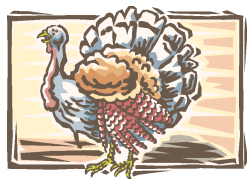


# Family Nutrition In Action

Family Nutrition Program Vol. 6 No. 6  
November/December 2001



This program is brought to you thanks to the support in funding from the Florida Department of Children and Families and USDA Food and Nutrition Services, in collaboration with state, county, and local agencies.



## Holiday Edition

### Stuffed Turkey: Handle with Care

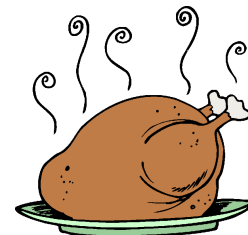
Cooking a stuffed turkey is riskier than cooking one not stuffed. In addition to checking for the internal temperature of the meat, we have to make sure that the internal temperature of the stuffing reaches 165° F. By reaching this temperature we make sure that we've destroyed harmful bacteria that can cause food-borne illnesses. The best cooking practice is to cook the stuffing separately in a casserole.

Buying stuffed turkeys: Buy only stuffed turkey that has the USDA or state mark of inspection. NEVER thaw these turkeys before cooking. They should go straight from the freezer to the oven.

### Stuffing the Turkey

If you still choose to stuff the turkey, follow these recommendations:

1. Preparing stuffing safely - keep wet and dry ingredients separated and chill in the refrigerator. Mix the ingredients immediately BEFORE cooking the stuffing in a casserole or filling the turkey with the stuffing.
2. When stuffing the turkey, make sure that it is stuffed loosely.
3. Cook the turkey immediately after stuffing. Set up the oven to 325°F. Use a meat thermometer to check for doneness; the temperature in the innermost part of the thigh must reach 180°F AND the stuffing must reach 165°F. Continue to cook until these two temperatures are reached.
4. Let the bird stand 20 minutes before removing stuffing and carving. Remove the stuffing immediately after this.



Product	Weight	Un-stuffed Timing	Stuffed Timing
Whole turkey	8 to 12 pounds	2 ¾ to 3 hours	3 to 3 ½ hours
	12 to 14 pounds	3 to 3 ¾ hours	3 ½ to 4 hours
	14 to 18 pounds	3 ¾ to 4 ½ hours	4 to 4 ¼ hours

5. Refrigerate leftover stuffing in shallow containers and use within 1 to 2 days for quality.

**For additional food safety information about meat, poultry, or egg products, call the toll-free USDA Meat and Poultry Hotline at 1-800-535-4555.**

Source: Food Safety Facts-Turkey Basics: Stuffing, Food Safety and Inspection Services-USDA. November 2000.  
<http://www.fsis.usda.gov/oa/pubs/focustky.htm>  
 Visited on 10/2001.



**Pecan Rice Stuffing (serves 6)**

- 1 cup . . . . . chopped onion
- 1 cup . . . . . sliced mushrooms
- 1 small . . . turkey sausage link, chopped
- 1 cup . . . . . brown rice, uncooked
- 1 teaspoon . . . . . vegetable oil
- 2 cups . . . . . chicken broth
- 1 small . tart red apple, cored & chopped
- 3 tablespoons . . . . . chopped pecans
- 1 teaspoon . . . . . poultry seasoning

1. Preheat oven to 350 degrees.
2. Meanwhile, heat a large Dutch oven or oven proof pan over medium high heat.
3. Add the oil and saute the onion, mushroom, and sausage until they are golden, about 3 minutes.

4. Add the remainder of the ingredients, bring to boil, cover and bake in the oven until the rice has absorbed the liquid, about 30 minutes.
5. Remove from oven, allow to stand and fluff with a fork. Serve hot.

**Handling the Holidays**

The demands of the holiday season can be great, causing stress and leading to over-eating. Simply plan for the challenges of the season in order to prevent seasonal stress and weight gain. Here are some ideas to put in practice:

Exercise- This will help you keep a balance between extra calories eaten (holiday meals) and energy used (exercise). Exercise can also help you deal with stress.



*Action: Take a walk around the mall before and/or after shopping or ride a stationary bicycle during your favorite TV show.*

Plan holiday meals - Try low-fat recipes of your favorite holiday dishes.

*Action: Baste the turkey with broth instead of butter, use 1% or non-fat milk in recipes, or use fat-free whipped toppings.*



Social events - Decide which parties you will go to and plan on taking a healthy dish.

*Action: Take a plain salad, fruit, or vegetable dish instead of calorie-rich casserole-type dishes.*



Source of information: Communicating Food for Health, November/December 2000.

## Recipe Make Over

Sometimes making minor changes in a recipe can help cut back on the fat or calories in general. If you cannot find a low-fat version of a favorite recipe, try some easy substitutions when preparing your family recipe:

When the recipe calls for . . .	Use
Sour cream	Plain low-fat yogurt
Whipped cream	Chilled, whipped evaporated skim milk
Bacon	Canadian bacon or lean ham
Sausage	Lean ground turkey or 95% fat-free sausage
1 oz baking chocolate	3 Tbsp cocoa powder and 1 Tbsp oil
Nuts	Dried fruits (raisins, chopped dried cranberries)
Tbsp=tablespoon oz=ounce	

Try substituting half of the oil in cakes, muffins or brownie recipes with the same amount of applesauce, mashed bananas or other pureed fruits. For example, if the recipe calls for 1 cups of oil, use ½ cup of applesauce and ½ cup of oil.

## Leftovers and Extra Holiday Treats

Leftovers and special treats are abundant during this time of the year. Don't let them stop in your kitchen!

- C Freeze leftovers in single servings for lunches and quick dinners.
- C Take extra desserts to work to share with coworkers.
- C Share food with an elderly neighbor, a nursing home, or a women's shelter.

Keep leftovers safe. Refrigerate leftovers within 2 hours after cooking, keeping them in shallow, covered containers. Use leftovers within 2 to 3 days.




---

## Local Family Nutrition Program:

---