

## \$30 serves 8 a Healthy Holiday Dinner

**Roast Turkey**  
**Roasted-Garlic Mashed Potatoes**  
**Turkey Gravy**  
**Bread Stuffing-on-the-Side**  
**Fresh Green Bean Sauté**  
**Pasta Salad**  
**Magic Fruit Salad**  
**Fresh Baked Wheat Dinner Rolls**  
**Guiltless Pumpkin Pie with Frozen Whipped Topping**

### Why is it healthy?

- The turkey is roasted, not fried
- The potatoes are made with low-fat milk and limited fat
- The homemade stuffing is much lower in sodium than convenience stuffing mix
- The fresh green beans don't have the extra sodium and fat of the soup mixes and French fried onions
- The fruit salad is made with milk, sugar-free pudding and fruit, not cream cheese, sweetened condensed milk, etc.
- The pasta salad contains fresh vegetables, pasta, and legumes with a small amount of prepared salad dressing
- The fresh rolls are made from 100% stone ground whole wheat
- The pumpkin pie is delicious without the crust and with a dab of low-fat frozen whipped topping

### Roasted Turkey

12 # will serve 8 with some leftovers. Save the carcass in the refrigerator and make turkey stock for a delicious soup, or freeze to add to dishes later. For directions on selection, cooking and serving, see the websites in the footnotes.

3 oz. Dark Meat:

<b>Nutrition Facts</b>	Amount/Serving	%DV*	Amount/Serving	%DV*
	<b>Total Fat</b> 10g	<b>15%</b>	<b>Total Carb.</b> 0g	<b>0%</b>
Serv. size 3 oz. (85g) Servings 1 <b>Calories</b> 167 <b>Fat Cal.</b> 88	Sat. Fat 3g	<b>15%</b>	Fiber 0g	<b>0%</b>
	Trans fats 0g		Sugars 0g	
	<b>Cholest.</b> 75mg	<b>25%</b>	<b>Protein</b> 23g	
	<b>Sodium</b> 261mg	<b>10%</b>		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin A 0%	Vitamin C 0%	Calcium 4%	Iron 10%

3 oz. Light Meat:

<b>Nutrition Facts</b>	Amount/Serving	%DV*	Amount/Serving	%DV*
	<b>Total Fat</b> 3g	<b>4%</b>	<b>Total Carb.</b> 0g	<b>0%</b>
Serv. size 3 oz. (85g) Servings 1 <b>Calories</b> 133 <b>Fat Cal.</b> 25	Sat. Fat 1g	<b>4%</b>	Fiber 0g	<b>0%</b>
	Trans fats 0g		Sugars 0g	
	<b>Cholest.</b> 58mg	<b>20%</b>	<b>Protein</b> 25g	
	<b>Sodium</b> 251mg	<b>10%</b>		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin A 0%	Vitamin C 0%	Calcium 2%	Iron 6%

[University of Illinois's Turkey for the Holiday](#) - turkey selection, carving, side dishes, Holiday Hotlines, nutrition, links. Some of the recipes below are adapted from this site.

[USDA's Let's Talk Turkey Website](#) - A Consumer Guide to Safely Roasting a Turkey, how much to buy, how to thaw, how to roast, taking care of leftovers

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## Turkey Gravy

2 tablespoon vegetable oil or pan drippings  
4 tablespoons flour

3 cups chicken stock  
1/4 teaspoon each salt and pepper

1. Heat oil in a heavy skillet over medium-high heat until very hot. Add the flour and stir constantly until the flour has turned dark brown. If the mixture starts to smoke, reduce the heat but continue cooking until a dark color is achieved. The flour mixture should be a tint darker than the desired color of the gravy. The browning will take about 10 minutes, stirring constantly.
2. Add the broth or stock all at once and continue to stir until the mixture starts to boil. Reduce heat to low, so gravy continues to simmer slowly for about 14 minutes. Stir occasionally. Add about 1/4 teaspoon salt and pepper. Gravy will thicken as it cools.

<b>Nutrition Facts</b>	Amount/Serving		%DV*	
	Amount/Serving	%DV*	Amount/Serving	%DV*
Serv. size 1/4 cup (57g) Servings 14 <b>Calories</b> 38 <b>Fat Cal.</b> 18  * Percent Daily Values (DV) are based on a 2,000 calorie diet.	<b>Total Fat</b> 2g	<b>4%</b>	<b>Total Carb.</b> 4g	<b>0%</b>
	Sat. Fat 1g	<b>4%</b>	Fiber 0g	<b>0%</b>
	Trans fats 0g		Sugars 0g	
	<b>Cholest.</b> 2mg	<b>0%</b>	<b>Protein</b> 1g	
	<b>Sodium</b> 68mg	<b>4%</b>		
	Vitamin A 0%	Vitamin C 0%	Calcium 0%	Iron 2%

