



Alice Henneman, RD, UNL Extension Educator

Here's a recipe from Mary Torell, Nebraska Department of Agriculture, Poultry and Egg Division, for a side dish that can be served with your Thanksgiving turkey.

Ginger Citrus Rice

2 tablespoons canola oil
2 tablespoons fresh ginger root, peeled and grated
½ teaspoon ground cumin
4 cups water
2 cups basmati rice*
½ teaspoon salt
1 large lime, zested and juiced

* Basmati is a long-grained rice with a fine texture. It can be found in Indian and Middle Eastern markets and some supermarkets.

In a 3-quart saucepan over medium heat, heat canola oil until very hot, but not smoking. Add ginger root, cumin and cook for 1 minute. Add 4 cups water and bring to a boil. Stir in rice and salt. Reduce heat to low; cover and cook 15 to 18 minutes until all water is absorbed and rice is tender. Stir in lime juice and zest.

Approximate nutrient content per serving: 126 calories; 3 gm protein; 3 gm fat; 25 gm carbohydrates; 381 mg sodium; 0 mg cholesterol.
Recipe Source: National Turkey Federation

FREE Healthy Desserts Presentation, Nov. 15

"Fast & Healthy Everyday Desserts" — part of BryanLGH Medical Center's "Eating Well" series — will be presented Tuesday, Nov. 15 from 7–8:30 p.m. at the Plaza Conference Center, BryanLGH Medical Center East, 1600 S. 48th Street in Lincoln.

Alice Henneman, registered dietitian and UNL Extension Educator, will show you how to quickly make "everyday desserts" for a sweet and healthy ending to meals!

Participants will receive an extensive handout which includes tips and recipes.

No cost to attend. Register by calling BryanLGH at 481-8886.



Thanksgiving — the Tradition Continues

Mary Torell
Nebr. Department of Agriculture
Poultry & Egg Division

Turkey has been a part of Thanksgiving celebrations for generations. Today, the traditional turkey is center stage at 90 percent of all Thanksgiving dinners. Keep in mind because turkey is naturally mild, it blends beautifully with an assortment of herbs, spices and other seasonings. It's also very high in protein, but low in fat, calories and cholesterol.

Preparing turkey is easy, especially when you follow these guidelines:

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 plastic bag and place in pan or sink and cover with cold water. Change water every half hour. Turkey will thaw at the rate of approximately 30 minutes 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 canola oil or margarine and add some paprika. This will aid in browning of the turkey skin.
- Place turkey, breast side up, in a large shallow roasting pan (about 2½ inches deep). Note: If using a cooking bag, follow the instructions provided with the bag, and reduce the amount of total roasting time. Never use a brown paper bag.
- Roast the turkey in a pre-heated 325 F oven. Follow roasting times as listed. The internal temperature of the turkey as registered on a meat thermometer should reach a minimum of 180 F in the thigh before removing the turkey from the oven.

Stuffing Tips

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 as the stuffing expands as it cooks, about ¾ cup stuffing per pound of turkey. The stuffing should be moist, not dry, since heat destroys bacteria more rapidly in a moist 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.

Storing Leftovers

Refrigerate turkey and all other foods promptly after the holiday meal, or within two hours of cooking. Cut all the turkey meat from the bones and store in shallow, covered containers. When refrigerated at 40 F or below, cooked turkey will keep up to two days, and up to four months in the freezer when frozen at 0 F or below.

The Poultry & Egg Division offers two brochures, "Take the Guesswork Out of Roasting a Turkey" and "Carving The Whole Turkey" free upon request. Contact Mary at mtorell2@unl.edu, 472-0752, or go to <http://www.nebraskapoultry.org>. If you contact Mary, you will receive a \$2 off coupon for a NORBEST turkey, a Nebraska grown product.

FOR MORE INFORMATION

For additional turkey cooking tips or turkey recipes, go to the Nebraska Department of Agriculture's Web site at <http://www.nebraskapoultry.org>, or the National Turkey Federation's Web site at <http://www.eatturkey.com>.



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Turkey Roasting Times

Approximate timetable for roasting a turkey at 325 F. Make sure you use a meat thermometer to determine doneness.

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

\$tretch Your Food Dollar with Leftover Turkey



Maureen Burson
UNL Extension Educator

Nutrition Education Program (NEP) participants learn to save money and add protein to their diets by preparing quick meals with leftover turkey. Here are a few ways:

- Creamed turkey on biscuits, toast, pasta, rice or mashed

- potatoes.
- Casseroles using leftover turkey, vegetables, macaroni, noodles or rice.
- Salads — try salad greens with colorful vegetables and chunks of turkey.
- Sandwiches — hot or cold, ground or sliced turkey

Homemade Casserole Sauce Mix is an economical, low fat and quick way to make creamed turkey. Simply mix in a favorite vegetable for a healthy, colorful meal. A NEP graduate who had lost the recipe when her family moved, called to request another copy as it is one of her favorites. Senior citizens find this an easy way to add calcium to their diet. This mix costs approximately 18 cents per

serving, compared with 86 cents for a can of creamed soup.

Hungry Families Receive Turkey and the Trimmings

The Center for People In Need will distribute \$10 vouchers to limited-income families for their Thanksgiving celebration. Vouchers can be redeemed at local supermarkets for turkey, ham or other items. Contact 476-4357 or <http://www.centerforpeopleinneed.org> to learn how to receive (or donate) a voucher.

Lincoln Action Program will provide additional food for holiday meals. Contact 441-4515 or <http://www.lincoln-action.org>.

Homemade Casserole Sauce Mix

2 cups nonfat dry milk
¾ cup cornstarch
¼ cup instant chicken bouillon
2 tablespoons dried onion flakes
1 teaspoon dried, crushed thyme (optional)
1 teaspoon dried basil, crushed (optional)
½ teaspoon pepper

Combine all ingredients and store in an air-tight container. To use as substitute for one can condensed soup, mix a cup of the dry mix with 1¼ cups water in a saucepan. Cook and stir until thickened.

This recipe for homemade sauce mix can be substituted for canned condensed cream of chicken soup called for in many recipes.

Source: Food Preparation, UNL Nutrition Education Program