**Thursday, Thanksgiving Dinner**

**Produce**

garlic (if needed)

2 yellow onions

celery (if needed)

1 lb. Brussels sprouts

1-1/2 lb. sweet potatoes or yams

4 lbs.  Russet potatoes

2 Portabella mushrooms *(if eating meatless)*

1 lb. cremini mushrooms(if eating meatless)

1 tart apple

12 oz. dried cranberries

8 oz. pecan halves

**Canned/Dried Foods**

two 15 oz. cans whole cranberries

olive oi*l (if needed)*

two 32 oz. boxes low sodium vegetable broth *(if cooking meatless)*

two 32 oz. boxes low sodium chicken broth *(if eating meat)*

low sodium soy sauce *(if needed)*

Balsamic vinegar *(if needed)*

Dijon mustard *(if needed)*

unbleached flour*(if needed)*

brown sugar*(if needed)*

sage leaves *(if needed)*

dried oregano leaves *(if needed)*

dried basil leaves*(if needed)*

bay leaf *(if needed)*

dried rosemary leaves *(if needed)*

dried thyme leaves *(if needed)*

ground cinnamon *(if needed)*

white wine to cook with*(if needed)*

**Frozen Foods**

**Meat/Fish/Poultry**

1 turkey (figure one and one half lb. per diner)

***Chilled Foods/Dairy***

butter(if needed)

nonfat milk (if needed)

**Additional Items**

Gauze or paper tea bags (for spices)  
Cilia by Melitta makes a good one