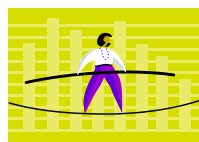


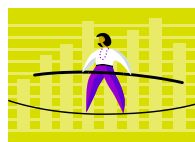


A Fact About Family Meals

It is estimated that 46 million turkeys will be eaten on Thanksgiving. Approximately 736 million pounds of turkey was consumed during Thanksgiving in 2009.



Balancing Food, Fun & Fitness



Healthful Holidays

Nourish the Mind

- Simplify – Rethink traditions, focus on family and friends, plan ahead, delegate and *enjoy* what you choose to do
- Set a Budget – Spend what feels right for you, show appreciation to others in a non-monetary way
- Don't Sweat the Small Stuff – Approach the season graciously, go with the flow and be open to having fun

Nourish the Body with Good Food

- Enjoy nutritious foods - Serve plenty of whole foods and balance a high calorie dish with a simple vegetable or fruit dish
- Explore new ways to serve favorite dishes – Go online to find tasty healthy dishes for the holidays
- Treat yourself well - Make healthful food choices, include fun activity, get plenty of rest and drink lots of water

Nourish the Body with Activity

- Turkey Trot – Set up a course to walk or run for family and friends and use it often throughout the season
- Scavenger Hunt – Hide items in your yard or park for a healthy competition
- Backyard games – Get everyone outside and moving
- Active gaming system games – Have an on-going competition through the holiday season ending with a tournament New Year's Eve
- Board games/Puzzles – When weather is bad, just getting away from the table and interacting is good

Nourish the Spirit

- Practice Gratitude – Giving thanks regularly creates a greater sense of well-being and reduces stress

TO SUBSCRIBE:

It's easy to sign up for Mealttime Solutions. Send an email or call one of the MSU Extension Offices listed at the right side of this page and leave your email address. Feel free to spread the word to your family and friends.



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SILENCE BUSTERS

The holiday season is a great time to get to know others better, whether it is grandparents, cousins, friends or new neighbors. Here are a few conversation starters that will connect the generations.

Did you have a nickname when you were young, what was it and how did you get it?

What is your favorite Thanksgiving memory?

What was the most mischievous thing you did as a child?

What three things are you most thankful for?

HALFWAY HOMEMADE

How to get Homemade Flavor without the Fuss

No time for a homemade pumpkin pie? Try these tasty desserts. Nutritionally, pumpkin is packed with vitamins A and C while being free of fat, sodium and cholesterol.

EASY PUMPKIN PUDDING

- 1 c. canned pumpkin puree
- 1 package (4-serving size) sugar-free, fat-free, instant vanilla or butterscotch pudding mix
- 1 t. pumpkin pie spice
- 1 ¼ c. low-fat milk

Mix all ingredients together and chill.

Serving Suggestions:

- Serve individually with whipped topping and cinnamon garnish.
- Pumpkin parfaits – layer pudding with granola, crushed ginger snaps, vanilla wafers or whipped topping.
- Layered dessert – cut store-bought angel food cake into squares and layer cubes of cake with pudding and whipped topping. Sprinkle top with chopped nuts.

PUMPKIN ICE CREAM PIE

- 1 can (15oz.) pure pumpkin puree
- 1/4 c. sugar
- 1 1/2 to 2 t. pumpkin pie spice, depending on how spicy a flavor you enjoy
- 1 quart (4 c.) lower fat vanilla ice cream or frozen yogurt, softened (**)
- 1 9-inch prepared graham cracker pie crust
- Whipped topping, if desired

Mix pumpkin, sugar and spice until well blended. Quickly mix pumpkin mixture with softened ice cream. Pour into crumb crust and freeze, uncovered, until firm. When pie is frozen, cover with plastic wrap and then cover with freezer-quality foil or seal in freezer bag. Thaw pie 5 to 10 minutes at room temperature before serving.

** Soften ice cream by placing the container in the refrigerator for about 15 to 20 minutes.

Source: UNL Extension <http://lancaster.unl.edu/food>



QUICK FIXES

Food safety guidelines for handling turkey leftovers:

- Debone turkey and **refrigerate all leftovers** in shallow containers **within 2 hours of cooking**.
- Use leftover turkey within 3 to 4 days and stuffing and gravy within 1 to 2 days, or freeze these foods.
- When reheating turkey, reheat thoroughly to a temperature of 165 degrees F until hot throughout.

