



Healthy Thanksgiving Recipe eBook



Perhaps you've prepared Thanksgiving dinner for the last 20 years or maybe this is the first time you've been the chef. Whether you're looking for new ideas to freshen up this annual feast or simply trying to figure out how to prepare the basic dishes, Nubella's Thanksgiving Recipe eBook offers dozens of great recipe ideas. You'll find several healthy variations of the foods most commonly served on dinner tables across America, including recipes for turkey, stuffing, sweet potato dishes, and, of course, pumpkin pie.



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Roast Turkey

Servings: 12 Preparation Time: 5 min. Cooking Time: 280 min.

Ingredients

- 1 turkey, about 14 pounds
- 1/4 cup unsalted butter, melted
- 1-1/3 cups chicken stock



Cooking Directions

Preheat oven to 325° F. Season inside of turkey cavity with salt and pepper to taste. Pat skin dry with paper towels. Brush turkey with melted butter. Place turkey on a roasting rack inside a roasting pan. Roast turkey about 20 minutes per pound, basting with chicken stock and brushing with butter every 25 minutes, until a meat thermometer registers 175° F when inserted into thickest part of the thigh (or when thigh and leg fall easily away when pulled). Remove turkey from oven. Let turkey stand 20 minutes before carving.

Per Serving:

calories: 274, fat: 13.5g, calories from fat: 44%, protein: 32.5g, cholesterol: 103.3mg, dietary fiber: 0.0g.

Roast Turkey with Cranberry-Sausage Stuffing

Servings: 12 Preparation Time: 25 min. Cooking Time: 300 min.

Ingredients

- 3/4 pound ground pork sausage
- 1/4 cup unsalted butter
- 1-1/2 cups onion\cooked, chopped
- 1-1/2 cups celery\cooked, diced
- 1 tsp. poultry seasoning
- 1 tsp. sage, rubbed
- 1 cup fresh cranberries, cut in halves
- 4 cups dry bread cubes
- 1/2 cup chicken stock or water, plus extra
- 1 turkey, about 14 pounds
- kitchen string, for trussing bird
- 1/4 cup unsalted butter
- 1-1/3 cups chicken stock

Cooking Directions

Heat a heavy nonstick skillet over medium heat. Cook sausage 5-7 minutes, stirring frequently, breaking meat into small pieces, until cooked through. Using a slotted spoon, transfer sausage to a large bowl. Melt butter in skillet with drippings. Add onion and celery and cook 4-5 minutes, stirring frequently until tender. Stir in next 5 ingredients and salt and pepper to taste. Transfer onion mixture to bowl with sausage. Mix thoroughly, adding more stock if too dry. Preheat oven to 325° F. Season inside of turkey cavity with salt and pepper to taste. Fill neck and cavity with stuffing. Truss bird with string. Pat skin dry with paper towels. Brush turkey with melted butter. Place turkey on a roasting rack inside a roasting pan. Roast turkey about 20 minutes per pound, basting with chicken stock and brushing with butter every 25 minutes, until a meat thermometer registers 175° F when inserted into thickest part of the thigh (or when thigh and leg fall easily away when pulled). Remove turkey from oven. Reserve fat and cooking juices for gravy. Let turkey stand 20 minutes before carving.

Per Serving:

calories: 522, fat: 29.7g, calories from fat: 51%, protein: 39.0g, cholesterol: 133.9mg, dietary fiber: 1.5g.





Cornbread Stuffed Turkey Breasts

Servings: 8 Preparation Time: 15 min. Cooking Time: 140 min.

Ingredients

- 1/3 cup cornmeal
- 1/2 cup all purpose flour, plus extra for dusting
- 1/2 tsp. baking powder
- 1/4 tsp. salt (necessary)
- 1 tbs. sugar
- 1/4 cup lowfat milk
- 1/4 cup water
- 1 egg, lightly beaten
- 2/3 cup frozen corn, thawed
- 1/4 cup unsalted butter
- 1 celery rib, finely chopped
- 4 scallion, trimmed and finely chopped
- 1 egg yolk\cooked, lightly beaten
- 1/4 tsp. dried thyme, crumbled
- 1/8 tsp. cayenne
- 1/2 cup chicken stock
- 2 pounds turkey breast half, with bone
- wooden skewer or toothpick
- 6 slices bacon, cut in half
- 1/4 cup brown sugar
- oven roasting bag(s)
- 1 cup cranberry sauce
- 1 tsp. cornstarch
- 1/4 cup water

Cooking Directions

Preheat oven to 400° F. Sift together first 5 ingredients in a mixing bowl. Add next 4 ingredients. Mix thoroughly. Transfer mixture to a buttered loaf pan. Bake 20 minutes or until tester comes out clean when inserted in center. Set aside to cool. (This step can be done ahead of time.)