## Roasted-Garlic Mashed Potatoes

2 tablespoons butter, cut into pieces  
3/4 cup skim or low-fat milk  
Salt and black pepper

1 whole head of garlic  
1 teaspoon olive oil  
5 pounds potatoes, scrubbed, peeled and cubed

1. Preheat oven to 350 degrees. Using a sharp knife, cut the top off garlic head exposing tops of the cloves. Place garlic head on a piece of aluminum foil. Pour olive oil on cut edge and sprinkle with thyme. Bunch aluminum foil around head and bake about 45 minutes.
2. Allow garlic to cool slightly, then break into cloves and squeeze each clove to remove soft garlic. Mash on a plate until creamy. Set aside.
3. Bring about 2 quarts of water to a boil and add potatoes. Cook until tender, about 20 minutes. Drain potatoes, reserving some of the water in a separate bowl.
4. Return potatoes to pan and add butter. Warm milk in the microwave for about 1 minute, or warm in a saucepan on top of the stove. Milk may curdle slightly, this is natural.
5. Mash with a potato masher, mixer or grind through a food mill. Add milk and garlic to potatoes. Add some of the hot potato water if potatoes are too stiff. Add salt and pepper to taste. Keep warm until ready to serve.

<b>Nutrition Facts</b>	Amount/Serving		%DV*	
	Amount/Serving	%DV*	Amount/Serving	%DV*
Serv. size 1/2 cup (105g) Servings 24 <b>Calories</b> 96 <b>Fat Cal.</b> 11  * Percent Daily Values (DV) are based on a 2,000 calorie diet.	<b>Total Fat</b> 1g	<b>2%</b>	<b>Total Carb.</b> 20g	<b>8%</b>
	Sat. Fat 1g	<b>4%</b>	Fiber 3g	<b>10%</b>
	Trans fats 0g		Sugars 4g	
	<b>Cholest.</b> 3mg	<b>0%</b>	<b>Protein</b> 2g	
	<b>Sodium</b> 63mg	<b>4%</b>		
	Vitamin A 270%	Vitamin C 4%	Calcium 4%	Iron 4%

## Bread Stuffing-on-the-Side

- |  |                               |
|--|-------------------------------|
| 1/2 cup finely chopped celery                  | 4 cups day-old bread cubes    |
| 1/2 cup chopped onion                          | 1/2 teaspoon salt             |
| 3 tablespoons chopped fresh parsley, <b>or</b> | 1/8 teaspoon pepper           |
| 1½ tablespoons dried parsley                   | 1 cup chicken or turkey broth |
| 3 tablespoons butter or margarine              |                               |

1. Cook celery, onion and parsley in butter over medium heat, until vegetables are soft and tender.
2. Place bread cubes in large bowl and pour in vegetables. Add salt, pepper and broth and mix well. Place in a greased 9x9-inch pan and bake at 350°F for 35 to 45 minutes. Cook until stuffing reaches 165°F.

<b>Nutrition Facts</b>	Amount/Serving		Amount/Serving	
		%DV*		%DV*
Serv. size 1/2 cup (96g)	<b>Total Fat</b> 4g	<b>6%</b>	<b>Total Carb.</b> 15g	<b>4%</b>
Servings 7	Sat. Fat 2g	<b>10%</b>	Fiber 1g	<b>4%</b>
<b>Calories</b> 112	Trans fats 0g		Sugars 2g	
<b>Fat Cal.</b> 38	<b>Cholest.</b> 6mg	<b>2%</b>	<b>Protein</b> 3g	
	<b>Sodium</b> 429mg	<b>20%</b>		
* Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin A 4%	Vitamin C 6%	Calcium 4%	Iron 6%

## Fresh Green Bean Sauté

- 2 teaspoon olive or vegetable oil
- 2 pound fresh green beans, trimmed
- 2 teaspoons garlic, minced
- 1 tablespoon balsamic vinegar

1. Heat oil in a large skillet or pan over medium-high heat.
2. Add green beans and cook; stir often until seared in spots, about 2–3 minutes.
3. Push beans to the side; add garlic and additional olive oil, if necessary; cook until fragrant, about 20 – 30 seconds.
4. Cover green beans and reduce temperature setting to low.
5. Add ½ cup water, cover and cook over low heat for 8 – 10 minutes. (If using cookware other than multi-ply stainless steel, cover green beans with water, reduce heat to medium-low and continue to cook until beans are tender.)
6. Once green beans are cooked, remove from heat; stir in balsamic vinegar.

