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DR FISCHER
THE PARK AVENUE DIET

Healthy Aging® Food

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Recipes for a Healthy Thanksgiving from Park Avenue Diet Author



Healthy Thanksgiving Menu from author of **Park Avenue Diet** book features soup, vegetables, the turkey and a fabulous "Thin Apple Tart"

Photo courtesy of Chef Marie-Annick Courtier

Spinach with Walnuts and Balsamic Vinegar

4 tablespoons olive oil

2 tablespoons balsamic vinegar

Pinch of nutmeg

6 cups fresh spinach

1/4 cup walnuts, chopped

Salt and pepper to taste

1. Mix the 3 tablespoons of olive oil, balsamic vinegar, and nutmeg in a large bowl. Season to taste and set aside.
2. Heat 1 1/2 teaspoon of olive oil in a large skillet over medium heat.
3. Add half of the spinach and quickly sauté until barely wilted. Transfer the spinach to a platter.
4. Heat the remaining oil and spinach and sauté until barely wilted. Add the first batch to the pan and blend in the vinaigrette. Transfer to a serving platter, sprinkle with the walnuts, and serve immediately.

YIELD, 4 SERVINGS

178 Cal (88% from Fat, 5% from Protein, 6% from Carb); 2g Protein; 18g Tot Fat; 2g Sat Fat; 11g Mono Fat; 3g Carb; 1g Fiber; 1g Sugar; 52mg Calcium; 2mg Iron; 36mg Sodium; 0mg Cholesterol

Pumpkin Soup and Pepitas

- 1 teaspoon olive oil
- 6 ounces onions, minced (about 1 medium onion)
- 2 garlic cloves, minced
- One 15-ounce can unflavored pumpkin puree
- 3 cups chicken stock (low-fat and low-sodium)
- 2 fresh sage leaves
- 1 1/2 cup low-fat evaporate d milk
- 1 teaspoon vanilla
- Salt and pepper to taste
- 2 tablespoons pepitas

1. Heat the oil in a large pan over medium heat.
2. Add the onions and sauté until translucent.
3. Stir in the garlic and continue to cook for another minute.
4. Add the pumpkin puree, stock, and sage. Mix occasionally while bringing to a boil.
5. Add the evaporated milk and vanilla, and bring to a boil, still stirring occasionally. Season to taste and garnish with the pepitas before serving.

~ *The soup may be refrigerated up to 2 days.*

~ *The soup may be frozen up to 1 month.*

YIELD, 4 TO 6 SERVINGS

178 Cal (22% from Fat, 19% from Protein, 59% from Carb): 9g Protein; 4g Tot Fat; 1g Sat Fat; 2g Mono Fat; 27g Carb; 4g Fiber; 15g Sugar; 267mg Calcium; 2mg Iron; 587mg Sodium; 3mg Cholesterol

Turkey Breast with Sage

1 tablespoon ground sage

Ground pepper

2 tablespoons olive oil

1 turkey breast (about 2 pounds)

1/2 cup chicken stock

3 to 4 fresh sage leaves

Cornstarch

Salt and pepper to taste

1. Preheat the oven to 350°F.

2. Mix the ground sage with a little pepper and spread all over the turkey breast under its skin. Be careful not to break the skin. Brush olive oil over the skin.
3. Place the turkey skin-side up in a roasting pan. Pour the chicken stock in the pan, add the sage leaves, and bake for an hour or until a meat thermometer registers 180 degrees F.
4. Remove the turkey breast from the pan, cover with aluminum foil to keep warm. Remove the sage leaves from the sauce and thicken with a little cornstarch and water mixture. Adjust seasonings and serve over the turkey breast slices.

~ This dish maybe refrigerated up to 5 days.

~ This dish may be frozen up to 1 month.

~ Use the turkey meat to make salad, sandwich, or pasta dish.

