

## Apples and Pears - Spiced and Warm

1/2 cup butter

1 vanilla bean

1 cup dark brown sugar, packed

1/2 cup water

1/2 lemon, sliced

1 cinnamon stick, broken in half

1/2 teaspoon ground cloves

5 pears, quartered and cored

5 small Granny Smith apples, quartered and cored

### Slow Cooker Method:

In a saucepan over medium heat, melt the butter. Next scrape out vanilla seeds for the vanilla bean and place it all into the pan with the water, lemon, brown sugar, cloves and cinnamon stick. Bring the mixture to a boil and cook for about 1 minute. Set aside.

In a slow cooker add the apples, pears and butter mixture; stir until all ingredients are blended well. Cover and cook on low heat for 3 1/2 to 4 hours or on high for 2 hours. Be sure to stir every 30 minutes. Take out the vanilla pod before serving.

## CranOrange Biscuits

1/2 cup dried cranberries

1/3 to 1/2 cup milk

1/4 cup butter, cut into pieces

Grated peel from 1 orange

1/4 teaspoon salt

2 teaspoons baking powder

4 teaspoons sugar

1 cup flour

Preheat oven to 425 degrees.

In a large bowl combine the sugar, salt, baking powder and flour: add orange peel.

Cut in butter until crumbly. Add milk slowly while using fork to create slightly sticky dough. Add cranberries.

Using as little flour as possible, roll dough out onto a floured surface until 3/4 inches thick. Cut with a biscuit cutter and place on an ungreased baking sheet.

Bake biscuits for 15 to 18 minutes or until they are golden brown. Place on wire rack to cool.

## Brown Turkey Gravy

1 tablespoon olive oil

1/2 cup chopped onion

6 ounces ground turkey

6 cups chicken broth

1 teaspoon poultry seasoning

3 tablespoons all-purpose flour

1/2 cup cold water

In large skillet heat the oil over medium heat. Add the onion and cook for one minute. Now add the ground turkey and cook for 10 to 15 minutes or until it is very browned and dry.

Move the turkey mixture to a large saucepan. Add in the poultry season and broth; let simmer for 30 minutes over medium heat. Pour the mixture into a strainer and throw away the cooked turkey.

In a small bowl combine the flour and water until smooth: add the mixture to broth and cook over medium low heat, stirring occasionally for about 30 to 45 minutes.

### Cherry Cinnamon Soup

4 cups red tart pitted cherries; canned, frozen, fresh

2 cups water

1/4 to 1-1/4 cups sugar

1/4 teaspoon ground cinnamon

### Dumplings

2 cups all-purpose flour

2 teaspoons baking powder

dash of salt

1 cup milk

Place water, sugar, cinnamon and cherries into a large saucepan and bring to a boil, cooking until the cherries are tender, about 15 to 20 minutes. Depending on tartness of cherries adjust the amount of sugar.

### Dumplings

Combine baking powder, salt and flour; stir in the milk. Drop the dumplings by teaspoonfuls into the soup. Cook covered for 10 to 15 minutes or until the dumplings appear fluffy. Serve the soup hot.

## Corn Soup

4 teaspoons tamari (available in health food stores)

1 cup light cream

16 ounces frozen corn

2 cups milk

4 teaspoons whole wheat flour

2 teaspoons butter

4 teaspoons corn oil

1 cup onion, finely chopped

1 cup sweet red pepper, finely chopped

In a large saucepan add butter and oil. Sauté the sweet red pepper and onion until tender but not browned. Stir in the flour and continue to cook over very low heat for 2-3 minutes. Slowly pour in the milk stirring continuously to prevent any lumps from forming. Place 1 cup of corn, cream and the tamari in a blender on medium speed until smooth. Next add the corn mixture to the soup as well as the remaining corn. Continue to cook until heated through. If desired sprinkle a little parsley or nutmeg on top for garnish.

## Grilled Turkey Sandwiches

### Hamburger buns

1 pound turkey tenderloin

2 tablespoons onion, minced

1/8 teaspoon garlic salt

1/8 teaspoon black pepper

2 tablespoons lemon juice

1/4 cup apple juice

1/4 cup peanut oil

1/4 cup soy sauce

Blend all ingredients except turkey together in a shallow dish. Add the turkey, turning it to coat both sides and then cover and place in refrigerator overnight to marinate, turning occasionally. When ready to serve, grill the turkey for 8-10 minutes per side. Turkey is done no pink remains in the center. Slice and serve on hamburger buns.

## Maple and Orange Glazed Turkey

1,10 pounds turkey, thawed

1/2 cup water

vegetable oil

1/4 cup butter

1/2 cup orange juice

2 tablespoons maple syrup

1/2 teaspoon chili powder

1/4 teaspoon salt

1/8 teaspoon pepper

1 cup chicken broth

1 to 2 teaspoons all-purpose flour

Preheat oven to 325 degrees. Prepare turkey for roasting being sure to remove any packets from cavity. Place turkey in a shallow roasting pan and add water to pan. Brush turkey with oil and cover loosely with tin foil. Roast for 1-1/4 hours, remove the foil and roast for another hour.

In a small saucepan melt the butter over medium heat. Stir in the maple syrup, chili powder, orange juice, salt and pepper. Brush or pour the glaze over the turkey. Roast for 35 to 45 more minutes until turkey is golden brown and temperature has reached 170 degrees. Remove from oven and cover with tin foil, let rest for 15 to 20 minutes.