If using one turkey breast, crumble half the cornbread in a mixing bowl. Set aside the remaining cornbread for another use. If using more than one turkey breast, crumble all the cornbread. Preheat oven to 350° F. Melt butter in a heavy nonstick skillet over medium heat. Saute celery and scallions 5-7 minutes, stirring frequently until celery is softened. Remove from heat and cool slightly. Stir in egg yolk, thyme and cayenne. Transfer to crumbled cornbread and mix thoroughly. Stir in chicken stock until just moistened. Cut a deep horizontal pocket in the thick part of turkey breast fillet without cutting all the way through. Stuff cavity with cornbread mixture. Close cavity using skewers or toothpicks. Lightly dust turkey breast with flour, shaking off excess. Arrange bacon slices over turkey to cover completely. Secure with toothpicks. Sprinkle brown sugar over bacon. Place turkey breast in oven roasting bag. Tie bag securely and pierce according to package directions. Arrange in a large baking dish and roast 1 hour 45 minutes to 2 hours until golden and cooked through. Remove turkey from roasting bag and set aside.

Combine 1/4 cup turkey cooking juices with cranberry sauce in a heavy saucepan. Combine cornstarch and water in a small bowl and mix thoroughly. Stir into cranberry mixture. Cook over medium high heat 3-5 minutes, stirring constantly until mixture comes to a boil and begins to thicken.

Slice turkey crosswise and serve with cranberry sauce.



Per Serving:

calories: 460, fat: 10.2g, calories from fat: 23%, protein: 40.1g, cholesterol: 158.1mg, dietary fiber: 2.1g.





Holiday Stuffing

Servings: 40 Preparation Time: 15 min. Cooking Time: 85 min.

Ingredients

- 1 pound unsalted butter
- 3 cup onions\cooked, coarsely chopped
- 1 cup green bell pepper\cooked, seeded and coarsely chopped
- 1 cup celery\cooked, coarsely chopped
- 2 pounds bulk pork sausage
- 1 Tbs. sage
- 1 tsp. basil
- 1 tsp. oregano
- 1 tsp. rosemary
- 1 tsp. thyme
- 2 pounds packaged cornbread stuffing mix
- 2 pounds chestnuts, chopped or chestnut puree
- 2 pounds whole cranberry sauce
- 1 pounds unsalted cashews, finely chopped
- 3/4 pound chopped dates
- 12 eggs, lightly beaten
- 1 cup milk
- 1 cup chicken stock
- 1 cup cranberry juice
- 1 cup apple cider

Cooking Directions

Preheat oven to 350° F. Melt butter in a heavy nonstick skillet over medium high heat. Stir in next 4 ingredients. Saute about 10 minutes, until vegetables are soft. Sprinkle with herbs. Combine cornbread stuffing, next 4 ingredients, pepper to taste and vegetable-meat mixture in a large roasting pan. Stir in beaten eggs and mix well. Add remaining liquids and mix thoroughly. Bake 1 hour, 15 minutes.



Per Serving:

calories: 492, fat: 25.5g, calories from fat: 47%, protein: 10.4g, cholesterol: 97.3mg, dietary fiber: 4.1g.

Garden Vegetable Stuffing

Servings: 8 Preparation Time: 20 min. Cooking Time: 20 min.

Ingredients

- 1-2/3 cups chicken stock
- 3 cups mixed vegetables, a combination of broccoli florets, sliced carrots, cauliflower florets and sliced celery
- 4 cups seasoned stuffing mix

Cooking Directions

Preheat oven to 350° F. Boil stock and vegetables over medium high heat. Reduce heat to low. Cover and cook 5 minutes or until vegetables are tender-crisp. Remove from heat and add stuffing. Mix lightly. Spoon into a 1-1/2 quart casserole. Bake 20 minutes or until hot.

Per Serving:

calories: 271, fat: 11.2g, calories from fat: 37%, protein: 7.0g, cholesterol: 0.0mg, dietary fiber: 6.6g.





Dried Fruit Stuffing

Servings: 12 Preparation Time: 15 min. Cooking Time: 60 min.

