



November's Kitchen Quickie

Delicious Thanksgiving food is one of the many things we should be grateful for during this month of thanks. The only downside maybe how to liven up a refrigerator full of leftovers. See the creative recipes below that might spice up that leftover turkey.

The Peer Health Educators: Jenny, Valerie, Colleen, Michele, Kathleen, Jennifer, Lauren, Megan

Tips for the big day:

- Sprinkle hot vegetables with dill for flavor instead of butter.
- Use low fat canned cream soup in the traditional green bean casserole.
- Use fruit spreads on rolls vs. butter or margarine
- SKIP THE ROLLS due to so many other starchy items, i.e., stuffing, sweet potatoes, whipped potatoes, etc.
- Don't skip meals before the big meal that day. You'll be too hungry and may overeat. Treat Thanksgiving as if it is a regular day.
- Begin the meal with a salad. You'll eat less during dinner.
- After dinner, go for a long walk!

<http://www.fabulousfoods.com/holidays/thanksgiving/lowfatthanksgiving.html>

Spaghetti with Turkey Meat Sauce



Prep time: 45min.
Approx.: 6 servings

Ingredients:

- 1 lb. ground turkey
- 1 can (28 oz.) tomatoes, cut up
- 1 cup finely chopped green pepper
- 1 cup finely chopped onion
- 2 cloves garlic, minced
- 1 tsp. oregano, crushed
- 1 tsp. black pepper
- 1 lb. spaghetti, uncooked

Garlic Mashed Potatoes

Ingredients:

- 1 lb. (about 2 large) potatoes, peeled and quartered
- 2 C skim milk
- 2 large cloves garlic, chopped
- 1/2 tsp white pepper

Prep time: 1 hr. Approx. 4 servings

- ♦ Cook potatoes, covered, in a small amount of boiling water for 20-25 minutes or until tender. Remove from heat. Drain and recover.
- ♦ Meanwhile, in a small saucepan over low heat, cook garlic in milk until garlic is soft, about 30 minutes.
- ♦ Add milk-garlic mixture and white pepper to potatoes.
- ♦ Beat with an electric mixer on low speed or mash with a potato masher until smooth

Calories 141,
Saturated Fat 1g,
Total Fat 4g,
Cholesterol 2mg,
Sodium 70mg

Spray a large skillet with nonstick spray coating. Preheat over high heat.

Add turkey; cook, stirring occasionally, for 5 minutes. Drain fat and discard.

Stir in tomatoes with their juice, green pepper, onion, garlic, oregano, and black pepper. Bring to a boil; reduce heat.

Simmer covered for 15 minutes, stirring occasionally.

Remove cover; simmer for 15 minutes more. (If you like a creamier sauce, give sauce a whirl in your blender or food processor.)

Meanwhile, cook spaghetti in unsalted water. Drain well. Serve sauce over spaghetti.

Calories 330, Total Fat 5g, Saturated Fat 1g,
Cholesterol 60mg, Sodium 280mg