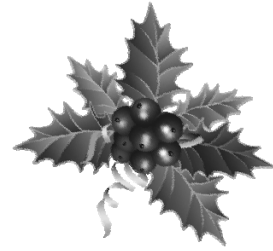


Low-Fat Gravy

2 Tbsp. oil or turkey drippings
2 Tbsp. finely chopped onion
2 Tbsp. finely chopped celery
2 Tbsp. flour
½ tsp. salt
½ tsp. pepper
¼ to ½ tsp. poultry seasoning
2 Tbsp. fresh chopped parsley (or 2 tsp. dried parsley)
2 c. chicken or turkey broth (fat removed) and/or skim milk



1. Add oil or drippings, onion, and celery to saucepan or skillet. Sauté vegetables until tender.
2. Remove from heat and stir in flour and seasonings, making sure flour does not lump.
3. Slowly stir in broth, stirring well to avoid lumping.
4. Return to heat source and cook over medium heat, stirring constantly, until gravy has thickened.

Yield: 2 to 2 ½ cups (8 to 10 servings)

Nutritional Information: Per serving: (1/4 c)

Calories: 33

Total Fat: 2.8 g

Cholesterol: 0 mg

Carbohydrates: 2.4 g

Protein: 0 g

Sodium: 302 mg (130 mg with low sodium broth; 14 mg. with low sodium broth and no added salt)