Ingredients

- 1-1/2 pounds day-old whole wheat bread, sliced, ends discarded
- 1 cup dried tart cherries
- 1 cup golden raisins
- 1/2 cup dried currants
- 1/2 cup pitted prunes, coarsely chopped
- 2 Tbs. unsalted butter
- 2 medium onion\cooked, chopped
- 1-1/2 tsp. dried thyme, or 1-1/2 Tbs. fresh, chopped
- 2 egg, beaten to blend
- 2-3/4 cups chicken stock
- nonstick cooking spray
- aluminum foil

Cooking Directions

Preheat oven to 250° F. Arrange bread slices on oven rack and bake about 15 minutes until very dry. Transfer to a large bowl and coarsely crumble. Add next 4 ingredients and toss. Melt butter in a heavy nonstick skillet over medium high heat. Saute onions about 10 minutes, or until tender. Add to bread mixture. Stir in thyme and salt and pepper to taste. (Can be made to this point one day ahead. Cover and chill.) Mix in eggs.

To bake stuffing in turkey: Stir 3/4 cups stock into stuffing mixture. Fill main turkey cavity with stuffing. Moisten remaining stuffing by stirring in 3/4 cups to 1 cup stock, depending on amount of remaining stuffing. Spoon remaining stuffing into a baking dish which has been coated with cooking spray. Cover with aluminum foil that has been coated with cooking spray. Bake stuffing in dish alongside turkey about 30 minutes or until heated through. Uncover stuffing and bake another 20 minutes, or until top is golden.

To bake all stuffing in pan: Preheat oven to 350° F. Spray a 9 x 13 inch baking dish with cooking spray. Stir stock into stuffing. Transfer to prepared dish. Cover with aluminum foil that has been coated with cooking spray and bake about 30 minutes or until stuffing is heated through. Uncover stuffing and bake another 20 minutes, or until top is golden.



Per Serving:

calories: 303, fat: 5.3g, calories from fat: 16%, protein: 9.5g, cholesterol: 36.3mg, dietary fiber: 6.8g.





Layered Cranberry Salad

Servings: 12 Preparation Time: 10 min. Cooking Time: 10 min.

Ingredients

- 1 package vanilla instant pudding
- 1 small package lemon-flavored gelatin
- 2 cups water
- 2 Tbs. lemon juice
- 1 small package raspberry-flavored gelatin
- 1 cup boiling water
- 1 pounds whole cranberry sauce
- 1/2 cup celery raw, chopped
- 1/4 cup chopped pecans
- 3/4 pounds frozen dessert topping
- 1/2 tsp. ground nutmeg
- 4 lettuce leaves

Cooking Directions

Combine first 3 ingredients in a heavy saucepan over medium heat. Stir constantly until gelatin dissolves. Stir in lemon juice. Chill about 1 hour until slightly thickened. Dissolve raspberry gelatin in boiling water. Stir in cranberry sauce until mixed thoroughly. Stir in celery and pecans. Chill until partially set. Fold dessert topping and nutmeg into lemon gelatin mixture. Spoon about 1-1/2 cup of mixture into a lightly oiled 7-cup gelatin mold. Chill until set. Spoon raspberry gelatin mixture over lemon mixture and chill until set. Spoon remaining lemon mixture over raspberry layer. Chill until firm. Unmold on lettuce leaves.

Per Serving:

calories: 229, fat: 8.9g, calories from fat: 35%, protein: 1.5g, cholesterol: 0.0mg, dietary fiber: 0.7g.

Nutty Cranberry Salad

Servings: 8 Preparation Time: 10 min. Cooking Time: 0 min.

Ingredients

- 1/3 pounds raspberry or strawberry flavored gelatin
- 1/4 tsp. salt
- 1/4 tsp. cinnamon
- 1/4 tsp. cloves
- 1-1/2 cups boiling water
- 1 pound canned whole berry cranberry sauce
- 2 Tbs. orange rind
- 2 Golden Delicious apples, chopped
- 2/3 cup chopped walnuts

Cooking Directions

Dissolve first 4 ingredients in boiling water. Stir in cranberry sauce and orange rind. Chill until it just begins to thicken. Fold in apples and nuts. Pour into mold or 9 inch baking dish. Chill about 3 hours, or until firm.

Per Serving:

calories: 250, fat: 6.5g, calories from fat: 24%, protein: 4.8g, cholesterol: 0.0mg, dietary fiber: 2.3g.





