
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

Nancy Adler

CERTIFIED FITNESS & NUTRITION C.F.T./S.S.N./S.S.C.

Cornerstone Commerce Center
1201 New Road, Suite 111-A
Linwood, NJ 08221

Phone: 609-653-4900
