

in good taste™

fall/holiday 2015

recipe magazine

saying THANKS

Roasted Buffalo Turkey
and Harvest Salad



Sweet Treats

Apricot Linzer Cookies
and **Easy Caramel Apples**

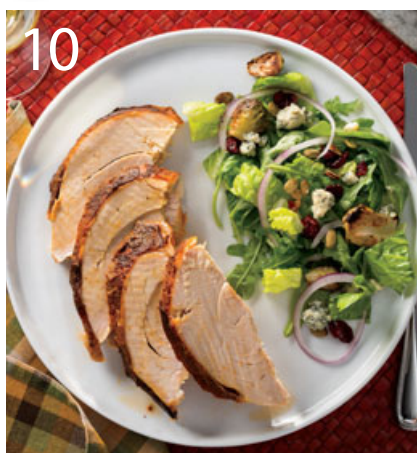
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inside

- 3 **Game-Day Favorites**
Hawaiian Pulled Pork Sliders
Avocado Fries with Sriracha Dip
- 5 **Seasonal Pick:
Portobello Mushrooms**
Linguine with Tomato, Kale
and Portobello Bacon
- 7 **Family Night**
Chicken & Black Bean Burritos
- 8 **Sweet Treats**
Apricot Linzer Cookies
Easy Caramel Apples
- 10 **Saying Thanks**
Roasted Buffalo Turkey
Harvest Salad
Twice Baked Sweet Potatoes
Root Vegetable Mash
Rosemary-Onion Focaccia
- 16 **Twice as Nice Turkey**
Turkey Croque Madame
Leftover Turkey Noodle Soup
- 19 **Holiday Centerpiece**
Herb-Crumbed Beef Rib Roast with
Red Wine Gravy
Skinny Sprouts with Dried Cranberries
& Hazelnuts
Savory Turkey Sausage
& Apple Bread Pudding
- 21 **New Year's Nibblers**
Shrimp Deviled Eggs
Roasted Garlic-Parmesan Dip
Crab-Stuffed Mushrooms



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game-day FAVORITES

Hosting a party just became easier with these slow cooker sliders.



BONUS! Walking Taco how-to video!

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Hawaiian Pulled Pork Sliders

Prep: 20 minutes plus chilling

Slow Cook: 6 hours • Makes: 36 sliders

- 1 cup packed Sunny Select Light Brown Sugar
- 1 tablespoon each garlic powder, ground ginger, onion powder and Sunny Select Salt
- 1 teaspoon Sunny Select Ground Black Pepper
- 1 whole (unsliced) pork butt (about 8 pounds), trimmed if desired
- 2 cans (20 ounces each) pineapple tidbits in unsweetened juice
- 1 bottle (18 ounces) honey-flavored barbeque sauce
- 2 tablespoons Kikkoman® Orange Sauce
- ½ teaspoon Sunny Select Ground Cayenne Pepper
- 1 orange bell pepper, cut lengthwise into ¼-inch-thick slices (about 1 cup)
- 1 small red onion, sliced (about 1 cup)
- ⅔ cup matchstick shredded carrots
- 1 tablespoon whole celery seed
- 3 packages (14 ounces each) Hawaiian sweet rolls

*See center insert for money-saving coupon.

1. In small bowl, combine ½ cup brown sugar, garlic powder, ginger, onion powder, salt and black pepper. Rub brown sugar mixture all over pork. Cover or wrap pork; refrigerate at least 1 hour or up to overnight.

2. Meanwhile, in medium bowl, stir 1½ cans pineapple with its juice (about 3 cups), barbeque sauce, orange sauce, cayenne pepper and remaining ½ cup brown sugar. Makes about 5 cups.

3. In bottom of 6- to 8-quart slow cooker, place pork fat side up; pour ½ of the barbeque sauce mixture over pork; cover and refrigerate remaining barbeque sauce mixture. Cover and cook on high 6 to 7 hours or on low 9½ to 10½ hours. Do not lift lid during cooking.

4. Meanwhile, in medium bowl, toss bell pepper, onion, carrots, celery seed and remaining pineapple with its juice. Cover and refrigerate until ready to serve. Makes about 4 cups.

5. Transfer pork to large bowl. Trim off and discard desired amount of fat; remove bone. With 2 forks, shred pork. Remove and discard all but 2 cups cooking liquid from slow cooker. Add remaining barbeque sauce mixture and shredded pork to slow cooker; stir to combine. Makes about 12 cups. Serve pork mixture on buns topped with bell pepper mixture.

Approximate nutritional values per serving: 386 Calories, 18g Fat (8g Saturated), 83mg Cholesterol, 461mg Sodium, 35g Carbohydrate, 1g Fiber, 21g Protein

Avocado Fries with Sriracha Dip

Prep: 20 minutes

Bake: 18 minutes • Serves: 8

Avocado Fries

- Nonstick cooking spray
- 1 cup Sunny Select Panko Breadcrumbs
- 1 teaspoon onion powder
- ½ teaspoon Sunny Select Salt
- 2 large Sunnyside Farms Egg whites
- 4 firm ripe avocados, pitted, peeled and each cut into 6 wedges

Sriracha Dip

- ½ cup Sunny Select Mayonnaise
- ¼ cup Sriracha chili sauce (use 2 tablespoons for less heat)
- 1 tablespoon Sunny Select Dijon Mustard

1. Prepare Avocado Fries: Preheat oven to 425°. Spray large rimmed baking pan with nonstick cooking spray. In pie plate or

wide, shallow dish, combine breadcrumbs, onion powder and salt. In second pie plate or wide, shallow bowl, whisk egg whites until frothy.

2. Dip avocados in egg whites, allowing excess to drip off, then press lightly into breadcrumb mixture so crumbs adhere; transfer to prepared pan. Spray avocado fries with cooking spray. Bake 18 to 20 minutes or until golden brown.

3. Meanwhile, prepare Sriracha Dip: In small bowl, stir mayonnaise, Sriracha and mustard until well combined. Makes about ¾ cup. Serve fries hot with dip.