White Turkey Chili

- 1 T.oil
- 1/4 c. onion, chopped or 1 T. dried onion
- 1 c. celery, chopped
- 4 cups cooked turkey, chopped
- 2 cans (15.5 oz.) Great Northern beans, drained
- 2 cans (11 oz.) corn, undrained
- 1 can (4 oz.) chopped green chilies
- 4 cups turkey or chicken broth
- 1 teaspoon ground cumin

Sauté onion and celery in oil until tender. Place all ingredients in a large saucepan. Stir well. Cover and cook about 15 minutes over medium heat stirring occasionally until thoroughly heated. Sprinkle mozzarella cheese on top, if desired.
Serves 8

Grilled Turkey and Cheese Sandwich

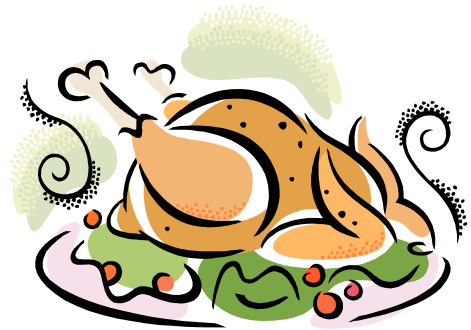
Add thinly sliced turkey when you make a grilled cheese sandwich. For extra kick, spread a little cranberry sauce on the turkey.

Source: UNL Extension <http://lancaster.unl.edu/food>

Family Favorite Turkey Casserole

(at least a favorite in my family)

- 1 pkg. instant stuffing mix for chicken
- 1 c. hot water
- 2-3 c. cooked turkey chopped
- 1 can condensed low-fat cream of chicken soup
- 1/3 c light sour cream
- 1 16 oz. bag frozen mixed vegetables, thawed



Preheat oven to 400 degrees. Sprinkle ½ c. dry stuffing mix evenly on bottom of 13 x 9 inch baking dish. Add hot water to remaining stuffing and stir until moistened. Layer turkey in baking dish. Combine soup, sour cream and vegetables and spread over chicken. Top with prepared stuffing. Bake 30 minutes or until hot and bubbly. Makes 6 servings.

Variations:

- *use leftover stuffing for the top and leave out dry stuffing on the bottom
- *this casserole freezes well – put it together using holiday leftovers, freeze and enjoy later
- *turkey, cream soup and vegetables can all be substituted for family preferences

DOABLE DINNER



Turkey Salsa Soup
Tortilla chips
Veggie sticks
Apple slices with light caramel dip
Milk



Turkey Salsa Soup

- 1c. salsa
- 1 – 15 oz. can black beans, drained and rinsed
- 1 – 15 oz. corn, drained (or 2 c. frozen corn)
- 1 c. cooked turkey, chopped
- 1 – 14 oz can low-sodium chicken stock

Place all ingredients in sauce pan, heat to a boil, simmer for 5-10 minutes and serve.

Optional: top with sour cream

Source: Natl. Turkey Federation www.eatturkey.com

Shopping List

- Salsa
- Black beans, canned
- Corn, canned or frozen
- Chicken stock, canned or bullion
- Tortilla chips
- Veggies
- Apples
- Light caramel dip
- Milk



Thawing a turkey

Refrigerator Thawing – Place turkey in a container and place on bottom shelf. Thawed turkey can remain in the refrigerator for 1 or 2 days before cooking. *Foods thawed in the refrigerator can be refrozen without cooking but there may be some loss of quality.*

Cold Water Thawing - Be sure turkey is in a leak-proof plastic bag to prevent cross-contamination and to prevent the turkey from absorbing water. Submerge wrapped turkey in cold tap water. Change water every 30 minutes until the turkey is thawed. Rinse and cook turkey immediately after it is thawed.

A turkey thawed by the cold water method should be cooked immediately. After cooking, meat from the turkey can be refrozen.

Turkey Thawing Chart

Turkey Size	In Refrigerator (Approximately 24 hours for every 4-5 lbs.)	In Cold Water (Approximately 30 minutes per lb.)
4 to 12 pounds	1 to 3 days	2 to 6 hours
12 to 16 pounds	3 to 4 days	6 to 8 hours
16 to 20 pounds	4 to 5 days	8 to 10 hours
20 to 24 pounds	5 to 6 days	10 to 12 hours

Explore YOUR MSU Resource in your county