Recipe 1

Turkey

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Ingredients

- **1 Fresh Turkey (not processed**)
- **1 cup low sodium or sodium-free chicken broth**
- **Salt-free seasonings and herbs of choice for flavor**

Instructions

- Preheat oven to 500° F
- Using a hypodermic needle or baster-injector, inject the broth into the turkey, concentrating mainly on the breast
- Put turkey into the preheated oven and roast for 20 minutes or until the exterior is crisp, but not burned
- Reduce heat to 375° F
- Cover turkey loosely with aluminum foil or a well-greased paper bag. Continue to roast until done.

If you plan to use the meat drippings for gravy, put onion slices from one onion, carrot slices, and a few stalks of celery in the bottom of the roasting pan to add flavor to the broth.

Recipe 2

Herb-stuffed Pork Loin

Herb-stuffed Pork Loin

Ingredients

- 1 boneless pork loin
- 2 tbsp Dijon mustard
- 4 garlic cloves, minced
- 1/3 cup fresh minced chives or 2 tbsp dried chives
- ¼ cup fresh minced sage or 1 teaspoon powdered sage
- 2 tbsp fresh minced thyme or 1 teaspoon dried thyme
- 1 tbsp fresh minced rosemary or ½ teaspoon dried rosemary
- 1 teaspoon white pepper (optional)
- 1 tbsp olive oil

Instructions

- Make a lengthwise slit down the middle of the roast to within 3/4 inch of the bottom of the roast. Open roast so it lies flat. Cover with plastic wrap. Using meat mallet gently beat to flatten to ¾ inch thickness. Remove plastic wrap.
- Combine mustard and garlic. Rub two-thirds of the mixture over the flattened inside of the roast. Mix together the remaining herbs / seasonings. Sprinkle two-thirds of the herb mixture inside of the roast, over the mustard and garlic mixture. Roll up jelly-roll style and tie several times with kitchen string to hold the rolled-up roast snuggly together. Rub oil over the outside of the entire roast.
- Preheat oven to 350° F. Bake uncovered for 1 hour.
- Remove roast from oven and brush remaining mustard mixture over roast. Sprinkle with remaining herb mixture. Bake for an additional 20 to 25 minutes longer, or until a meat thermometer reads 160° F. Let stand for 10 minutes before slicing.

Recipe 3

Corn Bread Dressing

Corn Bread Dressing

Ingredients

- 2 cups yellow cornmeal
- ½ cup sugar or sugar substitute appropriate for baking
- 2 Tbsp baking powder
- 4 eggs
- 2 cups milk
- ½ cup cooking oil
- 1 cup finely chopped celery
- 1 and ½ cup chopped onion

Instructions

- Stir dry ingredients together and wet ingredients separately. Blend together until just smooth, but do not over beat.
- Divide batter into two 9x9x2-inch baking pans.
- Bake in a 425° F preheated oven for 20 to 25 minutes.
- After cornbread is cooled, crumble into a large bowl. Add 2 eggs.
- Sauté celery and onion in a small amount of oil or margarine.
- Add pepper, garlic powder and ground sage and / or thyme (optional) to taste. If a crunchy texture is desired, add ½ to 1 cup of chopped pecans.
- Add sautéed mixture to the cornbread mixture. Add at least 2 cups of turkey stock or very low sodium chicken broth until moistened well. Mix well with large spoon and transfer into greased casserole dish.
- Bake at 350° F for 30 to 45 minutes, or until slightly brown on top.

Recipe 4

Garlic Mashed Potatoes

Garlic Mashed Potatoes

Ingredients

- Fresh potatoes, peeled and diced
- Garlic cloves, peeling removed
- Cooked fresh or frozen cauliflower (optional; decreases carbohydrate content per serving)
- Cream cheese or plain yogurt (regular, "light," or fat-free)
- Milk or cream (regular, reduced-fat, or fat-free), if necessary for desired consistency.

Instructions

- Puree cooked cauliflower in blender or food processor with cream cheese. Add milk or cream if necessary for thick, creamy texture.
- Boil diced potatoes and whole garlic cloves together in unsalted water until potatoes are tender. Drain off water.
- Add pureed cauliflower mixture to boiled potatoes and garlic.
- Mash with electric beaters, ricer, or potato masher, to desired consistency.
- After spooning into serving bowl, top with paprika powder and dried parsley flakes for color.

Recipe 5

Gravy

Gravy

Ingredients

- 2 cups Turkey Broth / Drippings
- 2 Tbsp Flour
- 2 Tbsp Turkey Fat
- 1 tsp low sodium or salt-free bouillon or soup base
- ¼ tsp poultry seasoning
- 1/8 tsp white pepper
- ½ cup milk or half and half (optional)

Instructions

- Pour broth / juices from roasting pan into large zip lock bag. Allow to settle. Snip a small triangle off a bottom corner. Let the broth drip out into one bowl, followed by the fat into another bowl.
- For each 2 cups of broth, add 2 Tbsp of fat back to the hot roasting pan. Scrape up any brown bits from the bottom of the pan. Transfer to sauce pan.
- Add 2 Tbsp of flour for each 2 Tbsp of fat. Stir until it begins to form a ball. Add broth and seasonings. Cook and stir until thickened.
- For a creamy gravy, add ½ cup milk or half and half to each 2 cups of gravy.

