. Serve hot.

# Thanksgiving Quinoa



Prep Time: 15 mins



Total Time: 50 mins

Servings per Recipe: 3

Calories 227

Fat 11.1g

Cholesterol 0mg

Sodium 195mg

Carbohydrates 27.3g

Protein 5.2g

## Ingredients

- 2 tbsp olive oil
- 1 small onion, chopped
- 2 carrots, peeled and sliced
- 1 celery stalk, chopped
- 1 garlic clove, minced
- ½ C. dried quinoa
- 1 C. vegetable broth
- 1 tsp ground turmeric
- ¼ tsp dried basil, crushed
- Salt, to taste
- 1 tsp fresh lime juice

## Directions

1. In a large pan, heat oil on medium heat.
2. Add onion, carrot, celery and garlic and sauté for about 5 minutes.
3. Stir in quinoa, broth, turmeric and basil and bring to a gentle boil
4. Reduce the heat to low. Simmer, covered for about 25-30 minutes or till all the liquid is absorbed.
5. Stir in salt and lime juice and remove from heat.
6. Serve hot.

# RICE & Carrots



Prep Time: 15 mins



Total Time: 1 hr 5 mins

Servings per Recipe: 8

Calories 160

Fat 2g

Cholesterol 0mg

Sodium 435mg

Carbohydrates 31.4g

Protein 3.6g

## Ingredients

- 1 tbsp olive oil
- 2 large carrots, peeled and chopped
- 1 large onion, chopped
- 1 celery stalk, chopped
- 2 garlic cloves, minced
- ½ C. wild rice
- 3½ C. vegetable broth
- 1 C. long-grain white rice
- 2 tbsp fresh parsley, chopped

## Directions

1. In a large nonstick pan, heat oil on medium heat.
2. Add carrots, onion, celery and garlic and sauté for about 5 minutes.
3. Stir in wild rice and broth and bring to a gentle boil.
4. Reduce the heat to low. Simmer, covered for about 25 minutes.
5. Stir in white rice and simmer, covered for about 20 minutes.
6. Stir in parsley and remove from heat.
7. Serve hot.



# Rice & Eggplants



Prep Time: 15 mins



Total Time: 46 mins

Servings per Recipe: 6

Calories 243

Fat 18.2g

Cholesterol 23mg

Sodium 576mg

Carbohydrates 17.7g

Protein 4.7g

## Ingredients

- 3 tbsp olive oil, divided
- 3 tbsp butter
- 1 large eggplant, peeled and cubed
- 8 oz. mushrooms, chopped
- 1 medium onion, chopped
- ½ tsp garlic, minced
- 1 tsp Italian seasoning
- ½ tsp salt
- ¼ tsp freshly ground black pepper
- 1 C. chicken broth
- 1 C. cooked wild rice
- ½ C. half - and - half
- 1 (10¾ oz.) can condensed cream of mushroom soup

## Directions

1. In a large nonstick pan, heat 1 tablespoon of oil and butter on medium heat.
2. Add eggplant and cook for about 5 minutes. Transfer the eggplant into a bowl.
3. In the same pan, heat remaining oil on medium heat.
4. Add mushrooms and onion and sauté for about 5 minutes.
5. Add garlic, Italian seasoning, salt, black pepper and cooked eggplant and sauté for about 1 minute.
6. Stir in chicken broth and simmer for about 5 minutes.
7. Stir in remaining ingredients and bring to a gentle boil.
8. Reduce the heat to low. Simmer, stirring occasionally for about 15 minutes.

# SWEET Corn



Prep Time: 10 mins



Total Time: 20 mins

Servings per Recipe: 8

Calories 253

Fat 16.5g

Cholesterol 54mg

Sodium 373mg

Carbohydrates 24.8g

Protein 5.1g

## Ingredients

2 (10 oz.) packages frozen corn kernels,  
thawed

2 tbsp butter, softened

1 C. heavy cream

2 tbsp granulated sugar

1 tsp salt

¼ tsp freshly ground black pepper

2 tbsp all-purpose flour



¼ C. whole milk

¼ C. Parmesan cheese, grated freshly

## Directions

1. In a large skillet, mix together corn, butter, cream, sugar, salt and black pepper on medium heat.
2. In a bowl, add flour and milk and beat till well combined.
3. Gradually, add flour mixture in skillet, beating continuously.
4. Cook, stirring continuously for about 3-5 minutes or till corns are cooked and sauce become thick.
5. Remove from heat and immediately add cheese and stir till melted completely.
6. Serve hot.

# Mushrooms & Asparagus

 Prep Time: 10 mins  
 Total Time: 25 mins

Servings per Recipe: 6  
Calories 38  
Fat 1.8g  
Cholesterol 0mg  
Sodium 84mg  
Carbohydrates 4.3g  
Protein 2.8g

## Ingredients

½ lb. fresh mushrooms, quartered  
1 bunch fresh asparagus, trimmed  
2 sprigs, fresh rosemary, minced

Salt and freshly ground black pepper, to taste  
2 tsp olive oil

## Directions

1. Set your oven to 450 degrees F. Lightly, grease a large baking sheet.
2. In a large bowl, add all ingredients and toss to coat well.
3. Transfer the mixture onto prepared baking sheet, placing the veggies in a single layer.
4. Roast for about 15 minutes.

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