



# got milk?<sup>®</sup>

*Thanksgiving Ideas by Chef Bret Thompson*



# SWEET POTATO GRATIN WITH SAGE

*In this version, the potatoes are thinly sliced, creating sweet, colorful layers that are juxtaposed with the sharpness and creaminess of the cheddar cheese. The result is a flavorful, light dish that is elegant, vibrant and delicious.*



## SWEET POTATO GRATIN WITH SAGE

SERVES: 10

### INGREDIENTS:

4 lbs. yams  
2 yellow onions – julienned  
1/2 lb. low fat cheddar cheese – thinly sliced  
1 clove garlic – minced  
4 sprigs sage – chopped  
1/4 teaspoon nutmeg – ground  
1/4 teaspoon allspice – ground  
1/4 teaspoon cinnamon – ground  
2 cups milk, 1%  
salt and pepper – to taste

### PREPARATION:

Preheat oven to 325°F.

Peel and thin slice the yams. Place all of the ingredients except cheese in a large bowl and mix well. Season with salt and pepper to taste.

In a casserole dish of approximately 2-quart capacity, place an even layer of the yam mix about 1-inch thick. Place a thin layer of cheddar cheese, then a 1-inch layer of yams and repeat the process once more, finishing with a layer of yams. Pour all of the remaining milk into the casserole dish. You may want to place the top layer of yams in a decorative manner to make a nice design.

Tear off a piece of aluminum foil large enough to cover the casserole and spray with nonfat pan coating to avoid sticking to yams. Cover the casserole with aluminum and place in oven for about 1 hour at 325°F.

### SUGGESTION:

Place the casserole on a baking dish before placing in oven to catch any juices that bubble out of dish. After 1 hour, stick a knife into casserole to check if cooked. The knife should slide in very easily. Remove from the oven serve immediately. You may make this dish ahead of time and reheat slowly in a 300°F oven for 45 minutes.

*Per Serving: 286 calories; 3g fat*

# CORN SOUP WITH PICO DE GALLO

*Sweet corn takes center-stage in this velvety soup while the Pico de Gallo infuses a burst of spice.  
A perfectly balanced holiday hit!*



## CORN SOUP WITH PICO DE GALLO

SERVES: 10

### INGREDIENTS:

12 yellow corn – shucked  
1 yellow onions – diced fine  
1 clove garlic  
1 bay leaf  
1/4 cup olive oil  
1 cup white wine  
2 quarts water  
4 cups milk, 1%  
4 tomatoes, whole – seeded and chopped  
1 bunch green onion – chopped, white only  
1 jalapeño pepper – seeded and diced  
1/2 bunch cilantro – chopped  
4 radishes – washed and sliced  
1 lime – juiced  
salt and pepper – to taste

### PREPARING THE CORN SOUP:

Remove husks and corn silk from corn and discard. Place corn cobs vertically in a large bowl and cut kernels from the cob. Place water and the bald cobs in a large pot and cook over medium heat for 1 hour.

Strain, discard the cobs and reduce the stock by simmering until it evaporates to about 1 quart.

Place olive oil, corn kernels, onions, garlic and bay leaf in a medium-sized pot and cook over low-medium flame for 15 minutes. Remove 1 cup of corn mix and set aside.

Add white wine to the pot with corn mix and reduce by half by simmering. Add corn stock and milk and bring to a boil for 2 minutes. Turn down to a simmer and cook for 5 minutes. Remove from the fire and discard the bay leaf.

Using a blender, puree the corn soup until very smooth. Season with salt and pepper and keep hot.

### PREPARING THE PICO DE GALLO:

Place the reserved cooked corn in a bowl with the tomatoes, white part of green onion, jalapeño pepper, cilantro, radishes and lime juice. Mix well and season with salt and pepper.

To serve, pour the soup into soup bowls and spoon a bit of the pico de gallo in the center. You may want to garnish with some cilantro sprigs.

