



**Busy Mom Menu:  
Helping busy moms save money and time!**

**Thanksgiving Dinner 2011**

I hope you enjoy this [Busy Mom Menu](#) Thanksgiving Menu Plan. With the Busy Mom Menu, you will:

- **Save time** - we plan for you
- **Eat out less** - you'll know what's for dinner each night
- **Feel like a good cook** - our recipes are tried 'n true, have been tested and family-approved, and are fast and easy
- **Know what you are serving your family** – all recipes include nutritional data, point values, and dietary exchanges
- **Have more options** – each menu includes healthier Meal Makeover options
- **See the prepared recipe** – our meals feature beautiful full color photos
- **Grocery shop with our list** - everything is already included for dinners for the week
- **Stop throwing away food** - we plan leftovers into the menus
- **Fill your freezer** - we plan cooking for the freezer into the menus
- **Save money** - no more trips back to the store when there's nothing in the pantry for dinner despite a huge grocery bill
- **Take advantage of local sales** - because you control when you restock your pantry items, you can buy them when they are on sale



**Testimonial: Jennifer in Texas**

Totally love this site! My family loves the food. It makes life so much easier, interesting and healthier. Also gives me the confidence to try new recipes. Makes it easier for my husband and kids to participate in the meal planning and preparation. It makes me look like a gourmet cook.

*Deb*

**[Start your two week trial of the Busy Mom Menu for just a penny »](#)**

## Busy Mom Menu

### Thanksgiving Dinner, November 24, 2011



#### Thanksgiving Dinner:

Roast Turkey Breast  
Apple Sausage Stuffing  
Cornbread or Regular Stuffing  
Gravy  
Corn Soufflé\*\*  
Homemade Cranberry Sauce\*\*  
Broccoli with Garlic Butter  
Quick Rolls

#### Desserts:

Pumpkin Treats\*\*  
Lemon Bars\*\*

If you are new to the menus, please review the information found here:

[http://www.menus4moms.com/downloads/m4m\\_premium/index.php](http://www.menus4moms.com/downloads/m4m_premium/index.php)

## Dinner Recipes

Notes:

1. This menu should serve 8-10 adults plus smaller children comfortably. If you have growing teens, big appetites, or more people, I suggest doubling several of the side dishes and cooking a whole turkey or 2 turkey breasts.
2. Several of these dishes can be made ahead and refrigerated until time to bake (if they need baking). They are marked with \*\*.
3. **Be absolutely sure to give your turkey enough time in the refrigerator to thaw!!** Nothing is worse than finding a frozen turkey on Thanksgiving morning. Allow at least one day of refrigerator thawing for every 4 lbs. of turkey. Source: [Butterball.com](http://Butterball.com)
4. The size of the turkey you buy will depend on the number of guests you are having and how many leftovers you want to have. I am including an 8-lb. turkey breast on the list and hopefully you will have leftovers for recipes we will be having in the near future, but adjust this according to your needs.
5. If you have a turkey dilemma, call the experts at the Butterball Turkey Talk-Line at 1-800-288-8372.

## Busy Mom Menu



### Roast Turkey Breast

Yield: 16 Servings

1/4 tsp sage	2 Tbsp butter, softened
1/4 tsp thyme	1 whole turkey breast (8 lbs.), thawed
1 tsp salt	3/4 cup chicken broth
1 tsp pepper	

Preheat oven to 325°F. Mix together butter, sage, thyme, salt, and pepper and spread over turkey breast. Place turkey skin side up on the rack of a roaster and pour broth into pan. Roast, basting regularly with drippings, for 1 hour 45 min or until cooked through (165°F). Let turkey rest 10 minutes before carving.

