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## *Mushroom Gravy*

Pour this light gravy over the turkey for a mouthwatering taste. You'll enjoy the flavor even more knowing it's low in fat!

### **Serves 6 to 8**

- 1 small onion, diced
- 1 cup fresh crimini or button mushrooms, sliced
- 3 1/2 cups fat-free chicken broth
- 1/4 cup whole-wheat, white flour (King Arthur brand)
- 1 tablespoon chopped fresh thyme
- 2 teaspoons chopped fresh sage
- Salt and pepper to taste

Coat a medium-size saucepan with fat-free cooking spray. Place the onion and mushrooms in the saucepan and cover it, cooking them over a low heat for about 10 minutes. Add the chicken broth and increase the heat to high until the mixture comes to a boil. Reduce to a low heat and simmer uncovered for another 10 minutes. Slowly whisk the flour, a little at a time, into the mixture until it is well blended. Simmer for another 10 minutes, whisking occasionally. Remove the gravy from the heat and stir in the thyme, sage, salt and pepper.

### **Nutritional value per serving:**

- Calories: .....160
- Carbs: .....33 grams
- Protein: .....6 grams
- Fat: .....1 gram
- Fiber:.....4 grams

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