

A Surprising Lower-Calorie Thanksgiving Dinner

(NAPSA)—That annual Thanksgiving dinner can run as high as 4,000 calories, but there are some surprisingly simple ways to cut calories.

According to a recent LouAna Oil/Cajun Injector Marinade survey, 40 percent of adults say they consume more than 2,000 calories during their annual dinner and 8 percent say they consume more than 4,000 calories. Most of those surveyed say they plan to keep a closer watch on their calories this year.

To help, Pat Mould, chef/owner of Louisiana Culinary Enterprises and author of “Recipes From a Chef,” has created a fried-turkey dinner that’s just 1,805 calories*:

- **Cajun-Fried Turkey: 220**
- **Cajun Injector Creole Butter Marinade: 0**
- **Butternut squash soup with toasted pumpkin seed: 190**
- **Pear, Gorgonzola, sweet and spicy pecan salad: 910**
- **Cane syrup herb vinaigrette dressing: 140**
- **Old-fashioned turkey stuffing: 140**
- **Cranberry and Apricot dressing: 130**
- **Low-fat Turkey gravy: 15**
- **Oven-roasted acorn squash: 60**

*Calorie-count determined by San Antonio food technologist Karen Schroeder of Menu Doctor

What You’ll Need to Make Fried Turkey

- **10- to 12-pound fresh or thawed turkey**
- **16-oz. jar of Cajun Injector Creole Butter Marinade**
- **3 gallons of LouAna Peanut Oil**
- **Cajun Injector Electric Fryer**

Making the Fried Turkey



A fried turkey dinner can be delicious and lower in calories than you might imagine. You can use a tasty zero-calorie marinade.

1. **Pour peanut oil into the electric fryer up to the fill line.**
2. **Heat and maintain oil at 350 degrees F throughout the frying process to avoid greasy turkey.**
3. **After cleaning out the turkey, pat it dry inside and out.**
4. **Inject marinade into the breast, thighs and legs—1 ounce per pound of turkey.**
5. **Place the turkey in the fryer basket, breast side up. Using protective gloves, slowly lower it to avoid splattering.**
6. **The oil temperature will drop when you add the turkey, so be sure to bring it back up to 350 degrees F.**
7. **Allow to cook 4 minutes per pound. Turn off the fryer and carefully lift the basket out of the fryer.**
8. **Move the basket to a preparation area lined with paper towels. Insert a meat thermometer into the breast to make sure the cooked turkey is registering 170 degrees F.**
9. **Place the turkey on its back on a platter lined with paper towels to absorb any oil and let it sit for 10 minutes.**

Serves: 8 to 10 people

Visit www.louana.com and www.brucefoods.com for more information on frying, safety and the other recipes in this lower-calorie meal.