

Kosher Sage & Apple Roast Turkey

Ingredients

1 lb., 8 oz.	Turkey Breast, Boneless, Skin On
6 oz.	Red Delicious Apples, Quartered
1/4 cup + 1/8 tsp.	Sage, Freshly Chopped
3/4 tsp.	Liquid Margarine, Zero Trans Fats
1/8 tsp.	Parsley, Freshly Chopped
2 tbsp.	Water
1/8 tsp.	Ground Black Pepper
1/8 tsp.	Garlic Powder
1/8 tsp.	Seasoned Salt
1/8 tsp.	Paprika, Ground



Directions

- Preheat oven to 325° F.
- Mix 1/8 tsp. of sage, spices, and margarine in a bowl except for water, remaining sage and apples.
- Place turkey in roasting pan. Brush with margarine mixture. Add water to the pan.
- Cover turkey loosely with foil. Roast for 1.5 hours. Uncover and roast for 45 minutes to 1 hour or until internal temperature reaches 165° F.
- Let stand 15 minutes before carving.
- Portion 3 oz. of turkey breast onto plates. Garnish with sage and apples.

250 calories, 0g fiber, 0g carbohydrate, 39g protein, 162g sodium



Cranberry Apple Cider

Ingredients

1 qt. + 2 cups Apple Cider, Fresh
3 cups Cranberry Juice

Directions

- Bring cider to a simmer, roughly 2-3 minutes. Skim off any impurities or froth from the surface.
- Add cranberry juice.
- Cider can be served hot or cold.
- Makes 6 servings, 12 oz. each.

Serving Suggestion:

Garnish with seasonal flavors like orange slices, whole or dried cranberries, apple slices or cinnamon sticks.



160 calories; .5g fiber; 40g carbohydrates; .2g Protein

Apple Cranberry Compote

Ingredients

2 ea.	Apples
1/2 cup	Orange Juice, 100%
1/2 cup	Cranberries, Dried
1/4 cup	Brown Sugar, Dark
1/8 tsp.	Ground Cinnamon
1 tbsp.	Lemon Juice, Freshly Squeezed



Directions

- Peel, core, and chop the apples.
- Add the lemon juice. Toss to coat the apples. Set aside.
- Mix the cinnamon, brown sugar, and orange juice together in a medium-sized pot on medium heat.
- Add the chopped apples to the mixture. Heat until apples are tender, juice is reduced, and sauce is thickened.
- Fold in cranberries. Mix well.
- Serve warm or cold. Serving size: 4 oz.

75 calories, 1.7g fiber, 20g carbohydrates, .3g Protein, 2.41mg sodium

Apple Cranberry Pie with Gingered Cream

Ingredients

Pie:

2 ea.	10" Pie Shell, Unbaked
1 qt.	Granny Smith Apples, Diced
1 cup	Cranberries, Frozen
3/4 cup	Granulated Sugar
2 tsp.	Ground Cinnamon
2 tbsp.	Butter, Unsalted, Solid

Cream:

1/4 cup	Heavy Whipping Cream
1 tsp.	Powdered Sugar
1 tsp.	Ginger Root, Fresh, Peeled, Grated



Directions

- Preheat oven to 350° F.
- Toss apples, granulated sugar, and cinnamon. Set aside.
- Carefully remove one pie shell from its aluminum pan. Place shell on a sheet of parchment paper. Place another sheet of parchment paper on top. Let sit for 10 minutes to defrost. Then place shell back in the pan.
- Roll out the second shell until it is slightly larger than the 10" pan.
- After draining the liquid from the cranberries, toss them into the apples. Pour the filling into one unbaked pie shell. Dot butter over the top of the filling.
- Carefully place the rolled dough on top of the filling. Crimp the edges. Allow the pie to chill in the refrigerator for 15 minutes before cutting slits on top. Bake for 30-40 minutes.
- Whip together the cream, powdered sugar and grated ginger.
- Serves 8. Top each slice of pie with 1 tablespoon of the cream.

410 calories, 2.3g fiber, 55g carbohydrates, 3.4g protein, 400mg sodium