Approximate nutritional values per serving:
243 Calories, 24g Fat (11g Saturated), 5mg Cholesterol,
460mg Sodium, 18g Carbohydrate, 5g Fiber, 3g Protein

Chef Tips

Sprinkle hot fries with additional salt to taste. Try these additional seasoned breadcrumb mixtures: 1 cup panko breadcrumbs, 1 teaspoon garlic powder and ¼ teaspoon salt or 1 cup panko breadcrumbs, 1 teaspoon lemon pepper seasoning, ¼ teaspoon salt



BONUS Avocado 3-Ways how-to video!

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seasonal pick: PORTOBELLO MUSHROOMS

Don't discard the mushroom's thick, woody stem; save and use in a vegetable stock or soup base.



Linguine with Tomato, Kale and Portobello Bacon

Prep: 20 minutes

Roast/Cook: 45 minutes • Serves: 4

- 1 pound portobello mushrooms, stems and gills removed, then sliced $\frac{1}{8}$ -inch thick
- $\frac{1}{4}$ cup tamari or soy sauce
- 2 teaspoons sesame oil
- $\frac{1}{2}$ teaspoon smoked paprika
- $\frac{1}{2}$ (16-ounce) box Sunny Select Linguine
- 3 tablespoons Sunny Select Extra Virgin Olive Oil
- 3 garlic cloves, minced
- $\frac{1}{4}$ teaspoon crushed red pepper flakes
- 2 Roma tomatoes, seeded and chopped
- $\frac{1}{2}$ teaspoon Sunny Select Salt
- $\frac{1}{4}$ teaspoon fresh ground black pepper
- 2 cups baby kale
- 2 tablespoons fresh lemon juice
- $\frac{1}{4}$ cup Sunnyside Farms Grated Parmesan Cheese

1. Preheat oven to 350°; line rimmed baking pan with parchment paper. Place mushrooms in large bowl. In small bowl, whisk together tamari, sesame oil and paprika; pour mixture over mushrooms and gently stir to evenly coat. Let stand 15 minutes, stirring twice. With slotted spoon, transfer mushrooms to prepared pan, spreading mushrooms in single layer. Roast mushrooms 45 to 50 minutes or until crisp; cool. Makes about 1 cup.

2. Meanwhile, heat large saucepot of salted water to boiling over high heat. Add linguine and cook as label directs. Reserve $\frac{1}{2}$ cup cooking water, then drain linguine.

3. In large nonstick skillet, heat oil over medium-high heat. Add garlic and crushed red pepper, and cook 30 seconds, stirring constantly. Add tomatoes and cook 1 minute, stirring occasionally; stir in salt and pepper. Add kale, lemon juice, linguine and reserved $\frac{1}{2}$ cup cooking water and cook 1 minute or just until heated through. Serve sprinkled with cheese and portobello bacon.

Approximate nutritional values per serving:
408 Calories, 15g Fat (3g Saturated), 5mg Cholesterol,
812mg Sodium, 55g Carbohydrates, 5g Fiber, 15g Protein

Portobellos: THE KING OF MUSHROOMS

With a large, flat cap that can measure six inches in diameter, portobellos (also commonly spelled portabellos or portabellas), are the largest cultivated mushroom variety. They are the fully mature version of cremino mushrooms, which is a variation of conventional white and brown mushrooms. With their firm texture and deep, earthy flavor, portobellos are among the most popular mushroom varieties in the world.

Portobellos weren't always as mainstream as they are today. As recently as several decades ago, they were often disposed of due to their size and dark color. Smaller white and brown mushrooms were preferred for their clean appearance. Thanks to a heightened nutritional awareness and convincing marketing by various mushroom councils in the 1980s, portobellos came into favor with their versatility and rich taste. Since then, they've transformed from being a discarded fungus to one of the most consumed varieties.

As portobellos mature, their caps flatten to expose the gills, allowing moisture to evaporate. With the decreased water content, the mushrooms develop an intense flavor and dense, steak-like texture. Whether they're grilled, sautéed or roasted, portobellos are often served as a meat alternative for vegans and vegetarians. They work well as either a supporting

ingredient or a stand-alone entrée, served whole in a sandwich, sliced for salads or fajitas, and stuffed.

Freshly picked portobellos have round, light tan caps with tapered edges that darken as they mature. The gills on the underside of the cap should be dark and unbruised. Remember, the key to portobellos is their maturity, so even those with slightly wrinkled caps are good for use. To lengthen their shelf life, remove the portobellos from any packaging and keep them loosely wrapped in a paper towel. Portobellos, like most mushrooms, should be gently wiped clean with a damp paper towel instead of washing, as the excess water can be quickly absorbed. Depending on the application, the gills can be left intact or simply scooped out with a large spoon.

No matter how you slice (or cook) them, portobellos are the king of mushrooms – both in size and in flavor.



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Cannellini Bean Turkey Chili



Chicken Chili with White Chili Beans



Chili with Black Chili Beans

family NIGHT

If you are trying to pay closer attention to what you are eating, substitute 3½ cups shredded boneless, skinless chicken breast meat to save 35 calories, 3g fat (1g saturated) and 18mg cholesterol. Using reduced fat cheese will save 24 calories and 2g fat (2g saturated).



Chicken & Black Bean Burritos

Prep: 40 minutes

Bake: 15 minutes • Serves: 8

- 1 teaspoon Sunny Select Olive Oil
- 1 can (4 ounces) Sunny Select Diced Mild Green Chiles
- 1 medium red onion, chopped
- 1 red bell pepper, chopped
- 1 can (15 ounces) S&W® Premium Black Chili Beans, rinsed and drained
- 3½ cups shredded boneless, skinless rotisserie chicken meat (from about 1 chicken)
- ¼ cup fresh lime juice
- 1 tablespoon ground cumin
- ¾ cup Sunnyside Farms Shredded Cheddar Cheese
- ¼ cup chopped fresh cilantro leaves plus sprigs for garnish (optional)
- Nonstick cooking spray
- 8 (8- to 10-inch) whole wheat flour tortillas
- ½ cup Sunny Select Medium Salsa

1. Preheat oven to 350°. In large saucepot, heat oil over medium-high heat. Add chiles, onion and bell pepper, and cook 5 to 7 minutes or until vegetables are almost tender, stirring occasionally. Reduce heat to medium. Stir in beans, chicken, lime juice and cumin, and cook 8 to 10 minutes or until heated through, stirring occasionally. Remove saucepot from heat; fold in cheese and cilantro.