*Per Serving: 300 Cal (29% from Fat, 71% from Protein, 0% from Carb); 51 g Protein; 9 g Tot Fat; 3 g Sat Fat; 0 g Carb; 0 g Fiber; 0 g Sugar; 1094 mg Sodium; 99 mg Cholesterol; Units = 6.8; Exchanges = 7 Lean Meat - 2 Fat*

### Gravy preparation

When the turkey is done, transfer the juices from the baking pan to a saucepan through a strainer. In a glass jar (with a tight-fitting lid available) put 1/2 cup warm water and 2 Tbsp. flour. Tighten the lid and shake vigorously until the flour is dissolved. If your turkey came with a gravy packet, you can use that instead of the flour and water. Heat, stirring frequently, until gravy is thickened. If you need to stretch your gravy, add all or part of a can of chicken broth. Pour the gravy through a strainer into a gravy boat to remove any lumps.



### Sausage and Apple Stuffing

Yield: 8 Servings

1 lb pork sausage	1/2 tsp sage
2 cups Granny Smith apple, cored, peeled and finely chopped	1/2 tsp thyme
2 cups small onion, chopped	1/2 tsp salt
1 cup celery, chopped	1/2 tsp pepper
	1/2 cup chicken broth

Preheat oven to 325°F. Crumble sausage into large skillet and add apple, onion and celery. Cook, stirring frequently, until sausage is cooked through and other ingredients are tender. Drain fat. Stir in thyme, sage, salt, and pepper and mix well. Mix in broth and spoon stuffing into a casserole dish. Bake for 30 minutes.

*Per Serving: 227 Cal (65% from Fat, 21% from Protein, 14% from Carb); 12 g Protein; 16 g Tot Fat; 5 g Sat Fat; 8 g Carb; 1 g Fiber; 5 g Sugar; 633 mg Sodium; 48 mg Cholesterol; Units = 5.7; Exchanges = 1 Veg - 1 1/2 Lean Meat - 2 Fat*



### Cornbread or Regular Stuffing

Yield: 10 Servings

*For easier preparation, chop and sauté your onion and celery the day before and refrigerate until needed.*

1 bag Pepperidge Farm stuffing, cornbread* or regular	1 Tbsp olive oil
1 cup onion, chopped	1 1/2 cups chicken broth
2 stalks celery, chopped	
1/2 cup (1 Stick) butter, melted	

Sauté celery and onion on stovetop in olive oil. In a saucepan, heat broth and butter to boiling. In a large bowl, combine celery, onion, stuffing mix, and heated broth and butter. Mix well, adding up to 2/3 cup water if necessary for correct consistency. Serve immediately, with gravy if desired.

*\* Cornbread stuffing is used in the nutritional calculations.*

*Per Serving: 163 Cal (55% from Fat, 7% from Protein, 38% from Carb); 3 g Protein; 10 g Tot Fat; 6 g Sat Fat; 16 g Carb; 3 g Fiber; 2 g Sugar; 315 mg Sodium; 24 mg Cholesterol; Units = 3.5; Exchanges = 1 Starch - 1/2 Veg - 2 Fat*

## Busy Mom Menu



### Slow Cooker Corn Soufflé

Yield: 20 Servings

6 (15 oz.) cans whole kernel corn, drained  
2 (15 oz.) cans creamed corn  
2/3 cup sugar

1/2 cup flour  
1/2 cup milk  
8 eggs

Lightly spray a slow cooker with non-stick cooking spray. Pour all ingredients into slow cooker and mix until well blended. Cover and cook on low 4 hours until soufflé has "set". Serve immediately.

*Per Serving: 250 Cal (12% from Fat, 12% from Protein, 75% from Carb); 9 g Protein; 4 g Tot Fat; 1 g Sat Fat; 52 g Carb; 4 g Fiber; 15 g Sugar; 635 mg Sodium; 99 mg Cholesterol; Units = 4.5; Exchanges = 2 Starch - 1 1/2 Veg - 1/2 Lean Meat - 1 Fat*



### Homemade Cranberry Sauce

Yield: 10 Servings

1 cup sugar  
1 cup water

12 oz. cranberries

Rinse cranberries in a colander. Bring water to a boil and add sugar; stir until sugar is dissolved. Stir in cranberries; reduce heat to medium. Continue cooking at a gentle boil stirring occasionally. Cranberries should pop and sauce will thicken. Place in serving bowl. Cover and refrigerate until serving, up to one week.

