

## The Perfect Breakfast Omelet

Makes one serving

### Ingredients

1 tsp. oil  
1 tsp. butter  
2 eggs, beaten (or use 1 egg plus 2 egg whites for a lighter version)  
1 T. water  
1/8 tsp. Fox Point Seasoning blend, or your favorite seasoning  
3 T. turkey or ham, chopped (warm, not cold)  
2 T. cheese, your favorite variety  
¼ cup fresh steamed spinach, or leftover spinach dip or spinach casserole

### Preparation

1. In a bowl, whisk eggs together with water and seasoning.

Preheat non-stick skillet over medium heat.

Melt butter and oil together in the skillet.

2. Add egg mixture to skillet. With a heatproof spatula, continuously scrape down edges of skillet, bringing liquid to center and swirl the mixture to cook it evenly. 3. When eggs are set and almost cooked, add rest of the ingredients. Ease spatula under eggs, fold over in skillet and slide onto plate.

Notes: Quantities of turkey/ham, cheese and spinach ingredients can be adjusted to your tastes.

Cooking spray can be used instead of butter and oil. (Make sure its transfat free.)

This dish can be made ahead and kept warm or refrigerate it cooled and packaged individually for a quick breakfast later in the week.

## Lunch: Individual Turkey Thai Salads

Makes about 16 small servings

### Thai Vinaigrette Dressing

1 tablespoon chile paste, (sambal olek)

1 clove garlic, minced

3 tablespoons sugar (or more to taste)

3 tablespoons rice wine vinegar

1/3 cup lime juice, fresh squeezed

1/8 cup fish sauce

2 teaspoons sesame oil

1/4 cup canola oil, or peanut oil

Fresh mint and cilantro, minced

### Salad

2 lbs. shredded coleslaw mix (can use store packaged mix)

1/2 cup fresh mint leaves, finely chopped

1/2 cup fresh cilantro, finely chopped

2-3 cups turkey breast, cut into julienne slices

1 small red onion, thinly sliced lengthwise

2 jalapeno, seeded and sliced

1/2 English cucumber, quartered and sliced thinly

2 carrots, julienne sliced

1 red or yellow bell pepper, julienne sliced

1/2 cup toasted sliced almonds, cashews, or peanuts; chopped roughly

Wonton chips

### Preparation

1. Make vinaigrette by combining ingredients. Add fresh herbs just before using on salad.
2. Add salad ingredients into large bowl. Toss with vinaigrette to taste.
3. Divide among 8 oz. bowls or take out containers and garnish with wonton strips.

### Dinner: Turkey Pot Pies or Shepard's Pies

Serves 8

### Ingredients

3 cups cooked turkey meat, cut into chunks

3 cups cooked vegetables or frozen vegetables (in winter I like roasted butternut squash, parsnips, green beans, celery, frozen peas, carrots)

1 quart turkey gravy (can be homemade or store-bought)

Salt & pepper

Fresh herbs, your choice

### Preparation

1. Place turkey, vegetables and gravy into 13 x 9 baking dish. Mix together.

2. Choose crust topping:

. Puff Pastry Topping - Buy puff pastry sheets in frozen food section and thaw for about 20 minutes.

Cut sheet to fit baking dish and place on top of turkey mixture.

If desired, then brush sheet with a egg that's been whisked with a splash of water.

. Pie Crust Topping - Can use store-bought pie crust (or use recipe below). Cut to fit baking dish. Brush with whisked egg, if desired.

- . Shepard's Pie - Use mashed potatoes or stuffing on top of turkey mixture. Drizzle with some melted butter before baking.
3. Bake uncovered at 400 for about 30 minutes or until lightly browned.

#### Cornbread Biscuit Crust Recipe

##### Ingredients

- 2 1/2 cups biscuit mix. Can use reduced fat version.
- 2/3 cup yellow corn meal
- 2 tablespoons olive oil
- 1 teaspoon salt

##### Preparation

1. Mix dry ingredients.
2. Gradually add olive oil and buttermilk, whisking until combined. Mixture will be thick.
3. Spread over turkey mixture and bake as directed above.