<b>Nutrition Facts</b>	Amount/Serving		Amount/Serving	
		%DV*		%DV*
Serv. size 1 cup (117g)	<b>Total Fat</b> 1g	<b>2%</b>	<b>Total Carb.</b> 9g	<b>4%</b>
Servings 8	Sat. Fat 0g	<b>0%</b>	Fiber 4g	<b>15%</b>
<b>Calories</b> 48	Trans fats 0g		Sugars 2g	
<b>Fat Cal.</b> 11	<b>Cholest.</b> 0mg	<b>0%</b>	<b>Protein</b> 2g	
	<b>Sodium</b> 7mg	<b>0%</b>		
* Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin A 0%	Vitamin C 30%	Calcium 4%	Iron 8%

## Pasta Salad

4 cups cooked pasta  
 2 cups broccoli florets  
 2 carrots, sliced thinly  
 ½ green pepper, chopped  
 ½ red onion, chopped  
 1 15-ounce can beans, drained and rinsed  
 (kidney, garbanzo, etc.)  
 ½ cup reduced fat Italian salad dressing

1. Wash and chop all of the vegetables.
2. Combine all ingredients and mix well.
3. Cover and refrigerate.
4. Toss before serving.

Use any shape of pasta you would like.

Start with about 2 cups uncooked pasta to get 4 cups cooked.

<b>Nutrition Facts</b>	Amount/Serving		%DV*	
	Serv. size 1 cup (203g) Servings 8 Calories 191 Fat Cal. 22	<b>Total Fat</b> 2g	<b>4%</b>	<b>Total Carb.</b> 35g
	Sat. Fat 0g	<b>2%</b>	Fiber 5g	<b>20%</b>
	Trans fats 0g		Sugars 4g	
	<b>Cholest.</b> 1mg	<b>0%</b>	<b>Protein</b> 8g	
	<b>Sodium</b> 430mg	<b>20%</b>		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin A 4%	Vitamin C 50%	Calcium 4%	Iron 10%

## Magic Fruit Salad

Use fruit your family likes, here's an idea to start

½ pound seedless grapes (about 1½ cups)  
 1 20-ounce can pineapple chunks with juice  
 2 bananas  
 2 kiwi  
 1¾ cups fat-free milk (skim)  
 1 4-serving size sugar-free instant lemon or vanilla pudding mix

1. Rinse grapes. If young children will be at dinner cut the grapes in half to prevent choking.
2. Drain juice from pineapple (put in refrigerator to drink later).
3. Peel and slice kiwi.
4. Put grapes, pineapple and kiwi in a large bowl.
5. Peel the banana and cut into bite size pieces.
6. Pour the milk over the fruit. While slowly stirring the fruit mixture, sprinkle in the pudding mix.
7. Let the mixture stand for 5 minutes and serve.

<b>Nutrition Facts</b>	Amount/Serving		%DV*	
	Serv. size 1/2 cup (118g) Servings 14 Calories 71 Fat Cal. 2	<b>Total Fat</b> 0g	<b>0%</b>	<b>Total Carb.</b> 17g
	Sat. Fat 0g	<b>0%</b>	Fiber 1g	<b>4%</b>
	Trans fats 0g		Sugars 13g	
	<b>Cholest.</b> 1mg	<b>0%</b>	<b>Protein</b> 2g	
	<b>Sodium</b> 41mg	<b>2%</b>		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin A 4%	Vitamin C 25%	Calcium 8%	Iron 0%

## Fresh Baked Cloverleaf Wheat Dinner Roll

Makes 16 rolls

2 loaves frozen stoneground wheat bread dough loaves, thawed (this will take 2-3 hours on the countertop or overnight in the refrigerator)  
3 tablespoons melted butter or margarine

1. Preheat oven to 350 degrees.
2. Grease or spray muffin tins.
3. With scissors or knife, cut each loaf into 24 pieces of dough. Roll the pieces into balls with the flat of your hand.
4. Place three balls of dough in each cup of muffin tin. Brush with melted butter or margarine. Cover loosely with plastic wrap which has been sprayed with cooking spray and put in a warm place.
5. Let rolls rise to double in size, remove plastic wrap, and put them in preheated oven.
6. Bake for 15-20 minutes until golden brown.
7. Remove the rolls from pan at once and place on a wire rack to cool. Brush tops with melted butter or margarine, if desired.

For other dinner roll shapes, watch this YouTube video:

[Make Shaped Dinner Rolls Using Rhodes Frozen Dough](#)

<b>Nutrition Facts</b>		<b>Amount/Serving</b>	<b>%DV*</b>	<b>Amount/Serving</b>	<b>%DV*</b>
Serv. size 1 roll (36g)		<b>Total Fat</b> 2g	<b>4%</b>	<b>Total Carb.</b> 18g	<b>6%</b>
Servings 16		Sat. Fat 0g	<b>2%</b>	Fiber 3g	<b>10%</b>
<b>Calories</b> 96		Trans fats 0g		Sugars 3g	
<b>Fat Cal.</b> 15		<b>Cholest.</b> 0mg	<b>0%</b>	<b>Protein</b> 3g	
* Percent Daily Values (DV) are based on a 2,000 calorie diet.		<b>Sodium</b> 172mg	<b>8%</b>		
		Vitamin A 0%	Vitamin C 0%	Calcium 4%	Iron 4%

