

THANKSGIVING COOKBOOK

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Start simple with MyPlate Plan

The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate.

A healthy eating routine is important at every stage of life and can have positive effects that add up over time. It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients. Make every bite count.

Food Group Amounts for 2,000 Calories a Day for Ages 14+ Years

 Fruits	 Vegetables	 Grains	 Protein	 Dairy
2 cups	2½ cups	6 ounces	5½ ounces	3 cups
Focus on whole fruits Focus on whole fruits that are fresh, frozen, canned, or dried.	Vary your veggies Choose a variety of colorful fresh, frozen, and canned vegetables—make sure to include dark green, red, and orange choices.	Make half your grains whole grains Find whole-grain foods by reading the Nutrition Facts label and ingredients list.	Vary your protein routine Mix up your protein foods to include seafood; beans, peas, and lentils; unsalted nuts and seeds; soy products; eggs; and lean meats and poultry.	Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions) Look for ways to include dairy or fortified soy alternatives at meals and snacks throughout the day.



Choose foods and beverages with less added sugars, saturated fat, and sodium.

Limit:

- Added sugars to <50 grams a day.
- Saturated fat to <22 grams a day.
- Sodium to <2,300 milligrams a day.



Be active your way:

Children 6 to 17 years old should move 60 minutes every day. Adults should be physically active at least 2½ hours per week.

Food Safety

Cooking food – especially raw meat, poultry, fish and eggs – to a safe minimum internal temperature kills harmful bacteria. Thoroughly cook food as follows*:

Temperature Chart for Protein Foods

RAW FOOD	INTERNAL TEMPERATURE
Ground Products	
Beef, veal, lamb, pork	160 F
Chicken, turkey	165 F
Beef, Veal, Lamb Roasts and Steaks	
Medium-rare	145 F
Medium	160 F
Well-done	170 F
Pork Chops, roast, ribs	
Medium	160 F
Well-done	140 F
Ham, fully cooked	170 F
Ham, fresh	160 F
Sausage, fresh	160 F
Poultry (turkey and chicken)	
Whole bird	165 F
Breast	165 F
Legs and thighs	165 F
Stuffing (cooked separately)	165 F
Eggs	
Fried, poached	yolk & white are firm
Casseroles	160 F
Sauces, custards	160 F
Fish	flakes with a fork

**This chart provides guidance for cooking foods at home.*

At room temperature, bacteria in food can double every 20 minutes. The more bacteria there are, the greater the chance you could become sick. So, refrigerate foods quickly because cold temperatures keep most harmful bacteria from multiplying. A lot of people think it will harm their refrigerator to put hot food inside – it's not true. It won't harm your refrigerator and it will keep your food – and you – safe. Set your home refrigerator to 40 F or below and the freezer unit to 0 F or below. Check the temperature occasionally with an appliance thermometer.

Parmesan Peas

Yield: 7 Servings | Serving size: ½ cup

Ingredients:

- 1 ½ teaspoons margarine or butter
- 3 ½ cups peas (about 2 cans [14.5 ounces each] drained or 16 ounces frozen)
- 1 ½ teaspoons lemon juice
- ¼ teaspoon black pepper
- ⅓ cup grated Parmesan cheese

Directions:

Heat margarine or butter in a medium skillet over medium heat (300 degrees in an electric skillet). Add peas and cook 2-3 minutes or until peas are heated through.

Add lemon juice and pepper and mix well. Sprinkle with parmesan cheese and serve warm.

Refrigerate leftovers within 2 hours.

One Pot Mac and Cheese with Peas

Yield: 4 Servings | Serving size: 1 cup

Ingredients:

- 2 cups elbow macaroni, or other small whole wheat pasta
- 1 cups low fat milk
- 2 cups shredded cheddar cheese
- 1 cups peas (or preferred vegetable)
- 4 cups water

Directions:

In a medium pot over high heat, bring the water to a boil.

