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The best time to celebrate good health is at the holidays. A holiday feast does not have to mean poor food choices and gluttony. Give your family a gift of good food for your next celebration. The audio recording is embedded in the orange block below. Just save this document to your computer to activate all of the links. Feel free to pass this talking e-book on to your family and friends. Just attach it to an email. You deserve the gift of good health. Deb

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6 Week Weight Loss Program:  
[www.WowYouAreReallyLucky.com/6weeks](http://www.WowYouAreReallyLucky.com/6weeks)

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[www.DebBixler.com](http://www.DebBixler.com)

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Feel free to use me as a resource: 717.751.2793

This is your audio for the Healthy Holiday Feasts  
Click the link below to enjoy the online recording. It is not a down load.  
<http://playaudio-345.com/play.asp?m=432701&f=AQAFYZ&ps=7&p=1>

## **Turkey, Turkey, Turkey**

Impress your family with this good for you holiday dinner.

### **Roast Turkey**

10-12 lb. turkey

3 Tbs. Seasoning of your choice

turkey neck

turkey giblets(excluding liver)

1 qt. water

1. Remove any excess fat from the turkey. Sprinkle inside and out with Pampered Chef Seasoning Mix. Tuck the wing tips under the turkey and put into a clay roasting baker and bowl combination.
2. Bake at 375° for approximately 2.5 hours or until an internal temperature of 170° is reached. (Note that the turkey may take longer if you do not use a baking bowl combination.)
3. Allow to rest for 45 minutes before carving.

### **Apple Glazed Sweet Potatoes**

4 medium sweet potatoes

1 Granny Smith apple

½ tsp. cinnamon

¼ tsp. nutmeg

pinch ginger

pinch allspice

½ cup dark brown sugar-packed

1. Boil potatoes until a firm but done state. Remove potatoes from the water and shock to cool in ice water. Peel skin off by scraping with a knife. Slice into ½ inch slices and shingle in a casserole dish.
2. Peel, core and slice a Granny Smith apple. Layer on top of the potatoes.
3. Sprinkle with all other ingredients and bake at 350° until hot.

### **Slab-A-Pumpkin Pie**

**crust**

¾ cup WW. flour

½ cup white flour  
¾ cup rolled oats  
½ cup pecans-chopped  
½ cup brown sugar-packed  
¼ cup melted butter  
¼ cup canola oil  
1 Tbs.. canola oil

Mix all ingredients until combined and crumbly. Press into bottom of a 10" X 15" stoneware bar pan. Bake for 10 minutes.

### **Filling**

2 whole eggs  
4 oz. egg white  
2 ( 15 oz.) can solid packed pumpkin  
2 (14 oz.) can fat-free sweetened condensed milk  
2 tsp. cinnamon  
1 tsp. ginger  
½ tsp. nutmeg  
½ tsp. salt

1. Combine all ingredients and mix until smooth.
2. Pour into partially baked crust and distribute evenly.
3. Bake for 30-45 minutes at 350° or until done.
4. Serve with non-fat whipped topping and a pecan garnish.

(A Pampered Chef Bar Pan is the best pan for the Slab-A-Pumpkin Pie [www.PamperedChef.biz/DebBixler](http://www.PamperedChef.biz/DebBixler) )

### **Whole Grain Date Filling**

1 med onion-diced  
2 stick celery-diced  
2 medium carrots-peeled, and shredded  
6 slices WW bread-cubed  
4 sliced 8-grain whole wheat bread-cubed  
1 egg  
4 oz. egg white  
1/3 cup parsley-minced  
1/3 cup fresh herbs-minced (I used rosemary, thyme and sage)  
S & P  
¾ cup chopped dates

¾ cup turkey stock

1. In a small sauté pan, sweat the celery and onions covered over medium heat for about 5 minutes.
2. Combine all ingredients and mix until evenly distributed with out over mixing or breaking up the cubes to much. Put into lightly oiled stoneware casserole and cover with parchment paper or oiled brown paper. Bake.
3. Bake at 350° for 45 minutes.

### **Turkey Sauce**

3 cup de-fatted turkey stock

1/3 cup chopped fresh herbs( I used rosemary, thyme and sage)

S & P

Granulated Flour (Wondra)

1. Heat stock to a boil and stir in seasonings.
2. While continuing to boil add flour gradually while constantly whisking until the sauce is the consistency that will coat the back of a spoon.
3. Reduce heat and cook at a simmer until sauce reduces to the desired consistency. Approximately 10 minutes. Taste and correct seasoning.

