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Many people are interested in how to roast pumpkin seeds this time of year. Here's information from Florida Cooperative Extension Service.

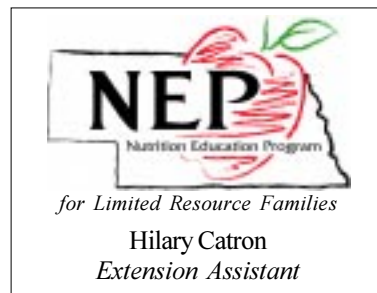
Drying and Roasting Pumpkin Seeds

Drying seeds and roasting seeds are two different processes.

To dry — carefully wash pumpkin seeds to remove the clinging fibrous pumpkin tissue. Pumpkin seeds can be dried in a dehydrator at 115 to 120° F for 1 to 2 hours, or in an oven on warm for 3 to 4 hours. Stir them frequently to avoid scorching.

To roast — take dried pumpkin seeds and toss with oil and/or salt and roast in a preheated oven at 250° F for 10 to 15 minutes.

Source: Reynolds, Susan. Drying Seeds, Popcorn and Nuts, Fact Sheet FCS 8506, a series of the Department of Family, Youth and Community Sciences, Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida. Publication date: June 1998.



Many of us need a small snack between meals to make it through the day. Snacking between meals can be beneficial. Healthy snack selections can help reduce overeating at meal times, keep your metabolism and energy level up and provide missing nutrients to your diet.

Unfortunately, many of us unknowingly fall prey to current myths regarding snack foods.

1. Low-fat/Reduced fat foods are always the better choice.

Sometimes low-fat food choices really do not differ from their full fat counterparts. A serving of low-fat chocolate chip cookies only has 20 fewer calories than regular chocolate

chip cookies. The difference in fat is only about 3 grams.

2. Beware of "yogurt" and candy covered treats.

Now, just plain yogurt with some added fresh fruit is an excellent snack. However, yogurt covered raisins and pretzels are just plain raisins and pretzels with added calories and fat. They do not contain the calcium, protein and other nutrients associated with yogurt. The 'yogurt' coating is actually classified as a "confectioners' coating" by the U.S. Department of Agriculture.

3. Energy bars/weight-loss bars are better choices than candy bars.

While some energy bars contain a lot of nutrients, they also contain a lot of sugar. Most energy bars contain the same amount of calories as candy bars. Their packaging makes them look smaller and less fattening when, ounce for ounce, they provide the same amount of sugar and sometimes fat as candy bars.

What Makes a Good Snack?

Healthy snacking is easy if you follow some basic guidelines:

- Are you really hungry?
- Make sure your snacks are satisfying hunger-not boredom, stress, thirst or fatigue.
- Let the Food Guide pyramid be your guide.
- Use snacks to fill in what food servings you are missing for the day. A piece of fruit, yogurt and graham crackers or vegetables and dip are filling and nutritious snack choices. Avoid thinking of chips, cookies, and sweets as snacks.
- Try milk, juice or water as snack drinks.
- Soft drinks and fruit drinks do not offer nutrients and often take the place of healthier drink choices.

Healthy snacking is an easy way to ensure you get all the nutrients needed for the day and to help combat overeating and mid-day fatigue. With just a little thought, you can make healthy additions to your diet. Happy snacking!!

Venison: From Field to Table

The following information is from a publication "Proper Care and Handling of Venison from Field to Table" by Catherine N. Cutter, PhD, Penn State College of Agricultural Sciences Agricultural Research and Cooperative Extension.

To reduce the risk of food-borne illness, hunters need to handle, process and prepare deer properly, being careful to prevent contamination from the field to the table.

Bring These Items When You Hunt

- A sharp knife
- A small hatchet
- A whetstone or steel for sharpening
- Several feet of rope or nylon cord
- Six-inch rubber bands
- Clean cloths or paper towels
- Sealable storage bags
- A large cooler full of ice or snow
- Ground pepper and cheesecloth
- Disposable plastic gloves for dressing
- Clean drinking water

Field Dressing

- To reduce the risk of exposure to disease, wear disposable plastic gloves while handling deer.