Add the pasta to the pot, reduce heat to medium-low, and boil for 8-10 minutes.

Drain the water (keeping the pasta in the pot), and add in the milk, cheese, and peas. Stir over medium-low heat until heated through and cheese is melted.

Green Bean Sauté

Yield: 6 Servings

Ingredients:

- 1 cup onion (chopped)
- 1 cup mushroom (sliced)
- 1 teaspoon garlic (minced)
- 1 can green beans (16 ounce, drained, cut)

Directions:

Spray a skillet with non-stick cooking spray.

Sauté onions, mushrooms, and garlic.

Add green beans and heat thoroughly.

Honey Mustard Green Beans

Yield: 6 Servings | Serving size: 2/3 cup

Ingredients:

- 1 tablespoon yellow mustard
- 3 tablespoons honey (*Honey not recommended for children under 1 year old)
- 3 tablespoons vinegar
- 4 cups green beans (about 16 ounces frozen; 2 cans/15oz each)

Directions:

Cook until tender.

Heat a medium saucepan or skillet over medium-low heat. Add mustard, honey and vinegar and mix well.

Cook until sauce boils and becomes thick, about 10 minutes.

Add green beans and stir to coat evenly. Cook until beans are heated through. Serve warm.

Refrigerate leftovers within 2 hours.

Pasta Primavera

Yield: 6 Servings | Serving Size: ¾ cup

Ingredients:

- 1 (16 ounce) package frozen vegetable medley, thawed
- 3 cups cooked pasta (elbow macaroni, rotini, shells or ziti)
- 3 tablespoons olive oil
- 1 package ranch salad dressing mix

Directions:

In medium saucepan, mix cooked pasta, olive oil, ranch dressing mix and vegetable medley.

Cook on medium heat, stirring constantly. Serve warm.

Recipe Tip: How do you know how much pasta to cook to get 3 cups? Pasta usually doubles in size after it cooks so if you need 3 cups, measure 1 cup dry pasta to cook.

Instant Potatoes

Yield: 4 Servings | Serving size: ½ cup

Ingredients:

- 2 Tablespoons margarine or butter
- ½ teaspoon. salt
- 1⅓ cup water
- ⅓ cup low-fat milk
- 1½ cup instant potatoes or potato flakes

Directions:

Combine margarine, salt and water in a saucepan. Heat to boiling.

Remove from heat. Add milk.

Stir in potatoes with a fork. Stir gently, until potatoes are soft and moist.

Potato Sauté

Yield: 4 Servings

Ingredients:

- 1 can sliced potatoes, drained
- 1/2 bell pepper, finely chopped
- 1 cup canned corn, drained
- 1/2 cup canned tomatoes, drained and chopped
- 1/2 teaspoon dried oregano, crushed
- Salt and pepper
- 1/4 cup Cheddar or Monterey Jack cheese, shredded

Directions:

Spray frying pan with nonstick vegetable oil cooking spray. Add bell pepper and cook until crisp-tender. Add potatoes and cook for 1 minute. Stir in corn, tomato and oregano, and heat thoroughly. Season with salt and pepper. Sprinkle each serving with small amount of cheese.

Everything Casserole

Yield: 6 Servings

Ingredients:

- 1 can chicken or tuna, drained
- 1/2 cup chopped green pepper
- 1 1/2 cups mixed vegetables (canned or thawed from frozen)
- 1-1 1/2 cups cooked elbow macaroni
- 1 (10 3/4 ounce) can cream of mushroom soup
- 1/2 cup fat-free shredded cheddar cheese
- 1 cup crushed cracker crumbs
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Directions:

Wash hands and clean preparation area.

Preheat oven to 350 degrees.

Spray medium casserole dish (9-by-9 inches or 8-by-8 inches) with nonstick spray.

Combine mixed vegetables, chicken or tuna, elbow macaroni, mushroom soup and cheese.