*Per Serving: 94 Cal (0% from Fat, 1% from Protein, 99% from Carb); 0 g Protein; 0 g Tot Fat; 0 g Sat Fat; 24 g Carb; 2 g Fiber; 22 g Sugar; 1 mg Sodium; 0 mg Cholesterol; Units = 1.6; Exchanges = 1 Other Carb*



### Broccoli with Roasted Garlic Butter

Yield: 8 Servings

1 whole head garlic  
1 tsp olive oil  
salt and pepper

1/2 cup butter  
2 bunches broccoli, cut into pieces

Preheat oven to 400°F. Cut garlic head in half crosswise (slice the top of the bulb off so that part of each clove is exposed). Drizzle each half with 1/2 tsp oil and season with salt and pepper. Put halves back together and wrap in aluminum foil. Place on baking sheet and bake about 35 minutes. Cool; open foil carefully and squeeze garlic out into a small bowl. Add butter, salt and pepper to garlic; mash with a fork until mixed thoroughly. Cover and refrigerate until ready to use (up to three days). On serving day, remove garlic butter from refrigerator and let warm to room temperature for serving. To prepare broccoli, wash and cut into small pieces; refrigerate until ready to cook. When ready to prepare, bring water to a boil in large saucepan. Add broccoli pieces to boiling water and boil about 5 minutes until crisp tender. Drain; add softened butter. Toss gently and serve immediately.

*Per Serving: 169 Cal (65% from Fat, 10% from Protein, 25% from Carb); 5 g Protein; 13 g Tot Fat; 7 g Sat Fat; 11 g Carb; 4 g Fiber; 3 g Sugar; 133 mg Sodium; 31 mg Cholesterol; Units = 3.7; Exchanges = 2 Veg - 2 1/2 Fat*



### Quick Rolls

Yield: 12 Servings

2 1/4 cups biscuit mix, divided  
1 cup sour cream

1/2 cup butter, melted

Preheat oven to 350°F. Combine all ingredients except 1/4 cup biscuit mix and mix well. Sprinkle reserved biscuit mix onto a flat surface such as a cutting board. Divide dough into 12 equal sections (this is easiest if you divide the dough into quarters, then divide each quarter into thirds). Out of each dough section, make 3 equal balls and roll them in the biscuit mix. Place the 3 balls together into a muffin cup. Repeat for each of the remaining sections of dough until you have filled 12 muffin cups. Bake for 15-20 minutes or until starting to brown.

*Per Serving: 187 Cal (64% from Fat, 5% from Protein, 31% from Carb); 2 g Protein; 13 g Tot Fat; 7 g Sat Fat; 14 g Carb; 0 g Fiber; 3 g Sugar; 335 mg Sodium; 29 mg Cholesterol; Units = 4.8; Exchanges = 1 Starch - 3 Fat*

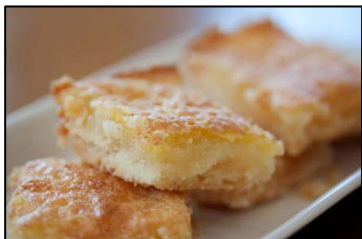
## Dessert Recipes

Lemon Bars\*\*

Pumpkin Treats\*\*

Notes:

1. The Pumpkin Treats may be made the day before serving but do not make more than 24 hours in advance.



### Lemon Bars\*\*

Yield: 9 Servings

1 cup flour	1 cup granulated sugar
1/2 cup butter, room temperature	1/2 tsp baking powder
1/4 cup powdered sugar	1/4 tsp salt
2 eggs	2 Tbsp lemon juice

Preheat oven to 350°F. Blend flour, butter, and powdered sugar in a medium bowl until well-mixed. Press into the bottom of a 9x9" pan. Bake for 20 minutes. While crust is baking, combine the rest of the ingredients in the same bowl used for the crust. Mix well. When crust is done, pour mixture over crust and bake for 20-25 more minutes until set. The filling will puff during baking and settle after cooling. Cool before serving.