2. Spray rimmed baking pan with nonstick cooking spray. Evenly spoon about 1¼ cups chicken mixture down center of each tortilla; fold sides over filling. Place burritos seam side down in prepared pan. Bake 15 to 20 minutes or until tops of burritos are lightly browned. To serve, top each burrito with 1 tablespoon salsa and garnish with cilantro sprigs, if desired.

*Approximate nutritional values per serving:
355 Calories, 11g Fat (4g Saturated), 57mg Cholesterol,
742mg Sodium, 38g Carbohydrates, 6g Fiber, 25g Protein*



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Apricot Linzer Cookies

Prep: 45 minutes plus chilling and cooling

Bake: 30 minutes • Makes: 24 cookies

- 1½ cups chopped hazelnuts
- ½ cup packed Sunny Select Brown Sugar
- 2½ cups Sunny Select All-Purpose Flour
- 1 teaspoon baking powder
- 1 teaspoon ground cinnamon
- ½ teaspoon Sunny Select Salt
- 1 cup Sunnyside Farms Unsalted Butter (2 sticks), softened
- 1 Sunnyside Farms Large Egg
- 1 teaspoon lemon zest
- ½ teaspoon pure vanilla extract
- ½ cup apricot preserves
- Powdered sugar for dusting

1. In large skillet, toast hazelnuts over medium heat 7 to 8 minutes or until lightly browned and fragrant, stirring occasionally; transfer to plate to cool. In bowl of food processor with knife blade attached, process ¼ cup brown sugar and hazelnuts until very finely ground.
2. In medium bowl, whisk flour, baking powder, cinnamon and salt. In separate medium bowl, with mixer on medium speed, beat butter and remaining ¼ cup brown sugar 3 minutes or until fluffy, scraping bowl occasionally with rubber spatula. Add hazelnut mixture and beat until well combined; scrape bowl. Add egg, zest and extract; beat 1 minute. Scrape bowl and reduce speed to low; add flour mixture and beat just until incorporated.
3. With floured hands, form dough into 2 equal balls; flatten each into 5-inch disk. Wrap disks with plastic wrap; refrigerate at least 2 hours or up to overnight.
4. Preheat oven to 350°; line cookie sheet with parchment paper or spray with baking spray. Place 1 dough disk between 2 sheets

waxed paper; with rolling pin, roll dough disk into 11-inch round (dough should be about ⅛-inch thick). Remove top piece of waxed paper; with 2½-inch round cutter, cut out cookies. With offset spatula, transfer cookies to prepared cookie sheet in single layer about 1 inch apart. With 1-inch cutter, cut out center from half the cookies; reserve center cutouts. Gather dough scraps with center cutouts; roll out dough scraps and repeat.

5. Bake cookies 10 to 12 minutes or until edges are golden brown. With spatula, transfer cookies to wire rack to cool completely. Repeat with second dough disk to make additional cookies.

6. With fine-mesh strainer, dust cookies with center cutouts with powdered sugar. With knife, spread about 1 teaspoon preserves on bottom side of each solid cookie; place cookies with center cutouts, bottom side down, over preserves to make cookie sandwiches. Store cookies in airtight container with parchment or waxed paper between layers up to 5 days.

*Approximate nutritional values per serving (1 cookie):
197 Calories, 12g Fat (5g Saturated), 28mg Cholesterol,
76mg Sodium, 20g Carbohydrates, 1g Fiber, 3g Protein*

Easy Caramel Apples

Prep: 35 minutes

Cook: 10 minutes • Serves: 8

- Nonstick cooking spray
- 2 packages (14 ounces each) square-shaped caramels with sticks included
- 8 large Golden Delicious, Granny Smith or McIntosh apples, stems removed
- ¼ cup water

Optional Toppings

- 2 cups of your favorite toppings such as candy corn, chopped banana chips, chopped dark chocolate, chopped macadamia nuts, chopped mixed nuts, crushed pretzels, mini candy-coated chocolates, cinnamon candies, toasted coconut or chopped mini peanut butter cups

1. Spray cookie sheet with nonstick cooking spray. Insert 1 stick halfway into stem-end of each apple. Unwrap caramels and place in medium saucepan; add water. Heat over medium-low heat 8 to 10 minutes, stirring until caramels are melted and mixture is smooth. Reduce heat to low.

2. Dip and swirl each apple into melted caramel until evenly coated, using a spoon to pour caramel onto apple near the stick and allowing excess to drip off into saucepan. Dip top and roll sides of apples in toppings, if desired, to evenly coat. With gloved hand, lightly press mixture into caramel. Place apples, stick side up, onto prepared cookie sheet. Refrigerate at least 1 hour or up to 2 days. To serve, let apples stand at room temperature 30 to 45 minutes or until caramel softens slightly.

*Approximate nutritional values per serving:
456 Calories, 8g Fat (2g Saturated), 67mg Cholesterol,
243mg Sodium, 97g Carbohydrates, 2g Fiber, 5g Protein*

sweet TREATS

If dough becomes sticky when making the Linzer cookies, rewrap dough in plastic wrap and refrigerate for ten minutes.



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As a timesaver, the dressing for the Harvest Salad can be prepared, covered and refrigerated up to three days in advance. Bring to room temperature and stir with a whisk before serving.



▲ **Chef Tip: Roasted Buffalo Turkey**
Serve with a simple blue cheese dip: In small bowl, stir ½ cup sour cream, ½ cup blue cheese crumbles, ¼ cup mayonnaise, 1 garlic clove crushed with press, and 2 tablespoons fresh lemon juice until well combined. Cover and refrigerate up to 2 days.

