

Healthy Choices

November 2024

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

Wildcat Extension District

620-331-2690

<http://www.wildcatdistrict.k-state.edu>

Serving: Crawford, Labette, Montgomery, Wilson Counties



K-STATE
Research and Extension

Cranberry Nut Bread

Serving 15

Ingredients:

- 2 cups flour
- 2/3 cup sugar
- 1-1/2 teaspoon baking powder
- 1-1/2 teaspoons baking soda
- 2 teaspoons grated orange peel
- 3/4 cup orange juice
- 4 tablespoons butter
- 1 egg
- 1 cup chopped cranberries
- 1/3 cup chopped walnuts
- Powdered sugar, optional (1/3 cup, for glaze)
- Water (1 teaspoon for, for glaze)

Directions:

1. Wash hands with soap and water.
2. Preheat oven to 350°F. Mix flour, sugar, baking powder and baking soda in a large bowl.
3. Grate orange peeling, then squeeze juice from orange. Add additional orange juice to make 3/4 cup.
4. In a separate bowl, blend orange juice, butter, egg, and grated orange peel; add to flour mixture, stirring until just blended. Mix in cranberries and walnuts.
5. Pour batter into a 9x5 inch loaf pan, greased on bottom only.
6. Bake for 50-60 minutes or until toothpick inserted in the center comes out clean. Cool in pan for 10 minutes; remove and cool completely on wire rack.
7. Optional: to make glaze, mix powdered sugar and water; add water as needed to make thin glaze. Drizzle over cooled loaf.



Source: North Dakota State University Extension Service, MyPlate

Nutrition Information: Serving size: 1 slice, Total Calories 153, Total Fat 5g, Cholesterol 19mg, Sodium 180mg, Carbohydrates 24g, Fiber 1g, Total Sugars 10g, Protein 3g

Slow-Cooker Corn Chowder

8 Servings

Ingredients:

- 2-1/2 cups 2% milk
- 1 can cream style corn
- 1 can condensed cream of mushroom soup, undiluted
- 1-3/4 cups frozen corn
- 1 cup frozen shredded hash brown potatoes
- 1 cup cubed fully cooked ham
- 1 large onion, chopped
- 2 teaspoons dried parsley flakes
- 1 tablespoons butter
- Salt and pepper to taste
- Optional:* Crumbled cooked bacon and minced parsley



Source: Adapted from
Taste of Home

Directions:

1. Wash hands with soap and water.
2. Combine all ingredients in a slow cooker. Cover and cook on low for 6 hours. Serve with toppings as desired.

Nutrition Information: Serving size 1 cup, Calories 196, Fat 8g, Cholesterol 26mg, Sodium 687mg, Carbohydrates 26g, Sugars 7g, Fiber 2g, Protein 9g