### **Green beans with Roast Onion Vinaigrette**

1 red onion

1 tsp. olive oil

many sprigs fresh thyme

6 Tbs. white wine vinegar

2 Tbs. olive oil

2 Tbs. stone ground mustard

1 Tbs. chopped fresh thyme

S & P

1 cup washed, sliced white mushroom

1 lb. green beans-stems removed

1. Peel onion and cut in half crosswise. Cut down into onion like a pie with out cutting through to bottom. Do both halves.

2. In a small stoneware baking bowl, place onion on a bed of thyme and drizzle with olive oil, then top with thyme. Cover with bowl and bake for approximately 35 minutes.
3. When cooled cut onion into a dice.
3. In bowl combine all other ingredients with the diced onion, except mushrooms and onions. Whisk.
4. At service time: Microwave sauce until hot. Boil beans until done. Combine hot beans, sauce and mushrooms just before you serve.

(A variety of stoneware can be found at [www.PamperedChef.biz/DebBixler](http://www.PamperedChef.biz/DebBixler) )

## **Turkey, Encore! Encore! Encore!**

### **Pumpkin Split Pea Soup**

- 2 qt. de-fatted turkey stock
- 1 lb. split peas
- ½ tsp. cayenne pepper
- 2 bay leaves
- 1 medium onion-diced
- 2 stick celery diced
- 3 cup butternut squash-diced
- ½ tsp. salt
- ¼ tsp. nutmeg

1. In a 4 qt. sauce pot combine stock, peas pepper and bay leaf. Heat to a bowl and simmer for 30 minutes.
2. Add diced onion and celery. Simmer for 20 minutes.
3. Add all other ingredients and simmer 10 minutes. Serve with crusty whole grain bread.

### **Turkey Calzone**

- 2 Tbs. semolina flour
- 1 pizza crust (preferably whole wheat)
- 1 tsp. Italian Seasoning
- 2 cloves garlic-pressed
- 3 oz. part skim mozzarella cheese
- 1 cup cooked turkey strips
- ½ cup chopped broccoli

¼ cup sliced mushrooms  
¼ cup red pepper-diced  
3 oz. parmesan cheese-grated  
1 egg  
pizza sauce

1. Stretch crust out on a semolina dusted stone to about 12" diameter. Sprinkle with Pampered Chef® Italian Seasoning Mix.
2. Add all ingredients from garlic to peppers. Place all ingredients on one side of the crust. Top with 2 oz. grated cheese.
3. Lightly whisk egg with fork and brush edges of crust with egg using a pastry brush. Fold over crust to close and pinch to seal.
4. Combine 1 tsp. of Seasoning Mix with egg mixture and brush on exterior of crust. Grate remaining cheese over outside.
5. Bake at 500° for 12-15 minutes or until golden. Serve with hot pizza sauce.

## **Mexican Turkey Fajitas**

### **turkey mixture**

1 tsp. olive oil  
1 med. onion-sliced  
½ cup sliced red pepper  
¼ tsp. cumin  
¼ tsp. chili powder  
pinch cayenne pepper  
pinch salt  
2 cloves garlic  
2 cup cooked turkey-strips, left overs!!  
1 (14 oz.) can black beans-drain and wash

1. Sauté onion and pepper in skillet with olive oil. Sprinkle with spices.
2. When onion is translucent add pressed garlic, turkey and beans. Stir and cook for approximates 5 minutes.

### **Serve with Assorted Condiments of your choice**

1 pkg. WW flour tortilla-warmed  
shredded lettuce  
diced tomato

chopped avocado (or guacamole)  
sliced black olives  
sour cream  
salsa  
shredded cheddar cheese

### **Turkey and Cantaloupe Stuffed Zucchini**

2 small zucchini  
1 cup diced cantaloupe  
¼ cup diced celery  
½ cup reduced fat mayonnaise  
1 tsp. curry powder  
½ cup chopped cashews-divided  
salt and pepper

1. Cut zucchini length wise from end to end making 2 boats out of each zucchini and discarding a ½ inch strip from the center. Strip the seeds out of the zucchini boats using a Parisian scoop.
2. Sear each boat in a hot skillet until brown. (cut edge only)
3. Combine all other ingredients, reserving some cashews for garnish. Mix well.
4. Fill boats with salad and top with cashews.

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