

November 2016

Healthy

Lemon Herb Chicken

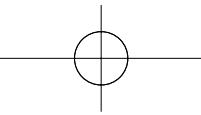
Fresh

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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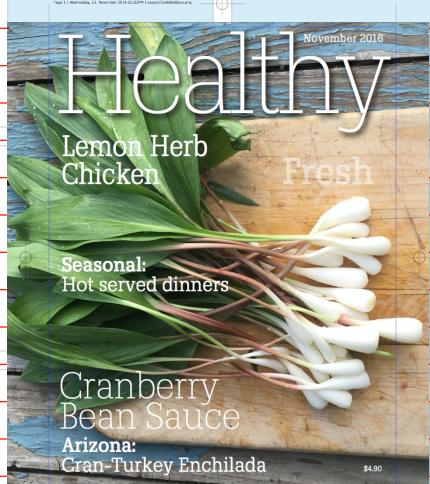
Pumpkin Soup, 15 Ways

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.

Fill a large pot of water with about 1 inch of water and place over medium heat. Move the aluminum pan into the large pot and set into the water. Combine the pumpkin pie filling, evaporated milk, condensed milk, eggs, 1/2 cup sugar, vanilla, and allspice in a blender, blend until smooth. Pour the mixture into the loaf pan.

Bake in preheated oven until a knife inserted in the center comes out clean, about 1 hour. Refrigerate for at least 3 hours, or overnight. Run a knife along the edge of the loaf pan to loosen the flan. Invert the pan onto a serving plate and tap to release the dessert.



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-