

Fat Free Sweet Potatoes

*3 medium sweet potatoes
1/4 cup drained light peaches
1/2 teaspoon grated orange rind
1/8 teaspoon ground cinnamon
2 tablespoons packed brown sugar*

Bake potatoes in 400°F oven approx. 1 hr. or until tender. Let cool a bit and pull off skin, place the flesh in a medium bowl. Add drained peaches, orange rind, cinnamon and 1/2 brown sugar and mix well. This may be placed into ramkins or a casserole dish. Sprinkle with remaining brown sugar and heat. This may be decorated with marshmallows and then heated till bubbly.

Purchased cooked fat free Turkey Breast

I rubbed the boneless breast with a mixture of.-

*2 T. olive oil
1 Tablespoon Kitchen Bouquet
1 T. minced garlic
1 T. minced onion
1 T. each parsley and dill weed*

Bake for about 1 1/2hr. at 350°F till pretty and a little drier than originally pkg. I use the drippings for the gravy since the fat is healthy olive oil.

Other items are canned green beans and mushrooms, packaged stuffing mix baked and gravy made with fat free powdered mix,, turkey drippings and fat free chicken broth, homemade,, if available., or canned. Cranberry sauce made by mixing 2 cans whole berry sauce and 1 jar no sugar added orange marmalade is yummy with this but difficult to pkg. and freeze so we did not add this time.