



Food Bites



November 2014

The Right Turkey for You

Fresh Turkeys

- Allow 1 pound of turkey per person.
- Buy your turkey only 1 to 2 days before you plan to cook it.
- Keep it stored in the refrigerator until you're ready to cook it. Place it on a tray or in a pan to catch any juices that may leak.
- Do not buy fresh pre-stuffed turkeys. If not handled properly, any harmful bacteria that may be in the stuffing can multiply very quickly.

Frozen Turkeys

- Allow 1 pound of turkey per person.
- Keep frozen until you're ready to thaw it.
- Turkeys can be kept frozen in the freezer indefinitely; however, cook within 1 year for best quality.

Frozen Pre-Stuffed Turkeys

- USDA recommends only buying frozen pre-stuffed turkeys that display the USDA or State mark of inspection on the packaging. These turkeys are safe because they have been processed under controlled conditions.
- Allow 1 1/4 pounds of turkey per person.

*Happy
Thanksgiving!!!*



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The Food Stamp Program helps low-income people buy nutritious foods. Food Stamps can help you and your family eat a healthier diet. Better Living for Texans is supported by USDA's Food Stamp Program. This institution is an equal opportunity provider and employer.

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Thawing Your Gobbler...

Cold Water:

Wrap your turkey securely, making sure the water is not able to leak through the wrapping. Submerge your turkey in cold tap water. Change the water every 30 minutes. Cook immediately after it is thawed.

Refrigerator:

Keep the turkey in its original wrapper. Place it on a tray or in a pan to catch any juices that may leak. Allow approximately 24 hours for every 4 to 5 pounds. A thawed turkey can remain in the refrigerator for 1 to 2 days.

Microwave Oven:

Check your owner's manual for the size turkey that will fit in your microwave oven, the minutes per pound, and power level to use for thawing. Remove all wrappings and place on microwave safe dish. Cook immediately after it is thawed.

Did you know...

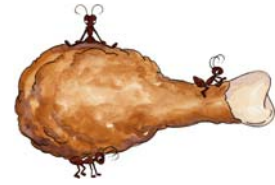
- ◆ Meal preparation during the holiday season can also be great for family time.
- ◆ In the 1800s, American sailors ate cranberries, which contain vitamin C, to prevent scurvy.
- ◆ The majority of cranberries are harvested between September and October, most commonly through wet or water harvest. This involves flooding the beds after which the fruit is "beaten" off the vine using a specialized harvester.
- ◆ Minnesota is the largest turkey producer in the union.
- ◆ A wild turkey can run up to 25 mph and fly for short periods of time up to 55 mph.
- ◆ Turkeys can have heart attacks!



Healthy Thanksgiving Recipe Substitution Tips...

Recipe Calls For....	Substitution
1 whole egg	2 egg whites
Sour cream	Low fat yogurt/low fat cream
Milk	Skim or 1%
Ice cream	Frozen yogurt
Whipped cream	Low fat whipped products such as Nutri-whip
Cheese	Low-fat cheese
Butter	Light butter
Cream of mushroom	Fat-free cream of mushroom

Make Your Favorite Holiday Recipes



How to have a more tender, juicy chicken breast...

Most of the time when you cook or eat chicken breast the results are not so juicy - they are often dry.

But there is a way to have a more delicious bird and in less time, too!

Here is how - start the chicken breast in the microwave for three minutes and then finish baking in the oven at 350 degrees for 10 minutes. It is good if you add a little lemon juice or broth and some seasonings. You can also do this with turkey and fish, too.

Fish and chicken do not require long cooking to make them tender, so the microwave works well for these. Be sure to cook until done but not overdone.



Lighten Pumpkin Pie

- Use less sugar.
- Use egg whites instead of whole eggs.
- Use evaporated skim milk.
- Cut pie in 10 pieces.
- Save 80 calories and 5.5 g fat per slice!



- For every half cup of stuffing you make, you save 86 calories, 4 g fat and 468 mg of sodium compared to most recipes.

Lower the Fat in Gravy

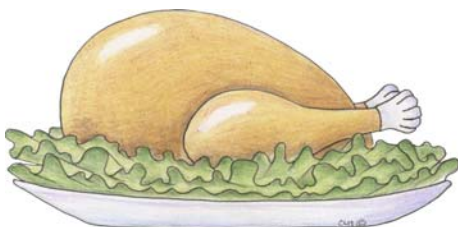
- Use a fat separator cup for broth or freeze turkey juice in shallow pan and remove fat.
- Save about 308 calories and 24 g of fat per cup!

