



# MENU PLANNER



## OPTION 1

<b>Breakfast:</b> Apple-Cinnamon Oatmeal	191
<b>Dinner Entrée:</b> Roast Chicken with Cider Gravy and Cranberry Relish	465
<b>Side Dish:</b> Wild Rice with Dried Cranberries and Walnuts	167
<b>Dessert:</b> Pumpkin Bisque	<u>114</u>
<i>Total Calories</i>	<b>937</b>

## OPTION 2

<b>Breakfast:</b> Cheese Blintzes with Sour Cream and Raspberry Preserves	164
<b>Dinner Entrée:</b> Roast Turkey Breast with Chipolte-Herb Rub	247
<b>Side Dish:</b> Mashed Sweet Potatoes with Toasted Pecans	181
<b>Dessert:</b> Pumpkin Bisque	<u>114</u>
<i>Total Calories</i>	<b>706</b>

## OPTION 3

<b>Breakfast:</b> Lower-Fat French Toast	260
<b>Dinner Entrée:</b> Simply Roasted Turkey	290
<b>Side Dish:</b> Wild Rice with Dried Cranberries and Walnuts	167
<b>Dessert:</b> Pumpkin Bisque	<u>114</u>
<i>Total Calories</i>	<b>831</b>

## **RECIPES**

### **Apple-Cinnamon Oatmeal**

This recipe serves: 1

Preparation Time: 5 minutes

Cooking Time: 8 minutes

### **Ingredients**

1 cup water

½ cup oatmeal

1 pinch ground cinnamon

3 tablespoons chopped, tart apple

1 teaspoon brown sugar

### **Cooking Instructions**

1. Combine the water and oatmeal in a small saucepan.
2. Add the cinnamon and apples and cook, stirring occasionally, over medium heat for 7 minutes.
3. Spoon into a serving dish, sprinkle with the brown sugar. Serve warm.

### **Nutrition Facts**

Serving Size: about 1 cup

Calories	191
Total Fat	3 g
Saturated Fat	0 g
Cholesterol	0 g
Sodium	4 mg
Total Carbohydrate	37g
Dietary Fiber	6g
Protein	7g
Percent calories from fat	12%
Percent calories from protein	13%
Percent calories from carbohydrate	75g%

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## **Cheese Blintzes with Sour Cream and Raspberry Preserves**

This recipe serves: 10

Preparation time: 1 hour 15 minutes

Cooking Time: 20 minutes

### **Ingredients**

3 eggs  
2 tablespoons vegetable oil  
1 cup skim milk  
 $\frac{3}{4}$  cup flour, sifted  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{4}$  pound light cream cheese  
 $\frac{1}{4}$  pound low-fat cottage cheese  
2 tablespoons sugar  
1 teaspoon vanilla extract  
 $\frac{1}{2}$  cup non-fat sour cream  
 $\frac{1}{2}$  cup raspberry preserves

### **Cooking Instructions**

1. In a small bowl, whisk 2 of the eggs, vegetable oil, and milk together. Add the flour and salt and stir until the batter is very smooth. Chill for 30 minutes.
2. Spray an 8-inch skillet with nonstick spray. Pour 3 to 4 tablespoons of batter into the skillet and turn the pan to coat it. Cook until golden brown on one side. Stack crepes on waxed paper, brown side up. Repeat with remaining batter.
3. Beat together the remaining egg, cream cheese, cottage cheese, sugar and vanilla.
4. Fill each crepe with 2 tablespoons of cheese mixture and roll up "egg roll" style by folding in sides of crepe over filling.
5. Heat the skillet and lightly spray with nonstick cooking spray. Cook until the blintzes are golden brown on all sides. Remove from heat.
6. Serve with sour cream and raspberry preserves.

