

## Food & Fitness



Enjoy Nebraska Foods!

Alice Henneman, RD, LMNT, Extension Educator

Here's a delicious recipe using leftover turkey from Mary Torell, Public Information Officer, Nebraska Department of Agriculture, Poultry and Egg Division.

### TURKEY CRESCENTS (Serves 4)

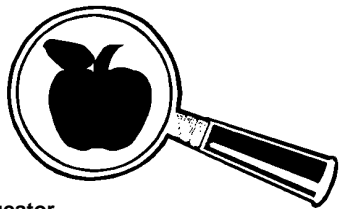
3/4 cup seasoned stuffing mix  
1/2 cup finely chopped walnuts  
8 ounces cream cheese, softened  
4 tablespoons butter or margarine, softened  
1/8 teaspoon pepper  
2 cups diced cooked turkey  
1 tablespoon chopped green onion  
2/3 cup chopped mushrooms  
2 8-ounce cans crescent rolls  
3 tablespoons melted margarine

Crush stuffing mix with the nuts; set aside. Cream together cheese, softened butter or margarine, and pepper. Add turkey, onions, and mushrooms. Separate crescent roll dough to form four rectangles. Place 1/2 cup turkey mixture on each rectangle and fold to cover filling; seal edges. Dip each into melted butter or margarine and roll in stuffing mixture.\* Place on baking sheet and bake 18-20 minutes at 400 degrees F until golden brown.

\* To reduce the fat content, this step may be eliminated.

**Hint:** For best results, use brand name crescent rolls. (AH)

## Focus on Food



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### Q: Where can I obtain more information on fixing a turkey for Thanksgiving?

**A:** I checked with Mary Torell, Public Information Officer, Nebraska Department of Agriculture, Poultry and Egg Division and here are some suggestions from her:

Just in time for Thanksgiving, the National Turkey Federation has provided Thanksgiving meal preparation tips on their web site at [www.eatturkey.com](http://www.eatturkey.com). It doesn't matter if your turkey is fresh or frozen, this site provides the answers to all of your holiday turkey questions. Whether you're planning a traditional roasted turkey or trying the trendy deep fried version, you can turn to the web site's main page, click on "Consumer," and then click on "Holiday Cooking Tips" to find

tips and recipes for creating a scrumptious, stress-free Thanksgiving feast.

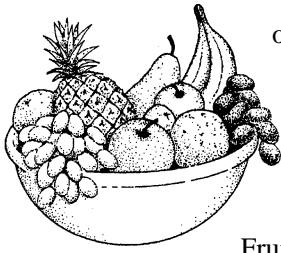
You can also access the Norbest web site at [www.norbest.com](http://www.norbest.com) and you'll find helpful turkey cooking tips and recipes for utilizing those holiday leftovers.

**If you don't have access to the Internet, you can request a user-friendly, consumer-oriented brochure to ensure a safe and delicious turkey dinner. To request "Take the Guesswork Out of Roasting a Turkey," and for free recipes and ideas on how to utilize turkey leftovers, contact Mary Torell by calling 472-0752. Each caller will receive a \$2 off coupon for a turkey from NORBEST, a Nebraska grown product. (AH)**

## Clean Hands Campaign

Have fun using "glo-germ" to teach handwashing to youth and adults. Receive handouts for your group and a copy of reproduction ready handwashing activities. Call Alice Henneman (441-7180) to schedule a time to checkout the Clean Hands Kit and receive your materials. Kit must be checked out and returned within the same week. Available on a first come, first served, basis. This activity can be used with any number and takes about 20 minutes, depending on the size

## Eat More Fruits for Good Health



Fruits are rich in vitamins, fiber and other nutrients that help your body grow and stay healthy.

Fruits contain vitamins. Most fruits have vitamin C. Vitamin C keeps your gums healthy. It also helps your body heal wounds and cuts.

Fruits also contain fiber. Fiber helps keep your digestive track healthy. Fruits are low in calories.

### Buy More Fruits for the Family

Fruits should be an important part of your family's diet. To take advantage of the fiber in fruits, eat them with the skin whenever possible. Fruit juices have vitamins but no fiber.

