*Enjoy the flavors of Fall. Try this recipe chock full of Fall flavors –sweet potatoes, apples, cranberries, and turkey. If you don’t have turkey, use leftover or canned chicken.*



**Harvest Stew** Makes 4 servings

1 tablespoon canola oil

1 medium onion, chopped

2 large carrots, cut into ½ inch pieces

1 stalk of celery, cut into thin slices

2 medium sweet potatoes or yams, peeled and cut in half, and cut into ½ inch pieces - about 2 cups (you can also use white potatoes or a mix of both).

1-1 ½ cups low sodium chicken broth

1 bay leaf

½ teaspoon dried thyme (optional)

2 medium sweet, juicy apples, peeled, cored and cut into bite-size pieces

1 cup fresh cranberries or a can of whole cranberries, rinsed and drained

2 cups diced cooked turkey (You can also use leftover chicken, or canned chicken, rinsed and drained)

Salt and freshly ground black pepper, to taste

1. In a deep pan or skillet, heat the oil over medium-high heat. Cook the onion until it softens, about 4 minutes.
2. Add the carrot, celery, and potatoes. Lower heat to medium and sauté until the vegetables become lightly browned, stirring frequently.
3. Add the bay leaf, thyme, and 1 cup of broth.
4. Lower the heat to a simmer, cover and cook until the vegetables are almost tender, about 10 -12 minutes.
5. Stir in the apple and cranberries. If the mixture seems dry add more broth to cook the fruit. Simmer until the apple has softened and the cranberries are tender, about 5 minutes.
6. Add the turkey. Heat for a few minutes, until the turkey is hot. Season to taste with salt and pepper. Remove the bay leaf before serving.

Recipe adapted from: American Institute for Cancer Research, The New American Plate Cookbook,2005.

**To make this for 2:** Reduce the ingredients: Use: ¼ cup chopped onion, 1 carrot, ½ stalk of celery, 1 potato, ½ cup of broth, ¼ teaspoon thyme, 1 apple, ½ cup cranberries, and 1 cup turkey or chicken.