*Per Serving:* 216 calories; 8g fat

# CREAMY GREEN BEANS WITH CAMELIZED ONIONS & TOASTED ALMONDS

*This remake of the holiday classic preserves the freshness and crispness of the green beans, the creaminess that makes the dish comforting, plus toasted almonds lend surprising crunch and nuttiness to every bite.*



## CREAMY GREEN BEANS WITH CAMELIZED ONIONS & TOASTED ALMONDS

SERVES: 10

### INGREDIENTS:

5 lbs. green beans – trimmed  
1 quart milk, 1%  
1 tablespoon cornstarch  
2 tablespoons olive oil  
2 yellow onions – julienned  
2 cups white wine  
1 small sprig rosemary  
1/2 cup almonds – slivered or crushed and toasted  
water – large pot  
salt and pepper – to taste

### PREPARING THE GREEN BEANS:

Place a large pot of water over high heat, cover and bring to a rapid boil. Place green beans in pot.

Once boiling, sprinkle a fair amount of salt in the water to "season" the green beans as they blanch. Cover the pot with the green beans so that the water returns to a boil quickly.

Once the green beans are tender, about 2 minutes, remove green beans from water and immediately place in ice water to stop cooking process and preserve the color.

Once cool, remove from the ice water and set aside.

### PREPARING THE ONION-MILK MIX:

In a medium thick bottom sauce pot, place olive oil and onions over low heat. Add water, cover tightly and cook over low heat for 30 minutes. As long as the fire is low and the pan is well covered, you do not need to check.

After 30 minutes, remove cover, turn heat to medium and stir frequently, caramelize the onions slowly until amber brown. Add rosemary and white wine, turn the fire to high and reduce the white wine by half by simmering. Add milk (reserve 1/4 cup) and bring to a simmer, but DO NOT BOIL! Place the reserved milk and cornstarch in a small bowl and mix well.

Once the onion-milk mix comes to a simmer, add cornstarch mix, turn heat to medium and cook for another 10 minutes stirring constantly.

Add green beans to the white gravy and heat through. Season with salt and pepper, place in serving dish and sprinkle with toasted almonds.

*Per Serving:* 213 calories; 8g fat

# CREAMED SPINACH WITH A PARMESAN CRUST

*Talk about a delicious way to eat your vegetables - and still get nutrition that's low in fat.  
This recipe makes the most of fresh parmesan cheese and crusty bread to add flavor and crunch.  
Such a nutritious side can be prepared several times a year!*

## CREAMED SPINACH WITH A PARMESAN CRUST

SERVES: 10

### INGREDIENTS:

6 bunches spinach – stems removed  
and washed VERY well  
2 cloves garlic  
1 yellow onion – diced small  
1 tablespoon olive oil  
2 cups milk, 1% – warm  
2 tablespoons flour  
2 tablespoons butter  
4 oz. parmesan cheese – grated  
1 cup bread cubes – baguette or french  
roll type of bread  
salt and pepper – to taste

### PREPARING THE CRUST:

Preheat oven to 400°F. On a cookie sheet or sheet pan, toast the cubes of bread until light brown and crunchy throughout. Remove from oven and cool.

Place the toasted bread, 1 clove of garlic and parmesan cheese in a food processor and process on high speed until a medium-fine crumble forms. Season with salt and pepper and set aside.

### PREPARING THE SPINACH:

Place a large sauté pan or pot over medium heat for 1 minute, add olive oil, onion and the second clove of garlic (minced). Cook for 2 minutes, making sure not to burn onions and garlic. If onion/garlic mix is cooking fast, simply turn the heat down. Add all the spinach into the pot, making sure all leaves fit inside. Spinach will shrink quickly.

Turn the fire to high and continue cooking the spinach, stirring constantly to ensure the onion/garlic mix is evenly distributed. Once the spinach is JUST wilted, season with salt and pepper, remove from the pan immediately and cool.



Once cool, using your hands, squeeze as much of the water from the spinach as possible.

### ASSEMBLY:

Place butter in a medium-sized pot over medium heat. Once butter is melted, add flour and mix until smooth, then turn the fire down to low. Cook for 2 minutes then add milk little by little while whisking vigorously to avoid lumps.