Roasted Buffalo Turkey

Prep: 30 minutes

Roast: 3 hours 30 minutes • Serves: 12

- 1¼ cups buffalo wing sauce
- 1 cup Sunnyside Farms Unsalted Butter (2 sticks), softened
- 1 tablespoon Sunny Select Ground Black Pepper
- 2 teaspoons kosher salt
- 1½ teaspoons celery salt
- 1 teaspoon garlic powder
- 1 fresh or frozen (thawed) turkey (12 to 14 pounds)
- 2 medium carrots, cut in half
- 1 medium onion, quartered
- 1 celery rib, coarsely chopped
- 1 container (32 ounces) less-sodium chicken broth
- ¼ cup Sunny Select All-Purpose Flour

1. Adjust oven rack to lowest position; preheat oven to 325°. Place roasting rack in large, heavy metal roasting pan. In small bowl, stir 2 tablespoons buffalo sauce and ½ cup butter. In separate small bowl, combine pepper, salt, celery salt and garlic powder.

2. Remove and discard giblets, liver and neck from turkey. With fingers, gently separate breast skin from breast meat to make 2 pockets, being careful not to tear skin. Evenly place buffalo sauce-butter mixture over each breast under skin. Place turkey, breast side up, on rack. Sprinkle inside cavity and outside of turkey with salt mixture. Place carrots, onion and celery inside cavity. Tuck wing tips under turkey to hold in place. Roast turkey 1 hour.

3. Meanwhile, in small saucepot, heat remaining buffalo sauce to simmering over medium heat. Whisk in remaining ½ cup butter until melted; remove saucepan from heat.

4. Pour 2 cups broth in bottom of roasting pan. With brush, baste turkey with buffalo sauce mixture. Loosely tent turkey with aluminum foil. Roast turkey 2½ to 3 hours longer or until juices run clear and internal temperature reaches 160° in thickest part of thigh, making sure thermometer doesn't touch bone, basting every 20 minutes.

5. Transfer turkey to cutting board; loosely cover with aluminum foil. (Internal temperature will rise 5 to 10° upon standing.)

6. Meanwhile, remove rack from roasting pan; with spoon, carefully skim excess fat from drippings. Place roasting pan with drippings across 2 burners; heat to simmering over medium heat. Whisk in flour; add remaining 2 cups broth and heat to simmering, stirring frequently to remove browned bits from bottom of pan. Reduce heat to medium-low; simmer 8 to 10 minutes longer or until gravy thickens, stirring occasionally. If desired, strain gravy through fine-mesh strainer. Makes about 2½ cups.

Approximate nutritional values per serving:

544 Calories, 29g Fat (12g Saturated), 261mg Cholesterol, 1678mg Sodium, 5g Carbohydrate, 1g Fiber, 62g Protein

Harvest Salad

Prep: 20 minutes

Roast: 30 minutes • Serves: 10

Harvest Salad

- 1½ pounds Brussels sprouts, cut in half (about 4 cups)
- 3 tablespoons Sunny Select Extra Virgin Olive Oil
- 1 tablespoon fresh lemon juice
- ¼ teaspoon Sunny Select Salt
- ¼ teaspoon Sunny Select Ground Black Pepper
- 1 bag (5 ounces) baby arugula (about 5 cups)
- 1 bag (9 ounces) hearts of romaine (about 5 cups)
- 1 small red onion, thinly sliced (about 1 cup)
- 1 package (4 ounces) crumbled blue cheese (about 1 cup)
- 1 package (5 ounces) dried tart cherries (about 1 cup)
- ½ cup roasted & salted shelled pumpkin seeds (pepitas)

Maple-Mustard Dressing

- ¼ cup Sunny Select Apple Cider Vinegar
- ¼ cup Sunny Select Extra Virgin Olive Oil
- ¼ cup Sunny Select Maple Syrup
- 2 tablespoons fresh orange juice
- 1½ tablespoons Sunny Select Dijon Mustard
- ¼ teaspoon Sunny Select Salt
- ¼ teaspoon Sunny Select Ground Black Pepper
- ⅛ teaspoon ground allspice

1. Prepare Harvest Salad: Preheat oven to 400°. In medium bowl, toss Brussels sprouts, oil, juice, salt and pepper until well coated. On rimmed baking pan, evenly spread Brussels sprouts. Roast 30 to 35 minutes or until golden brown and edges are crisp, stirring once halfway through cooking.

2. Meanwhile, prepare Maple-Mustard Dressing: In small bowl, whisk all ingredients until well blended.

3. To serve, whisk dressing. In large bowl, toss arugula, romaine and onion with dressing until evenly coated. Top with cheese, cherries, pumpkin seeds and warm Brussels sprouts.

Approximate nutritional values per serving:

268 Calories, 16g Fat (4g Saturated), 8mg Cholesterol, 354mg Sodium, 26g Carbohydrate, 5g Fiber, 8g Protein

expressing gratitude AT THANKSGIVING

Those are the ABCs of Thanksgiving, a time when we are reminded to be thankful for what we have. Thanksgiving also is an ideal time to express gratitude to others.

What acts call for a warm-hearted “thanks?” Typically, any special favors or good deeds past or present, though it is also permissible to thank someone in advance for a favor or good deed you know – or hope – is on the way.

some possibilities may be:

- > the loan of everything from a car to bejeweled earrings
- > the outstanding services delivered by a trusted babysitter, a talented beautician, or an astute financial analyst
- > the friendship of someone who stood by you in troubled times
- > the bearer of an unexpected, much-needed compliment on a dreary Tuesday
- > the free advice that turned a bad situation into a good one

Greeting card companies make it possible to send cards with “canned” sentiments, and just as some prefer canned cranberries to fresh, many people find the cards perfectly acceptable. Others may prefer to pick up blank note cards (look for cards illustrated with fall leaves) and do the expressing themselves.

Another nod to the importance of gratitude in our lives may come at your holiday table. Ask each person to thank someone else in the room. You may hear, “Thanks for welcoming me here today.” The

seasonal renegade may say, “Thanks for allowing me to bring strawberry ice cream pie today.” A youngster may note, “Thanks for seating me by Uncle Jack, because he’ll eat my Brussels sprouts.”

