

# FOOD & DINING



## HERB-ROASTED TURKEY

This method produces all the good looks and moist flavor you dream of in a Thanksgiving turkey. Make sure you show this beauty off at the table before you carve it. Garnish your serving platter with fresh herb sprigs and citrus wedges.

Servings: 12 servings, 3 ounces each, plus plenty of leftovers

Total Time: 3 1/2 hours

Ease of Preparation: Easy

Health: Healthy Weight, Diabetes Appropriate, Heart Healthy, Low Sat Fat, Low Carb, Low Calorie, And Low Sodium

### Ingredients:

Herb-Roasted Turkey

1 10-12-pound turkey

1/4-cup fresh herbs plus 20 whole sprigs, such as thyme, rosemary, sage, oregano and/or marjoram, divided

2 tablespoons canola oil

1-teaspoon salt

1 teaspoon freshly ground pepper

Aromatics: onion, apple, lemon and/or orange, cut into 2-inch pieces (1 1/2 cups)

3 cups water plus more as needed

1: Position a rack in the lower third of the oven; preheat to 475°F.

2: Remove giblets and neck from turkey cavities and reserve for making gravy. Place the turkey, breast-side up, on a rack in a large roasting pan; pat dry with paper towels. Mix minced herbs, oil, salt and pepper in a small bowl. Rub the herb mixture all over the turkey, under the skin and onto the breast meat. Place aromatics and 10 of the

herb sprigs in the cavity. Tuck the wing tips under the turkey. Tie the legs together with kitchen string. Add 3 cups water and the remaining 10 herb sprigs to the pan.

3: Roast the turkey until the skin is golden brown, 45 minutes. Remove the turkey from the oven. If using a remote digital thermometer, insert it into the deepest part of the thigh, close to the joint. Cover the breast with a double layer of foil, cutting as necessary to conform to the breast. Reduce oven temperature to 350° and continue roasting for 1 1/4 to 1 3/4 hours more. If the pan dries out, tilt the turkey to let juices run out of the cavity into the pan and add 1-cup water. The turkey is done when the thermometer (or an instant-read thermometer inserted into the thickest part of the thigh without touching bone) registers 165°F.

4: Transfer the turkey to a serving platter and cover with foil. Let the turkey rest for 20 minutes. Remove string and carve.

### Nutrition: (Per serving (without skin))

Calories - 155

Carbohydrates - 0

Fat - 5

Saturated Fat - 1

Monounsaturated Fat - 2

Protein - 25

Cholesterol - 63

Dietary Fiber - 0

Potassium - 258

Sodium - 175

By EatInWell, Courtesy of Arcamax.com •



## PECAN CRANBERRY TART

Too often pecan pie is overly sweet and laden with fat. Enjoy this better-for-you tart for your next feast.

Servings: 10 servings

Total Time: 1 hour plus cooling time

Ease of Preparation: Moderate

Health: Low Sodium, Heart Healthy, Low Cholesterol, And Low Sat Fat

### Ingredients:

Crust

1/2-cup old-fashioned oats

1/2-cup all-purpose flour

2 tablespoons granulated sugar

3/4-teaspoon baking powder

1/4-teaspoon salt

2 tablespoons canola oil

3 tablespoons water

Filling

1 cup pecan halves, divided

2/3 cup packed dark brown sugar

2 large eggs

2 large egg whites

1/3-cup light corn syrup

1 1/2 tablespoons cider vinegar

1-tablespoon butter, melted

2 teaspoons vanilla extract

1 Pinch salt

1/3 cup dried cranberries coarsely chopped

### Steps/instructions:

1: Preheat oven to 375°F. Coat a 9-inch tart pan with a removable bottom with nonstick spray.

2: To make crust: Spread oats in another pie pan and bake, stirring occasionally, until toasted, 6 to 12 minutes. Let cool. Place the oats in a food processor and process until coarsely ground.

3: Stir together oats, flour, sugar, baking powder and salt in a large bowl. Drizzle oil onto dry ingredients and use a fork or your fingers to blend until crumbly. Using a fork, stir in water, 1 tablespoon at a time, until dough just comes together.

4: Turn the dough out onto a floured surface and knead 7 to 8 times. Roll the dough out to an 11-inch circle, dusting with flour if necessary. Transfer the dough to prepared pan, pressing to fit. Trim edges. (If necessary, use scraps to patch any holes in crust.)

5: To make filling & bake: Spread 1/2-cup pecans on a baking sheet and bake until fragrant, 5 to 10 minutes. Let cool and coarsely chop.

6: Whisk brown sugar, eggs, egg whites, corn syrup, vinegar, butter, vanilla and salt in a medium bowl until smooth. Stir in dried cranberries and the chopped pecans. Spoon filling into crust. Arrange remaining 1/2-cup pecans on top of the filling.

7: Bake the tart until filling is set and crust is golden, 20 to 25 minutes. Cool completely in the pan on a wire rack.

Nutrition: (Per serving):

Calories - 276

Carbohydrates - 38

Fat - 13

Saturated Fat - 2

Monounsaturated Fat - 6

Protein - 4

Cholesterol - 45

Dietary Fiber - 2

Potassium - 129

Sodium - 152



1440  
bistro  
& bar

Located Inside

The Embassy Suites

Hotel LAX/South

1440 E. Imperial Avenue,

El Segundo, CA 90245

310.640.1070

Let our catering

department make

your event special.

For information and

space availability call

310.640.1622

Free Parking!

### three ninety-five happy hour

4 p.m. to 7 p.m. daily • all items \$3.95

### appetizers

taquitos

buffalo wings

cheese quesadilla

nachos supreme

house-made bleu cheese potato chips

### cocktails

pomegranate margarita

1440 margarita

appletini

mangotini

well drinks

house wines by the glass & all draft beers



Almost past  
her prime.

Adolescence comes with a one-time window for building bones that will stay stronger into adulthood and beyond. That's why it's so important for young teens to "build their bone banks" with weight-bearing exercise and a diet rich in calcium. At least three cups of low fat or fat free milk plus other calcium-rich foods each day is a good rule. If you have children 11-15, make sure they take advantage of this critical time. They won't get a second chance to build strong bones. A public service message from the American Academy of Orthopaedic Surgeons and the National Institute of Child Health and Human Development.

For more information, visit [orthoinfo.org](http://orthoinfo.org) and [nichd.nih.gov/milk](http://nichd.nih.gov/milk).

**AAOS**  
AMERICAN ACADEMY OF  
ORTHOPAEDIC SURGEONS

**milk matters**  
A program of the U.S. Department of Health and Human Services  
National Institutes of Health  
National Institute of Child Health and Human Development