Very Berry Cranberry Sauce

Servings: 12 Preparation Time: 5 min. Cooking Time: 15 min.

Ingredients

- 1-1/2 pounds fresh cranberries, rinsed and drained
- 1-pounds fresh strawberries
- 1/2 cup sugar
- 1/3 cup Grand Marnier or orange juice
- 1/2 cup orange juice
- 1/3 cup water
- 2 Tbs. orange peel, grated
- 3/4 cup walnut pieces

Cooking Directions

Combine all ingredients in a large Dutch oven and bring to a boil over high heat. Reduce heat to low and simmer 10-15 minutes until slightly thickened, stirring occasionally to crush berries. Remove from heat. Let cool briefly. Cover and chill. Stir in walnut pieces before serving.

Per Serving:

calories: 142, fat: 5.7g, calories from fat: 36%, protein: 1.7g, cholesterol: 0.0mg, dietary fiber: 4.0g.

Skinny Mashed Potatoes

Servings: 6 Preparation Time: 10 min. Cooking Time: 15 min.

Ingredients

- 5 large potatoes, peeled and cut into 1/2 inch pieces
- 1-2/3 cups chicken stock

Cooking Directions

Boil potatoes and stock in a saucepan over high heat. Reduce heat to medium. Cover and cook 10 minutes or until potatoes are tender. Drain, reserving stock. Mash potatoes with 1-1/4 cups stock, adding more stock, if necessary, until potatoes are desired consistency. Season with salt and pepper to taste.

Per Serving:

calories: 350, fat: 3.1g, calories from fat: 8%, protein: 8.5g, cholesterol: 0.0mg, dietary fiber: 7.5g.

Mashed Potatoes with Sour Cream

Servings: 6 Preparation Time: 10 min. Cooking Time: 15 min.

Ingredients

- 2 pounds russet potatoes, peeled and cut into 1/2 inch cubes
- 1/2 cup unsalted butter
- 1 cup sour cream
- 2 Tbs. parsley, chopped

Cooking Directions

Place potatoes in a heavy saucepan. Cover with salted water. Bring to a boil over medium high heat. Reduce heat to medium low. Cover saucepan and simmer 15 minutes or until potatoes are tender. Drain, reserving 1 cup liquid. Add butter, sour cream, and salt and pepper to taste. Mash until smooth with an electric mixer or hand masher, adding reserved cooking liquid as necessary to moisten potatoes. Stir in parsley.

Per Serving:

calories: 199, fat: 12.2g, calories from fat: 55%, protein: 3.1g, cholesterol: 29.2mg, dietary fiber: 1.8g.





Golden Mashed Potatoes

Servings: 4 Preparation Time: 10 min. Cooking Time: 15 min.

Ingredients

- 1 pound. potato, peeled and cut into 1 inch cubes
- 2 tsp. unsalted butter
- 1 onion\cooked, finely chopped
- 1 tsp. paprika
- 3/4 cup plain lowfat yogurt
- 1/8 tsp. salt (optional)

Cooking Directions

Place potatoes in a steamer basket over boiling water. Cover saucepan and steam 12-15 minutes or until tender. Melt butter in a heavy nonstick skillet over medium heat. Saute onions 7-8 minutes or until golden. Remove from heat and stir in paprika. Combine potatoes, onions, yogurt, salt and pepper to taste in a bowl. Mash potatoes thoroughly before serving.



Per Serving:

calories: 199, fat: 12.2g, calories from fat: 55%, protein: 3.1g, cholesterol: 29.2mg, dietary fiber: 1.8g.

Homemade Candied Yams

Servings: 6 Preparation Time: 10 min. Cooking Time: 60 min.

Ingredients

- 6 large sweet potatoes, peeled and cut into eighths
- 1/2 cup sugar
- 1/2 cup brown sugar, packed
- 1/4 tsp. ground ginger
- 2 Tbs. cornstarch
- 1/2 cup orange juice
- 1/2 cup pineapple juice
- 1 tsp. lemon juice
- 1/4 cup Amaretto
- 1 Tbs. unsalted butter

Cooking Directions

Preheat oven to 350° F. Place potatoes in a steamer basket over boiling water. Cover pan and steam 7-8 minutes or until barely tender. Transfer potatoes to a buttered casserole. Combine next 7 ingredients in a heavy saucepan over medium high heat. Bring to a boil, stirring frequently. Stir in Amaretto and butter and pour over potatoes. Bake about 50 minutes, uncovered, or until sauce is thickened.