Spread evenly in a casserole dish.

In small mixing bowl, combine cracker crumbs, green pepper and celery.

Spread evenly on top of casserole mixture.

Cover and bake for 30 minutes.

Uncover and bake for 15 minutes or until topping has browned.

Turn the heat to low. Add the green beans and onions. Heat and serve.

Maple Sweet Potatoes

Yield: 2-3 servings

Ingredients:

- 2 sweet potatoes (large)
- 2 tablespoons yogurt, non-fat
- 1 tablespoon maple syrup
- 1 tablespoon orange juice

Directions:

Prick potato skins with a fork.

Microwave on high for 3 to 4 minutes until soft and easily pierced with a knife.

Scoop out the pulp into a medium bowl. Mash the pulp and stir in the yogurt, maple syrup, and orange juice. Transfer to a microwave safe serving bowl and microwave for 1 to 2 minutes to heat through

Applesauce Sweet Potatoes

Yield: 6 servings | Serving Size: ½ cup

Ingredients:

- 3 sweet potatoes
- 1 cup bread crumbs (crushed)
- 1 tablespoon vegetable oil

Directions:

In a small sauce pan, mix all ingredients together.

Cook on medium until heated thoroughly.

Recipe Tip: This recipe is loaded with vitamin A! You've probably heard that rabbits can see well because they eat so many carrots. Well, the bunnies have the right idea because it's the bright yellow-orange color, also found in sweet potatoes, that provides the nutrients to keep your eyes healthy.

Vegetable Noodles

Yield: 4 servings

Ingredients:

- 1 package spaghetti, dry
- 1 can low-sodium mixed vegetables, drained
- 1 cup canned low-sodium spaghetti sauce
- 1/2 cup American cheese, shredded
- 6 cups water

Directions:

Bring 6 cups water to a boil.

Add spaghetti. Bring to boil again. Stir often.

Cook spaghetti uncovered approximately 8 to 10 minutes.

Remove from heat and drain well

Return cooked, drained noodles back to cooking pot. Add vegetables and spaghetti sauce. Cook over medium heat until the vegetables are hot.

Sprinkle with cheese before serving.

Macaroni and Cheese

Yield: 6 Servings

Ingredients:

- 2 cups macaroni, dry
- 1 cup 1% milk
- 1 1/2 cup reduced fat American cheese, shredded
- 8 cups water
- 2 Tablespoon margarine or butter
- 1/4 cup breadcrumbs

Directions:

Preheat oven to 350° F.

Bring 8 cups water to a boil. Add macaroni. Bring to boil again. Stir often.

Cook macaroni uncovered approximately 8 to 10 minutes.

Remove from heat and drain well.

In a large pot, combine drained macaroni, milk, margarine or butter, and shredded cheese.

Heat on low for 10 minutes, stirring frequently.

Place mixture in a casserole dish. Sprinkle top with breadcrumbs. Bake at 350 for 15 minutes.

Recipe Tip: Make your own breadcrumbs by combining crushed CSFP oat circles cereal with paprika, parsley, oregano, garlic and onion powder, and oil

Oatmeal Apple Muffins

Yield: 6 servings | Serving Size: 1 muffin

Ingredients:

- 1 1/2 cups oats
- 1 1/4 cups self-rising flour
- 3/4 teaspoon cinnamon
- 1 cup applesauce
- 3 tablespoons instant nonfat dry milk powder
- 3/4 cup water
- 1/2 cup brown sugar
- 2 tablespoons canola oil
- 1 egg

Directions:

Preheat oven to 400 degrees.

Spray muffin pan with nonstick cooking spray or use paper muffin cups.

Combine oats, flour and cinnamon.

Add applesauce, instant nonfat dry milk, brown sugar, water, oil and egg.

Mix until moistened.

Fill muffin cups about 3/4 full.

Bake for 20 minutes or until golden brown. Cool in pan 10 minutes then remove to wire rack.

