



## *Organic Turkey with Cornmeal Stuffing*

When selecting your turkey, you can choose to purchase frozen or fresh. If organic is too expensive, you might want to consider a natural turkey. For the definition of organic and natural, you may search the Internet. I have found Whole Foods offers the best price.

The process to roast the turkey can be found in any recipe book or on-line.

### **Cornmeal Stuffing**

1 bag of cornmeal stuffing

1 lb of bacon (no nitrites or nitrates) – when cooked, bacon should be limp not crisp. (Save two slices (un-cooked) to later drape over your turkey before putting it in the oven or roaster).

1 large onion

5 cloves of garlic

1 – 8 Oz. can of pineapple chunks

1 large Golden Delicious or Granny Smith apple

1-cup raisins

Herb salt to taste (try Herbamere Seasoning Salt – look for it at health food stores).

Cook the bacon, and place over paper towel to soak up the grease. Once it cools off, cut into small pieces.

Dice the onion in small pieces and mash or cut the garlic in tinny pieces. Warm a ½ a stick of butter in a frying pan and add the onions and garlic until golden brown. Add more butter is necessary.

Drain the pineapple chunks.

Peel and cut the apple in thin slices.

Place the cornmeal stuffing in a large bowl (large enough to be able to mix all ingredients comfortably). Add the cooked bacon, onions and garlic, pineapple chunks, apple slices and raisins and the Herbamere Seasoning Salt to taste and mix together.

Proceed to stuff the turkey as in any other recipe.