Potatoes for Your Heart

- Make your favorite mashed potato recipe healthier for your heart.
- Use trans-free margarine instead of butter; cut amount in half.
- Use skim milk.

Make A Better Stuffing

- Prepare your favorite stuffing recipe or boxed stuffing mix according to directions except omit butter or margarine.
- Add 3 cups of sautéed apples, onion, celery.
- Add 3 cups of cooked brown rice and a cup of broth.
- Bake and enjoy!



Use...	In Place
Broth or oil	Butter
Fat free half and half or evaporated	Cream
Fat free cream cheese	Cream cheese
Low-sodium farmer's cheese	Mozzarella, cheddar
Splenda	Sugar
Fat free broth (for gravy)	Full fat broth (for gravy)

A BOWLFUL OF CRANBERRY TIPS

This beneficial berry is high in fiber, has just 25 calories per 1/2 cup and is a good source of vitamin C. Cranberries are also low in sodium and contain vitamins A and B, calcium, phosphorus and iron.

- **Look for firm, plump cranberries** with a lustrous color. You'll find fresh cranberries in the produce section from September through December. They freeze well, so buy extra.
- **Fresh cranberries will keep** in the refrigerator for up to 4 weeks. Wash berries only when ready to use.
- **Cranberries can be frozen** for up to 9 months, stored in a heavy-duty freezer bag or container. When ready to use in recipes, do not thaw first.
- **You can substitute frozen cranberries** in most recipes calling for fresh.
- **To prepare cranberries for cooking**, sort out bruised, soft or shriveled berries and discard. Rinse remaining berries in cold water.
- **Cook cranberries** by boiling gently in water and waiting until the berries "pop" (when the outer skin expands until it bursts).
- Each 12-ounce bag of cranberries **yields about 3 cups**.
- **For quick results**, chop cranberries in a food processor.
 - **Try these quick and easy ideas:**
 - Mix a little cranberry juice with some hot apple cider for a zingy beverage.
 - Add a half cup (or more) of chopped cranberries to your favorite bread, muffin or stuffing mix.
 - Add variety to baked apples by filling the center with cranberries and a dash of sugar and cinnamon.



Cranberry-Orange Crumb Tart

Ingredients:

2 cups crushed cinnamon graham crackers
1/2 cup sugar, divided
6 Tblsp butter, melted
1/4 cup all-purpose flour
1/4 cup packed brown sugar
1/4 cup cold butter, cubed

Filling:

1 large navel orange
1 cup sugar
3 Tblsp quick-cooking tapioca
1/4 tsp baking soda
1/4 tsp ground cinnamon
1/8 tsp ground allspice
4 cups fresh or frozen cranberries, thawed
2 Tblsp cranberry juice

Directions:

Preheat oven to 375°. In a small bowl, mix 1-3/4 cups crushed crackers and 1/4 cup sugar; stir in melted butter. Press onto bottom and up sides of an ungreased 11-in. fluted tart pan with removable bottom. Bake 7-8 minutes or until edges are lightly browned. Cool on a wire rack.

For topping, in a small bowl, mix flour, brown sugar, and remaining crushed crackers and sugar; cut in cold butter until crumbly. Refrigerate while preparing filling.

Finely grate enough peel from orange to measure 1 tablespoon. Cut a thin slice from the top and bottom of the orange; stand orange upright on a cutting board. Cut off peel and outer membrane, starting from the top. Holding orange over a bowl to catch juices, remove orange sections by cutting along the membrane. Squeeze membrane to reserve additional juice.



In a large saucepan, mix sugar, tapioca, baking soda, cinnamon and allspice. Add cranberries, juice, grated peel and reserved juice; toss to coat. Let stand 15 minutes. Preheat oven to 425°.

Bring cranberry mixture to a full boil, stirring constantly. Add orange sections; heat through. Pour into crust; sprinkle with topping. Bake 10-15 minutes or until topping is golden brown. Cool on a wire rack. Yield: 12 servings.



