



By Alice Henneman, MS, RD, UNL Extension Educator

Enjoy this recipe from Mary Torell, Nebraska Department of Agriculture, with your leftover turkey!

Monte Cristo Sandwich

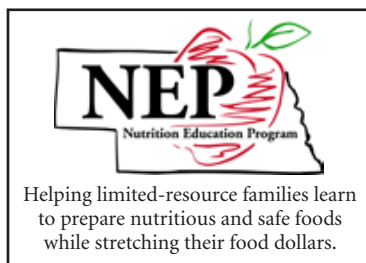
(makes 2 servings)

- 2 eggs
- ½ cup milk, low fat
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 4 slices wheat or rye bread
- 2 tablespoons Dijon mustard
- 4 thin slices Swiss cheese
- 4 thick slices cooked turkey breast
- 2 tablespoons butter

In a medium bowl, whisk together the eggs, milk, salt and pepper. Spread one side of each bread slice with 1½ teaspoons mustard. To make each sandwich, place 1 slice cheese, 2 slices of turkey and another slice of bread, mustard-side down.

In a large, non-stick skillet, melt the butter over moderate heat. Dip the sandwiches briefly in the egg mixture, turning to moisten both sides. Cook, turning once with a pancake turner, until golden brown, about 6 minutes. Adjust the heat as necessary so the sandwiches do not burn. Serve hot.

\$tretch Your Food Dollar with Healthy Snacks



Sarah Pankoke
UNL Extension Assistant

After researching and analyzing prices at a nearby grocery store, the verdict is this: if you are a savvy shopper, you can purchase a variety of healthful snack options at a reasonable cost. Here are some tips for snacks that make nutritional sense.

1. Individually packaged snacks have their appeal. One hundred calorie packs, which help you to limit portion size, range in cost from \$.46/pack for mini bags of kettlecorn popcorn to \$.60/pack for animal-shaped crackers. Purchasing your own box of crackers and portioning out serving size portions may save a few pennies—whole wheat crackers and whole grain fruit-filled cookies were \$.26/ounce portion. Individually packaged fruits—clear cups of mixed fruit and small boxes of raisins—ranged in price from \$.67/name brand individual mixed fruit cup to \$.28/box of store brand raisins.

2. Are pudding snacks a standard fare at your house—these may contribute some calcium, but not as much as

the real thing made with milk. Pudding snacks were priced at \$.37 to \$.53/serving. Other comparably priced options that were higher in calcium would be individual yogurt (\$.44 to \$.55/serving) or individually wrapped string cheese (\$.25 to \$.35/stick).

3. Take note! Fruit rolls and fruit-flavored snacks do not count as part of the fruit group. Although, these may have added vitamin C, the first ingredient is likely sugar. Go for the real thing instead. These snacks cost \$.29 to \$.33/serving. An individual piece of fruit—say a banana, orange or apples, on sale—is naturally sweet, packs fiber and other nutrients for \$.20 to \$.33/piece. Look for specials, buy fruits and vegetables in season to save \$\$\$ in the produce section. Also, a piece of fruit makes a good substitute for the \$.55 candy bar at the checkout.

4. Beverage choices fare better than you might think in comparison to soda at \$.38/can.

- No-name water—\$.17/bottle.
- Calorie free, antioxidant-rich black and flavored teas—\$.18/bag.
- Hot cocoa (still a sugary choice)—\$.20/packet.
- 100 percent juice pouch—\$.30/pouch.
- Store brand tomato juice (packed with flavor and vitamin C)—\$.33/6 ounce can.

Plan to purchase healthy snacks to avoid the default high fat, high sugar and low nutrient snack foods.

Preparing a Thanksgiving Feast Does Not Have to be Difficult!

Mary Torell
Nebraska Department of
Agriculture

For most Americans, turkey is the main course on Thanksgiving Day. With a little organization and a few simple recipes and tips, even a novice cook can prepare and enjoy a scrumptious Thanksgiving meal.

