

Meals with Teal #14

Friendsgiving!

Menu:

Turkey tenderloins and gravy
Sweet potato casserole with granny smith apples
Green bean casserole
Cranberry sauce

Bonus:

Applesauce cranberry bread

Recipes:

Turkey tenderloins:

Turkey tenderloins are often available at Safeway. If not, they are regularly available at Wegmans.

Spray the tenderloins with olive oil and season with poultry seasoning. Spray cooking pan with olive oil. Sear the tenderloins on each side, about 3-4 minutes per side. Put in a prepared casserole dish or baking pan and bake at 350 around 45 min until 165 degrees.

Sweet Potatoes with granny smith apples:

Puree:

2 pounds sweet potatoes cooked- microwave or oven (3-4)
1/4 c butter melted
1/4 c sherry or favorite wine (optional)
1/3 c brown sugar
1/2 tsp salt
1/2 c maple syrup

Topping:

2 TBSP butter melted
1 tsp cinnamon
1-2 granny smith apples peeled and sliced.

Puree yams with ingredients. Put puree in casserole dish and place apple slices on top. Brush apples with 2 Tbsp melted butter and sprinkle with cinnamon. Bake at 350 for 30 min.

Green bean casserole:

Ingredients

1 bag of fresh green beans
1 Tablespoon butter or olive oil
1 small onion, chopped
1 teaspoon kosher salt
½ teaspoon freshly ground black pepper
1 1/2 tsp Worcestershire
2 Tablespoons all-purpose flour
1/2 cup chicken or vegetable broth
1/2 cup half-and-half or milk
½ cup shredded parmesan (optional)
6 ounces fried onions

Instructions

- Preheat the oven to 350 degrees F.
- Microwave green beans 2 ½ min
- Melt the butter in a large skillet over medium-high heat. Add the onion and saute for 4 to 5 minutes until the onion start to soften. Add the salt and pepper and cook another 1 to 2 minutes.
- Sprinkle the flour over the softened onions and stir to combine. Cook for 2 minutes, then whisk in the chicken broth to make sure there are no lumps, then the half and half. Bring the mixture to a simmer and cook until it has thickened, stirring occasionally, about 6 minutes.
- Pour the sauce over the beans and stir to combine, then transfer to a large 9x13-inch casserole dish and sprinkle with the parmesan and fried onions.
- Bake for 20-30 minutes until hot and bubbly. Cover the dish with foil if the onions start to brown too quickly.

Cranberry sauce:

Ingredients

- 1 12 ounce bag of fresh cranberries
- 1/2 cup sugar (light brown or white)
- 1/3 cup bourbon or orange juice

Instructions

Combine the cranberries, sugar, bourbon, and apple cider (or more bourbon) in a saucepan over medium-low heat. Stir the ingredients together. Bring the mixture to a simmer and let it bubble and simmer for about 15 minutes, until the cranberries begin to break down and the mixture thickens. Remove it from the heat and let it cool to thicken even more.

Bonus:

Cranberry applesauce bread:

- 1 1/2 cups applesauce
- 1 cup white sugar (or do half with brown sugar)
- 2 large eggs
- 3 tablespoons vegetable oil (or Greek yogurt)
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- 2 cups all-purpose flour
- 1 teaspoon baking soda
- ½ teaspoon baking powder
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground allspice or cloves
- 1/2 teaspoon salt
- 1 1/2 c cranberries

Directions

Instructions Checklist

- **Step 1** Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x5 inch loaf pan.
- **Step 2** In a large bowl, combine the applesauce, sugar, oil, eggs and milk; beat well. Sift in the flour, baking soda, baking powder, cinnamon, nutmeg, allspice and salt; stir until smooth. Fold in the pecans. Pour batter into prepared loaf pan.
- **Step 3** Bake in preheated oven for 60 minutes, or until a toothpick inserted into center of the loaf comes out clean.

