



## HOLIDAY MEAL PREP

# SURVIVAL GUIDE

### 1 MAIN COURSE

ROASTED TURKEY BREAST

### 2 SIDES

SWEET POTATO BISCUITS

GREEN BEANS WITH  
LEMON AND GARLIC



 **ShapeYourFutureOK.com**

A Program of  
 **TSET**



## TIMING IS EVERYTHING

Due to the challenges this year has posed, your holiday celebrations may look different. With fewer guests and less helping hands, you may be saddled with more responsibility for meal prep. Since most of us only have one oven, timing can get tricky. We recommend following these steps:

1. Make the biscuit dough — either that morning or the night before to save time.
2. Bake the biscuits.
3. Prep the turkey while the biscuits are in the oven.
4. Roast the turkey.
5. Make the green beans while the turkey roasts.

## GROCERY LIST

Check your pantry and mark the items you already have off the list. Add any additional items you'll need for the week.

### NUTS/FRUITS/VEGETABLES

- ☐ 1 1/2 pounds green beans, trimmed
- ☐ 1 sweet potato cooked, mashed
- ☐ 2 Tbsps. lemon juice
- ☐ 2 Tbsps. pecans
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### MEAT/DAIRY

- ☐ 2 Tbsps. margarine
- ☐ 1 1/2 Tbsps. butter
- ☐ 3/4 cup low fat buttermilk
- ☐ 2 turkey breast halves, bone-in or boneless, skin on
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### SPICES/BAKING INGREDIENTS

- ☐ 1 Tbsp. brown sugar
- ☐ 2 cups flour, all-purpose unbleached, white
- ☐ 2 tsps. baking powder
- ☐ 1/2 tsp. baking soda
- ☐ Olive oil spray
- ☐ 3 1/2 Tbsps. extra virgin olive oil
- ☐ 1 1/2 tsps. kosher salt
- ☐ 1/2 tsp. freshly ground black pepper
- ☐ 1 tsp. garlic powder
- ☐ 1 tsp. dry mustard
- ☐ 1 tsp. paprika
- ☐ 1 tsp. ground sage
- ☐ 1 tsp. dried thyme
- ☐ 1 garlic clove, minced
- ☐ \_\_\_\_\_

### ABBREVIATIONS

oz. — ounce  
Tbsp. — tablespoon  
tsp. — teaspoon

### OPTIONAL HEALTHY SNACKS

- ☐ Apples
- ☐ Bananas
- ☐ Carrots
- ☐ Celery
- ☐ Hummus
- ☐ Nuts

# SWEET POTATO BISCUITS

## INGREDIENTS

- 1 sweet potato cooked, mashed
- 2 Tbsps. butter
- 1 Tbsp. brown sugar
- 2 cups flour, all-purpose unbleached, white
- 2 tsps. baking powder
- 1/2 tsp. baking soda
- 3/4 cup low fat buttermilk
- 2 Tbsps. pecans



## QUICK TIP

Make any dough nutritious by adding veggies, like sweet potato biscuits and cauliflower pizza crust.



Makes

8-9

Prep & Cook  
Time

25 min.

Difficulty



## INSTRUCTIONS

1. Preheat the oven to 400°F.
2. Combine the sweet potato, butter and brown sugar in a bowl and beat well.
3. In a separate bowl, combine the flour, baking powder and baking soda. Add the buttermilk.
4. Combine the sweet potato and flour mixtures. Fold in the pecans.
5. Turn the dough out on a lightly floured surface. Knead only for 8 strokes. Roll the dough out to 1/2-inch thickness. Cut with the floured rim of a glass or use a floured biscuit cutter.
6. Place on an ungreased cookie sheet and bake for 16-18 minutes until tops are browned and biscuits are flaky.

## MAIN COURSE

# ROASTED TURKEY BREAST

### INGREDIENTS

- Olive oil spray
- 2 turkey breast halves, bone-in or boneless, skin on
- 2 Tbsps. extra virgin olive oil

Seasoning Mix:

- 1 tsp. kosher salt
- 1/4 tsp. freshly ground black pepper
- 1 tsp. garlic powder
- 1 tsp. dry mustard
- 1 tsp. paprika
- 1 tsp. ground sage
- 1 tsp. dried thyme



### NOTES

If roasting a whole turkey breast rather than turkey breast halves, more time is needed. Loosely cover it with foil after the first 45 minutes of roasting, to avoid scorching the top.

Makes

2

Prep & Cook  
Time

1 hr. 15 min.

Difficulty



### INSTRUCTIONS

1. Preheat oven to 450°F. Fit a roasting rack inside a roasting pan and spray the rack with olive oil spray.
2. Brush the turkey breast halves with olive oil and rub with the seasoning mix.
3. Place skin side up on the roasting rack.
4. Roast 45-60 minutes, until the skin is brown and juices run clear when pierced with a fork. If using an instant-read thermometer, your target temperature is 165°F, but you can take the turkey out of the oven at 160°F. It will reach 165 degrees while it rests. If roasting longer than 45 minutes, cover loosely with foil to avoid scorching the top.
5. Remove from oven, cover loosely with foil and allow to rest 15-20 minutes on rack before carving.

# GREEN BEANS WITH LEMON AND GARLIC

## INGREDIENTS

- 2 cups of water
- 1 1/2 pounds green beans, trimmed
- 1 1/2 Tbsps. olive oil
- 1 1/2 Tbsps. butter
- 1 garlic clove, minced
- 2 Tbsps. lemon juice
- Dash of salt
- Dash of pepper



## INSTRUCTIONS

1. Boil water in a large skillet. Add the beans, cover and simmer on low heat for about 8 minutes. Drain beans and pat dry.
2. Heat oil and butter in pan. Add garlic and sauté for 30 seconds.
3. Add beans, lemon juice, salt and pepper. Cook for 2 minutes (or until hot).
4. Serve!

Makes

3-4

Prep & Cook  
Time

35 min.

Difficulty



## QUICK TIP

Be sure to fill half your plate with fruits and veggies. These green beans are sure to be a hit with the kids!



For more healthy holiday recipes, visit **ShapeYourFutureOK.com**.