Someone may allude to the cornucopia of blessings large and small enjoyed by those at the table. To reinforce the message of abundance, bounty, and copiousness, you may want to fill a cone-shaped basket with fruit, small squash, and a few fall leaves for use as a centerpiece. In any case, be sure to regale one and all with the history of the horn of plenty.

As a symbol of food and abundance, the cornucopia dates back to the 5th century BC. A Greek myth tells us that Zeus was raised by a she-goat. One day when the two were playing, one of the goat’s horns accidentally was broken off. Instead of just apologizing, Zeus imbued the horn with supernatural powers so that whoever possessed it would have whatever he or she wished for.

Whether or not your wishes for Thanksgiving come true, the day always lends itself to reflection, so remember to take time to count your blessings. Here are some suggestions:

- > good health (if you have it)
- > a good outcome after treatment (if you do not)
- > sufficient self-confidence to make plans for the future
- > fond memories from the past
- > old friends and new relationships

Remember to be thankful, too, if you have enough. Not too much, not too little – but plenty.



Twice Baked Sweet Potatoes

Prep: 30 minutes

Bake: 55 minutes • Serves: 8

- Nonstick cooking spray
- 4 medium sweet potatoes (about 12 ounces each)
- 1 tablespoon canola oil
- 3 green onions, chopped (about ¼ cup)
- 1 cup chopped white mushrooms
- ¼ cup drained and chopped roasted sweet red peppers
- 1 package (8 ounces) Sunnyside Farms Cream Cheese, softened
- 1 tablespoon chopped fresh thyme leaves
- 1 tablespoon chopped fresh sage leaves
- ½ teaspoon Sunny Select Salt
- ½ cup Sunnyside Farms Grated Parmesan Cheese

1. Preheat oven to 350°; spray rimmed baking pan with cooking spray. Cut potatoes lengthwise in half; place cut side down on prepared pan. Bake 40 to 45 minutes or until tender; cool slightly.

2. Meanwhile, in large skillet, heat canola oil over medium heat. Add onions and mushrooms; cook 5 minutes. Add peppers; cook 2 minutes or until vegetables are tender.

3. When potatoes are cool enough to handle, with spoon, leaving at least a ¼-inch wall, scoop out inside portion of each potato half into large bowl; return potato halves, skin side down, to same pan. With fork, mash potatoes in bowl until small lumps remain. Add cream cheese, thyme, sage, salt and mushroom mixture; stir until well combined. Spoon potato mixture into potato shells; evenly sprinkle with Parmesan cheese.

4. Bake 15 to 17 minutes longer or until cheese browns and potatoes are heated through.

Approximate nutritional values per serving:

290 Calories, 12g Fat (7g Saturated), 36mg Cholesterol, 442mg Sodium, 37g Carbohydrate, 5g Fiber, 7g Protein

Chef Tip

Potatoes can be prepared through step 3 (leave off Parmesan cheese), covered and refrigerated up to 2 days in advance. Before serving, sprinkle potatoes with Parmesan cheese and heat in 350° oven 25 to 30 minutes or until cheese browns and potatoes are heated through.



saying THANKS



Root Vegetable Mash

Prep: 20 minutes • Cook: 20 minutes • Serves: 8

- 4 garlic cloves, peeled
- 8 cups peeled and coarsely chopped root vegetables such as carrots, celery root, parsnips and/or turnips
- 6 tablespoons Sunnyside Farms Unsalted Butter
- ½ cup Sunnyside Farms Heavy Cream
- 1 teaspoon Sunny Select Salt
- ½ teaspoon ground white pepper
- ¼ teaspoon ground nutmeg
- 4 green onions, chopped (about ⅓ cup)

1. In medium saucepot, add garlic, vegetables and enough salted water to cover; heat to boiling over high heat. Reduce heat to medium; cover and simmer 20 to 22 minutes or until vegetables are very tender.

2. Drain vegetables. In same saucepot, heat butter, cream, salt, pepper and nutmeg to simmering over medium heat; return vegetables to saucepot. With potato masher, mash vegetables until slightly chunky. Heat through over medium heat, stirring occasionally. Serve topped with green onions. Makes about 6 cups.

Approximate nutritional values per serving:

195 Calories, 14g Fat (9g Saturated), 43mg Cholesterol, 384mg Sodium, 16g Carbohydrate, 4g Fiber, 2g Protein

Rosemary-Onion Focaccia

**Prep: 15 minutes plus thawing and standing
Bake: 25 minutes • Serves: 12**

- Nonstick olive oil cooking spray
- 1 loaf (1 pound) frozen white bread dough, thawed in refrigerator 6 to 8 hours
- 4 tablespoons Sunny Select Extra Virgin Olive Oil
- 1 small onion, thinly sliced (about 1 cup)
- 2 tablespoons coarsely chopped fresh rosemary leaves
- ¼ teaspoon coarse salt

1. Lightly spray cutting board, rolling pin and rimmed baking pan with cooking spray. With rolling pin, roll dough on cutting board to 12 x 9-inch rectangle; transfer to prepared pan. Brush top and edges of dough with 2 tablespoons oil. Cover dough with plastic wrap; let stand at room temperature 1 hour or until dough doubles in size. (Dough may rise quicker in a warmer room.)

2. Preheat oven to 400°. Remove plastic wrap from dough. In small bowl, toss onion and rosemary with remaining 2 tablespoons oil. Evenly spread onion mixture over top of dough; sprinkle with salt. With fingertips, push toppings into dough forming a dimpled surface.

3. Bake focaccia 25 to 30 minutes or until top is golden brown and onion begins to brown. Cut into strips or squares to serve.