### **Nutrition Facts**

Serving size 1 blintz with sour cream and raspberry

Calories	164
Total Fat	6g
Saturated fat	2g
Cholesterol	71mg
Sodium	251mg
Total Carbohydrate	20g
Dietary fiber	0g
Protein	7g
Percent calories from fat	35%
Percent calories from protein	16%
Percent calories from carbohydrate	48%

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## **Lower-Fat French Toast**

This recipe serves: 4

Preparation time: 5 minutes

Cooking time: 10 minutes

### **Ingredients**

¼ cup egg substitute

1 ½ cups skim milk

¼ cup sugar

½ teaspoon ground cinnamon

¼ teaspoon nutmeg

2 teaspoons vanilla extract

peanut oil, as needed

8 slices bread, slightly stale

### **Cooking Instructions**

1. Whisk together the egg substitute, milk, sugar, cinnamon, nutmeg and vanilla until thoroughly mixed. (This can be done ahead of time and refrigerated overnight.)
2. Heat a well-greased griddle or large frying pan with peanut oil until hot but not smoking.
3. Soak the bread slices in the egg mixture until moistened. Place the soaked slices on the griddle. Discard excess egg mixture.
4. When the bottoms are golden brown, flip with a spatula, and brown the other side. Keep them in a warm oven until ready to serve.

### **Nutrition Facts**

Serving size 2 slices of French toast

Calories	260
Total fat	3g
Saturated fat	1g
Cholesterol	2mg
Sodium	396mg
Total Carbohydrate	47g
Dietary fiber	2g
Protein	10g
Percent calories from fat	10%
Percent calories from protein	15%
Percent calories from carbohydrates	73%

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## **Roast Chicken with Cider Gravy and Cranberry Relish**

This recipe serves: 4

Preparation time: 20 minutes

Cooking time: 1 hour

### **Ingredients**

#### **For the chicken:**

1 roasting chicken, about 5 pounds  
salt to taste  
freshly ground black pepper  
2 sprigs fresh thyme or ½ teaspoon dried  
2 sprigs fresh rosemary or ½ teaspoon dried  
1 lemon, cut into quarters  
extra herb sprigs for garnishing

#### **For the cider gravy:**

3 tablespoons butter  
3 tablespoons flour  
½ cup apple cider  
1 tablespoon apple cider vinegar  
2 cups low-sodium chicken broth

#### **For the cranberry relish:**

1 can whole berry cranberry sauce  
2 tablespoons finely chopped shallot  
zest of 1 orange  
1 tablespoon chopped fresh parsley

### **Cooking instructions**

#### **For the chicken:**

1. Preheat the oven to 375 degrees.
2. Rinse the chicken with cold water and pat dry. Season with salt and pepper inside and out.
3. Rub the inside of the chicken with thyme and rosemary. Squeeze the juice from the lemon inside the chicken and toss the lemon quarters in the cavity.
4. Place the chicken on a rack in a roasting pan and place it in the oven. Roast until the juices run clear when the thigh is pierced with a knife, about 1 hour.
5. Transfer the chicken to a serving platter and let rest for about 10 minutes. Remove the skin and discard. Carve the chicken and garnish with herb sprigs.

**For the cider gravy:**

1. Melt the butter in a small saucepan over medium heat. Stir in flour and cook until the mixture develops a nutty aroma, about 3 to 5 minutes.
2. Whisk in the cider, cider vinegar and chicken broth, and simmer, stirring occasionally, for 5 minutes. Season to taste with salt and pepper. (The leftover gravy can be stored in the refrigerator for up to 3 days.)

**For the cranberry relish:**

1. In a small bowl, combine the cranberry sauce, shallot, orange zest, and parsley.

(The cranberry relish can be made in advance and stored in the refrigerator for up to 5 days. Any leftover relish can also be stored for up to 5 days.)

