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Here's a delicious, yet different chili recipe utilizing leftover turkey from Mary Torell, public information officer, Nebraska Department of Agriculture, Poultry and Egg Division.

White Turkey Chili

(Makes 12 - 1 cup servings)

- 1 tablespoon olive oil
- 1 cup chopped onion
- 1 cup chopped celery
- 4 cups chopped, cooked turkey
- 3 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 (low sodium)
- 1 teaspoon ground cumin

Heat oil in a skillet over medium heat. Add onion and celery, cook and stir 2-3 minutes. Place the rest of the 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. Sprinkle mozzarella cheese on top, if desired.

Nutrient Content Per Serving: 259 calories; 29 gm carbohydrates; 21 gm protein; 263 mg sodium; 6 gm fat; 2 gm saturated fat; 37 mg cholesterol.

Making Changes in Eating Behavior



for Limited Resource Families

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Change is never easy, especially when it comes to our eating habits. These are habits that have been formed since early childhood. So, how does one go about making changes to their eating habits? I think we first have to agree it is going to take some hard work and motivation. In nutrition education, there is a theory called Stages of Change which is designed to help us target behavior change messages. Let's look at these stages and figure out what eating behaviors we would like to change.

The first stage is **Precontemplation** or also known as the Resistance Stage. In this stage the person is just not ready to make a change or does not feel the need to change.

The second stage is known as **Contemplation** or the Semi-Ready Stage. In this stage the person is thinking about making a change but is not sure how.

The third stage is **Preparation** or Getting Ready to Change Stage. Here the person wants to make a change and is ready to

put this change into action.

The fourth stage is **Action** or the Ready Stage. In this stage the person takes action to change the behavior almost on a daily basis.

The final stage is **Maintenance** or Routine. This is where the change has occurred and is now part of our daily lives.

Think about an eating behavior you would like to change and then determine what stage you are in. In order to make a change we have to figure out where we need to start.

Once you determine your stage you need to think about how to initiate the change.

- **Think about your trouble spots or barriers to making the behavior change.** Develop a plan on how you are going to overcome these.
- **Take one step at a time.** Sometimes we try to change too much at once and it becomes overwhelming and we give up.
- **Solicit support.** We all need support when we are trying something new. A support system also helps you be accountable to someone in regards to what you are trying to improve in your eating habits.
- **Remember to not give up.** We all take steps backwards. Just keep in mind you want to do this and keep trying to move forward.

Good luck on changing your eating behavior. (MB)

Thoroughly Modern Thanksgiving Turkey Cooking Tips

Mary Torell
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With the rapid pace of our lives today, we often find conflict with holidays and a feeling of wanting to maintain the warm traditions of the past while keeping up with a busy work schedule. Thanks to modern technology, it is possible to do both. The Department of Agriculture's Poultry & Egg Division offers the following suggestions in selection of turkey, preparation, handling leftovers and food safety to continue the tradition, yet have modern Thanksgiving turkey dinner.

If your family is counting on an old-fashioned turkey dinner for Thanksgiving, don't disappoint them—roast a thoroughly modern turkey. An old-fashioned turkey dinner may mean stuffing the bird. But, realize that an unstuffed turkey saves time, both in preparation and cooking. It's also safer to cook the turkey unstuffed. The USDA recommends NOT stuffing your Thanksgiving turkey. With faster cooking birds, the turkey may be done before the stuffing. For the best, most uniform results for both the turkey and the stuffing, your favorite stuffing recipe or packaged stuffing mix can then be cooked separately in a covered casserole to compliment the roasted turkey.

But before you are ready to make the dressing, you need to decide how much turkey you should purchase. In choosing a turkey for the holiday meal, plan on about one pound of turkey for each person. This allows plenty for holiday appetites plus economical after-holiday meal planning. Next comes the turkey preparation.

