

SNEAKY CHEF HOLIDAY RECIPES

Featuring Mott's Apple Sauce

THANKSGIVING

CRANBERRY APPLE TURKEY

1 1/2 cups of Mott's apple sauce

1/2 cup chicken broth

1 cup of dried cherries or cranberries

½ cup of pomegranate juice

1 large red onion, pureed or diced

½ teaspoon each salt and onion powder

1 six-ounce can of tomato paste

1 turkey breast 4-5 lbs (ideally boneless)



- Preheat slow cooker to desired setting.
- In the slow cooker pot, mix all ingredients. Add turkey to slow cooker and toss. Cover. Cook 5 hours on low or 2 ½ hours on high.
- Remove turkey from slow cooker and serve.
- *Note: For best results, do not remove cover during cooking.*

MASHED POTATOES AND SNEAKY GRAVY

MASHED POTATOES:

2 pounds of Russet potatoes, peeled and quartered

2 to 3 heads of garlic

½ cup of low-fat plain yogurt*

2 tablespoons of extra-virgin olive oil

½ teaspoon of salt

Freshly ground pepper

**"Greek" style yogurt works best with this recipe*

- Preheat the oven to 350 degrees.
- Place the potatoes in a large pot of cold, salted water and bring to a boil. Lower the heat, cover, and simmer for 25 to 35 minutes, until the potatoes are completely tender.
- Meanwhile, wrap the garlic heads in foil and roast them in the oven for 30 minutes. Remove the garlic from the oven and squeeze the garlic flesh out of the skins.
- Drain the potatoes into a colander, then return them to the pot. Add the roasted garlic flesh, yogurt, olive oil, salt, and pepper. Mash with a potato masher until well combined. Add a bit more yogurt if needed. Serve immediately, or keep the mashed potatoes hot on the stovetop in a metal bowl set over simmering water.
- Serve with a ladle of Sneaky Gravy, below.

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SNEAKY GRAVY:

2 tablespoons butter or pan drippings (from chicken or turkey)
1 ½ tablespoons of whole-wheat flour
2 cups of chicken broth, ideally low-sodium
1 ½ teaspoons of Worcestershire sauce
½ cup of Mott's apple sauce
Salt and freshly ground pepper, to taste

Makes about 3 cups gravy

- Heat the butter or pan drippings over medium heat in a sauté pan.
- Whisk in the flour, then the broth, Worcester sauce (or Gravy Master) and apple sauce.
- Cook for about 5 minutes until thickened.
- Add a touch of milk, if you desire lighter colored gravy. Season with salt and pepper to taste.
- Serve hot with mashed potatoes and turkey.

CHANUKAH

LATKES

1 ½ pounds of Russet potatoes
2 large eggs
3 tablespoons of White Bean Puree (see recipe below)
1 small onion, grated or finely chopped
6 tablespoons of whole-wheat flour
½ teaspoon of salt and freshly ground pepper
1-4 tablespoons canola/vegetable oil, for cooking
1 cup of Mott's apple sauce on the side

Makes 1 dozen latkes

- Peel and coarsely grate potatoes into a large bowl (add cold water to the bowl if you are not cooking the latkes immediately – this will prevent the potatoes from turning brown. You can refrigerate the grated potatoes in water for up to one day, if necessary.
- When ready to cook, drain potatoes in a colander and pressing down with your hand to squeeze out as much water as possible. While the potatoes are draining, beat the eggs with the White Bean Puree in a large mixing bowl. Grate the onion into the same bowl. Stir in the grated potatoes, flour, salt, and a few grinds of pepper. Mix well.
- Below are two ways to cook the latkes. The oven-baked method is a lower fat time-saver, and the result is nearly as good as pan-frying.

Oven-Baked Method

Preheat the oven to 400 degrees. Rub a baking sheet with 1 tablespoon of canola or vegetable oil. Form 1/4-cup sized scoops of the potato mixture into flat patties and place them on the prepared baking sheet. Spray the tops of the latkes generously with oil and bake for 15 minutes. Remove the pan from the oven, flip the patties, spray the other side with oil, and bake for another 15 minutes.

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Pan Fry Method

Heat the oil over medium-high heat in a large (10- or 12-inch) nonstick skillet. Reduce the temperature to medium if the oil starts to smoke. Working in batches of 4 to 6 latkes, scoop about ¼ cup of the potato mixture into the hot skillet and flatten gently with the back of a spatula. Reduce heat to medium and cook until one side is golden brown, about 5 minutes. Turn over and brown the other side. Repeat with the next batch of 4 latkes, adding more oil to the pan as needed. Place the cooked latkes on a plate lined with paper towels to blot away excess oil.

Make-Ahead Recipe: White Bean Puree

1 (15-ounce) can white beans* (Great Northern, navy, butter, or cannellini)
1 to 2 tablespoons water

**If you prefer to use whole beans, soak overnight and cook as directed*

Rinse and drain the beans and place them in the bowl of your food processor. Add 1 tablespoon of the water, then pulse on high until you have a smooth puree. If necessary, use a little more water, a tiny bit at a time, until the mixture smooths out and no pieces or full beans are visible.

This recipe makes about 1 cup of puree; double it if you want to store another cup. It will keep in the refrigerator for up to 3 days, or you can freeze 1/4-cup portions in sealed plastic bags or small plastic containers.

CHRISTMAS

PEPPERMINT CHOCOLATE CAKE

3/4 cup of Mott's apple sauce

3 large eggs

1 cup of Mott's apple juice

2 to 3 drops peppermint extract

¼ cup of wheat germ

1 box (18 oz.) of chocolate cake mix

decoration: vanilla icing and crushed peppermint candy

- Preheat oven to 350 degrees and spray a cake pan (then lightly flour) or muffin tin (lined with muffin cups). In the bowl of an electric mixer, combine apple sauce, eggs water, peppermint extract, and dry ingredients. Blend at low speed for 30 seconds, then increase speed to medium speed for another 2 minutes. Pour batter into cake pan or muffin tins. Bake cake for 33 to 36 minutes, cupcakes for 18 to 21 minutes (both until a toothpick inserted in the center comes out clean)
- Decorate with icing and garnish with crushed peppermint candy

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SANTA'S SUGAR COOKIES

8 tablespoons of unsalted butter, softened

½ cup of sugar, plus more to sprinkle

½ cup of Mott's apple sauce

2 teaspoons of pure vanilla extract

1 large egg

2 cups of all-purpose flour (or whole grain pastry flour)

½ teaspoon of salt

Makes about 4 dozen cookies

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- Remove butter from refrigerator to let soften.
- In a large mixing bowl, whisk together the flour and salt and set aside.
- In the bowl of an electric mixer, beat butter and sugar until creamy. Beat in apple sauce, vanilla, and egg. Slowly add the flour and salt, a little at a time, and mix on low speed just until all the flour is incorporated. Remove dough from bowl and shape into a ball. Wrap in parchment paper or plastic wrap and refrigerate for at least one hour.
- Preheat oven to 350 degrees. Lightly grease a cookie sheet or line it with parchment paper.
- When ready to bake the cookies, remove the dough from the refrigerator and roll out the dough the dough on a lightly floured surface (or between 2 sheets of parchment paper) to about one-eighth inch thick. Cut out the dough using shaped cookie cutters. Place cookies on prepared baking sheet and sprinkle with sugar (omit sugar if you are planning to decorate the cookies). Bake for 14 to 16 minutes or until golden brown. Let cool before decorating.
- Store cookies in airtight container at room temperature.