

Chicken, Broccoli and Pasta Casserole

Substitute turkey for chicken

- 1 ½ c. uncooked rotelle or ziti macaroni
- 1 ½ c. broccoli florets, cooked, about 1/3 bunch fresh or 16-oz. pkg. of frozen broccoli, thawed
- 12-oz. cooked cubed chicken, without skin
- 1 Tbsp. margarine
- 1 Tbsp. all-purpose flour
- 3 c. low-fat milk
- 1 tsp. dry mustard
- 1/8 tsp. pepper
- 6-oz. reduced fat cheddar cheese, shredded

1. Preheat oven to 350°F. Prepare macaroni as directed on the package; drain and transfer to a large bowl. Add broccoli and cooked chicken, mix well. Set aside.
2. In a small saucepan melt margarine over low heat; stir in flour until smooth. Gradually stir in milk, mustard and pepper.
3. Cook, stirring constantly, until thickened and smooth.
4. Stir in half of the cheese; continue to cook over low heat. Stir until cheese melts. Pour sauce over pasta mixture; mix well.
5. Pour mixture into a 1 ½ quart casserole dish. Sprinkle remaining cheese on top. Bake 25 minutes or until bubbly.

Nutrition Facts			
Serving Size 275g / 10 oz			
Servings Per Container 4			
Amount Per Serving			
Calories	260	Calories from Fat	60
		% Daily Value *	
Total Fat	7g	11%	
Saturated Fat	2.5g	13%	
Trans Fat	0g		
Cholesterol	45mg	15%	
Sodium	540mg	23%	
Total Carbohydrate	22g	7%	
Dietary Fiber	2g	8%	
Sugars	7g		
Protein	28g		
Vitamin A	20%	Vitamin C	30%
Calcium	30%	Iron	10%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
23% calories from fat			

Pureed Roasted Winter Squash

Makes about 2 cups puree

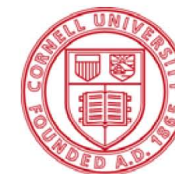
- 1 2-pound butternut, buttercup or acorn squash
1. Preheat oven to 400°F. Brush a rimmed baking sheet with oil.
2. Cut squash in half and scrape out seeds and membranes. Place the squash, cut-side down, on the prepared baking sheet. Bake until soft, 35 to 45 minutes for buttercup or acorn squash, 40 to 50 minutes for butternut. Let cool slightly.
3. Scoop the squash flesh into a food processor. Pulse until smooth. For a chunkier texture, mash squash with a potato masher.

Nutrition Facts			
Serving Size 1/2 cup			
Servings Per Container			
Amount Per Serving			
Calories	77	Calories from Fat	
		% Daily Value *	
Total Fat	0g	%	
Saturated Fat	0g	%	
Trans Fat	0g		
Cholesterol	0mg	%	
Sodium	8mg	%	
Total Carbohydrate	20g	%	
Dietary Fiber	5g	%	
Potassium	547mg		
Protein	2g		
Vitamin A	430%	Vitamin C	50%
Potassium	16%		
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat	9	Carbohydrate	4
		Protein	4

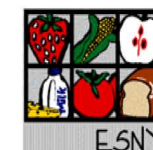
HOLIDAY RECIPES



Provided by:



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Thyme Bread Stuffing

Makes 8 1/2 cup servings, uncooked

- 3/4 c. celery, finely chopped
- 2 Tbsp. onion, finely chopped
- 3 Tbsp. parsley, chopped
- 3 Tbsp. butter or margarine
- 1 quart bread cubes, soft
- 1/2 tsp. thyme
- 1/2 tsp. salt
- 1/8 tsp. pepper

1. Cook celery, onion, and parsley in butter or margarine until tender.
2. Mix lightly with remaining ingredients.
3. Stuff inside the turkey, or bake covered in a separate pan during last hour of roasting the turkey.

Notes: Allow about 3/4 cup of stuffing per pound of ready-to-cook turkey. For more moist stuffing when baked separately, add 1 tablespoon of chicken or turkey broth per cup of uncooked stuffing.

