

## Roasted Turkey with Brown Sugar Balsamic Sauce

### Ingredients

1 whole turkey (about 15 lbs), thawed  
1 tablespoon olive oil  
4 sprigs of fresh rosemary  
3 to 4 cloves garlic  
1/2 cup of water

### For the sauce

1 cup balsamic vinegar  
1 cup defatted pan drippings  
3 tablespoons brown sugar

### Directions

Preheat the oven to 325 F.

Rinse the turkey inside and out. Pat dry with paper towels. Place the turkey breast-side up on a rack in a roasting pan. Rub the turkey with the oil, a sprig of rosemary and garlic cloves. Place all the rosemary and garlic inside the bird. Loosely tie the legs together. Place into the middle of the oven. When the skin is light (after about 1 1/2 hrs) cover the breast with a tent of foil to prevent overcooking the breast. Check the doneness after the bird has roasted about 3 to 3 1/2 hrs. Turkey is done when the thigh is pierced deeply and juices run clear (180 to 185 F) or when the breast muscle reaches 170 to 175 F. Remove the turkey from oven. Let stand about 20 minutes. Reserve 1 cup of defatted pan drippings.

To make sauce, in a pan stir together the vinegar, defatted drippings and brown sugar. Warm the sauce about 15 seconds on low heat (don't boil). Carve the turkey and drizzle turkey slices with the warmed brown sugar sauce.

Serve immediately. Calories 247, Total fat 6g, Sodium 78 mg, Cholesterol 79 mg

Recipe courtesy of [www.mayoclinic.com](http://www.mayoclinic.com)

## Maple Roasted Sweet Potatoes

### Ingredients

2 1/2 pounds sweet potatoes, peeled and cut into 1 1/2 inch pieces (8 cups)  
1/3 cup pure maple syrup  
2 tablespoons butter, melted  
1 tablespoon lemon juice  
1/2 teaspoon salt  
Freshly ground pepper, to taste

### Directions

Preheat oven to 400° F.

Arrange sweet potatoes in an even layer in a 9-by-13 inch glass baking pan. Combine maple syrup, butter, lemon juice, salt and pepper in small bowl. Pour mixture over the sweet potatoes; toss to coat. Cover and bake the sweet potatoes for 15 minutes. Uncover, stir and cook, stirring every 15 minutes, until tender and starting to brown, 45 to 50 more minutes.

### Tips

Cover and refrigerate for up to 1 day. Just before serving, reheat at 350° F until hot, about 15 minutes.

Per Serving: 96 calories; 2 g fat; 5mg cholesterol; 2 g fiber; 1 1/2 Carbohydrate Serving

### Brussels Sprouts with Chestnuts & Sage

#### Ingredients

2 pounds Brussels sprouts, trimmed and halved  
1 tablespoon butter  
1 tablespoon extra-virgin olive oil  
3 tablespoons reduced-sodium chicken broth  
3/4 cup coarsely chopped chestnuts (about 4 oz)  
2 teaspoons chopped fresh sage  
1/2 teaspoon salt  
Freshly ground pepper to taste

#### Directions

Bring a large saucepan of water to a boil. Add Brussels sprouts and cook until bright green and just tender, 6-8 minutes. Drain well.

Melt butter with oil and broth in a large skillet over medium heat. Add Brussels sprouts, chestnuts and sage and cook, stirring often, until heated through, 2-4 minutes. Season with salt and pepper. Serve warm.

Per serving: 68 calories; 3 g fat; 3 mg cholesterol; 10 g carbohydrates; 2 g protein; 1/2 carbohydrate serving

### Toasted Oat & Apple Crumble

#### Ingredients

1 cup oats	1/2 cup whole-wheat flour
1/2 cup all-purpose flour	1 cup light brown sugar
1 1/2 teaspoons ground cinnamon	1/4 teaspoon salt
1/4 cup frozen apple-juice concentrate, thawed	2 tablespoons canola oil
6 cups peeled, cored and thickly sliced apples (tart apples like Granny Smith)	

#### Directions

Preheat oven 350°F. Spread oats on baking sheet and bake, stirring occasionally, until lightly browned and fragrant, 15 to 18 minutes. Coat a 2 quart baking dish with cooking spray.

Combine toasted oats, whole wheat flour, all-purpose flour, brown sugar, cinnamon, salt, apple juice concentrate and oil in a bowl.

Spread apples in a even layer in the prepared baking dish. Sprinkle the oat mixture over apples and bake until browned, 35-40 minutes.

Per serving: 264 calories; 5 g fat; 0mg cholesterol; 56 g carbohydrates; 3 g protein, 3 g fiber; 4 carbohydrate serving