Per Serving:

calories: 508, fat: 4.8g, calories from fat: 8%, protein: 4.7g, cholesterol: 5.2mg, dietary fiber: 7.5g.





Sweet Potato and Pumpkin Casserole

Servings: 12 Preparation Time: 10 min. Cooking Time: 60 min.

Ingredients

- 2 cups canned sweet potatoes
- 2 cups canned pumpkin
- 4 eggs, beaten
- 1 cup coconut milk
- 3/4 cup sugar
- 1/4 cup rice flour
- 3 Tbs. unsalted butter
- 2 tsp. ground cinnamon
- 3/4 tsp. ground cloves
- 1/4 tsp. salt

Cooking Directions

Preheat oven to 350° F. In a bowl, thoroughly combine sweet potato and pumpkin. Mix in remaining ingredients; combine until smooth. Transfer to a 9 x 13 inches baking pan. Bake at 350° F for about 60 minutes. Let cool before serving.



Per Serving:

calories: 199, fat: 9.6g, calories from fat: 43%, protein: 3.6g, cholesterol: 70.1mg, dietary fiber: 2.8g.

Sweet Potato Casserole

Servings: 8 Preparation Time: 10 min. Cooking Time: 60 min.

Ingredients

- 1 pound sweet potatoes, peeled and cut into 1/2 inch pieces
- 2 Tbs. sugar
- 2 eggs
- 1/2 cup lowfat milk
- 1 tsp. vanilla extract
- 1/4 cup brown sugar
- 2 Tbs. all-purpose flour
- 1/4 cup pecans, chopped
- 1 Tbs. unsalted butter, melted

Cooking Directions

Preheat oven to 400° F. Place potatoes in a steamer basket over boiling water. Cover pan and steam 10 minutes or until tender. Drain and mash. Combine potatoes and next 4 ingredients in a bowl. Season with salt to taste. Mix well and pour into 9-inch buttered pan. Combine remaining ingredients in a bowl and spread over sweet potato mixture. Bake 30 minutes or until brown.

Per Serving:

calories: 166, fat: 5.4g, calories from fat: 30%, protein: 3.3g, cholesterol: 51.2mg, dietary fiber: 1.9g.





Confetti Green Beans

Servings: 6 Preparation Time: 5 min. Cooking Time: 10 min.

Ingredients

- 1 Tbs. unsalted butter
- 1 clove garlic, minced
- 1 pound green beans, thawed if frozen
- 1/4 cup sliced black olives, drained
- 2 tsp. Italian herb seasoning
- 1 tomato\cooked, chopped
- 1 pound corn kernels, thawed if frozen

Cooking Directions

Melt butter in a heavy nonreactive saucepan over medium high heat. Add remaining ingredients, except corn. Season with salt and pepper to taste. Cover and simmer 5 minutes. Stir in corn and simmer another 4-5 minutes until green beans are tender.



Per Serving:

calories: 116, fat: 4.4g, calories from fat: 35%, protein: 3.8g, cholesterol: 5.2mg, dietary fiber: 4.9g.

Lighter Green Beans with Parsley

Servings: 4 Preparation Time: 10 min. Cooking Time: 10 min.

Ingredients

- 1 pound green beans, trimmed and cut into 2 inch pieces
- 1/3 cup parsley, chopped
- 1 tsp. unsalted butter or margarine
- 1/4 tsp. salt (optional), or to taste

Cooking Directions

Place green beans in a steamer basket over boiling water. Cover saucepan and steam 6-8 minutes or until green beans are tender. Transfer to a serving bowl. Add remaining ingredients and pepper to taste and toss.

Per Serving:

calories: 45, fat: 2.5g, calories from fat: 49%, protein: 2.2g, cholesterol: 2.6mg, dietary fiber: 4.0g.





Rusty's Pumpkin Bread

Servings: 16 Preparation Time: 15 min. Cooking Time: 60 min.

