

Tukey Cranberry Quesadilla

Ingredients

8-inch **whole wheat tortilla**

2 Tablespoons shredded **mozzarella cheese**

2 Tablespoons **cranberry sauce** or **dried cranberries**

2 Tablespoons **cooked turkey**, chopped or shredded

1/3 cup **spinach**

Directions

1. Sprinkle shredded cheese evenly over one half of the tortilla. Add cranberry sauce or dried cranberries, turkey and spinach, then fold the tortilla in half over the filling.
2. Heat a medium skillet over medium heat (300 degrees in an electric skillet). Lightly spray with cooking spray, then place tortilla in the skillet. Cover and cook for 2 to 3 minutes on each side, or until the outside is golden brown and contents are heated through.
3. Refrigerate leftovers within 2 hours.

Notes

- Substitute beans, tofu, or other cooked meat for the turkey.
- For extra flavor, add a dash of cayenne pepper or chili powder before folding the quesadilla in half.



Nutrition Facts	
1 servings per container	
Serving size	1 quesadilla (116g)
Amount per Serving	
Calories	250
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 340mg	15%
Total Carbohydrate 32g	12%
Dietary Fiber 1g	4%
Total Sugars 11g	
Includes 5g Added Sugars	10%
Protein 14g	
Vitamin D 0mcg	0%
Calcium 220mg	15%
Iron 2mg	10%
Potassium 149mg	4%
Vitamin A 94mcg	10%
Vitamin C 8mg	9%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Happy Thanksgiving

The food we are focusing on for the month of November is Turkey. Turkey is a great source of protein and is usually in high demand during the holiday season. Many people only think of turkey as a Thanksgiving meal, but it can be used in salads, chili and so many other quick and easy recipes. Turkey is not only a good source of protein, but also a good source of iron, zinc, potassium and B vitamins.

Quick Turkey Chili

Ingredients

1/2 pound lean **ground meat** (15% fat)

1 medium **onion**, chopped

1 can (15 ounces) **kidney beans** with liquid

2 cans (14.5 ounces each) diced **tomatoes** with liquid

2 Tablespoons **chili powder**

Directions

1. Brown meat and onions in a large skillet over medium-high heat (350 F degrees in an electric skillet). Drain fat.
2. Add undrained beans, tomatoes with liquid and chili powder.
3. Reduce heat to low (250 F degrees in an electric skillet), cover and cook for 10 minutes. Serve warm.
4. Refrigerate leftovers within 2 hours.

Notes

- Serve with shredded cabbage, low fat sour cream, cilantro or grated cheese.
- Add other vegetables such as bell peppers, carrots, celery, and corn, if desired.
- Add dried cumin, oregano or red pepper flakes in Step 2 for extra flavor!



Nutrition Facts	
Serving Size 1 cup (257g)	
Servings Per Container 6	
Amount Per Serving	
Calories 170	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 590mg	25%
Total Carbohydrate 20g	7%
Dietary Fiber 7g	28%
Sugars 6g	
Protein 12g	
Vitamin A 25%	Vitamin C 35%
Calcium 8%	Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Turkey Salad

Ingredients

- 1 1/2 cups cooked **turkey** or **smoked turkey**, diced
- 1/2 cup **walnuts**, toasted and chopped
- 1/2 cup **raisins** or other dried fruit
- 3/4 cup **celery**, chopped (about 1.5 stalks)
- 1/4 cup diced red or yellow **onion** (1/4 medium onion)
- 1/4 cup diced **carrot**
- 1/4 cup **parsley**, chopped (optional)
- 1 **red apple**, cored and chopped (about 1 1/2 cups)
- 1/3 cup low-fat **mayonnaise**
- 1 Tablespoon **vinegar** (cider, red or white)

Directions

1. Mix turkey, nuts, raisins, celery, onions, carrots, parsley and apple in a large bowl.
2. In a small bowl, combine mayonnaise and vinegar; mix well.
3. Toss meat mixture with dressing and chill.
4. Refrigerate leftovers within 2 hours.

Notes

- Serve cold with lettuce and tomato wedges, or use as sandwich filling.



Nutrition Facts	
8 servings per container	
Serving size	1/2 cup (97g)
Amount per Serving	
Calories	160
% Daily Value*	
Total Fat 8g	10 %
Saturated Fat 1g	5 %
Trans Fat 0g	
Cholesterol 30mg	10 %
Sodium 120mg	5 %
Total Carbohydrate 14g	5 %
Dietary Fiber 2g	7 %
Total Sugars 9g	
Includes 0g Added Sugars	0 %
Protein 9g	
Vitamin D 0mcg	0 %
Calcium 24mg	2 %
Iron 1mg	6 %
Potassium 244mg	6 %
Vitamin A 38mcg	4 %
Vitamin C 2mg	3 %

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Vegetables and Turkey Stir-Fry

Ingredients

- 1 Tablespoon **oil**
- 2 cups chopped **vegetables**, fresh, frozen or canned (try a mixture - celery, mushrooms, water chestnuts, bok choy, cabbage, zucchini, carrot or broccoli)
- 1 clove **garlic**, peeled and minced or 1/4 teaspoon garlic powder
- 2 thin slices **ginger root**, minced
- 1/2 teaspoon **salt**
- 1 cup cooked **ground turkey** or **turkey breast** cut into 1/2-inch cubes
- 1/2 teaspoon **sugar**
- 3 cups cooked **brown rice** or **whole grain noodles**

Directions

1. Heat oil in a medium skillet over medium heat (300 degrees in an electric skillet).
2. Add vegetables, garlic, ginger root and salt. Stir fry for 2 to 4 minutes.
3. Reduce heat to prevent scorching. Add cooked turkey and sugar. Cook until vegetables are tender and turkey is heated through, about 2 to 3 minutes.
4. Serve warm over rice or noodles.
5. Refrigerate leftovers within 2 hours.

Budget Tip:

Buy the whole turkey (like you would for a thanksgiving meal) and cut the pieces (aka breast, thighs etc.) yourself to save money! You can always freeze what you won't be using immediately.



Nutrition Facts	
8 servings per container	
Serving size	3/4 cup (160g)
Amount per Serving	
Calories	180
% Daily Value*	
Total Fat 5g	6 %
Saturated Fat 1.5g	8 %
Trans Fat 0g	
Cholesterol 20mg	7 %
Sodium 330mg	14 %
Total Carbohydrate 24g	9 %
Dietary Fiber 1g	4 %
Total Sugars 3g	
Includes 0g Added Sugars	0 %
Protein 9g	
Vitamin D 0mcg	0 %
Calcium 25mg	8 %
Iron 1mg	6 %
Potassium 202mg	4 %
Vitamin A 24mcg	3 %
Vitamin C 22mg	25 %

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