Place turkey on platter and then skim the fat from the roasting pan. Place the pan on stovetop and pour in 3/4 cup chicken broth. Release the browned bits on the bottom of the pan by using a spoon. In a small bowl, combine the flour and remaining 1/4 cups chicken broth. Pour into roasting pan and cook

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## Mushroom & Sage Stuffing

1 cup chicken broth

6 cups cubed bread, toasted (French or Italian bread works well)

1/4 teaspoon black pepper

1/4 teaspoon salt

1 teaspoon orange peel, grated

2 teaspoons sage, freshly minced

2 cups Shiitake mushroom caps, sliced

1/4 cup butter

1/4 cup celery, chopped

Preheat oven to 325 degrees. Grease a 2-quart shallow casserole dish and set aside.

In a large saucepan melt butter over medium heat. Next add the celery, onion and mushrooms. Stir for 5 minutes or until the vegetables are tender.

Add sage, salt, pepper and orange peel. Stir until well blended. Next add the cubed bread pieces and gradually add the broth and stir constantly until the bread has absorbed the liquid.

Place into casserole and bake for 30 minutes or until the stuffing is lightly browned.

## Potato & Cheese Gratin

3 cups heavy cream

6 tablespoons all-purpose flour

3 cups Havarti cheese, shredded

2 tablespoons chicken flavored bouillon

3-1/2 pounds potatoes, peeled and sliced thinly

Preheat oven to 400 degrees. Grease a 13 x 9 inch dish and set aside.

Place 1/3 of the potatoes in the dish. Sprinkle with black pepper and 1 teaspoon chicken bouillon. Next add 1/3 of the cheese and 2 tablespoons flour. Continue in this manner, adding 2 more layers.

Combine heavy cream and remaining 1 tablespoon chicken bouillon in a bowl. Pour mixture over the potatoes and place in oven.

Bake for 1 hour or until the potatoes are tender or top is golden brown in color.

## Pumpkin Mousse

1 package (4-serving size) butterscotch instant pudding mix

1 cup milk

1 can (15 oz) solid-pack pumpkin

1/4 teaspoon ground cinnamon

Pinch of ground ginger

Pinch of ground cloves

1 container (8 oz) whipped topping

In a large bowl whisk the milk and pudding mix until thickened. Next add the cinnamon, ginger, cloves and pumpkin and continue to whisk until blended.

Save 1/4 cup of the whipped topping for garnish and fold the rest into the pudding mixture.

Refrigerate for an hour or until the mousse is set. Top with remaining whipped topping for garnish.

## Pumpkin Soup

1/8 teaspoon pepper

1 teaspoon salt

2 cups milk

1 tablespoon all-purpose flour

2 chicken bouillon cubes

2 cups water

2 cups mashed cooked squash or pumpkin

1 can (8-1/4 oz.) tomatoes, diced

2 tablespoons butter

1 bay leaf

1/8 teaspoon thyme leaves

1 teaspoon parsley flakes

2 tablespoons onion, chopped

1/4 cup green pepper, chopped

In a large saucepan melt butter and sauté onion, green pepper, thyme, parsley, and bay leaf until tender but not browned. Next add the pumpkin, water, tomatoes and bouillon and bring to a boil. Reduce heat and simmer for 30 minutes, stirring occasionally. Combine milk and flour in a small mixing bowl then stir into the soup. Add the salt and pepper and cook soup over medium heat stirring often until it comes to a boil.

## Thanksgiving Smoothie

1 can (16 oz.) cranberry sauce

1 bag (16 oz) frozen unsweetened peach slices, partially thawed

1 container (6 oz) vanilla yogurt

3/4 cup orange juice

1/4 to 1/2 teaspoon ground cinnamon

Add everything in blender and blend until smooth.

## Turkey and Squash Tacos

4 hard corn taco shells

2 teaspoons vegetable oil

1/4 cup finely chopped onion

1 cup diced cooked butternut squash

1 teaspoon taco seasoning mix

1 cup chopped cooked turkey

Place taco shells on baking sheet into a 325° oven and heat for 5 to 6 minutes. Remove and set aside.

In a large skillet over medium-high heat place the vegetable oil and onion, cook and stir for 2 to 3 minutes and then add squash and taco seasoning mix; cook an additional 2 to 3 minutes.

Add 1/4 cup turkey in each taco shell and add salt and pepper to taste. If desired, add salsa, additional squash or slices of avocado to the top.

## Turkey Salad, Sweet and Hot

1 medium jalapeno pepper, seeded and minced

2 tablespoons apricot jam

2 tablespoons white wine vinegar

1 tablespoon vegetable oil

2 cups turkey, diced and cooked

1/4 cup roasted and salted almonds, or 1 large celery stalk, thinly sliced, or 1 cup chow mein noodles

In a small container mix the oil, vinegar, jam and jalapeno together. In a medium sized bowl add the chicken and pour the dressing over it.

Before serving sprinkle with noodles, celery or almonds and then toss.

## Turkey Soup

1 Turkey carcass

4 quarts water

3 large onions, finely chopped

3 celery ribs, finely chopped

1/4 cups uncooked long grain rice

1 cup butter

1-1/2 cups all-purpose flour

1 pint half-and-half

3 cups cooked turkey, diced

1/2 teaspoons poultry seasoning, optional

salt and pepper to taste

In a large Dutch oven cook the carcass and water to make 3 quarts of stock. Remove any bones and save the meat. Strain the stock and set aside for later.

In a saucepan combine the celery, carrots, onions, rice and 1 quart of the stock. Cook for 20 minutes. Remove from heat and set aside. In a large Dutch oven or stockpot melt the butter and add in the flour and heat until it is bubbly.

Add the remaining 2 quarts of stock and the half-and-half; cook and stir until bubbly. Stir in the vegetable mixture made earlier and also add the turkey and seasonings to taste. Heat soup slowly until heated through.