## Guiltless Pumpkin Pie

Makes 8 servings

2 large eggs

½ cup granulated sugar

1½ teaspoons pumpkin pie spice, or ¾ teaspoons each ground cinnamon and ground nutmeg

¼ teaspoon salt

1 15-ounce can pumpkin

1 5-ounce can evaporated fat free milk (about 2/3 cup)

Low-fat whipped topping and additional ground cinnamon (optional)

1. Preheat oven to 350°F. Lightly grease or spray a 9-inch pie plate; set aside.
2. Place eggs in large bowl, beat with fork or whisk. Add sugar, pumpkin pie spice, and salt. Stir until well mixed.
3. Stir in pumpkin and evaporated milk. Pour into prepared pie plate.
4. Bake for 40 to 45 minutes—or until center is set.
5. Remove from oven and cool on wire rack. Serve immediately or refrigerate until serving time. If desired, add a spoonful of low-fat whipped topping to each serving and sprinkle with additional ground cinnamon.

<b>Nutrition Facts</b>	<b>Amount/Serving</b>		<b>%DV*</b>	
	Serv. size 1/8 of pie (105g) Servings 8 <b>Calories</b> 113 <b>Fat Cal.</b> 17	<b>Total Fat</b> 2g	<b>4%</b>	<b>Total Carb.</b> 21g
	Sat. Fat 1g	<b>4%</b>	Fiber 2g	<b>8%</b>
	Trans fats 0g		Sugars 18g	
	<b>Cholest.</b> 55mg	<b>20%</b>	<b>Protein</b> 4g	
	<b>Sodium</b> 139mg	<b>6%</b>		
* Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin A 165%	Vitamin C 4%	Calcium 8%	Iron 6%

## Costs

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### Roast Turkey

- 12 pounds @ \$0.59/pound:
- **Total: \$7.08**

### Roasted Garlic Mashed Potatoes

- 1 head of garlic: \$0.50
- 1 teaspoon olive oil: \$0.08
- 5 pounds of russet potatoes: \$0.99
- 2 tablespoons butter: \$0.05
- $\frac{3}{4}$  cup skim milk: \$0.08
- **Total: \$1.70**

### Turkey Gravy

- 2 tablespoons vegetable oil: \$0.07
- 4 tablespoons flour: \$0.01
- 3 cups chicken broth: \$1.29
- **Total: \$1.37**

### Bread Stuffing-On-The-Side

- $\frac{1}{2}$  cup finely chopped celery: \$0.25
- $\frac{1}{2}$  cup chopped onion (1 med onion): \$0.18
- 3 tablespoons parsley: \$1.03
- 3 tablespoons butter: \$0.07
- 4 cups dried bread: \$1.50
- **Total: \$3.03**

### Fresh Green Bean Sauté

- 2 teaspoons extra virgin olive oil: \$0.16
- 2 pounds fresh green beans: \$2.36
- 2 teaspoons garlic minced: \$0.13
- **Total: \$2.65**

### Pasta Salad

- 4 cups cooked pasta: \$0.66
- 2 cups broccoli florets: \$1.39
- 2 carrots: \$0.32
- $\frac{1}{2}$  green pepper: \$0.25
- $\frac{1}{2}$  red onion: \$0.17
- 1 15.8-ounce can garbanzo beans: \$0.79
- $\frac{1}{2}$  cup reduced fat Italian dressing: \$0.85
- **Total: \$4.43**

### Magic Fruit Salad

- $\frac{1}{2}$  pound seedless grapes: \$0.89
- 1 20-ounce can pineapple junks with juice: \$0.89
- 2 bananas: \$0.59
- 2 kiwi: \$0.50
- $1\frac{3}{4}$  cup milk: \$0.69
- 1 4-serving size sugar free instant lemon or vanilla pudding mix: \$0.69
- **Total: \$4.25**

### Fresh Baked Wheat Dinner Rolls

- 2 loaves frozen stoneground wheat bread dough: \$2.40
- 3 tablespoons butter \$0.07
- **Total: \$2.47**

### Guiltless Pumpkin Pie with Frozen Whipped Topping

- 2 large eggs: \$0.27
- $\frac{1}{2}$  cup granulated sugar: \$0.11
- $1\frac{1}{2}$  teaspoons pumpkin spice: \$0.31
- 1 15-ounce can pumpkin: \$1.39
- 1 5-ounce can fat free evaporated milk: \$0.69
- Low-fat whipped topping: \$0.99
- **Total: \$3.76**

**Grand Total: \$30.74**

\*Prices in Central Iowa, November, 2009