



Thanksgiving Day Menu and Shopping List

Thanksgiving Dinner

Maple Sage Turkey Breast with
Mashed Yams **or** Mashed Potatoes **or** Cornbread Dressing
and
Candied Carrots **or** Roasted Acorn Squash **or** Pan Grilled Broccoli
Dessert: Pumpkin Tarts

This shopping list is based on 8 persons (with leftovers of Cornbread Dressing and Pumpkin Tarts). You will need to double the Mashed Yams, Mashed Potatoes, Cornbread Dressing and Pumpkin Tarts, and multiply the vegetable recipes by 4. The shopping list is designed to accommodate this multiplying of recipes. Enjoy!

Main Course:

Maple Sage Turkey Breast (Serves 8)

- 1 3 lb. bone in turkey breast
- 1 large white onion
- 2 Tbsp fresh sage leaves
- 1/2 tsp peppercorns
- 1/2 tsp dried thyme leaves
- 1/2 cup maple syrup
- 1/2 cup low-sodium chicken stock
- 1/2 tsp salt

Choose One of the Recipes Below:

<p>Mashed Yams (original serves 4; double the recipe)</p> <p>2 lb yams 2 large shallots 2 tsp extra virgin olive oil 1/2 tsp dried rosemary 1/2 tsp Salt fresh ground black pepper 4 Tbsp light spread (like Promise Buttery Spread Light or Smart Balance Light) 1/2 cup non-fat buttermilk 4 Tbsp 2% milk</p>	<p>Mashed Potatoes (original serves 4; double the recipe)</p> <p>2 lb Yukon Gold potatoes 4 tsp unsalted butter 1/2 cup non-fat buttermilk 1/2 cup 2% milk 1/2 tsp salt fresh ground black pepper</p>	<p>Cornbread Dressing (original serves 6; multiply recipe by 2; there will be leftovers)</p> <p>spray olive or grapeseed oil 2 medium white onions 4 cloves garlic 6 ribs celery 1 lb. mushrooms 6 ounces whole wheat bread 2 Tbsp fresh sage 1 cup flat leaf parsley 1 tsp salt fresh ground black pepper 3 large eggs 4 Tbsp 2% milk 3/4 cup yellow cornmeal 1 cup all purpose white flour 1/3 cup sugar 1 Tbsp baking powder 1 cup non-fat buttermilk 1 Tbsp unsalted butter</p>
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Choose One of the Recipes Below:

<p>Candied Carrots (original serves 2; multiply recipe by 4)</p> <p>2 lbs. carrots 1/4 cup light spread (like Promise Buttery Spread Light or Smart Balance Light) 1/4 cup maple syrup 1 tsp salt</p>	<p>Roasted Acorn Squash (original serves 2; multiply recipe by 4)</p> <p>4 acorn squash (about 1 pound each) 4 tsp butter 8 tsp brown sugar</p>	<p>Pan Grilled Broccoli (original serves 2; multiply recipe by 4)</p> <p>2 lbs. broccoli spray olive oil 1/2 tsp salt</p>
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Dessert:

Pumpkin Tarts

(original serves 6; multiply recipe by 2)

36 ginger snaps
2 Tbsp light spread (like Promise Buttery Spread Light or Smart Balance Light)
1 1/2 cup Splenda
1/2 tsp salt
2 tsp ground cinnamon
1/2 tsp ground ginger
1/2 tsp ground cloves
2 tsp pure vanilla extract
2 cup pumpkin (no salt added)
1 cup 2% milk
8 ounces egg substitute