



A Simple Holiday Dinner



“On Thanksgiving Day all over America, families sit down to dinner at the same moment—halftime.” - Anonymous

The secret to making any meal simple, especially holiday dinners, is planning. So we have provided recipes and a game plan to make your dinner go smoothly.

Menu for Eight to Ten People

Roast Turkey

Sage Gravy

Wild Rice Stuffing

Pumpkin Cornbread

Cranberry-Apricot Sauce

Sweet Potato and Apple Gratin

Green Salad

Apple Pecan Crisp

Roast Turkey with Sage Gravy

12 to 14 pound turkey
1 onion, cut in quarters
1 small bunch of sage
1 tablespoon olive oil
Salt and pepper

1. Preheat oven to 425 degrees.
2. Take the neck and giblets out of the turkey and save them for making stock.
3. Place turkey, breast side up, on a rack in a large roasting pan. Stuff turkey with the onion and most of the sage (save a few leaves for making gravy).
4. Rub the turkey all over with olive oil, then sprinkle with salt and pepper.
5. Put a little water in the bottom of the roasting pan so that the drippings don't burn, but not so much that the turkey steams. Roast for 25 minutes.
6. Reduce heat to 325 degrees and loosely cover with foil.

Roast for 1 hour and 45 minutes.

6. Uncover turkey and roast another 60 minutes or so, until it is well-browned and a thermometer inserted into the thigh shows 175 to 180 F.
7. Let stand for 30 to 40 minutes before carving.

Sage Gravy

Pan juices from the turkey
4 cups unsalted turkey or chicken broth
2 tablespoons fresh sage
3 tablespoons cornstarch

1. Pour pan juices into a large measuring cup. Let the fat rise to the top and discard as much fat as you can.
2. In a medium saucepan combine the remaining pan juices, the broth and the sage. Bring to a boil then quickly stir it into a gravy.

Holiday Dinner Game Plan:

Monday or Tuesday:

- ◇ Shop for ingredients
- ◇ Begin to defrost turkey in the fridge

Wednesday:

- ◇ Make Cranberry-Apricot Sauce
- ◇ Wash lettuce for salad
- ◇ Measure ingredients for Pumpkin Cornbread. Mix dry ingredients and cover. Mix wet ingredients, cover and store in the fridge
- ◇ Make salad dressing

Thursday:

- ◇ Bake Pumpkin Cornbread
- ◇ Roast turkey
- ◇ Assemble and bake Sweet Potato and Apple Gratin
- ◇ Make Wild Rice Stuffing
- ◇ Assemble Apple Pecan Crisp

Just before eating:

- ◇ Dress and assemble the salad
 - ◇ Make Sage Gravy
 - ◇ Put Apple Pecan Crisp in the oven
 - ◇ Take a deep breath and be thankful!
3. Mix the cornstarch with a tablespoon or two of water, then quickly stir it into a gravy.
 4. Simmer gravy until thick. Remove the sage leaves and season to taste with salt and pepper before serving.

Cranberry-Apricot Sauce

2 12-ounce packages fresh cranberries
1-1/2 cups dried apricots, cut into quarters
1 cup orange juice
3/4 cup sugar

Combine all ingredients in a medium saucepan. Bring to a boil, cover, and simmer for 15 minutes.

Formula Changes within West Virginia WIC

Beginning October 1, the West Virginia WIC Program is under a contract for formula with Ross Products. If your child requires any formula other than **Similac Advance, Isomil Advance, Similac Sensitive, and Similac Sensitive RS**, your physician must complete a WIC 53. The WIC 53 must be completed with a medical diagnosis that supports the use of non-contract formula. This assists our program in determining if WIC can provide the formula.

The West Virginia WIC Program **will not** provide the following formulas: **Enfamil Lipil with Iron, Enfamil Gentlease Lipil, Enfamil Lactofree Lipil, Enfamil ProSobee Lipil, Good Start Supreme with DHA & ARA, or Good Start Supreme Soy with DHA & ARA**. Please note that WIC may not necessarily be able to provide the product or formula your infant is prescribed since current regulations and policy will not allow all commercial formulas available.

Apple Pecan Crisp

8 large tart apples, such as Granny Smith

1/3 cup sugar

1 tablespoon lemon juice

2 tablespoons flour

1 teaspoon cinnamon

Topping:

1/2 cup chopped pecans

1/2 cup brown sugar

3/4 cup oats

1 cup flour

1/2 cup oil

1/3 cup melted butter

1. Preheat oven to 375 degrees. Lightly oil a 9 x 13 inch baking dish.
2. Peel, core and slice apples thinly. Place them in a large bowl and sprinkle with sugar, lemon juice, flour and cinnamon. Mix well. Pour the mixture into the baking dish and even the top.
3. In a medium bowl, combine the topping ingredients. Sprinkle topping evenly over the apple mixture.
4. Bake until the apples are bubbly and the topping is browning, about 60-70 minutes.

Sweet Potato and Apple Gratin

4 medium-sized sweet potatoes, cut into halves

3 green apples, peeled, cored, and thinly sliced

1 1/3 cups orange juice

3/4 teaspoon cinnamon

1 cup plain dried bread crumbs

1. In a large saucepan, cover sweet potatoes with water. Cover; simmer until tender about 30 minutes.
2. Preheat oven to 350 degrees. Peel potatoes and cut into 1/4 inch thick slices. Whisk the juice and cinnamon in a bowl.
3. Place half the sliced potatoes in a 8-inch square baking dish. Pour half the juice mixture over them and cover with all the apple slices.
4. Arrange remaining sweet potatoes on top. Pour rest of juice mixture over them and sprinkle with bread crumbs evenly over the top.
5. Bake for 40 to 50 minutes, until apples are tender and the top is browned.



Pumpkin Cornbread

2 cups flour

2 cups cornmeal

1/2 cup sugar

1 tablespoon baking powder

1/2 teaspoon salt

2 eggs

2 cups skim milk

1/4 cup oil

1 cup pumpkin puree

1. Preheat oven to 375 degrees. Lightly oil a 9 x 13 inch baking dish
2. In a large bowl mix flour, cornmeal, sugar, baking powder and salt.
3. In a medium bowl mix the eggs, milk, oil and pumpkin puree.
4. Pour wet ingredients into the dry ingredients and mix until just combined. Don't over mix.
5. Pour batter into baking dish and bake for 35 minutes, until beginning to brown and a toothpick inserted in the middle comes out clean.

Wild Rice Stuffing

This stuffing is cooked on top of the stove.

3 tablespoons olive oil

1 onion, finely chopped

1 garlic clove, pressed

6 cups unsalted chicken broth

2 cups wild rice

1 cup brown rice

1/2 cup chopped fresh parsley

1/3 cup chopped chives

Pepper

1. Heat olive oil in a large pot. Add onion and cook until translucent. Add garlic and cook a minute more.
2. Add broth and bring to a boil. Add wild and brown rices. Reduce heat, cover and simmer for 45 minutes or until rice is tender.
3. Mix in parsley, chives and pepper to taste.



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Fall Edition 2007 WIC Notes

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