



### THE PERFECT HOLIDAY TURKEY

#### METHOD

1. Preheat oven to 325°F
2. Line a cast-iron pan with chopped onions
3. Prep the turkey by removing neck and giblet, rinsing it, and patting it dry
4. Stuff turkey with chopped onions and place fresh parsley, garlic cloves and basil underneath the skin
5. Rub the turkey with organic butter
6. Liberally apply salt & pepper to the turkey and bake 20 minutes per pound
7. Cover the turkey once it is slightly browned to keep your turkey moist

# NOVEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5 Daylight Saving Time ends	6	7 Election Day	8	9	10	11 Veterans Day
12	13	14	15	16	17	18
19	20	21	22	23 Thanksgiving Day	24	25
26	27	28	29	30		

This holiday season, enjoy mindful eating, not mindless munching. Enjoy preparing and sharing a healthy feast with family and friends. Slow down and savor each bite. And remember to say, “Thanks.”