



November 2016

# Healthy

## Lemon Herb Chicken

## Fresh

**Seasonal:**  
Hot served dinners

## Cranberry Bean Sauce

**Arizona:**  
Cran-Turkey Enchilada

\$4.90

# Healthy

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# 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

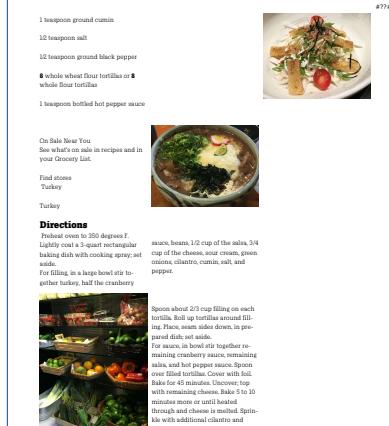
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Pumpkin Soup, 15 Ways

## 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-

#??#

1 teaspoon ground cumin

1/2 teaspoon salt

1/2 teaspoon ground black pepper

**8** whole wheat flour tortillas or **8** whole flour tortillas

1 teaspoon bottled hot pepper sauce



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Turkey

Turkey



## Directions

Preheat oven to 350 degrees F. Lightly coat a 3-quart rectangular baking dish with cooking spray; set aside. For filling, in a large bowl stir together turkey, half the cranberry

sauce, beans, 1/2 cup of the salsa, 3/4 cup of the cheese, sour cream, green onions, cilantro, cumin, salt, and pepper.



Spoon about 2/3 cup filling on each tortilla. Roll up tortillas around filling. Place, seam sides down, in prepared dish; set aside.

For sauce, in bowl stir together remaining cranberry sauce, remaining salsa, and hot pepper sauce. Spoon over filled tortillas. Cover with foil. Bake for 45 minutes. Uncover; top with remaining cheese. Bake 5 to 10 minutes more or until heated through and cheese is melted. Sprinkle with additional cilantro and green onions.