

# TABLETALK

NOVEMBER, 2016 ❁ CHILD FOOD PROGRAM OF TEXAS ❁ P.O. BOX 5465 ❁ KATY, TX 77491 ❁ 281-395-7000

Due to the amount of **important** information, we have included a separate page with your 2016 November newsletter. Please find the attached sheet for updates regarding your **November reimbursement, mandatory training, meal pattern changes**, and updated **Income Eligibility Forms**.



From the staff at Child Food Program of Texas, we hope you have a wonderful Thanksgiving holiday filled with love and happiness. Though the holidays can bring stress, it's good to keep in mind that Thanksgiving is not just for expressing thanks for what you have. It is also a time to be grateful for what you are going to have. We can always find something to be thankful for. Thanksgiving is meant to give thanks, and not by the utterance of words, but by meaning them with the heart.

**So remember:** May your stuffing be tasty, your turkey plump, and your potatoes and gravy have nary a lump. May your yams be delicious, your pies take the prize, and may your Thanksgiving dinner stay off your thighs!



## Chef Bob's Cookbook

### Sausage, Apple and Cranberry Stuffing



Sausage, Apple and Cranberry Stuffing

PREP: 15 minutes

COOK: 25 minutes

TOTAL: 1 hour 40 minutes

#### Main Ingredients

- 1 1/2 cups cubed whole wheat bread
- 3 3/4 cups cubed white bread
- 1 pound ground turkey sausage
- 1 cup chopped onion
- 3/4 cup chopped celery
- 2 1/2 teaspoons dried sage
- 1 1/2 teaspoons dried rosemary
- 1/2 teaspoon dried thyme
- 1 Golden Delicious apple, cored and chopped
- 3/4 cup dried cranberries
- 1/3 cup minced fresh parsley
- 1 cooked turkey liver, finely chopped
- 3/4 cup turkey stock
- 4 tablespoons unsalted butter, melted

#### Directions

1. Preheat oven to 350 degrees. Spread the white and whole wheat bread cubes in a single layer on a large baking sheet. Bake for 5 to 7 minutes in the preheated oven, or until evenly toasted. Transfer toasted bread cubes to a large bowl.
2. In a large skillet, cook the sausage and onions over medium heat, stirring and breaking up the lumps until evenly browned. Add the celery, sage, rosemary, and thyme; cook, stirring, for 2 minutes to blend flavors.
3. Pour sausage mixture over bread in bowl. Mix in chopped apple, dried cranberries, parsley, and liver. Drizzle with turkey stock and melted butter, and mix lightly. Allow stuffing to cool completely before loosely stuffing a turkey.