Approximate nutritional values per serving:

128 Calories, 5g Fat (1g Saturated), 0mg Cholesterol, 196mg Sodium, 17g Carbohydrate, 1g Fiber, 3g Protein

Turkey Croque Madame

Prep: 15 minutes

Broil/Cook: 10 minutes • Serves: 4

- 4 slices sourdough bread (about ½- to ¾-inch thick)
- 4 teaspoons Sunny Select Dijon Mustard
- 2 teaspoons finely chopped fresh tarragon leaves
- 8 thick slices roasted turkey (about 12 ounces)
- 4 slices Swiss cheese
- 1 cup refrigerated or jarred Cheddar cheese sauce
- 2 tablespoons Sunnyside Farms Unsalted Butter
- 4 Sunnyside Farms Large Eggs
- ¼ cup water

1. Place oven rack about 6 inches from source of broiler heat and preheat. Place bread in single layer on baking pan; broil 30 seconds to 1 minute or until lightly browned, turning once halfway through cooking.

2. In small bowl, stir mustard and tarragon. Spread 1 side of each slice of bread with mustard mixture; over mustard mixture on each bread slice, layer one-quarter of the turkey and 1 slice cheese.

3. Broil sandwiches, cheese side up, 2 to 3 minutes or until cheese melts; keep warm in oven.

4. Meanwhile, in small microwave-safe bowl, heat cheese sauce, covered, in microwave oven 1½ to 2 minutes or until heated through, stirring once halfway through cooking. In large skillet, melt butter over medium heat. Crack eggs, 1 at a time, into skillet; cook 2 minutes. Pour water around eggs into skillet; cover, remove from heat and let set 4 to 5 minutes or until desired doneness.

5. Transfer sandwiches to serving plates. Top each sandwich with 1 egg and spoon ¼ cup sauce over each.

Approximate nutritional values per serving:

*734 Calories, 28g Fat (15g Saturated), 329mg Cholesterol,
1394mg Sodium, 66g Carbohydrate, 2g Fiber, 54g Protein*



twice as nice TURKEY

For many, the leftovers bring as much (sometimes more!) enjoyment as the first time around.



Leftover Turkey Noodle Soup

Prep: 20 minutes

Cook: 1 hour 35 minutes • Serves: 8

Makes: about 12 cups

- 6 medium celery ribs
- 4 large carrots
- 2 medium onions
- 1 turkey frame (from 12- to 14-pound turkey), broken into pieces and trimmings
- 1 package (¾ ounce) fresh sage, leaves removed and coarsely chopped (about ⅓ cup)
- 16 cups water
- 2 tablespoons Sunny Select Olive Oil
- 2 cups uncooked egg noodles (about 6 ounces)
- 3 cups chopped cooked turkey
- 1½ tablespoons fresh lemon juice
- 2 teaspoons Sunny Select Salt
- Sunny Select Ground Black Pepper (optional)

1. Coarsely chop 3 celery ribs, 2 carrots and 1 onion. In large saucepot, heat turkey frame pieces and trimmings, sage, water and chopped vegetables to boiling over medium-high heat. Reduce heat to low and simmer 1 hour. Strain mixture into large bowl, pressing gently on solids to release broth; discard solids.

2. Cut remaining celery ribs, carrots and onion into ½-inch pieces. In same saucepot, add oil and chopped vegetables, and cook over medium heat 10 to 12 minutes or until vegetables are tender, stirring occasionally.

3. Add reserved broth and heat to simmering over medium-high heat. Add noodles and cook as label directs or until tender, adding turkey, lemon juice and salt during last 5 minutes of cooking. Ladle into soup bowls and sprinkle with pepper, if desired.

Approximate nutritional values per serving:

221 Calories, 7g Fat (2g Saturated), 59mg Cholesterol, 740mg Sodium, 18g Carbohydrates, 3g Fiber, 23g Protein



SAY YES! *to leftovers*

Try these delicious ideas that will take your Thanksgiving leftovers from boring to brilliant.

ASIAN BAGUETTE SANDWICH

An international-inspired sandwich, layer turkey, mayonnaise, Asian chile sauce, cucumbers, carrots and fresh cilantro on a baguette. Add more heat with sliced, fresh jalapeños!

CRANBERRY TARTLETS

Make bite-sized pies with refrigerated pie crust and cranberry sauce. Serve with turkey sandwiches.

TURKEY, SWEET POTATO & ARUGULA SALAD

Combine peppery arugula, crisp radishes, leftover roasted sweet potatoes and a generous amount of turkey with your favorite dressing.

CRANBERRY PANCAKES

Top a stack of pancakes with cranberry sauce or put the cranberry sauce right in the batter, either way the tart berries are an excellent pairing with sweet pancakes.

TURKEY, CHEDDAR & GREEN-APPLE SANDWICH

Create a hearty sandwich with turkey, slices of Cheddar, thin slices of tart apple like Granny Smith and whole-grain bread. Dress with coarse ground mustard.

TURKEY AVOCADO SALAD

Combine chopped romaine lettuce, sliced radishes, sliced carrots, avocado, leftover squash or Brussels sprouts, and turkey. Top with a ranch dressing.

MASHED POTATO PATTIES

Form patties with leftover mashed potatoes, chopped onion, egg and parsley. Pan-fry in oil until golden.



DIY HOLIDAY *table décor*

There are many ways you can turn your dinner table into a beautiful setting for guests. The following are a few suggestions for DIY decorating.

BRING THE OUTDOORS INSIDE

Use what you can from the great outdoors. Twigs, leaves, berries, pinecones and branches can be used as seasonal décor. Use a cake stand or other type of structure to elevate the centerpiece, and line it with an arrangement of outdoor items. Complement your centerpiece with a few ornaments or ribbons to enhance the holiday look. However, remember not to overfill your table, less can be more appealing.

ADD COLORFUL FOODS

Using foods can be a simple and visually appealing way to create an attractive setting. Fruits such as pears, oranges and cranberries, or even small pumpkins and gourds, can make for lovely centerpieces. Fill a few glass jars or vases with a food item that adds color to your setting. Nuts also add color and texture.

MAKE PLACE CARDS

Simple, handwritten place cards add a personal touch and further enhance your table. For a more professional look, print cards on your home printer using a nice card stock.

LIGHT UP THE TABLE

Candles are also an inexpensive way to add an elegant touch to your dinner table. Tiny tea lights can be placed on the table to add a small amount of light. For a different way to use candles in your décor, try placing them inside a large, clear jar, then place nuts or pinecones around the outside base. You could also try using a string of white holiday lights to add a little sparkle.