**Nutrition facts**

Serving size about 6 ounces chicken

Calories	465
Total fat	11g
Saturated fat	3g
Cholesterol	192mg
Sodium	254mg
Total carbohydrate	32g
Dietary fiber	2g
Protein	59g
Percent calories from fat	21%
Percent calories from protein	51%
Percent calories from carbohydrate	28%

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## **Roast Turkey Breast with Chipolte-Herb Rub**

This recipe serves: 8

Preparation time: 15 minutes

Cooking Time: 2 hours

### **Ingredients**

2 chipolte peppers, rehydrated, stemmed and seeded

¼ cup fresh parsley

¼ cup fresh cilantro

3 to 4 sprigs fresh thyme

2 cloves garlic, peeled

½ teaspoon salt

½ teaspoon freshly ground black pepper

1 teaspoon olive oil

1 whole, fresh turkey breast, about 4 to 6 pounds

### **Cooking Instructions**

1. Preheat the oven to 325 degrees. Rinse the turkey breast under cold running water and pat it dry with paper towels. Place it in a baking dish and set it aside.
2. Combine the chipolte pepper, herbs, garlic, salt and pepper in a mortar and pestle or chop them on a cutting board until they form a paste. Add the olive oil to the mortar and pestle or transfer the mixture to a small bowl and add the olive oil.
3. Rub the turkey breast with the chipolte paste. Carefully slip your fingers under the skin and put more paste between the skin and the meat.
4. Roast the turkey breast in the oven for about 2 hours. Let the turkey rest at room temperature for about 15 minutes before carving. Store leftover turkey in the refrigerator for up to 3 days.

### **Nutrition facts**

Serving size 2 slices

Calories	247
Total fat	2g
Saturated fat	1g
Protein	53g
Total carbohydrate	1g
Dietary fiber	0g
Sodium	211mg
Percent calories from fat	8%
Percent calories from protein	90%
Percent calories from carbohydrate	2%

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## **Simply Roasted Turkey**

This recipe serves 8 plus leftovers

Preparation time: 20 minutes

Cooking time: 3 hours

### **Ingredients**

1 whole fresh turkey, 10 to 14 pounds

salt to taste

freshly ground black pepper

3 sprigs fresh rosemary or ½ teaspoon dried

4 sprigs fresh thyme or ½ teaspoon dried

2 bay leaves, crushed

2 medium onions, roughly chopped into 1-inch pieces

3 carrots, roughly chopped into 1-inch pieces

3 stalks celery, roughly chopped into 1-inch pieces

2 shallots, peeled and halved

### **Cooking Instructions**

1. Preheat the oven to 325 degrees.
2. Remove the giblets from the turkey and save them for another use or discard. Rinse the turkey, inside and out, with cold water and pat dry. Season with salt and pepper inside and out.
3. If you are using fresh herbs, chop them. Combine the herbs, bay leaves, onions, carrots, celery, and shallots together and stuff the mixture into the cavity of the bird.
4. Place the turkey in a roasting pan. Rub the olive oil under the skin of the turkey. Tuck the wings back, under the bird and truss it.
5. Place the turkey in the oven and roast until the skin is golden brown and crisp, the juices run clear when the thigh is pierced with a sharp knife, and a meat thermometer reads 170 degrees Fahrenheit, about 3 hours. While it cooks, occasionally baste the turkey with the juices that collect in the roasting pan.

**Note:** Allow the turkey to rest for 20 minutes and check that the temperature has come up to 180 degrees Fahrenheit. Transfer the turkey to a serving platter. Remove the vegetables from the cavity and discard. Let the turkey rest for about 20 minutes before carving, and then serve.

### **Nutrition facts**

Serving size about 6 ounces

Calories	290
Total fat	8g
Saturated fat	3g
Protein	49g
Total carbohydrate	0g
Dietary fiber	0g
Sodium	119mg
Percent calories from fat	28%
Percent calories from protein	72%
Percent calories from carbohydrate	0%

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## **Wild Rice with Dried Cranberries and Walnuts**

This recipe serves: 8

Preparation time: 15 minutes

Cooking time: 55 minutes

### **Ingredients**

½ onion, quartered  
1 carrot, peeled and quartered  
1 stalk celery, quartered  
1 cup wild rice  
2 tablespoons olive oil  
2 teaspoons red wine vinegar  
4 teaspoons finely chopped shallots  
2 ½ tablespoons dried cranberries  
2 apples, peeled and cut into small dice  
2 ½ tablespoons chopped walnuts, toasted  
2 teaspoons finely chopped parsley  
4 teaspoons finely chopped scallions  
salt to taste  
freshly ground black pepper

### **Cooking Instructions**

1. Wash the rice in a strainer under running water until water is clear.
2. Place the rice, onion, carrot, and celery in a sauce pot. Season with salt and pepper and cover with water.
3. Bring to a boil, reduce heat, and simmer until the rice is tender and fully fluffed, about 45-60 minutes.
4. Drain the rice and remove the onion, carrot, and celery pieces.
5. Combine the rice in a bowl with the remaining ingredients. Adjust seasoning.
6. Serve warm or at room temperature.

