

# FOOD FOR FITNESS AND FUN

November 2001



## PICK A BETTER SNACK & ACT SALUTE

The featured produce items for November are pears, cranberries, sweet potatoes and pumpkin. Be sure to contact your county Extension Office for a copy of the snack ideas and the November PBS & Act Bingo card, OR check it ALL out on the web at:

[www.extension.iastate.edu/food/](http://www.extension.iastate.edu/food/)

## PEARS, BERRIES AND YAMS (10 servings)

This refreshing, colorful side dish uses several of the featured "Pick a Better Snack" produce items for November.

1 Tbsp. margarine	½ tsp. ground nutmeg
3 pears and/or apples, cored and cut into chunks	1 can (16 oz.) whole-berry cranberry sauce
1 can (40 ounces) yams, drained	½ cup orange marmalade

In a skillet, melt margarine over medium heat. Sauté pears/apples until crisp-tender. Place pears/apples and yams in a 3-qt. casserole coated with nonstick cooking spray. Sprinkle with nutmeg. Combine cranberry sauce and marmalade; spoon over yams. Bake, uncovered, at 350 for 30 minutes.

*Adapted from Taste of Home Low-Fat Country Cooking, Reiman Publications, 1997.*

## SPECIALTY SQUASH –

### JARRAHDAL AND LONG ISLAND CHEESE

My neighbors in Washington County introduced me to these two specialty squash varieties: Jarrahdale and Long Island Cheese. Their attractive color and shape allows them to double as centerpieces. The Jarrahdale is a drum shaped squash with heavy, rounded ribs and slate grey skin. It is medium sweet with a thick orange flesh. The Long Island Cheese squash has a smooth, tan skin and is similar in shape to a wheel of cheese. It has a deep orange, moderately sweet flesh. Both varieties boast a long storage life.

### WINTER SQUASH WITH CRANBERRIES

Arrange 2 cups of squash cut into large chunks in a shallow microwave safe dish. Add ½ cup fresh or frozen cranberries, 2 tablespoons brown sugar and 1 teaspoon margarine. (You may substitute canned cranberry sauce for the berry/sugar/margarine mixture.). Cover and cook in microwave on full power for 8 minutes or until tender.

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## SLOW COOKER DRESSING -

### MODIFICATION ENCOURAGED

We recently received the following information:

"We do not recommend cooking stuffing in the slow cooker. Our testing now indicates that slow cooking cooks food in a moist environment (which is why meat turns out so juicy and tender) while stuffing needs a very dry heat in which to cook." Rival, Slow Cooker Manufacturer.

Following is their former recipe that was cooked on high for one hour, then reduced to low to cook for 4-8 hours. I'm still sharing the recipe since many of you enjoy the flavor, but modifying it to be cooked in the oven.

½ cup butter or margarine	1 ½ tsp. salt
2 cups chopped onion	1 ½ tsp. sage
2 cups chopped celery	1 tsp. dried thyme
¼ cup parsley sprigs	½ tsp. pepper
2 8-ounce cans mushrooms, drained	3 ½ to 4 ½ cups broth or broth and giblets
12 to 13 cups slightly dry bread cubes	2 well beaten eggs
1 teaspoon poultry seasoning	

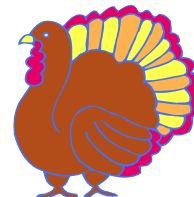
**NOTE:** If using seasoned stuffing mix- omit herbs and salt.

Melt margarine in skillet and sauté onion, celery, parsley and mushrooms. Pour over bread cubes in a very large mixing bowl. Add all seasonings and toss together well. Pour in enough broth to moisten, add beaten eggs and mix together well. Place stuffing into casserole dish. Bake, covered, at 325°F for 30-35 minutes or until hot.

## TURKEY IN THE STRAW (9 - 1 cup servings)

Source: Susan Uthoff, ISU Extension Nutrition FS, Linn County

1/2 cup chopped onion
1 - 8 ounce container plain yogurt
1 - 8 ounce package of dry noodles
3 cups cubed turkey
2 tablespoons margarine
1/4 teaspoon pepper
1 can cream of chicken soup



- 1) Cook package of noodles and set aside
- 2) Brown the chopped onion in 2 tablespoons margarine in 2 1/2 quart heavy saucepan
- 3) Stir in the turkey, pepper, cream of chicken soup
- 4) Simmer 5 minutes; stir often so mixture doesn't burn
- 5) Stir in plain yogurt and cooked noodles
- 6) Heat thoroughly and serve.

