Roving Pantry

Shopping and Delivery
From Our Hearts
to Your Home



Delivery, Call-in Changes for November

Senior Services will be closed on Thursday, Nov. 24, and Friday, Nov. 25, for the Thanksgiving holiday.

Please note the change of your delivery day and the change to your call-in day beginning the 18th of November through the 23rd of November:

Friday the 18th, we will deliver to Monday and Friday people. Call-in day is Wednesday, the 16th of November.

Monday the 21st of November, we will deliver to Tuesday and Wednesday people. Call-in day is Friday, the 18th.

Tuesday the 22nd, we will deliver to Thursday people. Call-in day is Monday the 21st.

Wednesday the 23rd, we will deliver to Friday people. Call-in day is Tuesday, the 22nd.

Monday delivery people need to call in on Wednesday, the 23rd.

SUN	MON	TUE	WED	THU	FRI	SAT
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27	28	29	30			

Lower Calories On Thanksgiving

Preparing a traditional Thanksgiving dinner that's lower in fat and calories but still thrills the crowd isn't hard. All it takes is a few ingredient substitutions and some clever fat-busting techniques.

The Turkey: If you're hosting a small gathering, buy a turkey breast rather than the whole bird, as breast meat is lower in calories than dark meat. If you do buy a whole turkey, avoid "self-basting" turkeys, as they often contain added fat. Stay away from the deep fryer this year – roast or smoke the turkey instead. Rather than rubbing the skin with butter or oil, spray it with an oil spray and season it with salt and pepper.

Good Gravy: Gravy is one of the biggest calorie culprits on the table. Use vegetable oil rather than turkey drippings when making the gravy—it's still fat, but oil is lower in saturated fat and is cholesterol-free. If you do use turkey drippings to add flavor, use a gravy separator. Pour the gravy into a separator and allow it to sit for a few minutes. Some of the fat in the gravy will rise to the top of the glass where you can skim it off easily.

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Recipe of the Month: Baked Doughnuts

2 3/4 cup flour
1 cup sugar
1/4 cup cornstarch
1T baking powder
1t salt
1/2t nutmeg
1 cup butterfilk
1/2 cup melted butter
2 eggs + one yolk, beaten



Coating:

1 cup sugar2t cinnamon (mix sugar and cinnamon)1 stick melted butter

Combine dry ingredients in a large bowl, set aside. Mix wet ingredients. Make a well in the middle of the dry ingredients. Gently fold into dry. Do not over stir. Use a scoop to fill a sprayed cupcake pan. Bake at 400 degrees for 20 minutes. Do not over bake. Cool slightly. Brush with melted butter while still warm. Roll in sugar and cinnamon mixture.

PS - If you don't have buttermilk, you can make your own. Mix 1 cup milk and 1T vinegar. Let set five minutes.

Thanksgiving

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Mashed Potatoes: Instead of using butter and cream to mash potatoes, save the cooking water when you boil off the potatoes. The starchy water will give the potatoes a creamier texture than plain water would. You can also add turkey or chicken broth, evaporated skim milk, or fat-free sour cream. For extra flavor, stir in roasted garlic and herbs. For added nutrition, add pureed cooked cauliflower, parsnips or turnips.

Dressing: Bake the dressing in a casserole dish rather than in the turkey, where it absorbs fat from the turkey as it bakes. It's hard to slim down a stuffing recipe, so take a small serving if it's your Thanksgiving favorite. Avoid recipes using sausage or bacon; wild rice and grains are more nutritious than bread dressings.

Sides: Scrap the traditional dessert-style candied sweet potato casseroles in favor of a low-fat, naturally-sweetened dish. Try a cranberry relish or cut down on the about of sugar in your cranberry sauce by adding fruit juices or apple sauce.

Pumpkin Pie: Most of the fat in a pie comes from the crust. Try a reduced-fat graham cracker crust.

Seasonal Fruits and Vegetables

Here is a list of fruits and vegetables that should be plentiful during November. May we suggest you consider these items when placing your grocery order?

Kale **Apples** Beans Kiwi **Berries** Leaf Lettuce Carrots Lemons Cauliflower Lettuce Celery Limes Corn on the cob Mangoes Cranberries Mushrooms Cucumbers Nectarines **Dry Onions** Okra Garlic Onions Grapefruit Pears Grapes Peppers Green Beans Persimmons Green Onions Pomegranates Honeydews Potatoes

Pumpkins Tangelos
Radishes Tangerines
Salad (pre-bagged) Tomatoes
Squash Turnips
Sweet Potatoes