Turkey Cooking Tips

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 degrees 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. **Allow approximately 30 minutes per pound of whole turkey using this method. The cold water must be changed every 30 minutes.**
- 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 the turkey. Rinse the turkey with cold running water, drain and pat dry with paper towels to remove excess water.
- Rub the skin of turkey with



The turkey is done when the internal temperature registered on a meat thermometer, reaches 180 degrees F when inserted in the thigh not touching any bone, before removing from the oven.

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 2-1/2 inches deep).
- Roast the turkey in a preheated 325 degree F oven. Follow roasting times at right.

Stuffing tips:

The USDA does *not* recommend stuffing turkey.

Determining doneness:

The turkey is done when the internal temperature registered on a meat thermometer, reaches 180 degrees F when inserted in the thigh not touching any bone, before removing from the oven. The temperature of the breast should reach 170 degrees F. The pop-up thermometer device also indicates the turkey has reached the final temperature for safety and doneness. Let the turkey stand for 20 minutes to allow the juices to distribute throughout the bird. This will allow for easier carving.

Storing leftovers:

Refrigerate turkey and all other foods promptly after the

Turkey Roasting Times

Approximate timetable for roasting an unstuffed turkey at 325 degrees F.

Weight	Approximate time
8 to 12 pounds	2-3/4 to 3 hours
12 to 14 pounds	3 to 3-3/4 hours
14 to 18 pounds	3-3/4 to 4-1/4 hours
18 to 20 pounds	4-1/4 to 4-1/2 hours
20 to 24 pounds	4-1/2 to 5 hours

*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. Make sure you use a meat thermometer to determine doneness.

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 degrees F or below, cooked turkey will keep up to two days, and up to four months in the freezer when frozen at 0 degrees F or below.

FOR MORE INFORMATION

Free copies of two recipe brochures, "Take the Guesswork Out of Roasting a Turkey" and "Carving The Whole Turkey," are available—in English and Spanish—online at <http://www.nebraskapoultry.org> (click on Turkey Cooking Tips). You can also request them by e-mailing mtorell2@unl.edu or calling 472-0752.

Time-Saving Kitchen Tools for Holiday Gifts

Alice Henneman, MS, RD
UNL Extension Educator

Check here for ideas for holiday presents (large and small) for busy cooks and perhaps yourself! Consider bundling several smaller items together for one present.

Tool 1: "Universal Lid":

These lids usually have several rings of ridges letting the lid fit over different sizes of pans. Some brands may cover pans from 8" to 12" in diameter (as measured across the top of the pan). Other brands may offer both a smaller and larger size of universal pan lid.

If you wish your current pans had see-through lids so you could monitor food preparation without lifting the lid and releasing the heat, buy a universal lid with a see-through dome.

Tool 2: Cutting Boards

Avoid cross-contamination when cutting different types of foods for the same meal by owning several cutting boards. This is especially important if you're cutting raw meats, poultry or seafood and then need to cut ready-to-eat foods. With more than one cutting board you can avoid spending extra time washing your board before cutting the next item. Plastic or other non-porous cutting boards are easier to safely clean as they can be run through the dishwasher.

Tool 3: Lots of Colanders

If you tend to wash and/or drain a lot of foods for meals, an extra colander or two may save time and help prevent cross-contamination.



Tool 4: Salad Spinner

You'll get more flavor with less dressing (and fewer calories!) if salad greens are washed and thoroughly dried before tossing your salad with dressing. Salad spinners make it easy to dry lettuce, fresh herbs, etc. Simply toss in your washed greens and "spin" them dry. These products work in various ways. Some have knobs you turn. Others operate through a push-down mechanism. Check around to find one with the features you like.

Tool 5: A Kitchen Timer

Help keep your kitchen tasks under control with this battery-operated device. Time the seconds, minutes or hours needed for a cooking process. Many come with a see KITCHEN on page 11