



Food & Fitness



Enjoy Nebraska Foods!

GUEST COLUMNIST Mary Torell, Nebraska Department of Agriculture, Poultry and Egg Division

Traditions may come and go, but Thanksgiving remains a holiday classic seemingly untouched by time. While we may not always go “over the river and through the woods to Grandma’s house,” Thanksgiving is still a time to gather with family and friends to give thanks for all we enjoy. Turkey has been a part of Thanksgiving celebrations for generations. Today, the traditional turkey is center stage at 90 percent of all Thanksgiving dinners.

The National Turkey Federation has provided Thanksgiving meal preparation tips on their Web site at: www.eatturkey.com. 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 and you’ll find helpful turkey cooking tips and recipes for utilizing those holiday leftovers.

If you don’t have access to the Internet and have questions about preparing 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. Here’s a delicious recipe using leftover turkey.

T-U-R-K-E-Y Tips

Alice Hennenman, MS, RD
Extension Educator

TAKE out the neck and giblets from the neck and body cavities.

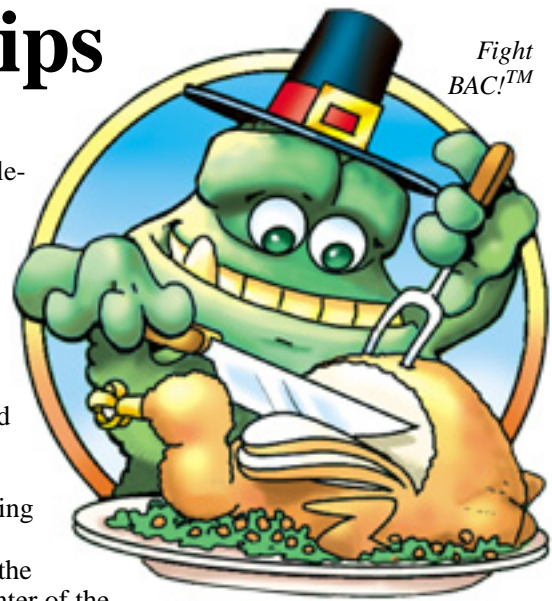
USE an oven temperature of 325 degrees F. If you use a lower temperature than this, your turkey may not cook fast enough to be safe. A 12-pound unstuffed turkey will take about three hours to roast while a 24-pound unstuffed turkey may take up to five hours. Most turkey packages will give guidelines for approximately how long to cook your turkey.

ROAST your turkey until the pop-up timer in the breast has popped up. Or, use a meat thermometer to check the internal temperature. Insert the thermometer in the inner thigh area near the breast of the bird, but not touching bone. (Even if your turkey has a pop-up timer, it’s always a good

idea to use a meat thermometer to double-check the temperatures.) A turkey is done when the thigh temperature reaches 180 degrees F. When you poke into a cooked turkey with a fork, the juices should be clear. For greatest safety, it is recommended to cook stuffing outside the bird, in a casserole dish, or on the stove top until the center of the stuffing reaches 165 degrees F.

KEEP cooked turkey at room temperature no longer than two hours. Debone turkey and refrigerate all leftover turkey, stuffing and gravy in shallow pans within two hours of cooking or freeze these foods.

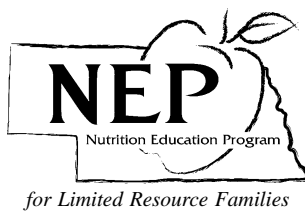
ENJOY leftover turkey. Use leftover refrigerated turkey within three to four days, stuffing and gravy



within one to two days, or freeze them. For best flavor, use frozen turkey in about four months and stuffing and gravy in one month. For some recipe ideas on enjoying leftover turkey, check the Lancaster County Extension Web site at: lancaster.unl.edu/food/turkey.htm

YOU can roast your turkey up to a year later if you don’t get around to fixing it this year! Just keep it stored at 0 degrees F or lower.

Sisters Together Program Encourages “Move More” and “Eat Better”



Maureen Burson
Extension Educator

What is Sisters Together?

The goal of the Sisters Together program is to increase health awareness among African American women by encouraging them to “Move More” and “Eat Better.”

Who is Sisters Together?

Sisters Together is a national program sponsored by The National Institute of Health. Locally, the program is composed of African American women, community organizations and leaders concerned about the health and wellness of our community.

Why do we need Sisters Together?

African American women are the most obese segment of the American population. African American women between the ages of 20 to 35 are more obese than their predeces-



Dr. Georgia Jones (left), extension foods specialist and Patricia Lynch (second from left), doctorate student, share the “Sisters Together — Move More, Eat Better” to members of the Lincoln/Lancaster Food and Hunger Coalition.

sors. Obesity increases one’s risk of developing conditions such as high blood pressure, diabetes, heart disease, stroke and certain forms of cancer.

The Good News

There is something that you can do about obesity and related diseases. Studies show that a healthy lifestyle that includes physical activity a diet low in fat, cholesterol, and sodium can reduce the occurrence of these chronic diseases. If maintained, even small weight losses improve your health.

What does Sisters Together do?

- **Physical Activity:** walk-

ing, dance, aerobics.

- **Healthy cooking and demonstrations:** This includes nutritional analysis of recipes, cooking demonstrations of healthy, “quick to fix” foods.

- **Monthly meetings:** consisting of inspiration, health and wellness information, cooking demonstrations.

- **Monthly newsletter”** to give you information in a “nutshell.”

- **Community Service**

Find Out More

To find out more information or to join Sisters Together, contact Dr. Georgia Jones at 472-3225 or Dr. Ra Drake at 477-9379.

Turkey Barbecue Sandwich

- 2 cups cooked turkey, chopped
- 1/2 cup catsup
- 2 tablespoons Worcestershire sauce
- 1 teaspoon mustard
- 1/4 teaspoon chili powder
- 1/2 cup tomato sauce
- 1 tablespoon onion flakes or powder
- 2 tablespoons brown sugar
- 1/4 teaspoon garlic powder
- 1/4 teaspoon red pepper
- 4 hamburger buns, toasted

Stove Top Instructions

Combine all ingredients except turkey and buns in a saucepan and bring just to a boil. Add turkey and simmer until heated steamy hot throughout. Serve BBQ mixture on toasted hamburger buns.

Microwave Instructions

In a medium bowl, combine all ingredients except buns. Transfer to a microwave safe loaf dish. Cover with lid, paper towel or waxed paper. Cook 3 to 4 minutes on high in your microwave oven until heated steamy hot throughout. Stir midway through the cooking process. Serve BBQ mixture on toasted hamburger buns.

Serves 4



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.

Cook It Quick!

Tips and recipes for cooking healthy foods in a hurry: www.lancaster.unl.edu/food

FREE monthly Food Reflections e-mail newsletter.

To be added to the mailing list, e-mail Alice Hennenman at AHENNEMAN1@UNL.EDU



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 Hennenman (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. (AH)