

The GoodNEWS Dining Experience



Featured Menu

Main Course

Fresh Green Salad
Roasted Turkey and Gravy
Steamed Ginger Butter Carrots
Mashed Potatoes

Dessert

Fruit Salad

Beverage

Bottled Water

Low Fat Gravy

Ingredients:

1/4 teaspoon salt
2 Tablespoons all-purpose flour
1/8 teaspoon black pepper
1 bay leaf

Directions:

1. In a medium-size pan, heat the drippings over medium heat. Add the onion and celery and cook for 5 minutes or until they are soft.
2. Turn the heat down, stir in the flour and cook, for 3 minutes more or it's golden and bubbling.
3. Stir in the chicken stock and bay leaf, bring the mixture to a boil, then lower the heat and simmer. Stir occasionally, for 10 minutes.
4. Add the milk, salt, and pepper and simmer for about 2 minutes or until heated through.
5. Remove and discard the bay leaf.

Number of Servings: 2 2/3 cups

Calories: 34

Fat: 2g



Steamed Ginger Butter Carrots

Ingredients:

2 garlic cloves, minced
1 pound of baby carrots with tops, peeled
1 tablespoon butter
1 tablespoon minced peeled fresh ginger
1 tablespoon chopped fresh cilantro
1/2 teaspoon grated lime rind
1 tablespoon fresh lime juice
1/4 teaspoon salt

Directions:

1. Prepare garlic, let stand 10 minutes
2. Steam carrots, covered, 10 minutes or until tender.
3. Heat butter in large nonstick skillet over medium heat.
4. Add garlic and ginger to pan; cook 1 minute, stirring constantly. Remove from heat; stir in carrots, cilantro, and remaining ingredients.

Number of Servings: 4

Calories: 69

Fat: 3g



Cauliflower Mashed Potatoes

Ingredients:

4 cups cauliflower florets
1 ounce I Can't Believe It's Not Butter! Spray
1 ounce Land O'Lakes Gourmet Fat-Free Half & Half
Pinch salt
Pinch freshly ground black pepper
Optional:
1 to 2 cloves garlic; or
1/2 to 1 teaspoon of garlic powder
cheese

Directions:

Steam or microwave the cauliflower until soft. Puree in a food processor, adding the butter spray and the half-and-half to taste. Season with salt and pepper.

Number of Servings: 4

Calories: 81 calories

Fat: 6g



Fruit Salad with Poppy Seed Dressing



Ingredients:

1 (8oz) can pineapple chunks, cut in 4ths
1 1/2 c. sm. Strawberries, cut in halves
1 med. Apple, cut in bite size pieces
1 (10 1/2 oz.) can mandarin orange slices,
drained well

1/2 c. pineapple low-fat yogurt
1/2 tsp. poppy seeds
Lettuce leaves

Directions:

1. Drain pineapple, save 1 tablespoon juice.
2. In medium bowl mix pineapple, apple, strawberries and mandarin orange slices.
3. To make dressing, mix yogurt, poppy seeds and pineapple juice.
4. Line plate with lettuce leaves, spoon fruit on leaves and drizzle dressing over salad.

Number of Servings: 4

Calories: 113

Fat: 1g



Total cost for meal: \$25 to feed a family of four