Overnight Oatmeal

Yield: 4 servings | Serving Size: 1 cup

Ingredients:

- 1 cup uncooked old-fashioned rolled oats
- 1 cup low-fat yogurt
- 1/2 cup non-fat or 1% milk
- 1/2 cup berries, fresh or frozen (optional)
- 1/2 cup chopped apple or preferred fruit

Directions:

In a medium bowl, mix oats, yogurt and milk.

Add the fruit now or add just before eating.

Cover and refrigerate oatmeal mixture for 6-12 hours.

Notes: Serve scoops of oatmeal in small dishes or spoon into small containers with lids for grab-and-go breakfasts.

Peanut Butter Banana Oatmeal

Yield: 1 serving

Ingredients:

- ½ cup quick-cooking oats
- 1 cup water
- 1 Tablespoon natural peanut butter (or sugar-free)
- 1 banana, sliced
- 1 Tablespoon honey, optional

Directions:

In a microwave-safe bowl mix together oatmeal and water.

Microwave on high power for 1 minute. Stir. Microwave on high power for another minute. Stir again.

Microwave for 30-60 more seconds until oatmeal reaches desired thickness.

Add additional water or milk if oatmeal is too dry.

Mix in peanut butter and top with banana slices.

Peanut Butter Bread

Yield: 12 servings | Serving Size: 1 slice

Ingredients:

- 2. cups self-rising flour
- ¾ cup sugar
- ½ cup instant nonfat dry milk powder
- 1 ¾ cups water
- 1 teaspoon vanilla
- ½ cup peanut butter

Directions:

Preheat oven to 350 degrees.

Spray loaf pan with nonstick cooking spray.

In small mixing bowl, combine flour, instant nonfat dry milk powder and sugar together.

Using a mixer, blend water, vanilla and peanut butter.

Slowly blend in flour mixture with the peanut butter mixture until smooth.

Pour mixture in loaf pan.

Bake for 45 minutes. Allow to cool before removing from pan.

Magical Fruit Salad

Yield: 12 servings | Serving Size: 1/3 cup

Ingredients:

- 4 cups fresh or canned fruit (try a mixture - apples, bananas, oranges, grapes or pineapple)
- 1 package (3.4 ounces) instant lemon or vanilla pudding mix
- 1 3/4 cups cold nonfat or 1% milk (or mix nonfat dry milk with cold water)

Directions:

For fresh fruit: Rinse fruit and cut into bite-size chunks.

For canned fruit: Drain fruit and cut into bite-sized chunks, if needed.

In a medium bowl, combine the instant pudding mix and cold milk. Add the fruit and stir gently.

Refrigerate for 5 minutes.

Refrigerate leftovers within 2 hours.

Canned Mixed Fruit Cake

Yield: 12 servings | Serving Size: 1/3 cup

Ingredients:

- 1 Cup All-Purpose Flour
- 1 Cup White Sugar
- 1 Egg
- 1 teaspoon Baking Soda
- 1 teaspoon Vanilla Extract
- 1 16oz can Fruit Cocktail
- 1/2 Cup Packed Brown Sugar

Directions:

Preheat oven to 350 degrees F.

Lightly grease one 9x9 baking pan.

Combine flour, white sugar, egg, baking soda, vanilla, and unstrained fruit cocktail.

Mix until blended and pour batter into baking pan.

Sprinkle top of wet batter with brown sugar.

Bake at 350 degrees for 40 minutes until golden brown and firm.

No Bake Oatmeal Peanut Butter Cookies

Yield: 18 servings

Ingredients:

- 1/4 shelf-stable 1% milk
- 1/4 cup peanut butter
- 2 cups rolled oats
- 1 cup sugar
- 1/4 cup margarine or butter
- 2 Tablespoon unsweetened cocoa powder. optional
- 1 teaspoon vanilla extract

Directions:

Put sugar, milk, and margarine or butter in a saucepan and bring to a boil; add cocoa powder if using. Remove from heat and stir in vanilla and peanut butter until peanut butter is melted.