YIELD, 4 SERVINGS

341 Cal (50% from Fat, 48% from Protein, 2% from Carb); 40g Protein; 18g Tot Fat; 4g Sat Fat; 9g Mono Fat; 1g Carb; 0g Fiber; 0g Sugar; 32mg Calcium; 2mg Iron; 189mg Sodium; 118mq Cholesterol

Brown Rice Pilaf

1 cup brown rice

2 teaspoons olive oil

12 ounces onions, diced small { about 2 medium onions)

6 ounces carrot s, diced small (about 2 medium carrots)

6 ounces yellow bell peppers, diced small { about 1 medium bell pepper)

1 garlic clove, minced

2 1/4 cups vegetable stock

2 tablespoons fresh parsley, minced

Salt and pepper to taste

1. Rinse the rice twice and drain.
2. Heat the oil in a deep pan over high heat.
3. Add the vegetables and sauté for 2 minutes.
4. Add the rice and sauté for a minute.
5. Add the stock and parsley, and bring to a boil. Cover, reduce heat, and cook until tender (approximately 40 minutes but it may depend of the type of rice you use; for best result, see package instructions). Adjust seasonings and remove from heat. Strain if necessary, and serve immediately.

~ You may add fresh herbs based on the accompaniment flavor.

~ This rice may be refrigerated for 5 days.

~ This rice may be frozen for 1 month.

YIELD: 8 SERVINGS

134 Cal (6% from Fat, 9% from Protein, 84% from Carb); 3g Protein; 1g Tot Fat: 0g Sat Fat: 0g Mono Fat: 29g Carb; 2g Fiber; 4g Sugar; 43mg Calcium; 1mg Iron; 55mg Sodium; 0mg Cholesterol

Green Beans with Mushrooms

- 1 pound green beans, ends trimmed
- 1 teaspoon salt
- 1 1/2 tablespoon olive oil
- 4 ounces onions, sliced (about 1 small onion)
- 2 garlic cloves, minced
- 1/2 cup mushrooms, sliced
- 2 pinches fresh thyme, minced

2 tablespoons fresh basil, minced

1 tablespoon fresh parsley, minced

Salt and pepper to taste

1. Place the green beans in a large pan and fill with enough water to cover them. Add 1 teaspoon of salt and bring to boil over high heat. Reduce heat and simmer until tender.

Drain and set aside.

2. Heat 1 tablespoon of oil in a nonstick pan over medium heat.

3. Add the onion and sauté until translucent.

4. Add the garlic, mushrooms, and herbs, and sauté for 2 minutes. Blend in the green beans and remaining oil. Season to taste and serve immediately.

~ This dish maybe refrigerated up to 2 days.

~ This dish maybe frozen up to 1 month.

YIELD, 4 SERVINGS

94 Cal (46% from Fat, 10% from Protein. 44% from Carb); 3g Protein; 5g Tot Fat; 1g Sat Fat; 4g Mono Fat; 11g Carb; 4g Fiber; 3g Sugar; 52mg Calcium; 1mg Iron; 9mg Sodium; 0mg Cholesterol

Thin Apple Tart

2 ounces old-fashioned oats

3 ounces flour

1/2 teaspoon cinnamon

Pinch of salt

3 tablespoons vegetable oil

1 tablespoon vanilla

2 to 3 tablespoons water

2 tablespoons apricot preserves

2 large apples (about 12 ounces), peeled, cored, thinly sliced

1. Preheat the oven to 475°F.
2. Place the oats in a blender and reduce to a flour consistency. Place the flours in a bowl.
3. Add the cinnamon, salt, oil, and vanilla, and mix until crumbly.
4. Add 1 tablespoon water at a time and continue until the dough is smooth and sticks together as one ball. Lay the dough on wax paper and push down with your palm to flatten a bit. Roll out the dough to a round thin form. Turn over the dough to a cookie sheet. Brush 1 tablespoon apricot preserves all over the pie dough surface.
5. Starting at the edge of the dough and working inward toward the center, arrange the apple slices in overlapping circles. Finish with another circle of apple slices in the center. Bake for 15 to 20 minutes until golden brown with slightly darker edges. Heat remaining 1 tablespoon apricot preserves with a little water to thin out in the microwave. Remove the tart from the oven and brush with the apricot preserves.

Transfer the tart to a cooling rack.

YIELD, 8 SERVINGS

160 Cal (36% from Fat, 8% from Protein, 56% from Carb); 3g Protein; 6g Tot Fat; 1g Sat Fat; 3g Mono Fat; 23g Carb; 2g Fiber; 8g Sugar; 38mg Calcium; 1mg Iron; 13mg Sodium; 3mg Cholesterol

Recipes developed by Chef Marie-Annick Courtier for Park Avenue Diet book.