

FOOD & DINING



TURKEY & SQUASH SOUP

This Southwestern-inspired turkey-and-squash soup gets a little kick from crushed red pepper and some zing from fresh lime-juice. You can use leftover turkey or chicken (instead of the cutlets); dice it and add a few minutes before serving. Serve with cornbread.

Servings: 6 servings, about 1 1/2 cups each

Total Time: 45 minutes

Ease of Preparation: Easy

Health: Low Sodium, Heart Healthy, Healthy Weight, High Fiber, Low Cholesterol, Diabetes Appropriate, Low Calorie, High Potassium, And Low Sat Fat

Ingredients:

- Turkey & Squash Soup
- 2 teaspoons canola oil
- 2 leeks, trimmed, chopped and rinsed
- 1 red bell pepper, chopped
- 3 cloves garlic, minced
- 4 cups reduced-sodium chicken broth
- 1 1/2 pounds butternut squash (1 small to medium), peeled, seeded and cut into 1-inch cubes
- 2 tablespoons minced fresh thyme or 2 teaspoons dried thyme
- 1 1/2 teaspoons ground cumin
- 1-pound turkey cutlets, cut into 1/2-by-2-inch strips
- 2 cups frozen corn kernels
- 2 tablespoons lime juice
- 1/2 teaspoon crushed red pepper

1/4-teaspoon salt

Freshly ground pepper to taste

Steps:

1: Heat oil in a Dutch oven over medium-high heat. Add leeks and bell pepper; cook, stirring often, until the vegetables begin to soften, 3 to 4 minutes. Add garlic and cook, stirring, for 1 minute more. Stir in broth, squash, thyme and cumin; cover and bring to a boil. Reduce heat to medium-low and cook until the vegetables are tender, about 10 minutes.

2: Add turkey and corn; return to a simmer and cook until the turkey is just cooked through, 3 to 4 minutes. Add limejuice and crushed red pepper. Season with salt and pepper.

Nutrition: (Per serving)

- Calories - 238
- Carbohydrates - 31
- Fat - 3
- Saturated Fat - 1
- Monounsaturated Fat - 1
- Protein - 25
- Cholesterol - 33
- Dietary Fiber - 6
- Potassium - 555
- Sodium - 274
- Nutrition Bonus - Vitamin A (260 daily value), Vitamin C (120 dv), Folate (21 dv), Iron (20 dv).

By EatinWell, Courtesy of Arcamax.com •



CORNBREAD & SAUSAGE STUFFING

Cornbread stuffing, a Southern favorite, is a nice change from more traditional white-bread stuffing. Our delectable recipe uses Italian turkey sausage, rather than pork, and omits all the butter and cream to cut the fat by two-thirds. The stuffing is lower in sodium as well and so easy to make that it's sure to become a favorite side year-round.

Servings: 12 servings, scant 1 cup each

Total Time: 50 minutes

Ease of Preparation: Easy

Health: Low Calorie, Healthy Weight, And Low Cholesterol

Ingredients:

- Cornbread & Sausage Stuffing
- 1-pound sweet Italian turkey sausage (about 4 links), casings removed
- 2 cups finely chopped onion
- 1 1/2 cups finely chopped celery
- 1/4-teaspoon salt
- Freshly ground pepper to taste
- 2 pounds prepared cornbread, cut into 3/4-inch cubes (about 12 cups)

- 1/4 cup chopped fresh parsley
- 1 tablespoon chopped fresh sage
- 1 1/2-3 cups reduced-sodium chicken broth

Steps:

1: Preheat oven to 325°F. Coat a 9-by-13-inch baking pan with cooking spray.

2: Cook sausage in a large nonstick skillet over medium-high heat, stirring and breaking up with a wooden spoon, until browned, about 10 minutes. Add onion and celery; cover, reduce heat and cook, stirring occasionally, until tender, about 10 minutes. Transfer the mixture to a large bowl. Season with salt and pepper. Add cornbread, parsley and sage.

3: Bring broth to a simmer in a small saucepan. Pour 1 cup over the stuffing mixture and toss gently (the cornbread will break into smaller pieces). Add as much of the remaining broth as needed, 1/2 cup at a time, until the stuffing feels moist but not wet. Spoon the stuffing into the prepared pan and cover with foil.

4: Bake the stuffing until thoroughly heated, about 25 minutes. Serve warm.

Nutrition: (Per serving)

- Calories - 242
- Carbohydrates - 34
- Fat - 8
- Saturated Fat - 3
- Monounsaturated Fat - 0
- Protein - 10
- Cholesterol - 29
- Dietary Fiber - 2
- Potassium - 79
- Sodium - 692

Prepare through Step 3, cover and refrigerate for up to 1 day. Bake at 350°F until hot, about 30 minutes.

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