



Food & Fitness



Alice Henneman, RD, LMNT, Extension Educator

What do you do with leftover turkey from Thanksgiving? Debone turkey completely and refrigerate all leftovers in shallow containers within two hours of cooking. Use leftover refrigerated turkey and stuffing within 3 to 4 days and gravy within 1 to 2 days, or freeze these foods. Why not try the following easy, quick and delicious recipe using leftovers from your holiday meal?

For more turkey recipes or information related to food safety and turkey, contact Mary Torell, Public Information Officer, Nebraska Department of Agriculture, Poultry and Egg Division by e-mail at mtorell2@unl.edu or call (472-0752). Each contact will receive a \$2 off coupon for a turkey from NORBEST, a Nebraska grown product.

White Turkey Chili

Makes approximately 12 1-cup servings.

1 tablespoon Canola oil
1 cup chopped onion
2 cups chopped celery
4 cups cooked turkey, cubed
2 cans (15.5 oz.) Great Northern Beans, drained
2 cans (11 oz.) White Shoepeg Corn, undrained
1 can (4 oz.) chopped green chilies
4 cups turkey or chicken broth
1 teaspoon ground cumin

Heat the oil in a skillet over medium heat. Add onion and celery, cook and stir 2-3 minutes.

Put all ingredients in a large saucepan (at least 4-quart). Stir well. Cover and cook about 15 minutes over medium heat stirring occasionally until thoroughly heated. (AH)

Focus on Food



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Q: What's the difference between a "frozen" and "refrigerated" turkey?

A: Choose the type of turkey that best meets your individual needs. There is no quality difference between a "frozen" or "refrigerated" turkey. Frozen turkeys are flash frozen immediately after packaging to 0 degrees F. or below and held at that temperature until purchased. Once defrosted, the meat is virtually as fresh as the day it was processed. They can be purchased in advance whenever it is most convenient or when they are on sale.

Refrigerated turkeys are deep-chilled to 24-26 degrees F. after packaging and have shorter shelf lives. Refrigerated turkeys are convenient because they do not need to be thawed. They require special handling to assure you the best possible quality and flavor. **Follow label directions.**

Q: How long does it take to thaw a frozen turkey in the refrigerator?

A: Allow about 24 hours per 5 pounds of whole turkey to thaw a turkey in your refrigerator (40 degrees F). For example, allow the following times for these weights:

8 to 12 lbs. ----- 1 to 2 days
12 to 16 lbs. ---- 2 to 3 days
16 to 20 lbs. ---- 3 to 4 days
20 to 24 lbs. ---- 4 to 5 days (AH)

Food safety and storage in emergency situations

As winter approaches, you may wish to have some foods on hand in case you can't make it to the store or the power goes out. Here are some suggestions from Cindy Brison, Douglas County Cooperative Extension, that should help you both during a winter storm and should you have any Y2K-related problems. The types of foods Cindy suggests will keep well and can be safely eaten later in the spring after the time for possible winter storms has passed.

■ Have enough nonperishable food items on hand for three to 10 days.

■ Select a variety of canned meats, soups, vegetables and

fruits that are ready to eat with very little preparation. A non-electric can-opener may be useful. Canned goods are safe indefinitely if there are no leaks, spots of rust or bulges. For quality reasons, it is recommended that they be used within two years.

■ Canned or dry milk, granola bars, cereal, raisins and peanut butter and crackers also may be part of the food stock.

■ MREs (Meals Ready to Eat), used by campers and outdoor adventurers, are another alternative but are more expensive. They have an indefinite shelf life if the packaging is kept intact, but the quality of these

deteriorate over time.

■ Add 2 quarts of bottled drinking water for each person for each day. For commercially bottled water, check the label for an expiration date. If you wish to bottle your own water, it's important that you follow appropriate sanitation procedures; you can obtain more information about safe water storage in our extension publication on "Storing an Emergency Water Supply." For a free copy, send a self-addressed, stamped envelope to: Water (NF99-400); c/o Alice Henneman; NU Lancaster County Extension; 444 Cherrycreek Road; Lincoln, NE 68528-1507. (AH)

Color is key to eating healthy

Several fruits and vegetables currently enjoy "star" status. But...there may be others waiting in the wings to be "discovered" as sources of important nutrients! Your best bet for a long, successful performance is to eat a variety of fruits and vegetables.

Registered Dietitian Leslie Messer suggests that you plan "Variety by Color." This helps assure a healthy selection of vitamins, minerals, antioxidants and other beneficial substances found in fruits and veggies.

Here are some suggestions offered by Messer in "Communicating Food for Health" newsletter:

• **Red** - Tomatoes, watermelon, strawberries, red grapes, raspberries.

• **Orange** - Apricots, cantaloupe, carrots, papaya, peaches.

• **Green** - Kale, broccoli, brussels sprouts, collard greens.

• **White** - Onions, shallots, cauliflower, garlic, leeks.

• **Purple/Blue** - Blueberries, blackberries, red cabbage, cranberries.

A high fruit and vegetable intake has been associated with a reduction of life style diseases, particularly cancer, according to Linda Boeckner, Ph.D., NU Extension Nutrition Specialist. Although the exact dietary components are unknown, it's felt antioxidants may play a key role.

A recent study assessed the antioxidant capacity of blood after people ate fruits and

vegetables. The results indicate that increasing fruit and vegetable intake up to 10 servings a day can raise the blood's antioxidant power by 13-25 percent.

The study suggests that antioxidant activity may be a combination of a variety of components found in fruits and vegetables—and not just some of the more well known vitamin antioxidants, such as vitamins C and E. Eating a variety of fruits and vegetables to get all of the various antioxidants seems to be more important than focusing on just selected antioxidants.

The Food Guide Pyramid suggests eating a total of at least 5 or more fruits and vegetables daily. So, enjoy 5—maybe even 10 servings—a day! And choose from a variety of colors! (AH)

Weight of food may affect your weight

Alice Henneman
Extension Educator

Do you ever stuff yourself with rice cakes and still feel hungry. Is there anything you can eat to feel "full" without consuming lots of calories?

There's some new research that suggests your body needs a certain *weight* of food to feel full. As rice cakes are fairly

light-weight, they may be limited in their effectiveness to satisfy food cravings.

Here's what researchers discovered in a study at New Zealand's University of Auckland as reported in "Tufts University Health & Nutrition Letter." One group of study subjects ate a low fat diet; the other ate a high fat diet. Both groups could eat as much as they wanted. The result: The low fat

group ate less calories and lost weight; however they ate the same *weight* of food as the other group! Other studies have also suggested people tend to eat the same weight of food daily regardless of fat or calorie intake.

So, how does this apply to your food choices? The article suggests you try eating heavy-

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