

November 2016

# Healthy

Lemon Herb  
Chicken

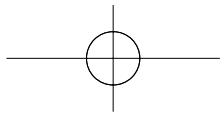
Fresh

Seasonal:  
Hot served dinners

Cranberry  
Bean Sauce

Arizona:  
Cran-Turkey Enchilada

\$4.90



# Lemon Herb Chicken

## Ingredients

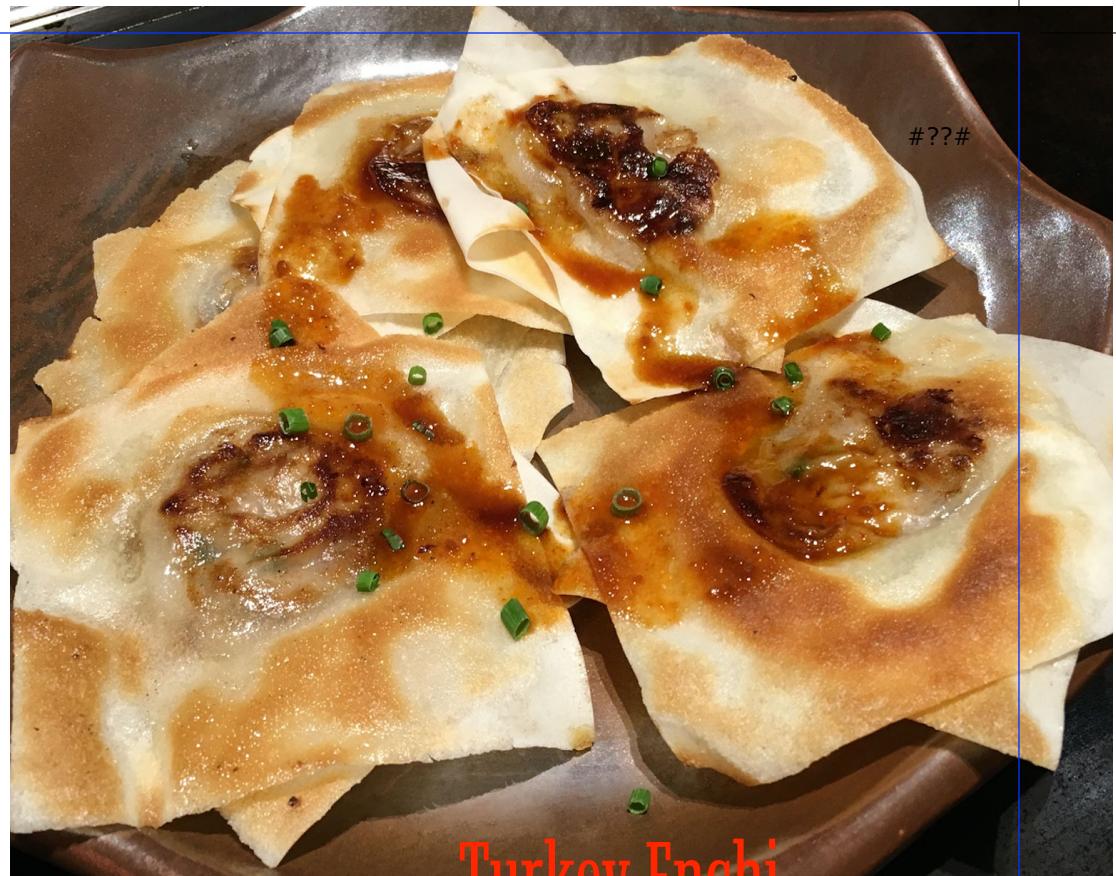
SERVINGS 8-10 UNITS US

- 1/2 cup white sugar
- 1 (14 ounce) can pumpkin pie filling
- 1 (12 ounce) can evaporated milk
- 1 (5 ounce) can sweetened condensed milk
- 6 eggs
- 1/2 cup white sugar
- 1 teaspoon vanilla extract
- 1 teaspoon allspice

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Pumpkin Soup, 15 Ways

## Directions

Preheat oven to 375 degrees. Melt 1/2 cup sugar in an aluminum loaf pan and heat over medium heat. Continue to cook until it caramelizes, being careful to not burn the sugar.



# Turkey Enchiladas

## Ingredients

SERVINGS 8 UNITS US  
nonstick cooking spray

2 -2 1/2 cups shredded cooked turkey

1 (16 ounce) can whole berry cranberry sauce

1 (15 ounce) can black beans, rinsed and drained

1 1/2 cups bottled salsa

1 cup shredded colby-monterey jack cheese (4 oz.)

1/2 cup sour cream

3 green onions, sliced

1/4 cup snipped fresh cilantro

# Arizona: Cran-