# Using an Electric Roaster TO ROAST A TURKEY



Basic Use instructions:

1. Place the removable liner into the roaster. ALWAYS use the LINER for food. NEVER place food directly in the roaster.
2. Preheating is recommended. To preheat, place the liner into the roaster and cover. Be sure temperature control is in the off position or at lowest setting. Plug cord into the 120 volt AC outlet. Reset the temperature control to desired temperature. Preheat 20 minutes or until red light goes off.
3. Use hot pads to add food to the liner. The wire racks may be used for baking or fat-free roasting. Other foods such as meats, soups and stews are prepared without the rack.
4. Replace the cover. ALWAYS cook with the cover in place.
5. Cook the food the desired amount of time. When finished, turn the temperature control to off and unplug the cord from the 120-volt outlet.
6. To clean the roaster: After it has cooled, remove the cover, rack (if used) and liner. Wash in warm sudsy water. HINT: To easily remove baked-on food residue, place liner in roaster. Fill liner with hot water. Cover and heat at 350°F for 30 minutes. Turn off and allow to cool completely. Wash in warm sudsy water. NEVER immerse the roaster oven in water.

Special tips for roasting a turkey:

- For additional browning of a fresh turkey, add ½ tsp. browning sauce to oil or margarine and brush over skin before roasting.
- For a self-basting turkey, preheat roaster to 400°F. Roast turkey at 400°F for first hour. Reduce heat to 350°F using time in chart below. The last hour of roasting, remove all juice from the liner and return temperature to 400°F.

Meat	Avg. Wt. In Lbs.	Temp. Setting Preheat/Roast	Approx. Min/Lb.
Turkey, pre-basted	10 to 14	400/350/400°F	12 to 17
Turkey, pre-basted	14 to 20	400/350/400°F	13 to 18
Turkey, whole fresh	10 to 14	400/350/400°F	15 to 20

## THAWING A TURKEY

Thawing in the refrigerator – allow 24 hours per 5 lbs.  
Thawing in cold water – allow 30 minutes per pound.

## WHEN THE TURKEY IS DONE?

The best way to know if the turkey is done is to use a meat thermometer. The temperature must reach:

- **180°F in the thigh of a whole turkey**
- **165°F in the stuffing inside the turkey**
- **170°F in the breast of a turkey.**

If you do not have a meat thermometer, do not stuff the turkey, but cook stuffing in a separate baking dish. To tell if the turkey is done, use a fork to poke the unstuffed turkey in a few places. The turkey juices should be clear with no pink color.

Besides checking with the thermometer and making sure the juices are clear, take a paper towel in your hand and move the leg of the turkey up and down. If it moves easily, or if the hip joint breaks, the turkey is done. And if the meat falls off the bone easily, it is done. Carefully remove the turkey from the oven and let it rest for 15-20 minutes before removing the stuffing and/or carving.

## REHEATING A TURKEY DINNER?

Reheat food thoroughly to 165°F until hot and steaming. Bring gravy to a rolling boil. Inadequate heating in the microwave or conventional oven can contribute to food-borne illness.

## HANDLING LEFTOVERS

Perishable foods should not be left out of the refrigerator for more than 2 hours. Refrigerate or freeze leftovers promptly in shallow containers. It is safe to freeze leftover turkey and trimmings – even if you purchased them frozen.

## STORAGE OF LEFTOVERS

### Refrigerator (40°F or slightly below)

Cooked turkey 3 to 4 days  
Stuffing and gravy 1 to 2 days  
Other Cooked dishes 3 to 4 days



### Freezer (0°F or lower)

Turkey slices or pieces, plain 4 mos.  
Turkey covered with broth or Gravy 6 mos.  
Cooked poultry dishes 4 to 6 mos.  
Stuffing and gravy 1 mo.

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