Once all of the milk has been added, turn the fire to high and continue whisking for 2 minutes or until milk comes to a boil and thickens, then turn down to a low flame. Season milk mix with salt and pepper, then add spinach. Mix very well while spinach heats up, then season once again with salt and pepper.

Pour the creamed spinach into a casserole dish, sprinkle the parmesan crust over the top of the spinach and place in oven at 500°F for 10 minutes or until the crust turns a bit brown.

*Per Serving:* 131 Calories; 8g Fat

# APPLE CRANBERRY BREAD PUDDING

*For anyone who enjoys dessert but does not like the guilt associated with it, Chef Thompson created this delicious and impossibly moist fruit bread pudding. Even if you had a large meal, go ahead, it's ok to eat dessert! And if guilt is not an issue, there's always à la mode!*



## APPLE CRANBERRY BREAD PUDDING

SERVES: 10

### INGREDIENTS TO APPLE CRANBERRY BREAD PUDDING:

2 cups whole wheat bread, cubed about 1/2 inch  
2 granny smith apples, chopped into 1/2 inch cubes  
1 cup cranberries  
2 cups nonfat milk  
1 egg  
3 oz. sugar  
1 teaspoon cinnamon powder  
1/2 teaspoon ground nutmeg  
2 teaspoon cornstarch  
10 3-in. ramekins

### PREPARING THE BREAD PUDDING:

Toast bread cubes in a 350°F oven until toasted and dry. In a bowl toss bread cubes, apples and cranberries and set aside.

Mix together milk, egg, sugar, cinnamon powder, nutmeg and cornstarch. Pour this mix over the bread and fruit mix and then place in baking ramekins which have been sprayed with nonfat pan coating. Bake in a 325°F oven until the bread pudding is set.

Serve warm dusted with powdered sugar and apple cider sauce.

### INGREDIENTS TO APPLE CIDER SAUCE:

2 cups apple cider  
1 cinnamon stick

### PREPARING THE APPLE CIDER SAUCE:

Reduce cider by simmering until it is a 1/2 to 1/4 of a cup and becomes a syrup. Remove cinnamon stick and serve with the bread pudding.

*Per Serving: 277 calories; 3 g fat*

# PUMPKIN PROFITEROLES WITH PIE SPICE SAUCE

*These tiny bright orange profiteroles with their powdery tops line up perfectly to incite the temptation of young and old alike. So light and delicious, bet you can't have just one!*



## **PUMPKIN PROFITEROLES WITH PIE SPICE SAUCE**

**SERVES:** 10 (30 Profiteroles, 3 Per Serving)

### **INGREDIENTS TO THE PUMPKIN FILLING:**

2 cups nonfat milk  
8 egg yolks  
1 cup sugar  
3 oz. cornstarch  
1 cinnamon stick  
2 cups roasted pumpkin puree (Can be substituted with a canned pumpkin purée)

### **PREPARING THE PUMPKIN PUREE:**

Take a small pumpkin and cut in half. Scrape out seeds and wrap in foil. Place in a 350°F oven until cooked through and tender for about 45 minutes. Remove from oven and allow to cool.

In a heavy-bottomed sauce pan, place milk, yolks, sugar, cornstarch and cinnamon stick. Mix well and place over medium heat and bring to a boil, stirring constantly.

When the sauce thickens, turn the heat down to very low and cook for an additional 5-7 minutes, stirring constantly. Remove from heat, pour onto a shallow container, cover with plastic film and chill well.

Remove skin from pumpkin and purée in blender.

Remove cinnamon stick from cream, add pumpkin puree to the cream mix, then mix well until smooth. Keep refrigerated.

### **INGREDIENTS TO THE PASTRY PUFFS:**

1 cup water  
1 cup nonfat milk  
1 teaspoon salt  
3 1/2 oz. butter  
10 oz. flour  
6 eggs

### **PREPARING THE PASTRY PUFFS:**

In a heavy sauce pan, place water, milk, salt and butter. Bring to a boil. Whisk in flour and cook until a heavy paste forms. Cook for 2 minutes then beat in the eggs one by one. Pipe paste using a plain tip onto a parchment lined 9x13 sheet pan, making 30 puffs the size of silver dollars.

