

Thawing Turkey Safely

Here are two ways to thaw your turkey safely.

In the Refrigerator

Place turkey on a tray and in its original wrapper.

4 to 12 lbs. = 1 to 3 days

12 to 16 lbs. = 3 to 4 days

16 to 20 lbs. = 4 to 5 days

20 to 24 lbs. = 5 to 6 days

In Cold Water

Submerge your wrapped turkey in cold tap water. Change the water every 30 minutes.

4 to 12 lbs. = 2 to 6 hours

12 to 16 lbs. = 6 to 8 hours

16 to 20 lbs. = 8 to 10 hours

20 to 24 lbs. = 10 to 12 hours



Ingredients:

- 1 can pumpkin, no salt added
- 3 cups fat-free or low-fat vanilla yogurt
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg

Granola:

- 1/4 cup raisins
- 1/2 quick cooking oats
- 1/2 cup rice crisps
- 1 tablespoon vegetable oil
- 1/4 cup packed brown sugar (or white sugar)

Directions:

1. Wash hands with soap and water.
2. Mix pumpkin, yogurt, and spices in a bowl.
3. In another bowl, mix the granola ingredients: raisins, oats, rice crisps, oil, and sugar.
4. Spread granola on a baking pan. Bake for 10 minutes.
5. Let the granola cool down until it hardens. Then, break it apart or crush into small pieces.
6. Spoon half of the pumpkin into 6 glasses or bowls. Put half the granola on top of the pumpkin in each glass or bowl.
7. Spoon the other half of the pumpkin over the granola and top with remaining granola.
8. Serve immediately or refrigerate.

Nutrition Information: 1/2 cup, Calories 200, Total Fat 3g, Cholesterol 0mg, Sodium 100mg, Carbohydrates 37g, Total Sugars 24g, Protein 7g.

Pumpkin Parfait

6 Servings



Turkey Roasting Guide:

Set oven temperature no lower than 325°F. Place turkey in a roasting pan. Cook until turkey reaches 165°F measured in three places with a food thermometer.

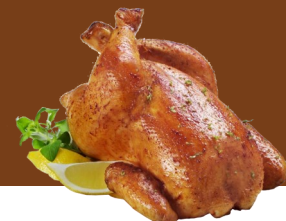
8 to 12 pounds- 2-3/4 to 3 hours

12 to 14 pounds- 3 to 3-3/4 hours

14 to 18 pounds- 3-3/4 to 4-1/4 hours

18 to 20 pounds- 4-1/4 to 4-1/2 hours

20 to 24 pounds- 4-1/2 to 5 hours



Pantry items this month include vegetable oils and vinegars. This will be the last installment of this topic series. Look for a fresh new topic in the next newsletter.

Vegetable Oil

Vegetable oil varies, according to type of oil, for the length of time it stays fresh. Some oils may require refrigeration after opening while others may not. Be sure to check labels for more information as to refrigerate or not. And if you are unsure of the freshness of an oil do the smell test to check for rancidity.

All oils should be stored in a tightly closed container in a cool, dark place. Oils that have a shorter storage life include walnut, sesame, hazelnut and almond oils. Prolong the life of oils by storing in the refrigerator. Some oils like olive oil, may become cloudy in the refrigerator but usually clear after sitting at room temperature to warm up.

Vinegar

Vinegars can be stored for one year after opened and two years if unopened. Some oils may vary by manufacturers recommendations. For more specific length of time check the information on the company's website or 800 number on the label.

Store in rightly covered container. White vinegar will maintain unchanged longer than other types of vinegar. The storage life of vinegar is almost indefinite because of its acidic nature, according to the Vinegar Institute.

www.versatilevinegar.org

Information is taken from Cleaning the Kitchen Cupboard: Toss or Save? By Allice Henneman, UNL Extension in Lancaster County and Joyce Jenson, Lincoln-Lancaster County Health Department in Lincoln, Nebraska.

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The holidays are right around the corner! Many families, mine included, have holiday traditions centered around foods that they only get to enjoy a few times each year. These traditions are important and should be cherished without guilt. However, if you are wondering how you can make your traditional holiday recipes healthier, there are several steps you can take.

First, recognize that many holiday favorites (like pumpkin pie) start with a healthy first ingredient. Think of this vegetable or fruit as the "star" ingredient. Next, find ways to "focus on the stars" so that you can reduce the large amounts of fats and sugar typically found in traditional holiday recipes. For example, try using fat-free evaporated milk when making your pumpkin pie filling instead of using regular evaporated milk. Other ways you can "focus on the stars" this holiday season include switching from a traditional green bean casserole to a green bean sauté, from traditional mashed potatoes to yogurt mashed potatoes, from a traditional pumpkin pie to a crustless pumpkin pie, or from a traditional apple pie to slow cooker baked apples. Again, remember that it is important to make changes based upon what is important to your family traditions and culture. You may have specific recipes that are important for your family to enjoy as they are without making any modifications.

This information was adapted from a fact sheet originally published by retired family and consumer sciences agent Barbara Ames. The fact sheet can be found online at bit.ly/focusonthestars.

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