### Fruits Make Good Snacks and Desserts

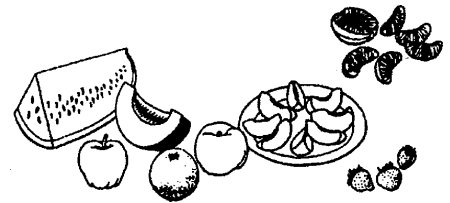
Give your children fresh fruits to take to school instead of candy or sweets. Keep a bowl of whole or sliced fruits in the refrigerator. Have them washed and ready to eat as snacks.

### Begin and Finish the Meals with Fresh Fruits

Serve whole or sliced fruits or fruit salad for breakfast, lunch, or dinner.

Use fruit with cereals and pancakes. Also prepare them as a dessert for lunch or dinner.

### Eat 2 or more servings of fruit every day. (KS)



## Serve Food Safely at Holiday or Party Buffets

A popular way to celebrate holidays or any party occasion is to invite friends and family to a buffet. However, this type of food service where foods are left out for long periods leave the door open for uninvited guests—bacteria that cause foodborne illness. Festive times for giving and sharing should not include sharing foodborne illness. Here are some tips from the USDA's Meat and Poultry Hotline to help you have a SAFE holiday party.

### Foodborne Bacteria

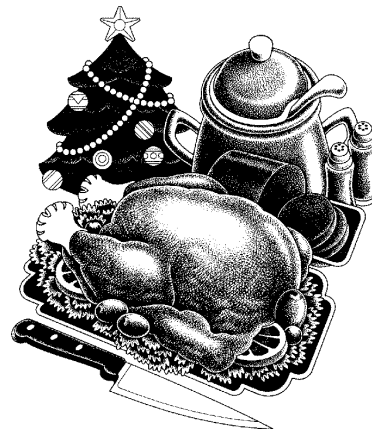
Bacteria are everywhere but a few types especially like to crash parties. *Staphylococcus aureus*, *Clostridium perfringens* and *Listeria monocytogenes* frequent people's hands and steam tables. And unlike microorganisms that cause food to spoil, harmful or pathogenic bacteria cannot be smelled or tasted. Prevention is safe food handling.

If illness occurs, however, contact a health professional and describe the symptoms.

### Staphylococcus aureus

*Staphylococcus* ("staph") bacteria are found on our skin, in infected cuts and pimples, and in our noses and throats. They are spread by improper

food handling. Prevention includes washing hands and utensils before preparing and handling foods and not letting prepared foods—particularly cooked and cured meats, cheese, and meat salads—sit at room temperature more than two hours. Thorough cooking destroys "staph" bacteria but



*staphylococcal enterotoxin* is resistant to heat, refrigeration, and freezing.

### Clostridium perfringens

"Perfringens" is called the "cafeteria germ" because it may be found in foods served in quantity and left for long periods of time on inadequately maintained steam tables or at room temperature. Prevention is to divide large portions of cooked

foods such as beef, turkey, gravy, dressing, stews, and casseroles into smaller portions for serving and cooling. Keep cooked foods hot or cold, not lukewarm.

### Listeria monocytogenes

Because *Listeria* bacteria multiply, although slowly, at refrigeration temperatures, these bacteria can be found in cold foods typically served on buffets. To avoid serving foods containing *Listeria*, follow "keep refrigerated" label directions and carefully observe "sell by" and "use by" dates on processed products, and thoroughly reheat frozen or refrigerated processed meat and poultry products before consumption.

### Safe Food Handling

Always wash your hands before and after handling food. Keep your kitchen, dishes, and utensils clean also. Always serve food on clean plates—not those previously holding raw meat and poultry. Otherwise, bacteria which may have been present in raw meat juices can cross contaminate the food to be served.

### Cook Thoroughly

If you are cooking foods

See HOLIDAY on page 11



**YOUR information center... around the clock**

### NUFACTS

NUFACTS offers information 24 hours a day, 7 days a week. In the Lincoln area call 441-7188; for the rest of Nebraska call 1-800-832-5441. When directed, enter the 3-digit number of the message you wish to hear.

320 Should You Refrigerate Pumpkin Pie?  
335 Thawing a Turkey  
349 Can You Freeze Fresh Meats in Supermarket Wrappings?

and many more...

### Cook It Quick!

Tips and recipes for cooking healthy foods in a hurry: [www.lanco.unl.edu/food](http://www.lanco.unl.edu/food)

### FREE monthly Food Reflections e-mail newsletter.

To be added to the mailing list, e-mail Alice Henneman at [AHENNEMAN1@UNL.EDU](mailto:AHENNEMAN1@UNL.EDU)