- Use clean water, premoistened wipes or alcohol swabs to clean the knife frequently or between cuts to avoid dragging bacteria into the meat.
- Place the deer on its back, elevate its front legs and spread its hind legs. Support carcass in this position with rocks or sticks.
- Cut around the anus to loosen the bung so it will come out when the entrails are removed. Tying off the bung with rope, cord or rubber bands will prevent feces from contacting the carcass during removal.
- Using a clean knife, cut along the midline from the breast-bone to the anus (to keep from dragging feces). Make the cut by lifting the skin and muscle together.
- Avoid cutting the paunch and intestines, since bacteria associated with food-borne illness may be found in these organs.
- If the organs smell offensive or exhibit greenish discharge, black blood or blood clots in the muscle, do not consume meat from this carcass. Discard the carcass properly.
- Cut the diaphragm free from the rib cage.

- Cut the windpipe and gullet at the base of the throat.
- Pull out the lungs, heart, and entrails. Place variety meats in a plastic storage bag and store on ice or refrigerator as soon as possible.

Hints for Field Dressing

- Dress the carcass as soon as possible.
- Remove all visible dirt, feces, hair and bloodshot areas.
- Wipe out the cavity with individual paper towels. Prop the cavity open with a clean stick to aid in air circulation.
- If you wash the cavity with water, dry the area quickly to prevent spoilage.
- To prevent bacterial growth, quickly cool the carcass to 35–40° F.
- After cleaning the cavity, you can add ice or snow sealed in plastic storage bags and pack them in the cavity. Secure the bags in place by tying the cavity shut with rope or cord.
- Keep the carcass out of direct sunlight and allow for adequate air circulation.
- If the carcass is skinned in warm weather and flies are a

problem, keep surfaces clean, sprinkle ground pepper on them, and cover them with cheesecloth.

Transporting and Processing Game

- Keep the carcass cool during transport. Keep it out of sunlight. Do not tie the deer across the hood or roof of a car. Do not put a deer in the trunk while it's still warm. Allow for adequate air circulation.
- Transport the carcass to the processing facility as soon as possible. Processing should be done only by businesses with fully refrigerated facilities.
- If you are processing your own game, hold the carcass at 40° F or less. Freezing the carcass before processing may toughen the meat.
- If aging the carcass, do so at 40° F or less for two to three days.
- If you are using the meat for sausage, aging is not necessary.
- During processing, frequently clean your knife between cuts to avoid contaminating the meat.

- Wash your knife, hands and cutting boards often with warm, soapy water.

Kitchen Processing

- Store any unfrozen meat in the refrigerator, and use it within two to three days.
- Keep raw meat separated to prevent cross-contamination in the refrigerator.
- Marinate all meats in the refrigerator.
- Thaw all frozen meats in the refrigerator or microwave and use immediately.
- Heat all game meats, including jerky, to 160° F to reduce the risk of food-borne illness. Use a calibrated meat thermometer to ensure proper cooking.
- Do not can meat unless you have a calibrated or recently tested pressure canner. Proper pressure and time are critical to ensure safe canned meat.

Freezing Tips

- Cut and package the meat into meal-size portions.
- Use heavily waxed paper, freezer wrap, heavy-duty aluminum foil or plastic freezer storage bags for meat storage.

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Web Resources of the Month

We received several comments on the helpfulness of the food storage chart in our September NEBLINE. To print a copy from the Internet, to tape on your refrigerator or keep in your cupboard, go to lanaster.unl.edu/food/StoreItChart.pdf

Find out how to cook your Halloween pumpkin at lanaster.unl.edu/food/pumpkin.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



FREE "Healthy Cooking for 1 or 2" Class

Tuesday, Nov. 4 • 7–8:30 p.m.

Plaza Conference Center, BryanLGH Medical Center East,
1600 S. 48 Street, Lincoln

Learn how to put some fun into cooking for just you or for two. Alice Henneman, Lancaster Extension registered dietitian and extension educator will help you learn how to prepare quick, delicious and nutritious meals for one or two people in cooperation with BryanLGH Medical Center. The emphasis will be on using just a few common ingredients per recipe and as few dishes to wash as possible! Participants will receive an extensive handout which includes tips and recipes.

Register by calling BryanLGH at 481-8886.

