



Diabetes and Wellness Program

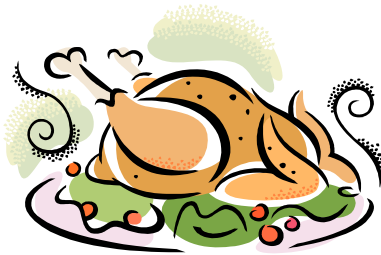
Recipe

Herb Roasted Turkey with Mushroom Gravy

Servings: 12

Ingredients

- 10 -12 pound turkey
- 4 sprigs fresh thyme
- 4 sprigs fresh rosemary
- 1 medium onion ,quartered
- Peel of one lemon, cut into strips
- 1 cup dried mushrooms, reconstituted (reserve 1 cup liquid)
- 1 cup low-sodium chicken broth
- 2 tablespoons dry white wine
- 2 teaspoons potato starch
- 1/2 teaspoon dried chives
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground black pepper



Directions

Preheat oven to 325 F.

1. Remove turkey giblets and neck from body cavities. Rinse turkey inside and out; pat dry with paper towels.
2. Starting at neck, using your fingers, gently loosen skin over entire breast. Place thyme and rosemary sprigs at even intervals under skin; pat skin back in place. Place onion and lemon peel in body cavity. Place turkey breast-side up on rack in roasting pan.
3. Roast turkey 3 1/2-4 hours, until meat thermometer inserted in fleshy part of inner thigh (not touching bone) reaches 180 F. Let stand 15 minutes before carving. Remove the skin before eating.
4. Meanwhile, to prepare gravy, pour pan drippings into a 2-cup measure; let stand 5 minutes. Skim off and discard fat; pour remaining liquid into small saucepan. Add mushrooms and 1 cup mushroom liquid, broth, wine, potato starch, chives, salt and pepper; bring to a boil. Simmer 2 minutes. Serve with turkey.

One serving = 3 ounces turkey and 1/4 cup gravy

Nutritional Facts

Calories 159
 Protein 25 g
 Sodium 114 mg
 Fat 4 g
 Carbohydrates 3 g

SOURCE: Diabetic Gourmet Magazine



Mark Your Calendar

Upcoming Events...

Education Opportunities

- **Learning to Control your Diabetes**
 6 Week series of education classes
 Thursdays 2:00 pm– 4:00 pm
 Little Axe Health Center

Events

- **National Diabetes Day**
 November 14, 2012
 Kickoff - Balloon Release and walk
 10:00 am Shawnee Clinic
 2:00 pm Little Axe Clinic

For more information and to enroll call the number below.

We hope you
 and your
 family have
 a Happy
 Thanksgiving!

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