

FOOD FOR FITNESS AND FUN

November - 2007

Count your blessings and be thankful. This month I am featuring soup, dessert, leftovers and food safety. Enjoy! Jan

CRUNCHY PUMPKIN PIE YIELD: 9 SERVINGS

With only a small amount of oil in the crust and skim milk in the filling, this is a healthier treat.

FOR CRUST:

1 cup quick cooking oats	1/4 tsp. salt
1/4 cup whole wheat flour	3 Tbsp. vegetable oil
1/4 cup ground almonds	1 Tbsp. water
1 Tbsp. brown sugar	

FOR FILLING:

1/4 cup brown sugar	1 egg, beaten
1/2 tsp. ground cinnamon	4 tsp. vanilla
1/4 tsp. ground nutmeg	1 cup canned pumpkin
1/4 tsp. salt	2/3 cup evaporated skim milk

Preheat oven to 425 degrees. To prepare crust: Mix oats, flour, almonds, sugar, and salt in a small mixing bowl. Blend oil and water in measuring cup with a fork or small wire whisk until emulsified. Add oil mixture to



dry ingredients and mix well. If needed, add small amount of water to hold mixture together. Press into 9-inch pan, and bake for 8-10 minutes, or until light brown. Turn oven down to 350 degrees. To prepare filling: Mix sugar, cinnamon, nutmeg, and salt in a bowl. Add egg and vanilla, and mix to blend ingredients. Add pumpkin and milk and stir to combine. Assembling: Pour filling into prepared pie shell. Bake for 45 minutes at 350 degrees or until knife inserted near center comes out clean.

Each serving: 162 calories, 8 g fat, 1 g saturated fat, 0 trans fat; 24 mg cholesterol, 163 mg sodium, 19 g carbohydrate, 3 g fiber, 5 g protein

Source: Keep the Beat-Heart Healthy Recipes, USDHHS

IS PINK TURKEY MEAT SAFE?



The color of cooked poultry is not always a sure sign of its safety. Only by using a food thermometer can one accurately determine that poultry has reached a safe minimum internal temperature of 165 degrees F throughout the product. Turkey can remain pink even after cooking to a safe minimum internal temperature. Smoked turkey is always pink.

Source: FSIS Food Safety Information; USDA.

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EASY SQUASH SOUP YIELD: ABOUT 5 CUPS

This is an easy, low-fat, way to prepare winter squash.

4 cups butternut squash, cooked	1/2 tsp nutmeg
2 cups low sodium chicken broth	1/2 tsp. onion powder
1 cup unsweetened applesauce	Salt and pepper
1 1/2 tsp. cinnamon	1/3 cup reduced fat sour cream (optional)

Wash squash thoroughly in cold running water. Heat the whole squash in a microwave for 2 minutes. Using a sharp knife, cut squash in fourths; remove seeds; use peeler to remove shell. Return peeled squash to microwave safe dish with 1 Tbsp. water and cook, covered, on high until tender - about 12-15 minutes. When tender, place in blender or food processor. Add broth, applesauce, and seasonings. Puree until smooth. Heat to serving temperature in microwave.

Garnish with sour cream if desired.



Each 1 cup serving: 115 calories, 2 g fat, 1 g saturated fat, 0 trans fat; 6 mg cholesterol, 125 mg sodium, 24 g carbohydrate, 7 g fiber, 3 g protein.

SOUTH OF THE BORDER TURKEY

A tasty way to use leftover turkey.

YIELD: 8 SERVINGS

2 cups cooked, diced, turkey breast	1 small tomato, finely chopped
1 teaspoon vegetable oil	1/2 tsp salt
1/2 cup mozzarella cheese, grated, low-fat	8 tortillas (whole wheat preferred)
1/2 small onion, finely diced (1/4 cup)	1/4 cup fat free cream cheese
1 clove garlic, minced	Vegetable spray
1 medium green pepper, seeded and minced	



In a saucepan over low heat, sauté onion, garlic, green pepper, and tomato. Stir in diced turkey and heat through. Warm tortillas in microwave for 30 seconds.

