

FOOD & FITNESS

IOWA STATE UNIVERSITY EXTENSION

HEALTHY HOLIDAY RECIPE HINTS



This year when you serve pumpkin pie, make it a “lighter version.” Use less sugar, egg whites instead of whole eggs, and evaporated skim milk. When it is time to serve the pie, cut the pie into 10 pieces. These small changes will save 80 calories and 5.5 grams of fat per slice. Remember - pumpkin pie is a custard and should be refrigerated.

When making gravy, use a fat separator cup for broth. Or, freeze turkey juice in a shallow pan and remove the fat. Save about 308 calories and 2 grams of fat per cup.

Your favorite mashed potato recipe can be made healthier by using trans-fat free margarine instead of butter; cut the amount in half. Use skim milk. Season with garlic powder and black pepper to taste. Add chopped fresh herbs, a little bit of Parmesan cheese, or fresh cracked black pepper for more flavor. Use paprika on top to add color.

Prepare your stuffing recipe or boxed stuffing mix according to directions, but omit the butter or margarine. Add 3 cups of sautéed apples, onion, and celery mixed together; 3 cups cooked brown rice; and 1 cup broth. Bake and enjoy. Compared to most recipes, for every 1/2 cup stuffing you save 86 calories, 4 grams fat, and 468 mg sodium.

If holiday recipes call for cream cheese, use fat-free cream cheese. Substitute low-sodium farmer’s cheese for Mozzarella or cheddar cheese.

DEAR RISK REDUCER

So you found a turkey that has been in your freezer for a year. Is it still safe to cook and enjoy? A whole turkey can be safely frozen for 12 months if the temperature in the freezer has been constant.

The best way to thaw a turkey is in the refrigerator. It will take one day for each five pounds of turkey. A turkey can also be cooked from the frozen state. The cooking

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time will be at least 50% longer than needed for a fully thawed turkey. Use cooking tongs or a fork to remove the giblet packet as the turkey becomes pliable.

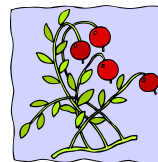
For more information on preparing foods, call ISUE Answerline at 1-800-262-3804.

Healthily Yours,
Barbara Anderson
Nutrition and Health Program Specialist

POWER PACKED CRANBERRIES

High in fiber and vitamin C with only 25 calories per 1/2 cup, fresh cranberries are also low in sodium. They are a source of vitamins A and B, calcium, phosphorus, and iron. Cranberries are packed with antioxidants.

According to the Cranberry Institute, cranberries have a bacterial blocking activity which makes them helpful in preventing (not curing) urinary tract infections.



Fresh cranberries will keep in the refrigerator for one month. Frozen berries maintain quality for 9-12 months. Sweetened dried cranberries (craisins) keep for up to 12 months in a cool, dry place.

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Cooperative Extension Service, Iowa State University of Science and Technology, and the United States Department of Agriculture cooperating.

FOOD ALLERGY FACTS AND STATISTICS

Food allergies are a growing public health concern in the United States. Though the reasons are poorly understood, the prevalence of food allergies and associated anaphylactic reactions (severe and fatal reactions) appears to be on the rise.

Eight foods account for 90% of all food allergies reactions - milk, eggs, peanuts, tree nuts (walnuts, almonds, cashews, pistachios, pecans), wheat, soy, fish, and shellfish. Peanuts and tree nuts are responsible for 92% of severe and fatal allergic reactions.

The Food Allergen Labeling and Consumer Protection Act went into effect January 2006.



It requires the listing of the 8 major food allergens on food containers.

More than 12 million Americans have food allergies. That is one in 25 or 4% of the population. The incidence of food allergy is highest in young children - one in 17 among those under age 3.

There is no cure for food allergies. Strict avoidance of food allergens and early recognition and management of allergic reactions to food are important measures to prevent serious health consequences. Even trace amounts of a food allergen can cause a reaction.

Source: The Food Allergy and Anaphylaxis Network

TURKEY AVOCADO WRAP

A turkey avocado wrap is a delicious way to make use of leftover turkey. This tasty wrap may become a favorite lunch treat.

Ingredients:

1 (9-inch) whole-wheat tortilla wrap
1 tablespoon fruit chutney (mango or peach)
2 ounces roasted turkey breast, sliced
4 thin tomato slices
2 tablespoons shredded, low fat cheddar cheese
1 teaspoon minced cilantro (optional)
1/4 avocado, sliced into wedges

Yield: 1 wrap (1-2 servings)

Calories: 380 Iron 3.8 mg
Total fat: 11 g Calories from fat: 29%
Protein: 32 g Calcium: 107 mg

Instructions:

1. Lay the tortilla on a cutting board and spread with fruit chutney.
2. Cover the same area with sliced turkey.
3. Lay the tomato over the turkey.
4. Sprinkle with the cheese and cilantro.
5. Place the avocado wedges across the bottom of the tortilla, 2 inches away from the edge.
6. Fold the bottom of the tortilla up and over the avocado, fold the two sides in, and pull at the bottom.
7. Pull the rolled part toward you to keep the filling from pushing forward. This also helps make a firm roll.

Source: American Institute for Cancer Research