Nutrition Facts	
Serving Size 1/2 cup	
Servings Per Container 8	
Amount Per Serving	
Calories 90	Calories from Fat 45
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1g	5%
Trans Fat 0.5g	
Cholesterol 0mg	0%
Sodium 310mg	13%
Total Carbohydrate 10g	3%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 1g	
Vitamin A 8%	Vitamin C 4%
Calcium 4%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Turkey Gravy

6 servings, about 1/4 cup each

- 1 Tbsp. butter/margarine
- 3 Tbsp. flour
- 1/4 teaspoon salt
- 1 1/2 c. turkey broth from roaster pan

1. Melt butter or margarine over low heat; mix in flour and salt.
2. Heat and stir until bubbly.
3. Add broth slowly, stirring constantly, for at least 13 minutes.

Nutrition Facts	
Serving Size 1/4 cup	
Servings Per Container 6	
Amount Per Serving	
Calories 50	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 2g	
Vitamin A 2%	Vitamin C 0%
Calcium 0%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Turkey Rice Soup

6 servings, about 1 cup each

- 3 c. turkey or chicken broth
- 1/2 c. onion, chopped
- 1/4 c. celery, chopped
- 1/4 c. carrots, chopped
- 16-oz. can tomatoes
- 1/8 tsp. pepper
- 1/4 c. rice, uncooked
- 2 c. turkey, cooked, diced

1. Heat broth to boiling
2. Add vegetables, seasons, rice, and turkey.
3. Cover and cook slowly 15 minutes, until vegetable and rice are tender.

Potato Corn Soup

Makes 4-6 servings

- 1 1/2 Tbsp. butter or margarine
- 2 onions, sliced
- 4 potatoes, washed and sliced
- 3 c. water
- 2 bouillon cubes, low sodium
- 1 c. skim milk
- 1 can corn, drained

1. Melt butter in a skillet. Add onion and cook until clear.
2. Add potatoes, water and bouillon cubes. Bring to a boil.
3. Lower heat and simmer for 30 minutes.
4. Stir until smooth.
5. Add milk and corn. Reheat. Serve hot and enjoy!
6. Refrigerate leftovers.

Source: Just Say Yes

Nutrition Facts	
Serving Size (273g)	
Servings Per Container	
Amount Per Serving	
Calories 160	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 410mg	17%
Total Carbohydrate 16g	5%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 19g	
Vitamin A 20%	Vitamin C 20%
Calcium 6%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Nutrition Facts	
Serving Size about 3/4 cup	
Servings Per Container 4-6	
Amount Per Serving	
Calories 220	Calories from Fat 35
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0.5g	3%
Trans Fat 0.5g	
Cholesterol 0mg	0%
Sodium 290mg	12%
Total Carbohydrate 43g	14%
Dietary Fiber 5g	20%
Sugars 6g	
Protein 7g	
Vitamin A 4%	Vitamin C 60%
Calcium 8%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Turkey Salad

6 servings, about 2/3 cup each

- 3 c. turkey, cooked, diced
- 1 c. celery, chopped
- 1/4 c. pickles, sweet, chopped
- 1/2 c. carrot, chopped
- 1/2 c. salad dressing, mayonnaise-type
- 1 Tbsp. lemon juice
- 1/4 tsp. salt

1. Mix turkey, celery, pickles and carrots together lightly.
2. Mix salad dressing, lemon juice, and salt until smooth.
3. Gently stir salad dressing into turkey mixture.
4. Chill thoroughly.

Nutrition Facts	
Serving Size 1/3 cup	
Servings Per Container 12	
Amount Per Serving	
Calories 80	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 160mg	7%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 11g	
Vitamin A 20%	Vitamin C 2%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Fruit Cobbler Crunch

Yield: 8 - 10 servings

- 2 16-oz. cans of peaches, plums, apricots, or a combination of these (canned in juice)
- 3/4 c. low-fat granola
- 1 8-oz. carton of non-fat vanilla yogurt
- Cinnamon

1. Drain fruit and place in large bowl.
2. Place granola in small bowl.
3. To serve, top a spoonful of fruit with a spoonful of yogurt, a small spoonful of granola and a sprinkling of cinnamon.

Variations:

- Substitute 12 pieces of chopped fresh fruit for canned fruit.
- Substitute crumbled graham crackers or vanilla wafers for low-fat granola.

Source: Sisters in Health

Nutrition Facts	
Serving Size 123g / 4 oz	
Servings Per Container 10	
Amount Per Serving	
Calories 140	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 27g	9%
Dietary Fiber 3g	12%
Sugars 22g	
Protein 3g	
Vitamin A 15%	Vitamin C 4%
Calcium 6%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2000 2500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
14% calories from fat	