Using It All Turkey Soup

Ingredients:

- 1 TURKEY CARCASS, with 2 cups cooked meat remaining on carcass
- 2 Tablespoons canola oil
- 3 Cups sweet onions, thinly sliced
- 1 Teaspoon salt
- 1/2 Teaspoon freshly ground black pepper
- 1/2 Teaspoon ground sage
- 1/2 Teaspoon dried thyme leaves
- 1-1/2 Cups celery, cut into 1-inch pieces
- 2 Cups carrots, peeled and sliced thin
- 2 Cups green beans, cut into 1-inch pieces
- 2/3 Cup small shell pasta



Directions:

1. Remove meat from carcass and chop into bite size pieces. Cover and reserve in refrigerator.
2. Chop turkey carcass into several large pieces.
3. Heat oil in a large Dutch oven over medium heat. Sauté onions until soft and light brown.
4. Stir in turkey bones, salt, pepper, herbs, and 2 quarts water. Increase heat to high and quickly bring mixture to a boil. Immediately reduce heat to low. Cover and simmer for one hour, stirring occasionally.
5. Remove and discard carcass pieces.
6. Stir in vegetables, cover and continue to simmer for 20-25 minutes.
7. Increase heat to high, bring mixture to a quick boil and stir in shell pasta.
8. Lower heat to medium and cook 8-12 additional minutes until pasta and vegetables are tender.
9. Stir in reserved turkey. Heat over low heat for 5-10 minutes or until the temperature reaches 165 degrees F.

Happy Holiday Pumpkin Pie

- 1 frozen 9" pie crust
- 15 oz. pumpkin, canned, unsalted
- 3/4 cup sweetener (sugar substitute such as Splenda)
- 2 tbsp. cornstarch
- 1/2 tsp. ground cinnamon
- 1 1/2 tsp. pumpkin pie spice
- 1/8 tsp. salt
- 1/2 cup fat free half and half
- 1/2 cup liquid egg substitute
- 3 tbsp. cream, whipping, heavy
- 1 tbsp. vanilla extract



1. Preheat oven to 400 degrees F.
2. Mix pumpkin puree, sweetener, cornstarch, spices, and salt in a medium bowl.
3. Blend until all ingredients are well mixed. Add remaining ingredients and blend well.
4. Pour into prepared piecrust and bake in preheated oven for about 35 to 40 minutes or until set in the center. Crust should be golden brown.

Pumpkin Cream Cheese Squares

Ingredients:

Filling

1/2 package (8oz) cream cheese, softened

1/4 cup sugar

1 egg

Batter:

1 cup canned solid-pack pumpkin

1 cup sugar

1 egg

1/3 cup vegetable oil

1 cup all-purpose flour

1 tsp ground cinnamon

1 tsp baking powder

1/2 tsp baking soda

1/2 tsp salt

1/4 tsp ground nutmeg

1/4 tsp ground ginger

1/2 cup semi-sweet chocolate morsels



Directions:

Preheat oven to 375°F. Using a spritzer, lightly spray rectangular baking dish with vegetable oil. For filling, whisk cream cheese, sugar and egg with whisk in small bowl until well blended; set aside. For batter, combine pumpkin, sugar, egg and oil in bowl and mix well. Stir in flour, cinnamon, baking powder, baking soda, salt, nutmeg and ginger. Pour into prepared Baker. Drizzle cream cheese mixture over batter; cut through batter with knife several times for marbled effect. Sprinkle with chocolate morsels, if desired. Bake 25-30 minutes or until wooden pick in center comes out clean. Cool; cut into squares.

Yield: 18 squares



Foolproof Gravy!!!

Ingredients

- Drippings from 1 roasted turkey
- 1/2 to 1 cup turkey *or* chicken broth
- 1/4 cup plus 1 tablespoon all-purpose flour
- 1/2 cup fat-free milk
- 1 teaspoon chicken bouillon granules
- 1/4 teaspoon poultry seasoning
- 1/8 teaspoon white pepper



Directions

- Pour drippings into a 2-cup measuring cup. Skim and discard fat. Add enough broth to the drippings to measure 2 cups; transfer to a small saucepan and bring to a boil.
- In a small bowl, whisk flour and milk until smooth; gradually stir into drippings mixture. Stir in the bouillon granules, poultry seasoning and white pepper. Return to a boil, stirring constantly; cook and stir for 2 minutes or until thickened. Yield: 2-1/3 cups

Cinnamon Crisps

Ingredients:

2 tablespoons sugar

1/2 teaspoon ground cinnamon

1 refrigerated pie crust, softened as directed on package



Directions:

Preheat oven to 400 degrees. In small bowl, combine sugar and cinnamon. Unfold crust into lightly floured cookie sheet. Roll seams slightly to form a 12" round. Sprinkle with cinnamon-sugar mixture; cut into 16 wedges using a pizza cutter, but do not separate. Bake 12-14 minutes or until golden brown and crisp. Remove from oven; cool completely. Goes great with Pumpkin Dip!