

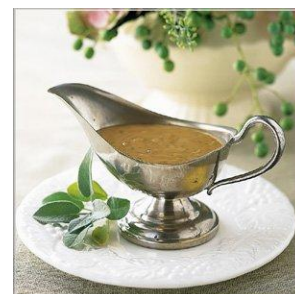
Low-Fat Gravy

8 Servings

Gravy can be the downfall of an originally clean and healthy meal. Most gravy is drowning in fat, and most of us drown our turkey dinners in gravy! That's definitely not a Clean-Eating principle. Here is a recipe that is absolutely delicious and still nutritious. So go ahead (if you must) and drown your turkey in a gravy you can feel good about.

Ingredients for broth

Giblets from turkey
Onion
Carrot
Bay Leaves
Peppercorns
Celery Greens
Turkey drippings



Preparation

- In a saucepan place the giblets and cover them with water.
- Add one medium cooking onion and one carrot.
- Throw in a few bay leaves, peppercorns and celery greens.
- Simmer for about 3 hours and remove the foam as you go.
- Strain the liquid through a fine mesh sieve and reserve for the gravy. Cover and let sit until ready to use.
- Once the turkey has been roasted pour the pan drippings into a gravy separator and allow the strained, fat-free liquid to collect in a medium sauce pan. (OR)
 - Place all the pan drippings in a refrigerator and let the fat harden.
 - Then remove it with a spoon.
 - Use the remaining liquid, which has probably turned into a jelly-like substance by now. Don't worry! That is a good sign because it means it is solid protein.
- Combine the strained giblet gravy with the turkey drippings.
- Yields about 3-4 cups of liquid.

Make Gravy~

Ingredients

1 Tbsp cornstarch or arrowroot powder
¼ Cup cold broth.

Preparation

- Mix these ingredients well in a small bowl.
- Mix this solution into 1 to 1 ½ cups simmering broth.
- For every 1 to 1 ½ C of broth make another solution of cornstarch or arrowroot.
- Season with sea salt.
- Serve Hot!