REMEMBER THE DETAILS

The smallest details can leave a lasting impression. Napkins are a wonderful way to add color to the table. Tie your napkins with a lovely piece of ribbon, and then use a few twigs and berries to complete the look. You can also leave candies or mints near the place setting as a gift for your guests. Details do matter!



holiday CENTERPIECE

Slow roasting is the secret to this tender roast.



Herb-Crumbed Beef Rib Roast with Red Wine Gravy

Prep: 45 minutes

Roast: 5 hours • Serves: 8

Beef Rib Roast

- 1 cup cubed white bread
- 6 garlic cloves, minced (about 2 tablespoons)
- $\frac{3}{4}$ cup chopped fresh parsley leaves
- $\frac{1}{2}$ cup chopped fresh basil leaves
- $\frac{1}{2}$ cup Sunny Select Dijon Mustard
- 1 (7- to 8-pound) standing beef rib roast
- 2 teaspoons Sunny Select Salt
- 1 tablespoon Sunny Select Ground Black Pepper
- 3 tablespoons canola oil
- 2 large white onions, cut into $\frac{1}{2}$ -inch thick disks

Red Wine Gravy

- 3 tablespoons Sunnyside Farms Unsalted Butter
- 3 tablespoons Sunny Select All-Purpose Flour
- 2 cups beef broth
- $\frac{1}{2}$ cup red wine

1. Prepare Beef Rib Roast: Preheat oven to 225°. In food processor with knife blade attached, pulse bread to fine crumbs. You should have about $\frac{1}{2}$ cup crumbs. In large skillet, cook crumbs over medium heat 9 to 10 minutes or until toasted, stirring frequently; cool 5 minutes.
2. In small bowl, combine garlic, parsley, basil and mustard.
3. Sprinkle beef roast with salt and pepper. Heat large roasting pan over medium-high heat; add oil and swirl to coat bottom of pan. Add beef roast to pan and cook 4 to 6 minutes or until browned, turning to brown all sides. Remove beef roast from pan; place rack in pan and place onions on rack.
4. Evenly spread mustard mixture over beef roast; with hands, evenly press crumbs onto beef roast over mustard mixture. Place roast on top of onions. Roast beef 5 hours or until internal temperature reaches 135° for medium-rare. (Internal temperature will rise 5 to 10° upon standing.) Let stand 20 minutes before slicing.
5. Prepare Red Wine Gravy: In small saucepot, melt butter over medium-high heat. Whisk in flour and cook 5 minutes, stirring occasionally. Add broth and wine; cook 5 minutes or until gravy thickens, stirring occasionally.

Approximate nutritional values per serving:

908 Calories, 64g Fat (28g Saturated), 187mg Cholesterol, 1213mg Sodium, 10g Carbohydrates, 1g Fiber, 50g Protein

holiday CENTERPIECE



Skinny Sprouts with Dried Cranberries & Hazelnuts

Prep: 20 minutes

Roast: 20 minutes • Serves: 8

- 2 pounds Brussels sprouts, trimmed and cut in half
- 2 tablespoons Sunny Select Extra Virgin Olive Oil
- 1 teaspoon Sunny Select Salt
- 1 package (2.25 ounces) chopped hazelnuts (about ½ cup)
- ½ cup sweetened dried cranberries

1. Position 2 oven racks to upper and lower positions; preheat oven to 450°. Heat large covered saucepot of water to boiling over high heat. Add sprouts and return to boiling; cook 3 minutes. Drain well.

2. In large bowl, whisk together oil and salt; add sprouts and toss until well coated. Transfer sprouts to 2 rimmed baking pans in single layer. Roast 15 to 17 minutes or until sprouts are golden brown on bottom, rotating pans between upper and lower racks halfway through baking; remove from oven.

3. Evenly sprinkle sprouts with hazelnuts and cranberries; stir to combine. Roast 5 to 7 minutes longer or until sprouts are evenly browned and crisp, and nuts are golden brown. Serve immediately.

Approximate nutritional values per serving:

151 Calories, 8g Fat (1g Saturated), 0mg Cholesterol,
319mg Sodium, 18g Carbohydrates, 6g Fiber, 5g Protein

< Chef Tip

Sprouts can be prepared as directed in step 1, covered and refrigerated up to 2 days in advance. Let sprouts stand at room temperature 30 minutes before preheating oven and continuing with step 2.

Savory Turkey Sausage & Apple Bread Pudding

Prep: 30 minutes plus chilling and standing

Bake: 55 minutes • Serves: 12

- Nonstick cooking spray
- 3 teaspoons Sunny Select Extra Virgin Olive Oil
- 1 package (16 ounces) turkey sausage, casings removed if necessary
- 2 Granny Smith and/or Fuji apples, peeled, cored and chopped (about 2½ cups)
- 1 large onion, chopped (about 1½ cup)
- 10 slices multigrain bread, cut into 1-inch cubes (about 6 cups)
- 1 package (8 ounces) shredded sharp Cheddar cheese
- ¼ cup chopped fresh parsley leaves
- 1 tablespoon chopped fresh sage leaves
- 1½ cups egg substitute
- 2 cups Sunnyside Farms Low Fat Milk
- ½ teaspoon Sunny Select Salt
- ½ teaspoon Sunny Select Ground Black Pepper

1. Preheat oven to 350°. Spray 13 x 9-inch glass or ceramic baking dish with nonstick cooking spray. In large skillet, heat 1½ teaspoons oil over medium-high heat. Add sausage and cook 7 to 8 minutes or until browned, breaking up sausage with side of spoon. Transfer sausage to paper towel-lined plate.

2. In same skillet, cook apples and onion in remaining 1½ teaspoons oil over medium heat 5 to 7 minutes or until tender, stirring occasionally. In large bowl, toss bread, cheese, parsley, sage, sausage and apple mixture until well combined. Evenly spread bread mixture in prepared dish.

