



Low Fat Turkey Gravy

8 servings (½ cup each)

3 medium carrots, diced
2 small onions, diced
3 stalks celery, diced
1 Tbsp. olive oil
¼ cup cornstarch
¼ cup water
4 cups turkey broth (or any low fat low sodium broth)
Salt and pepper

- In a large saucepan, add olive oil diced carrots, onions and celery sauté over medium heat until softened.
- Add turkey broth and bring to a boil, reduce heat and simmer for 10 minutes.
- Meanwhile, in a small bowl, blend until smooth the cornstarch and water.
- Strain vegetables out of gravy. Return gravy to heat.
- Whisking constantly, slowly add the cornstarch mixture and continue stirring until the gravy is thickened.
- Season to taste with salt and pepper.

Nutritional information:

Calories: 62	Total fat: 1.8g
Saturated fat: 0g	Carbohydrates: 9.5g
Dietary Fiber: 1.5g	Protein: 2.2g