

FOOD FOR YOUR FAMILY AND FITNESS

Food for Fitness and Fun - November 2003

Pick a better snack™ – (how easy is that!)

NOVEMBER featured produce items for the Pick a better snack™ – the **color** way campaign include:

- Pumpkin
- Pears
- Sweet Potatoes
- Cranberries



To learn more about selection, storage and use – go to the Food for Fitness and Fun website at

www.extension.iastate.edu/food

BRING A DISH TO PASS

During the holiday season, we often gather in groups. These gatherings include, or feature, food. If you are planning such an event or are asked to bring food to such an event, **please** make time to **think** FOOD SAFETY FIRST.

- **The Two Hour Rule:** Food should **not** remain at room temperature longer than two hours.
- **Keep Hot Foods Hot and Cold Foods Cold:** Foods must NOT be in the danger zone of 40°F to 140°F for longer than two hours.

Use these two rules as you are making menu decisions. If a guest lives an hour or more away from where the event will be held, it may be safer to have them bring food that is to be served cold such as a salad, relish tray, rolls or a dessert. Reason – it's easier and safer to keep food cold - especially in the winter months.

Food that is to be served hot will take special consideration. Either choose someone who lives close to the site OR be ready to cook/heat the food on location after the guest arrives. Reason: The risk of food borne illness increases each time food is heated and then cooled. Example: Green Bean Casserole: It would be safer to transport this cold and then heat on site rather than prepare, cool and reheat. Further – the quality will be better if it's heated just once. For more information, request "Handle Food Safely" Pm 1442 or

<http://www.extension.iastate.edu/foodsafety/>

ALL YOU CAN EAT?

All you can eat buffets are so popular and so tempting. Try these tips to keep what you eat under control:

- Limit your meal to one plate of food
- Eat a salad first then go back for the meal
- Eat a piece of fruit before going to dinner.
- Take small portions.

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STUFFING – MIX IT HEALTHY

Problem: Stuffing mixes and recipes are often very high in sodium.

Solution: Make them lighter without sacrificing flavor. Here's how: For 4 cups of prepared stuffing (or 1 box of prepared Stove Top stuffing mix), you will need the following ingredients:

- 1 cup each: diced apples, onions and celery
- 1 Tablespoon margarine
- 3 cups cooked brown rice
- 1 cup low-sodium broth

Directions: Sauté the apples, onions and celery in the margarine. When they are soft (about 3-5 minutes), add the prepared stuffing, cooked rice and broth. Combine and place in covered casserole or baking dish. Bake for 45 minutes at 350°F.

Nutritional Information: Serves 16 – Each serving (1/2 cup): 104 calories, 3 g fat, 0.5 g saturated fat, 0 mg cholesterol, 175 mg sodium, 16 g carbohydrate, 1.5 g fiber, 2 g protein.

Source: *Communicating Food for Health, November 2003*

SLOW COOKER DRESSING*

This recipe has become a tradition for some families. You could make it healthier by cutting back to just 4-5 Tbsp of margarine, ½ to 1 teaspoon salt and using low sodium broth. Prep time~15 min. Cook time 5+ hrs.

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-oz. cans mushrooms, drained	3 ½ to 4 ½ cups broth
1 14 oz. bag unseasoned stuffing	2 pasteurized eggs
1 teaspoon poultry seasoning	

Melt margarine in skillet and sauté onion, celery, parsley and mushrooms (optional) until cooked. Pour over bread cubes in a very large mixing bowl. Add all seasonings and toss together well. Pour in enough broth to moisten. Add pasteurized eggs (ex. Egg Beaters) equal to 2 eggs and mix together well. Place stuffing into slow cooker. Cook on high for one hour then on low 4 to 8 hours. Final temperature should be 165 degrees F.

Note: To bake in oven, put dressing into casserole dish. Bake, covered, at 325°F for 30-35 minutes or until hot.

*When cooked 'on the side' such as in a casserole dish or in a slow cooker, it is called dressing.

LIGHTEN UP PECAN PIE

Use reduced-calorie pancake syrup instead of regular; substitute half of the pecans with Grape Nuts® Cereal; use egg whites instead of whole eggs; add 1 Tbsp. flour.

BUYING A WHOLE TURKEY

Allow a minimum of one pound of turkey per person. If you want leftovers, allow 1.5 pounds per person.

THAWING A TURKEY

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

WHEN IS THE TURKEY 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.

TURKEY GRAVY: Transfer the cooked poultry to a serving platter. Pour pan drippings into a large measuring cup. Skim and reserve fat from drippings. Pour ¼ cup of the fat into a medium saucepan – discard the rest. Stir in ¼ cup all purpose flour. Add enough broth or water to the remaining drippings in the measuring cup to equal 2 cups. Add liquid to flour mixture in saucepan. Cook and stir over medium heat until thick and bubbly. Cook and stir for one minute more. Season to taste with salt and pepper. Makes 2 C.

GARLIC SWEET POTATOES SERVES 6

1 small whole head garlic
6 small unpeeled sweet potatoes (2 ¼ lbs)
1/3 cup low-fat sour cream
¼ tsp. salt; 1/8 tsp. pepper

Trim ¼ inch from top of head of garlic - do not peel or separate cloves. Wrap garlic in aluminum foil coated with vegetable spray; place garlic and sweet potatoes on a baking sheet. Bake in 400°F oven for 1 hour and 15 minutes; let cool 10 minutes. Separate cloves and squeeze to extract 2 tsp. pulp. Remove and discard skins from potatoes. Mash potato pulp; stir in garlic pulp, sour cream, salt and pepper. Serve hot.

LOW-CAL CRANBERRY SAUCE

12 ounce bag cranberries
1 cup apple juice
¾ cup Splenda brand sweetener
Mix all ingredients in a 2 quart sauce pan and bring to a boil over high heat. Lower heat to medium and simmer until berries are tender, about 10 minutes. Serve warm or chill for later use.

Source: *Communicating Food for Health*, November, 2001

LIONS, TIGERS AND BEARS – PUMPKIN PIE!

1 ½ tsp Butterscotch Instant Sugar-Free Pudding Mix
¼ cup Fat Free Milk
¼ cup Canned Pumpkin Puree
1/8 teaspoon Pumpkin Pie Spice
Assorted Animal Crackers

In a small plastic bag, combine pudding mix and milk. Close bag and shake about one minute. Add pumpkin and spice to bag. Shake to mix. When mixed, cut a hole in the bottom corner and squeeze mixture into a cup. Use assorted animal crackers as spoons to eat the pie!

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 regular oven can lead to foodborne 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
Cooked Vegetables	3 to 5 days
Pumpkin Pie	2 to 3 days
Fruit Desserts/Pie	3 to 5 days
Soups	2 to 3 days
Canned Cranberry Sauce	5 to 7 days
Restaurant Carry-out Entrees	– 1 day

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 month



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and justice for all

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