3. In same bowl, whisk together egg substitute, milk, salt and pepper; slowly pour over bread mixture until moistened completely. Cover and refrigerate overnight or at least 4 hours; let stand 20 minutes at room temperature before baking. Bake 55 minutes to 1 hour or until top is golden brown, top springs back when touched and internal temperature reaches 160°. Let stand 10 minutes before serving.

Approximate nutritional values per serving:

250 Calories, 11g Fat (6g Saturated), 41mg Cholesterol,
698mg Sodium, 21g Carbohydrates, 3g Fiber, 17g Protein

new year's NIBBLERS

When filling deviled eggs, use this simple tip. Transfer yolk mixture to large zip-top plastic bag, then snip off a bottom corner. Gently squeeze the bag to fill the egg white halves.



see recipe on next page >

Shrimp Deviled Eggs

Prep: 20 minutes plus standing

Cook: 10 minutes • Makes: 24 deviled eggs

- 12 Sunnyside Farms Large Eggs
 - 1 cup cooked salad shrimp (about 6 ounces), thawed if necessary
 - ½ cup Sunny Select Mayonnaise
 - 3 tablespoons chopped chives
 - 3 tablespoons pickle relish
 - 2 teaspoons Sunny Select Dijon Mustard
 - 1 teaspoon garlic powder
 - ½ teaspoon Sunny Select Salt
 - ⅛ teaspoon Sunny Select Ground Cayenne Pepper
- Optional toppings: sliced red bell pepper, chopped fresh parsley leaves, drained capers

1. Place eggs in saucepot large enough to hold them in single layer. Add enough water to cover. Heat water to boiling over medium-high heat. Immediately remove saucepot from heat; cover and let stand 15 minutes. Drain immediately, then place in large bowl filled with ice and cold water; let stand 10 minutes.

2. Meanwhile, finely chop ½ cup shrimp.

3. Peel eggs; cut each egg lengthwise in half. Carefully remove yolks and place in medium bowl; place egg white halves on serving platter. With fork, mash yolks until smooth; stir in mayonnaise, chives, relish, Dijon, garlic powder, salt, cayenne pepper and chopped shrimp until well combined. Evenly spoon yolk mixture into egg white halves. Cover with plastic wrap and refrigerate up to 1 day in advance. Top deviled eggs with remaining shrimp and toppings, if desired, just before serving.

Approximate nutritional values per serving (1 deviled egg): 66 Calories, 5g Fat (3g Saturated), 107mg Cholesterol, 185mg Sodium, 2g Carbohydrate, 0g Fiber, 5g Protein

Chef Tips

Use low fat yogurt in place of mayonnaise to cut down on calories and fat.

For a timesaver, use refrigerated hard-cooked peeled eggs.



Roasted Garlic-Parmesan Dip

Prep: 10 minutes • Roast: 1 hour

Makes: about 2¾ cups

- 3 garlic heads
- 4 teaspoons Sunny Select Olive Oil
- 1¼ cups Sunnyside Farms Sour Cream
- 1 cup Sunny Select Mayonnaise
- ¾ cup Sunnyside Farms Grated Parmesan Cheese
- 2 tablespoons fresh lemon juice
- 1 teaspoon chopped fresh thyme leaves
- ¼ teaspoon Sunny Select Salt

1. Preheat oven to 350°. Slice ¼ inch off top of each garlic head. Place garlic, cut side up, on foil and drizzle with 2 teaspoons oil. Wrap garlic in foil to seal. Place directly on oven rack and roast 1 hour. When cool enough to handle, squeeze out garlic into small bowl. You should have about ½ cup.

2. In food processor with knife blade attached, add sour cream, mayonnaise, cheese, lemon juice, thyme, salt and garlic. Process 20 seconds or until mixture is smooth, scraping bowl occasionally with rubber spatula. Transfer to serving bowl; cover and refrigerate at least 2 hours or up to 3 days.

3. To serve, drizzle with remaining oil. Serve with crackers or toasted baguette slices.

Approximate nutritional values per serving (2 tablespoons): 122 Calories, 12g Fat (3g Saturated), 9mg Cholesterol, 141mg Sodium, 1g Carbohydrates, 0g Fiber, 2g Protein



Crab-Stuffed Mushrooms

Prep: 25 minutes

Bake: 12 minutes • Serves: 10

- 30 cremini mushrooms (baby bella), stems removed
- 2 teaspoons Sunny Select Olive Oil
- 3 tablespoons finely chopped shallot
- 3 tablespoons finely chopped celery
- ¼ cup Sunnyside Farms Cream Cheese, softened
- 2 tablespoons Sunnyside Farms Sour Cream
- 1 tablespoon Sunny Select Mayonnaise
- 1½ teaspoons fresh lemon juice
- 1½ teaspoons Sunny Select Salt
- 8 ounces refrigerated or canned white and/or lump crabmeat, drained and picked through (about 1 cup)
- 4 tablespoons Sunnyside Farms Unsalted Butter
- ¾ cup Sunny Select Panko Breadcrumbs
- 2 tablespoons Sunnyside Farms Grated Parmesan Cheese

1. Preheat oven to 350°. Heat large covered saucepot of water to simmering over high heat. Add mushrooms and cook 2 minutes; drain and pat dry with paper towels. Meanwhile, in small skillet, heat oil over medium heat. Add shallot and celery and cook 1 minute; remove from heat and cool 5 minutes.

2. In medium bowl, stir cream cheese, sour cream, mayonnaise, lemon juice and salt; fold in crabmeat and shallot mixture. In small microwave-safe bowl, heat butter in microwave oven on high 30 seconds or until melted; add breadcrumbs and cheese, and toss until well combined. Makes about 1½ cups.

3. Place mushrooms, opening side up, on rimmed baking pan. Evenly fill mushrooms with cream cheese mixture; evenly top with breadcrumb mixture. Bake 12 to 15 minutes or until tops are golden brown.

*Approximate nutritional values per serving (3 mushrooms):
137 Calories, 9g Fat (6g Saturated), 42mg Cholesterol,
496mg Sodium, 7g Carbohydrates, 1g Fiber, 7g Protein*



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