Spread half of each tortilla with a thin layer of cream cheese. On half of the tortilla, put 1/4 cup turkey/vegetable mixture. Top with a tablespoon of mozzarella cheese. Fold in half pressing edges together. In a skillet, over medium high heat, warm until brown on each side. Serve hot.

Each serving: 348 calories, 7 g fat, 2 g saturated fat, 0 trans fat; 52 mg cholesterol, 604 mg sodium, 42 g carbohydrate, 3 g fiber, 26 g protein.

IDEAS FOR LEFTOVER TURKEY

- Stir fry pieces of cooked turkey with sliced onion, green pepper, and broccoli. Add 1/4 cup water and 1 Tablespoon soy sauce. Heat and serve over rice.
- Wrap sliced turkey, cheese, lettuce and tomato in a whole wheat tortilla for a turkey wrap.
- Mix chunks of cooked turkey with drained, canned black beans, 1/2 cup sweet corn, one cup chopped raw vegetables, and Italian dressing. Serve on lettuce, or mix with cooked, cold macaroni, brown rice or quick barley for a tasty salad.
- Sauté onion, sweet pepper, and mushrooms if you like, in a small amount of vegetable oil. Add a can of crushed tomatoes, a pinch of oregano, garlic powder, basil, and hot pepper (or your favorite spaghetti sauce.) Stir in pieces of turkey. Heat and serve over cooked pasta. Top with grated cheese.
- Sauté onion, garlic and celery in a small amount of oil. Stir in 1 teaspoon each of ground cumin, oregano, and chili powder, and a pinch of hot pepper. Add drained, canned white beans, turkey pieces, and enough chicken or turkey broth to cover. Bring to a boil, lower heat and cook for 30 minutes. Just before serving, stir in some grated Monterey Jack or cheddar cheese. Heat until cheese melts. Serve with corn bread and salad.



COOKING FROZEN TURKEY



Yes, it is safe to roast an unstuffed turkey from the frozen state. However, cooking time will take longer than a fresh or thawed bird. To determine an approximate cooking time,

consult a timetable for oven-roasting a whole turkey. Use the timing for the size bird you have, and then add 50% of that time to the original time. Do not smoke, grill, deep fat fry, microwave or use an oven cooking bag to roast a frozen turkey.

Roasting time is approximate, so check the turkey often near the end of the estimated cooking time. Insert a food thermometer in the innermost part of the thigh, when it has defrosted enough to easily insert one. The turkey is safely cooked when the food thermometer reaches a minimum of 165 degrees F in the innermost part of the thigh and wing and the thickest part of the breast.

Giblet packages and the turkey neck may be found inside the turkey cavity and/or tucked under the flap of skin at the front of the breastbone. When the turkey has sufficiently defrosted, the package may be removed carefully with tongs and/or forks during the cooking.

If the giblets were paper wrapped before being inserted (which is the case with most whole birds) there is no concern if they cook completely inside the bird. If the giblets were packed in a plastic bag, and the bag has been altered or melted by the cooking process, do not use the giblets or the turkey. Harmful chemicals may have leached into the surrounding meat. If the plastic bag is not altered the meat should be safe to eat.

EXAMPLE: To roast a 12-13 pound turkey, allow 5 to 5 1/2 hours with the oven set at 325 degrees. After about 3 1/2 hours, the giblets may be removed to make into stock, if desired. At 4 1/2 to 5 hours, the turkey should be cooked – check the temperature to be sure. Research shows the final product is juicy, tender, and safe because it eliminates many of the opportunities for cross contamination.

Source: Barbara Anderson, ISU Extension Nutrition FS housed in Wapello County

HANDWASHING IS ESSENTIAL

The most commonly used utensil in food production is the preparer's hands, which is why proper and



timely handwashing is essential to preventing foodborne illness. Hands should be washed before preparing food; after taking a break; after using the restroom; after sneezing, coughing or using a tissue; after touching any part of

the body; and before putting on single-use gloves.

Source: Iowa State University Extension,

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

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