Recipe 6

Roasted Green Beans

Roasted Green Beans

Ingredients

- 2 pounds fresh green beans (or frozen fancy green beans)
- 1 to 2 tablespoons olive oil
- 2 tablespoons minced garlic
- ½ cup slivered or sliced almonds
- Zest from one lemon
- Salt-free seasoning of choice

Instructions

- Preheat oven to 400° F degrees.
- Spread green beans on a jelly roll pan lined with foil. Sprinkle garlic, almonds, lemon zest and seasonings over the green beans. Drizzle the olive oil over the green beans. Toss the mixture until all the beans are coated.
- Roast in oven for 15 to 20 minutes (add another 5 to 10 minutes if beans are frozen).
- Remove from oven and squeeze the lemon juice over the top in desired.

Recipe 7

Roasted Harvest Vegetables

Roasted Harvest Vegetables

Ingredients

- 8 small red potatoes, quartered
- 2 small onions, quartered
- 1 medium zucchini, halved and sliced
- 1 medium yellow summer squash, halved and sliced
- ½ pound fresh baby carrots
- 1 cup fresh cauliflower florets
- 1 cup fresh broccoli florets
- ¼ cup olive oil
- 1 Tablespoon garlic powder
- Several garlic cloves, smashed with knife (optional)
- 1 and ½ teaspoons dried rosemary, crushed
- ½ teaspoon dried thyme
- ¼ teaspoon pepper (optional)
- Other ideas: red, yellow, & orange peppers, mini acorn squash, purple yams, sweet potatoes, butternut squash, beet root, red onions, & more!

Instructions

- Place vegetables in a large bowl. Combine the remaining ingredients; drizzle over vegetables and toss to coat.
- Transfer to greased baking pan(s); spread to have one even layer. Bake, uncovered, at 400° F for 30 to 35 minutes or until tender, stirring occasionally.

Recipe 8

Fresh Fruit and Vegetable Tray

Fresh Fruit and Vegetable Tray

- Baby carrots
- Celery sticks
- Radishes
- Grape tomatoes
- Sugar snaps
- Mini sweet peppers
- Broccoli florets
- Cauliflower florets
- Seedless grapes
- Apple slices Pear slices

- Nutritious
- Naturally low in sodium
- Easy to prepare
- Welcome addition to parties and potlucks

Recipe 9

Ranch Dressing

Ranch Dressing

Ingredients

- 1/2 cup buttermilk
- 1 cup plain Greek yogurt
- 1 teaspoon onion powder
- 1 teaspoon dried parsley
- ½ teaspoon dried dill
- 1-1/2 teaspoon sugar
- 1/2 teaspoon garlic powder
- 1/2 teaspoon dry mustard
- 1/2 teaspoon salt-free Italian seasoning blend

Instructions

- Mix all ingredients together.
- Store in the refrigerator in a tightly covered container. This dressing is better if made ahead of time and allowed to sit at least overnight so the flavor develops.

Recipe 10

Cranberry Gelatin Salad

Cranberry Gelatin Salad

Ingredients

- 1 package (4 serving size) lemon gelatin
- 1 package (4 serving size) strawberry or raspberry gelatin
- 1 package (4 serving size) cranberry or cherry gelatin
- 1 and ¾ cups boiling water
- 1 can (20 ounce) crushed pineapple
- 1 can (16 ounce) whole-berry cranberry sauce
- 1 cup diced fresh celery
- 1 can (6 ounces) mandarin oranges (may substitute fresh chopped apple if desired)
- 2/3 cup chopped walnuts or pecans (optional)
- Whipped topping for garnish

Instructions

- In a large bowl, dissolve the gelatins in boiling water.
- Drain pineapple, reserving juice in a 2 cup measuring cup; add enough cold water to measure 2 cups. Stir into gelatin mixture.
- Stir in pineapple, cranberry sauce, celery, oranges and nuts.
- Transfer to serving container of choice. Refrigerate until firm.
- Serve with whipped topping, if desired.

Recipe 11

Easy Fruit “Cobbler”

Fruit “Cobbler”

Ingredients

- 3 to 4 cups fresh or frozen berries (not strawberries)
- 1 cup pineapple juice (can be the juice drained from canned pineapple)
- 2 Tablespoons cornstarch
- 1/3 cup Burgundy wine powder (optional)
- ½ cup sugar or sugar substitute appropriate for cooking
- ½ cup flour
- 1/3 stick unsalted butter or “lite” butter
- 2 cups granola

Instructions

- Preheat oven to 350° F
- Spread the berries in an 8 x 8 pan.
- Mix together the pineapple juice, cornstarch, wine powder, and sugar. Pour over the berries.
- Cut the butter into the flour and mix with granola. Spread over the top of the berries.
- Bake for about 20 minutes, or longer if berries are frozen.
- Great with whipped topping or ice cream, if desired.