Ingredients

- 3-1/3 cups all purpose flour
- 2 tsp. baking soda
- 1-1/2 tsp. salt
- 1/2 tsp. baking powder
- 1 tsp. ground cinnamon
- 1 tsp. ground cloves
- 2/3 cup unsalted butter, softened
- 2-2/3 cups sugar
- 4 eggs
- 2 cups canned pumpkin
- 1 tsp. vanilla extract
- 2/3 cup milk
- 2/3 cup chopped walnuts or pecans
- 2/3 cup dried cranberries, or raisins

Cooking Directions

Preheat oven to 350° F. Butter two 9 x 5 inch loaf pans and set aside. Sift first 6 ingredients together in a bowl. Set aside. Combine butter and sugar in a mixing bowl and beat with an electric mixer until fluffy. Mix in eggs, pumpkin, vanilla and milk. Add flour mixture and mix thoroughly. Stir in chopped nuts and cranberries. Divide batter between pans. Bake about 50 minutes, or until a toothpick comes out clean when inserted in center of loaf. Let cool on rack 10 minutes before turning out loaf. Cool completely.

Per Serving:

calories: 366, fat: 12.1g, calories from fat: 30%, protein: 5.3g, cholesterol: 68.8mg, dietary fiber: 2.2g.

Seven Grain Bread

Servings: 25 Preparation Time: 20 min. Cooking Time: 25 min.

Ingredients

- 1/3 cup honey
- 2-1/2 cups warm water
- 4-1/2 tsp. instant yeast
- 4 tsp. salt
- 4 cup whole wheat flour
- 1 Tbs. dough enhancer
- 1 cup bread flour
- 1 cup cracked seven-grain flour
- 2 tsp. sesame seeds
- 2 tsp. flax seeds
- 1/4 cup sunflower seeds

Cooking Directions

In a large mixing bowl, combine one-third of the whole wheat flour, the bread flour, 7-grain flour, dough enhancer, yeast, warm water, oil, honey and seeds. Add salt and remaining whole wheat flour until dough becomes stiff and cleans the side of mixing bowl. By hand, knead bread for 7-10 minutes when it becomes elastic and smooth with small bubbles/blisters beneath the surface. Form into 2 loaves. Let rise in a slightly warm oven or warm place until it doubles its size, about 30-60 minutes. Bake at 350° F for 25-30 minutes. Top and sides will turn a golden brown when done. A hollow sound when tapping the bottom indicates that the bread is cooked through.

Per Serving:

calories: 160, fat: 1.4g, calories from fat: 8%, protein: 5.9g, cholesterol: 0.0mg, dietary fiber: 4.8g.





Lowfat Pumpkin Pie

Servings: 8 Preparation Time: 10 min. Cooking Time: 55 min.

Ingredients

- 1 pound canned pumpkin, about 2 cups
- 1 pound fat-free sweetened condensed milk
- 4 egg whites cooked
- 1 tsp. ground cinnamon
- 1/2 tsp. ground ginger
- 1/2 tsp. ground nutmeg
- 1/2 tsp. salt
- 9 inch frozen pastry shell

Cooking Directions

Preheat oven to 425° F. Combine all ingredients, except pastry shell, in a large mixing bowl. Mix well and pour into pastry shell. Bake 15 minutes. Reduce oven temperature to 350° F. Bake 35-40 minutes more, or until knife inserted 1 inch from edge comes out clean.



Per Serving:

calories: 268, fat: 6.2g, calories from fat: 21%,
protein: 8.1g, cholesterol: 3.3mg, dietary fiber: 2.2g.

Classic Apple Pie

Servings: 8 Preparation Time: 10 min. Cooking Time: 50 min.

Ingredients

- 6 Jonathan or Macintosh apples, peeled, cored, and sliced
- 3/4 cup sugar
- 1 tsp. vanilla extract
- 1/4 tsp. ground cinnamon
- 1 Tbs. all purpose flour
- 2 ready-made pie crusts
- 4-1/2 tsp. unsalted butter, cut into small pieces

Cooking Directions

Preheat oven to 450° F. Combine apples, sugar, vanilla, cinnamon and flour in a mixing bowl. Toss to coat apples. Place one pie crust in the bottom of a 9 inch pie pan. Gently arrange dough in pan, pressing lightly along the sides so that 1 inch hangs over edge of pan. Fill with apples and dot with butter. Cut a 3 inch slit in center of remaining pie crust and center on top of pie. Pinch overhanging dough together, roll under and crimp with thumb and forefinger to seal dough around the edge. Place pie on a pie ring or small baking sheet to catch dripping juices. Bake 10 minutes. Reduce temperature to 400° F. Bake 40 minutes longer or until filling is bubbly. Let cool before serving.

Per Serving:

calories: 363, fat: 14.6g, calories from fat: 36%, protein: 3.0g, cholesterol: 5.8mg,
dietary fiber: 3.8g.