*Per Serving: 261 Cal (40% from Fat, 5% from Protein, 56% from Carb); 3 g Protein; 12 g Tot Fat; 7 g Sat Fat; 37 g Carb; 0 g Fiber; 26 g Sugar; 184 mg Sodium; 82 mg Cholesterol; Units = 6.1; Exchanges = 1/2 Starch - 1 Other Carb - 2 1/2 Fat*



### Pumpkin Treats

Yield: 15 Servings

8 oz. gingersnap crumbs	1/2 cup milk
1/3 cup butter, melted	1/2 tsp salt
8 oz. cream cheese, softened	1/2 tsp ground cinnamon
1 cup sugar	2 envelopes unflavored gelatin
5 eggs	1/3 cup cold water
15 oz. pumpkin, solid-pack	whipped cream (for garnish)
1/2 cup brown sugar, packed	nutmeg (for garnish)

Preheat oven to 350°F. Combine gingersnap crumbs and melted butter, mixing well. Press into the bottom of a greased 9x13 pan. In a small bowl, combine cream cheese, sugar, and 2 eggs. Beat until blended and pour over gingersnap crumb crust. Bake until filling is set (about 20-25 minutes). Cool. While filling is baking, separate remaining 3 eggs and discard the egg whites. Combine the yolks with the pumpkin, brown sugar, milk, salt, and cinnamon in a saucepan and heat over low heat, stirring frequently, until mixture reaches 160°F (about 10 minutes). Remove from heat. In a separate saucepan, combine 2 envelopes of gelatin and 1/3 cup cold water. Let stand for 1 minute then heat over low heat until gelatin is dissolved, stirring frequently. Stir into pumpkin mixture until well mixed. Spread over cream cheese layer. Cover and refrigerate for at least 4 hours until set. Cut and serve with whipped cream and nutmeg. May be made the day before but do not make more than 24 hours in advance.

*Per Serving: 318 Cal (36% from Fat, 7% from Protein, 56% from Carb); 6 g Protein; 13 g Tot Fat; 7 g Sat Fat; 46 g Carb; 1 g Fiber; 35 g Sugar; 339 mg Sodium; 110 mg Cholesterol; Units = 7.2; Exchanges = 2 Other Carb - 1/2 Veg - 1/2 Lean Meat - 3 1/2 Fat*

## Busy Mom Menu

# Thanksgiving Grocery List: November 24, 2011

Codes beside each item indicate in which meal it is used. The meal plan summary at the beginning of this file lists each dish by day with its code.

### Baking Products

Bisquick	1@ 2.00
Pepp. Farm Stuffing Bag	1@ 3.00
Unflavored Gelatin	1@ 2.00

### Canned Fruit

Pumpkin - 15 oz.	1@ 1.50
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### Canned Vegetables

Canned Corn 14.5 oz	6@ 1.00
Creamed Corn	2@ 0.75

### Crackers

Gingersnaps	1@ 3.00
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### Dairy/spreads

Cream Cheese 8 oz	1@ 2.00
Eggs	2@ 2.00
Sour Cream-8 oz.	1@ 1.50
Whipped Cream	1@ 2.00

### Fruit

Cranberries - bag	1@ 2.00
Granny Smith Apples	1@ 2.00

### Meat

Pork Sausage (Bulk)	1@ 3.50
Turkey Breast - 8 lbs	1@ 35.00

### Produce

Broccoli Bunch	2@ 2.00
Celery	1@ 1.99
Garlic (Whole Head)	1@ 0.60
Onions - Bag	1@ 3.50

### Soup

Chicken Broth	2@ 1.25
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### Pantry Items

Baking Powder
Brown Sugar
Cinnamon
Confectioner's Sugar
Flour
Nutmeg
Olive Oil
Pepper, Black
Sage
Salt
Sugar
Thyme

### Refrig. Items

Butter
Lemon Juice
Milk

**Approximate Total: \$84.00**

Get the Shopping List software format for both versions of the menu here:

[http://www.menus4moms.com/downloads/m4m\\_premium/](http://www.menus4moms.com/downloads/m4m_premium/)