### **Nutrition facts**

Serving size ½ cup

Calories	167
Total fat	5g
Saturated fat	1g
Protein	4g
Total carbohydrate	37g
Dietary fiber	3g
Sodium	158mg
Percent calories from fat	28%
Percent calories from protein	9%
Percent calories from carbohydrate	63%

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## **Mashed Sweet Potatoes with Toasted Pecans**

This recipe serves: 4

Preparation time: 10 minutes

Cooking time: 30 minutes

### **Ingredients**

3 large sweet potatoes (or yams)

4 tablespoons pecans, toasted

1 tablespoon butter, unsalted

1 tablespoon brown sugar

freshly ground cinnamon, taste

### **Cooking Instructions**

1. Peel the sweet potatoes and cut them in half. Place them in a pot and cover with cold water. Bring to a boil over high heat and simmer until the potatoes are tender when pricked with a fork, about 30 minutes depending on the size of the potatoes. Drain.
2. Meanwhile, toast the pecans in a nonstick skillet for 1-2 minutes or in a toaster oven and set aside.
3. Mash the potatoes, butter and brown sugar with a potato masher or fork, or use a food mill.
4. Adjust the cinnamon to taste.
5. Transfer to a serving dish and top with the toasted pecans.

### **Nutrition facts**

Serving size about ½ cup

Calories	181
Total fat	7g
Saturated fat	2g
Protein	2g
Total carbohydrate	19g
Dietary fiber	4g
Sodium	35mg
Percent calories from fat	34%

Percent calories from protein 4%

Percent calories from carbohydrate 61%

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## **Pumpkin Bisque**

This recipe serves: 6

Preparation time: 20 minutes

Cooking time: 1 hour 45 minutes

### **Ingredients**

1 tablespoon peanut oil

1/3 cup finely chopped onions

1/3 cup finely chopped celery

1 teaspoon fresh thyme

1 bay leaf

1 medium size pumpkin (about 3 pounds)

salt to taste

freshly ground black pepper

about 1 quart basic chicken stock, or low sodium canned

2 tablespoons toasted pumpkin seeds, optional

### **Cooking Instructions**

1. Preheat oven to 350 degrees.
2. Pierce the pumpkin several times and cook in the microwave on high power for 3 to 5 minutes until the shell softens. Cut the pumpkin in half, scoop out the seeds and reserve them for making the toasted pumpkin seeds. Place the pumpkin halves cut-side down on a baking sheet. Bake in the preheated oven until tender and easily pierced with a fork, about 40 minutes. Let cool. Reserve the juice on the baking sheet.
3. Scoop the pulp out of the pumpkin skin with a spoon and set aside.
4. Heat the peanut oil in a deep saucepan over low heat. Add the onions, celery, thyme, and bay leaf. Season lightly with salt and pepper and cook for 10 minutes.
5. Add the pumpkin pulp and the chicken stock and bring to a boil over high heat.
6. Reduce the heat and simmer until the onion and celery are completely tender, about 15 minutes.
7. After removing the bay leaf, puree the mixture in a blender, in batches, being careful not to overfill the blender.
8. Reheat the bisque. Add stock if it is too thick.
9. Serve hot, sprinkled with the toasted pumpkin seeds.

### **Nutrition facts**

Serving size about ½ cup

Calories	114
Total fat	4g
Saturated fat	4g
Protein	4g
Total carbohydrate	19g
Dietary fiber	2g
Sodium	628mg
Percent calories from fat	30%
Percent calories from protein	11%
Percent calories from carbohydrate	58%

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