Words on Wellness

Your extension connection to nutrition and fitness

Roasting a Frozen Turkey

It's ok and actually safer to cook your turkey (under 15 lbs.) when it's frozen. A frozen turkey won't drip juices around the kitchen, won't waste water as you try to thaw it, and will come out of the oven juicy and full of flavor. It's critical that the final temperature of the deep portions of the turkey reach at least 165°F to prevent food-borne illness. The National Turkey Federation recommends that the temperature reach 175° to 180°F in the leg/thigh portion. Here are the directions for cooking a frozen turkey.

You'll Need:

- 12-15 lb. frozen turkey–***do not use this method for birds larger than 15 pounds***
- Large shallow baking pan and rack
- Aluminum foil
- Food thermometer (bimetallic quick read or digital quick read)

Time: Depends on size; add 50% more time than for thawed turkey the same size. Plan on 5 - 5 ½ hours for a 12 - 14 lb. turkey.

End Temperature: A minimum of 165°F at the deepest part of the breast or thigh (make sure not to touch the bone with the thermometer). For better quality, the temperature should be 175° - 180°F.

Procedure:

1. Preheat oven to 325°F, making sure that the pan will fit on the middle shelf.
2. Line the baking pan with foil and place the rack in the pan.
3. On a clean surface, unwrap the frozen turkey and place it on the rack.
4. At 3 hours: If turkey is defrosted, giblet packages can be removed with tongs and/or forks. Giblets packaged in plastic should be removed and cooked separately; if the plastic bag has melted or been altered, do not consume the giblets. Giblets packaged in paper can be removed and cooked separately, or cooked completely in the bird making sure they reach 165°F.
5. At 4 to 5 hours: Measure temperature at deepest point in the breast. Minimum temperature: 165°F. Keep roasting if it's not 165°F.
6. When done, remove from oven and place a foil tent over turkey. Wait 20 - 30 minutes before carving.
7. Refrigerate leftovers within two hours.

Check your thermometer soon so you'll know your holiday food is safe.

Is Your Thermometer Ready?

As the holiday season approaches, many experts will tell you to check the temperature of some foods to make sure they are safe to eat. But how do you know your thermometer is telling the truth?

- Fill a large glass with crushed ice. Add water until the glass is full and stir.
- Place your thermometer or probe stem into the ice water so that the sensing area is completely submerged for 30 seconds. **Note:** Do not let the stem touch the bottom or sides of the glass.
- Hold the adjusting nut securely with a wrench or other tool and rotate the head of the thermometer until it reads 32°F.

Gingersnap Pumpkin Pecan Pie

Serves 8

Ingredients:

12 gingersnap cookies
½ cup sugar or Splenda®
1 low-fat cereal bar
1 Tablespoon pumpkin pie spice
1 15-oz. can pumpkin
12-oz. can evaporated skim milk
½ cup egg whites (4 large eggs)
2 Tablespoons pecan pieces

Preheat oven to 350°F (even with glass pie plate). Lightly spray a 9-inch pie pan with non-stick spray. Combine gingersnaps and cereal bar in blender or food processor, pulsing until fine. Form the crust by lining the pan with crumbs but not all the way to the top edge. Combine the rest of the ingredients in a medium-sized mixing bowl. Pour into crust, going over the edge of the crust slightly. Bake on the bottom rack of the oven until a toothpick inserted in center comes out clean, about 30 minutes. Sprinkle the top with the pecan pieces; bake 10 more minutes. Cool.

Nutrition Facts:

Each wedge (with sugar):
190 calories, 2.5 g fat, 0 g saturated fat, 0 g trans fat, 0.5 mg cholesterol, 170 mg sodium, 35 g carbohydrate, 2 g fiber, 7 g protein.

Each wedge (with Splenda®):
138 calories, 2.5 g fat, 0 g saturated fat, 0 g trans fat, 0.5 mg cholesterol, 170 mg sodium, 23.5 g carbohydrate, 2 g fiber, 7 g protein.

Source: *Communicating Food for Health*
No endorsement of products or firms is intended, nor is criticism implied of those not mentioned.

Talk Turkey on AnswerLine!

For answers to all your holiday food questions, call Families AnswerLine. Whether you need to know how much turkey to buy, how long to cook a prime rib roast to reach 'rare' versus 'medium well,' how to store leftover cheese, how to freeze leftover mashed potatoes, or how long you can keep leftover turkey and all the fixings in the refrigerator, AnswerLine is the number to call.

We do our best to answer any question when you call. **1-800-262-3804 or answer@iastate.edu**

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Turkey Leftovers 101

Turkey Stir-fry
Stir fry pieces of cooked turkey with sliced onion, green pepper, and broccoli. Add ¼ cup water and 1 Tablespoon soy sauce. Heat and serve over rice.

Turkey Wrap
Wrap sliced turkey, cheese, lettuce, and tomato in a whole wheat tortilla for a turkey wrap.

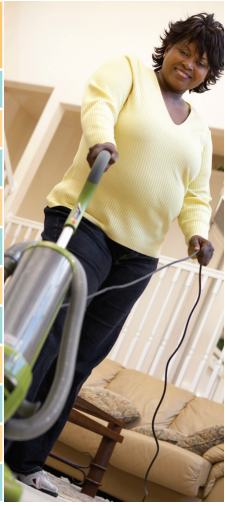
Turkey Pasta
Sauté onion, sweet pepper, and mushrooms in a small amount of vegetable oil. Add a can of crushed tomatoes, a pinch of oregano, garlic powder, basil, and hot pepper (or your favorite spaghetti sauce). Stir in pieces of turkey. Heat and serve over cooked pasta. Top with grated cheese.

Turkey Chili
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.

Burning Calories During the Holidays

Holiday time is often associated with eating more calories, but it's also a time you can burn more too! Instead of dreading the extra housework and chores this time of year, take a positive spin and think of it as a way to burn off some of your holiday treats. Physical activity can also help ease the stress of the holidays. When you're shopping, park your car a little farther from the store entrance, and take the stairs instead of the elevator or escalator. Here are just a few more opportunities to burn off that extra sugar cookie.

Chore	Calories Burned per Hour*
Carrying firewood	670
Shoveling powdery snow	600
Scrubbing floors	400
Raking leaves	270
Washing windows	250
Putting groceries away	220
Mopping/sweeping	220
Grocery shopping	175
Vacuuming	175
Making beds	135
Washing dishes	120



*For a 150-pound person. Adjust calories up or down slightly if you weigh more or less than this.

For more information about calories used for activities of daily living: http://www.mypyramidtracker.gov/

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