Preparing turkey is easy,

especially when you follow these guidelines: *roasting time. Never use a brown paper bag.*

Thawing the Turkey

- Frozen turkey, like all other foods, should be thawed in the refrigerator, *never* at room temperature. When foods are thawed at room temperature, surface bacteria can multiply to dangerous levels at temperatures 40° F and above.
- To thaw, leave turkey in its original packaging, place in a shallow pan and place in refrigerator 3 to 4 days, or about 5 hours per pound of turkey, to completely thaw.
- To speed up thawing, keep turkey in its tightly sealed bag and place in pan or sink and cover with cold water. Change water frequently, about 1/2 hour per pound of turkey.
- Refrigerate or cook turkey when it is thawed. Do not refreeze uncooked, defrosted turkey. Commercially frozen *stuffed* turkeys should *not* be thawed before roasting. Follow package instructions.

Preparing the Turkey for Roasting

- Remove giblets and neck from turkey. Rinse turkey with cold running water, drain and pat dry with paper towels to remove excess water.
- Rub skin of turkey with oil or margarine. This will aid in browning of the turkey skin.
- Place turkey, breast side up, in a large cooking bag.* Then put in large shallow roasting pan (about 2-1/2 inches deep).
- Roast the turkey in a preheated 325° F oven. Follow roasting times as listed.

Make sure you use a meat thermometer to determine doneness.

*Note: If using a cooking bag, follow the instructions provided with the bag, and reduce the amount of total

Stuffing Tips

As previously mentioned, the USDA does NOT recommend stuffing the bird, but if your family insists on it, keep these tips in mind:

- Stuffing should be prepared and stuffed into the turkey immediately before it is placed in the oven for cooking. If preparing the stuffing ahead-of-time, wet and dry ingredients should be refrigerated separately and combined right before stuffing the turkey.
- Stuff the turkey loosely, about 3/4 cup stuffing per pound of turkey.
- The stuffing should be moist, not dry, since heat destroys bacteria faster in a wet environment.
- Cook the stuffed turkey in a minimum 325° F oven, and use a meat thermometer to measure final doneness. Stuffing should reach 165° F.

For more turkey cooking methods, log onto the Nebraska Department of Agriculture's Web site at www.agr.state.ne.us and click on "Poultry & Egg," then click "Turkey Cooking Tips." You can also check out the National Turkey Federation's Web site at www.eatturkey.com.

Request a Brochure, Get \$2 Off Coupon

The Nebraska Department of Agriculture, Poultry and Egg Division is again offering 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, Public Information Officer, Nebraska Department of Agriculture, Poultry and Egg Division at mtorell2@unl.edu or call 472-0752.

Each contact will receive *either* a \$2 off coupon for a regular turkey, or a \$2 off coupon for a smoked turkey from NORBEST, a Nebraska grown product.

TURKEY ROASTING TIMES

(Approximate Timetable for Roasting a Turkey at 325° F)

Weight	Unstuffed	Stuffed
8 to 12 pounds	2¾ to 3 hours	3 to 3½ hours
12 to 14 pounds	3 to 3¾ hours	3½ to 4 hours
14 to 18 pounds	3¾ to 4¼ hours	4 to 4¼ hours
18 to 20 pounds	4¼ to 4½ hours	4¼ to 4¾ hours
20 to 24 pounds	4½ to 5 hours	4¾ to 5¼ hours

Web Resources of the Month

Learn how to reduce the size of recipes at lanaster.unl.edu/food/ciq-changing-recipe-size.htm

Get tips on cooking ahead for the holidays at lanaster.unl.edu/food/ciqh.htm

Bake ahead for the holidays using the tips at lanaster.unl.edu/food/ftnvd99.htm

Discover how those tiny bites over the holidays can total big calories at lanaster.unl.edu/food/ftaug97.htm

Learn the latest "Cook It Quick Tip of the Month" at lanaster.unl.edu/food/ciqtips.htm

To keep up-to-date on new tips, resources and recipe ideas to help you prepare healthy foods in a hurry, sign up for our monthly **Cook It Quick** e-mail messages at lanaster.unl.edu/food/ciqupdat.htm