Bake in a 350°F oven for 25-30 minutes or until golden brown and crunchy.

### **PREPARING THE PIE SPICE SAUCE::**

2 cups nonfat milk  
1 tablespoon cornstarch  
1/2 cup sugar  
1 tablespoon pumpkin pie spice

Place milk and spices in a pan and put over medium heat. Mix cornstarch and sugar, whisk into the milk and continue heating until milk boils. Cook over low heat until sauce thickens. Strain and chill well over ice.

### **ASSEMBLY:**

Split puffs in half horizontally so you have a top and bottom.

Take a puff, pipe in pumpkin filling (about 1 oz.) and top off with puff.

Pour a generous amount of pie spice sauce on a large plate and place the pumpkin puffs on top of sauce.

*Per Serving (3 puffs): 197 calories; 7g fat*

**got milk?**

[www.gotmilk.com](http://www.gotmilk.com)



## Top 10 Money Saving Shopping Tips

1. **Plan meals** – Plan a week’s worth of meals and stick to a grocery list. If you know what you are going to cook and serve for the week, then only buy what you need and can afford.
2. **Promotional Giveaways** – Watch out for sales. During the holidays, many supermarkets offer freebies such as a bird or ham. Other stores sell popular holiday items at a reduced price.
3. **Check-Out Markdowns** – Markdowns can save as much as 50 percent off the original price. Ask the store manager when meat, dairy, bread and produce could be marked down.<sup>1</sup>
4. **Buy Frozen Fruits & Vegetable** – Buy vegetables frozen rather than fresh to cut cost without sacrificing nutrition. According to a University of Southern California’s Viterbi School of Engineering, frozen vegetables and fruits are actually more nutritious than their fresh counterparts. The flash-freezing technology is responsible for trapping the vitamins immediately after the produce has ripened which helps maintain flavor and tenderness. They last longer too.
5. **Buy Nutritious Foods** – Buy foods with lots of nutritional value like low fat or nonfat milk, spinach, broccoli, oranges and apple. These items are packed with vitamins and nutrients which could go a long way in keeping families healthy.
6. **Buy in Bulk** – If you know you need a lot of one item, why not check out a warehouse discount store. Savings from these stores can be tremendous, as much as 20 to 30 percent compared to supermarkets or department stores.<sup>2</sup>
7. **Buy Store Brand** – Consider buying store brand rather than manufacturer brands. Savings on items could cut your families’ annual grocery bill by as much as 40 percent.<sup>3</sup>
8. **Coupons** – Look for coupons in the newspaper, magazines, mailbox, store mailers and online. Monitor [www.thegrocerygame.com](http://www.thegrocerygame.com), [www.coupons.com](http://www.coupons.com), [www.coolsavings.com](http://www.coolsavings.com) and other sites for money saving coupons. You can save hundreds of dollars a year.
9. **Shop around** – Consumers may want to check out weekly specials at different markets and compare prices to stretch grocery dollars.
10. **Make Use of Leftovers** – Don’t throw away leftovers just yet. Consider shredding leftover chicken, for example, for enchiladas or taquitos to create a whole new meal.

---

<sup>1</sup> Womans Day 19 June 2007 “9 Best Ways to Save at the Supermarket.”

[http://www.mba.wfu.edu/apps/files/faculty/media/Womans%20Day\\_6.19.07.pdf](http://www.mba.wfu.edu/apps/files/faculty/media/Womans%20Day_6.19.07.pdf)

<sup>2</sup> ABC News 18 Nov. 2005 “Bulking Up on Savings.”

<http://abcnews.go.com/2020/Business/story?id=1323466>

<sup>3</sup> “Ten Money Saving Grocery Shopping Tips”

<http://couponing.about.com/cs/grocerysavings/a/groceryshoptips.htm>