Add oats and stir well.

Drop by teaspoonfuls onto a cookie sheet coated with cooking spray or covered with waxed paper.

Chill for 1 hour.

Peach Crisp

Yield: 6 servings

Ingredients:

- 1 can peaches, drained
- 3/4 cup oats
- 2 Tbsp margarine or butter
- 1/2 cup sugar
- 1/4 cup flour
- 2 teaspoon cinnamon
- 1 teaspoon lemon juice

Directions:

Preheat oven to 375° F.

Spread sliced peaches on the bottom of a baking pan.

Melt the margarine or butter in a saucepan.

In a small bowl, mix everything but the peaches.

Stir until the mix is well blended.

Sprinkle the oat mix on top of the peaches. Bake for 20 minutes.

Serve warm.

Applesauce Pancakes

Yield: 6 servings

Ingredients:

- 1 cup applesauce
- 1/4 cup dry milk powder, non-fat instant
- 1 cup water
- 2 eggs
- 1 tablespoon canola oil
- 2 cups all-purpose flour
- 2 tablespoons sugar
- 1/2 teaspoon cinnamon
- 2 teaspoons baking powder

Directions:

In a medium mixing bowl, combine applesauce, dry milk powder, water, eggs, and oil.

Add flour, sugar, cinnamon, and baking powder.

Stir until mixture has only small lumps.

Place large skillet on medium-high heat.

Spray skillet with non-stick cooking spray.

Pour 1/2 cup batter onto skillet.

Turn pancake when bubbles form on top of batter.

Cook the other side for about 1 minute or until golden brown.

Classic Pancakes

Yield: 12 servings

Ingredients:

- 2 cups Pancake mix
- 1 cup water
- 2 tablespoons vegetable oil
- 2 eggs (beaten)

Directions:

Put all the ingredients in a bowl.

Stir just enough to moisten dry ingredients.

Preheat skillet on medium-high heat. The skillet is ready when drops of water "dance" on the dry surface.

Add a teaspoon of vegetable oil or use cooking oil spray. For each pancake, pour 3-4 tablespoons of batter onto hot skillet.

Cook slowly until the surface is covered with bubbles. Turn and cook until second side is lightly browned.

Stuffing with Vegetables

Yield: 6 servings | Serving size: 1 Cup

Ingredients:

- 1 pound (16 ounces) frozen vegetables
- 1 tablespoon margarine
- 1 package (6 ounces) low sodium stuffing mix
- 1 can (14 ounces) low sodium chicken broth
- 1 teaspoon garlic powder

Directions:

Place vegetables in a large, microwave-safe bowl. Thaw in the microwave.

Melt margarine and pour over vegetables. Stir to combine.

Add stuffing mix, broth, and garlic powder. Stir to combine.

Scoop into a casserole dish. Microwave on high for 10–12 minutes until hot in the center.

Notes: Stir-fry vegetables, broccoli, and green beans work well.

This can also be baked in the oven. Bake at 350°F for 45 minutes.

Classic Cornbread

Yield: 12 servings

Ingredients:

- 1 cup cornmeal
- 1 cup flour (all purpose)
- 2 tablespoons sugar
- 1 tablespoon baking powder
- 1 egg
- 1/4 cup vegetable oil
- 1 cup milk, non-fat

Directions:

Heat oven to 425 degrees. Grease 8- or 9-inch square pan.

Measure cornmeal, flour, sugar, and baking powder into a large mixing bowl. Stir to combine ingredients.

Crack egg into a small bowl and beat with a fork to combine white and yolk.

Add egg, oil, and milk to flour mixture. Mix until ingredients are well blended.

Pour batter into prepared pan.

Bake 20 to 25 minutes, until firm to touch or wooden pick inserted in the center comes out clean.