

## Holiday Flavors for 1 or 2

### Turkey for Two

|   |                              |
|---|------------------------------|
| 2 turkey breast tenderloins (6 ounces <i>each</i> ) | ¼ tsp. dried tarragon        |
| ¼ cup white wine <i>or</i> chicken broth            | ¼ tsp. paprika               |
| 1 Tbsp. butter, melted                              | ½ cup sliced fresh mushrooms |
| ¼ tsp. salt   |                              |

1. Place turkey in an 11-in. x 7-in. baking dish coated with cooking spray.
2. In a small bowl, combine the wine, butter, salt, tarragon and paprika. Spoon over turkey. Arrange mushrooms around tenderloins.
3. Bake, uncovered, at 375° for 30-35 minutes or until a meat thermometer reads 170°, basting occasionally with pan drippings.
4. Let stand for 5 minutes before slicing. Serve with remaining pan drippings.

Yield: 2 servings.

Source: <http://www.tasteofhome.com/recipes/thanksgiving-turkey-for-two>

### Creamy Green Bean Casserole

|   |  |
|---|--|
| ½ cup condensed cream of mushroom soup, undiluted | 5 Tbsp. shredded Italian cheese blend, divided |
| 1 ounce cream Cheese, softened                    | 5 Tbsp. French-fried onions, divided           |
| 1¾ cups frozen French-style green beans           | ¼ cup sour cream                               |

1. In a small bowl, beat soup and cream cheese until blended. Stir in the green beans, 4 tablespoons cheese, 4 tablespoons onions and sour cream.
2. Transfer to a 3-cup baking dish coated with cooking spray. Sprinkle with remaining cheese and onions.
3. Bake, uncovered, at 350° for 25-30 minutes or until bubbly and cheese is melted.

Yield: 2 servings.

Source: Taste of Home magazine <http://www.tasteofhome.com/recipes/creamy-green-bean-casserole>

## Carrot Cake Salad

|   |                                      |
|---|--------------------------------------|
| 3 cups grated carrots                   | 1 cup light yogurt, plain or vanilla |
| ¼ cup raisins                           | ½ tsp. ground cinnamon               |
| ¼ cup chopped walnuts                   | 1/6 tsp. ground nutmeg               |
| ½ cup diced pineapple (fresh or canned) | 1/6 tsp. ground cloves               |

Mix all ingredients and serve.

Notes:

Try serving this salad in a footed glass with a dollop of vanilla yogurt for garnish.

You can also use a scant ¾ teaspoon of pumpkin pie spice instead of the other spices.

Serves 4

Source: Foodandhealth.com

## Cranberry-Pecan Sweet Potato Casserole

|                             |                        |
|-----------------------------|------------------------|
| 1 cup mashed sweet potatoes | 2 Tbsp. butter, melted |
| 2 Tbsp. sugar               | 2 Tbsp. beaten egg     |
| 2 Tbsp. dried cranberries   | ¼ tsp. vanilla extract |

Topping:

|                          |                                 |
|--------------------------|---------------------------------|
| ¼ cup chopped pecans     | 2 tablespoons all-purpose flour |
| ¼ cup packed brown sugar | 2 tablespoons cold butter       |

1. In a small bowl, combine the sweet potato, sugar, cranberries, butter, egg and vanilla. Transfer to a greased shallow 2-cup baking dish.
2. Combine the pecans, brown sugar and flour. Cut in butter until crumbly. Sprinkle over top.
3. Bake, uncovered, at 350° for 20-25 minutes or until a thermometer reads 160°.

Yield: 3 servings.

Source: <http://www.tasteofhome.com/recipes/cranberry-pecan-sweet-potato-casserole>

## Orange-Ginger-Glazed Carrots

|   |                                    |
|---|------------------------------------|
| 1 (1-lb.) package baby carrots, thoroughly washed | 2 tsp. honey                       |
| 1 tsp. grated orange rind                         | 1 to 3 tsp. freshly grated ginger* |
| ¼ cup fresh orange juice                          | ¼ tsp. salt                        |
| 2 tsp. butter                                     | ⅛ tsp. pepper                      |

Stir together all ingredients and 1 cup water in a medium saucepan over medium heat, and bring to a boil.

Reduce heat, and simmer, stirring occasionally, 30 to 35 minutes or until liquid evaporates and carrots are glazed.

\*1 tsp. ground ginger may be substituted for fresh

Serves 6

<http://www.myrecipes.com/recipe/orange-ginger-glazed-carrots-10000001624462/>

## MY DAD'S CORNBREAD

|                        |                         |
|------------------------|-------------------------|
| 1 cup unbleached flour | ¼ cup sugar             |
| 1 cup yellow cornmeal  | 2 eggs, slightly beaten |
| 3 tsp baking powder    | 1 cup milk              |
| ½ tsp. salt            | ¼ cup oil               |

1. Spray inside of slow cooker with cooking spray.
2. Sift all dry ingredients into a large mixing bowl.
3. In a separate bowl, beat the eggs, add milk and oil.
4. Make a well in the dry ingredients and pour in liquid ingredients. Mix just enough to not see any dry ingredients.
5. Pour into slow cooker. Cover with lid propping the cover slightly to allow moisture to escape, if needed.
6. Cook on high for 2 ½-3 hours until knife or toothpick inserted in middle comes out clean. Uncover and lift ceramic cooker out onto cooling rack for 10 minutes before removing bread.

VARIATIONS: Add additional ingredients in well before mixing in wet ingredients.

Bacon Cornbread – add cooked crumbled bacon pieces.

Cheesy Cornbread – 1 cup grated cheddar cheese or broken gorgonzola cheese.

Moister Cornbread – can of creamed corn or whole kernel corn.

Mexican Cornbread – chopped jalapenos, green onions and/or sundried tomatoes.

Spinach Cornbread – frozen chopped spinach, thawed and squeezed dry.

Cornbread Chili – Make your favorite chili in slow cooker. 2 hours before chili is due to be finished, mix cornbread and spoon on top of chili. Cook on high 2 hours until done.

OVEN METHOD: Place in 12" x 16" greased pan. Bake @ 400° F for about 8 minutes.

Source: Rita Law, UF/IFAS Seminole County Extension

## Easy Thanksgiving Stuffing

|                                       |                      |
|---------------------------------------|----------------------|
| 12-14 inch length crusty French bread | 1 Tbsp. butter       |
| 1 shallot                             | salt and pepper      |
| 1 celery stalk                        | 2 cups chicken broth |
| 3 cloves garlic minced                |                      |

1. Preheat oven to 350°F. Cut bread into ½ inch chunks. Chop shallot and celery then sauté with garlic in butter until tender.
2. Season lightly with salt and pepper then mix into the bread in a large bowl. Pour in enough broth to well moisten the bread. Mash with your hands to absorb the liquid and slightly break apart bread chunks.
3. Put into a baking dish (without any excess broth) and pat down.
4. Bake for about 20-30 minutes or until golden and crusty on top.

Source: <http://eatingrichly.com/11/thanksgiving-stuffing-recipe-for-two>