



Make Your Kitchen Low Fat

Oven Baked Turkey Breast

Directions

1. Spray ovenproof casserole with non-stick butter flavored product like butter-flavored Pam.
2. Wash, de-skin fresh turkey breast under cold water. Throw out skin.
3. Place protein into casserole dish meat side up. Spray top of protein again with Pam. Sprinkle with Italian mixed herbs, or paprika. Cover with foil and bake at 350 degrees - depending on amount; around 45 minutes.
4. Check doneness by cutting with a knife to make sure there is no pink in the middle.
5. When done, cool for 5 minutes, place on plate or cutting board, slice and enjoy. Put any remaining turkey into refrigerator in plastic bag to use later.

Baked Sweet Yams

Directions

1. Slice off tips, scrub skin, cut in half if large, wrap in foil and bake with turkey for approx. 45 minutes.
2. When done to fork tender test, remove from foil carefully, peel and discard peelings.
3. Slightly mash inside yam meat with fork. Sprinkle 1 packet of Splenda or sugar substitute over, mix slightly, sprinkle top with Molly McButter. Serve with turkey.
4. Green salad mix from a bag: pour desired amount into a strainer, rinse with cold water, drain and put into salad bowl. Drizzle with non-fat dressing or balsamic vinegar. Pepper to taste.

Pre-Made Salad Greens

Directions

1. Rinse pre-prepared salad greens before consumption only. Otherwise, keep them in the original bag.

Use within 1 week.

Microwave Yams

Directions

1 Cut off tips, scrub skin and cut in half.

2. Wrap separately into wet paper towels, place in microwave.

3. Set a small cup of water - 1/4 cup beside yams to prevent dry-out.

4. Microwave approx. 5 minutes or until fork tender. Peel and prepare as above.

Snack Attack Fix - Fresh Tomato Tofu Tuna, A Healthy, Low Fat Boost

Directions

1. Slice a fresh tomato - it is best to use a serrated knife for this. The hothouse, still on the vine variety is tastier if you can find them. Put into a bowl.

2. Add 1 cup cubed extra firm Tofu. Drain water from Tofu, slice into 2 or 3 - 1-inch rows and cube.

3. Shred 1/2 cup drained, water based canned tuna over tomato and tofu.

4. Pour desired amount of balsamic vinegar over all. Sprinkle with chopped fresh or dried basil.

5. Mix gently to coat, let sit for 2-3 minutes to absorb flavors. Enjoy!