Meals with Teal Video #14:

<https://www.youtube.com/watch?v=AoETpS8N7pc>

Meals with Teal Bonus Video #14

<https://www.youtube.com/watch?v=CzPLCDcmR2Y>

All Meals with Teal done so far:

<https://gwdocs.com/specialties/breast-surgery>

Grocery List from Safeway:

Condiments, Spice & Bake

Signature SELECT Worcestershire Sauce - 10 Fl. Oz. \$2.99

McCormick Grill Mates Montreal Chicken Seasoning - 2.75 Oz \$2.00

Signature SELECT Cooking Spray No Stick Olive Oil Extra Virgin Aerosol - 5 Oz \$3.99

Signature SELECT Sugar Brown Light - 16 Oz \$1.79

Fresh Gourmet Crispy Onions Lightly Salted - 3.5 Oz \$2.79

Breakfast & Cereal

Signature SELECT Maple Syrup - 12.5 Fl. Oz. \$7.49

Fruits & Vegetables

Fresh Cranberries Prepacked Bag - 12 Oz \$2.99

Golden Sweet Potato/Yam With Orange Skin & Orange Flesh \$5.80

Signature SELECT/FARMS Green Beans - 12 Oz \$2.99

Beverages

Simply Orange Juice Pulp Free - 11.5 Fl. Oz. \$2.29

Dairy, Eggs & Cheese

Lucerne Butter - 8 OZ \$2.99

Meat & Seafood

Butterball Turkey Tenderloin Fresh - 24 OZ \$11.99

Safeway Gift Card: \$50

Nutritional Information:

Title Turkey Tenderloin

Servings 5

Nutrition Facts (per 1 Serving)

Calories 110

Total Fat 1 g

Saturated 0 g

Trans 0 g

Polyunsaturated 0 g

Monounsaturated 0 g

Cholesterol 40 mg

Sodium 60 mg

Total Carbohydrates 1 g

Dietary Fiber 0 g

Sugar 0 g

Added Sugars 0 g

Sugar Alcohols 0 g

Net Carbs 

Protein 25 g

Vitamin D 0 %

Calcium 0 %

Iron 2 %

Potassium 0 mg

Vitamin A 0 %

Vitamin C 0 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Title Green bean casserole:

Servings 8

Nutrition Facts (per 1 Serving)

Calories 91

Total Fat 5.3 g

Saturated 3 g

Trans 0 g

Polyunsaturated 0.4 g

Monounsaturated 1.4 g

Cholesterol 14.8 mg

Sodium 336.1 mg


Total Carbohydrates 7.4 g

Dietary Fiber 1.4 g

Sugar 2.4 g

Added Sugars 0 g

Sugar Alcohols 0 g

Net Carbs 

Protein 3.4 g

Vitamin D 0.3 %

Calcium 8.8 %

Iron 3.1 %

Potassium 149.9 mg

Vitamin A 4 %

Vitamin C 1.5 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Title Sweet Potatoes With Granny Smith Apples

Servings 8

Nutrition Facts (per 1 Serving)

Calories 317

Total Fat 8.6 g

Saturated 5.4 g

Trans 0 g

Polyunsaturated 0.3 g

Monounsaturated 2.2 g

Cholesterol 22.5 mg

Sodium 278.6 mg

Total Carbohydrates 56 g

Dietary Fiber 4 g

Sugar 30.9 g

Added Sugars 0 g

Sugar Alcohols 0 g

Net Carbs 

Protein 2 g

Vitamin D 0 %

Calcium 5.1 %

Iron 4.1 %

Potassium 108 mg

Vitamin A 0.1 %

Vitamin C 0 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Title Cranberry Sauce

Servings 10

Nutrition Facts (per 1 Serving)

Calories 74

Total Fat 0 g

Saturated 0 g

Trans 0 g

Polyunsaturated 0 g

Monounsaturated 0 g

Cholesterol 0 mg

Sodium 0.2 mg

Total Carbohydrates 13.7 g

Dietary Fiber 1.2 g

Sugar 11.8 g

Added Sugars 0 g

Sugar Alcohols 0 g

Net Carbs 

Protein 0 g

Vitamin D 0 %

Calcium 0 %

Iron 0 %

Potassium 0.3 mg

Vitamin A 0 %

Vitamin C 6.2 %

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