

**Department of Nutritional Services Presents**


## Turkey Tips - Keeping your Thanksgiving Healthy and Safe



Thanksgiving is one of many favorite American holidays. It's the time when we get together with our families and loved ones to celebrate our culture, enjoy yummy food and give thanks! Unfortunately it's also a time when excessive food availability might be hazardous to our waist lines, mood and even health! Let's enjoy a healthy and safe Thanksgiving!

**Food Safety**


- **Clean** - Wash hands, surfaces and utensils with hot, soapy water often to avoid spreading bacteria when preparing food. Hand washing is one of the most effective way to prevent the spread of food-borne illness.
- **Separate** - Use different cutting boards for raw meat, poultry, seafood, and veggies. When you prepare Thanksgiving dinner, keep the raw turkey away from vegetables and side dishes that won't be cooked.
- **Cook** - You can't tell it's done by how it looks! Use a food thermometer. Every part of the turkey should reach a minimum internal temperature of 165°F.
- **Chill** - Keep the fridge at 40°F or below to keep bacteria from growing. Pumpkin pie should always be refrigerated.
- **Store** all leftovers in the refrigerator or freeze no more than 2 hours after cooking. If food has been out more than 2 hours, toss it.
- **Use** shallow containers, about 2 inches deep, to store food. This will allow it to cool quickly and evenly, foiling pesky bacteria.
- **Eat leftovers** within 4 days. Holiday food kept longer than that should be thrown out. Freeze anything that is not going to be used within 4 days. Remember, when in doubt, throw out!

**Calorie Control**

- Wear a tight-fitting outfit. You will less likely overeat because it becomes too uncomfortable.
- Don't arrive starving. Eat before the big feast. A small, balanced meal consisting of a whole grain, lean protein and vegetables will keep you feeling full until dinner.
- Make time for exercise every day, especially on Thanksgiving Day.
- Distance yourself from the hors d'oeuvre table.
- Munch on fresh fruits and veggies instead of high fat appetizers.
- Scan the buffet and carefully choose the foods you love. Take smaller portions of the high fat sides such as gravy, creamy sauces, and mashed potatoes. Take larger portions of the lower fat sides such as baked sweet potatoes, vegetables, and skinless white meat of turkey.
- Eat slowly and savor every bite. Give your brain a chance to let you know you're satisfied.
- Drink plenty of water before, during and after the meal.
- Hold your cocktail or beverage in your dominant hand while you're socializing with friends and family to prevent you from impulse eating.

**Turkey- The Big Bird's Nutritionals:**


- Naturally low in fat without the skin, containing only 1 gram of fat per ounce.
- A 5 ounce serving provides almost half of the recommended daily allowance of folic acid.
- Good source of B vits, zinc and potassium.

**Have the Dessert too:**


- Enjoy a small serving of dessert. Choose pumpkin over pecan pie and save a few hundred calories.
- Add fresh fruits to your dessert; topping made out of fresh berries not only taste great but are low in calories and full of healthy antioxidants.


**Go Easy on Alcohol**

- If you drink alcohol, save those calories for a glass of wine with the meal.
- Skip the high-calorie, high-fat eggnog this year.

**Deviate from Tradition**

- Spice up 2 or 3 traditional dishes this year; see recipes and tips on page 2.
- Go green in your Thanksgiving meal too- let vegetables take the spotlight this year.
- If turkey does not tickle your palate but some other lean meat does, celebrate with that!
- Have leafy greens instead of starchy vegetables like potato, squash, and sweet potato.

**Be Realistic**

Don't try to lose weight during the holidays, just aim to maintain your current weight. If you plan on overindulging, bank some calories early in the week and get more physical activity before and after Thanksgiving Day to make up for it.

## Healthy Thanksgiving Recipes



### Maple-Scented Pumpkin Cheesecakes

Makes 18 servings

#### Crust

- 1.5 cups graham cracker crumbs
- 2 Tbsp sugar
- 1/2 tsp cinnamon
- 1/2 tsp ginger, ground
- 1/2 tsp nutmeg
- 1/2 cup pecans, ground
- 6 Tbsp butter, melted

#### Filling

- 2 pounds low-fat cream cheese, softened
- 1/4 cup maple syrup
- 1 cup sugar
- 4 eggs
- 1 cup pumpkin puree
- 1/4 cup light cream
- 2 Tbsp marsala wine
- 1 tsp cinnamon
- 1/4 tsp nutmeg

#### Preparation:

**Crust**– Mix together all **dry** ingredients and add melted butter until incorporated.

**Filling**– Whip cream cheese, maple syrup and sugar. Then, add eggs pumpkin, cream, marsala wine, cinnamon, and nutmeg. Blend well.

In 18 individual, 4– ounce aluminum containers, press crust mixture with a fork to cover container bottoms. Pour in filling mixture into individual aluminum containers.

Bake at 325°F for 45 minutes. Turn off the heat . Leave in oven for 1 hour to cool. Enjoy after cooling or store in refrigerator and serve to guests later. Garnish with fresh berries or other fresh fruit.

### Garden Fresh Green Beans and Tomatoes with Oregano



#### Ingredients:

- 2 tsp olive oil
- ¼ cup diced onion
- 2 garlic cloves, minced
- 2 cups cut green beans
- ¼ cup low-sodium chicken broth
- 1 medium tomato, diced
- 1 Tbsp minced oregano
- 1 Tbsp minced parsley
- Fresh ground pepper and salt to taste

#### Preparation:

In a wok or heavy skillet over medium-high, heat the oil.

Add the onion and garlic and sauté for 3 minutes (don't let garlic brown).

Add green beans and broth, cover, and steam for 3 minutes.

Add the diced tomato, cover, and steam 30 seconds.

Add the oregano, parsley, pepper and salt and steam for 30 seconds more. Serve



### Triple the Play with Sweet Potato

Check out 3 great ways to incorporate sweet potatoes into your Thanksgiving meal

#### Biscuits

- Mix 1/2 cup of mashed sweet potato with 1/3 cup buttermilk. Combine 2 1/4 cups all purpose baking mix (Bisquick) with potato mixture and another 1/3 cup of buttermilk. Mix to form dough. Knead 12 times on a surface coated with the baking mix. Roll out to 1/2 in.; cut into rounds. Bake on an ungreased baking pan for 10 minutes in a 450°F oven

#### Stuffed

- Microwave 2 sweet potatoes for 6 minutes. Mix together 2Tbsp each coconut flakes and chopped pecans, and 1Tbsp each melted butter and brown sugar. Make a slit in potato; top with filling. Bake in a 400°F oven for 12 minutes

#### Roasted

- Peel and cut 3 sweet potatoes. Toss with 1 sliced red onion, 2 Tbsp canola oil, 1tsp each cinnamon and cumin, and ½ tsp salt. Transfer to a baking sheet and roast in a 400°F oven for 25 to 30 minutes until it's fork-tender.



### Tips to Spice up Traditional Sides

- \* Bake sweet potatoes or winter squash with different herbs such as thyme, paprika, and sweet yellow onions
- \* Don't just have plain greens. Toss in sliced apples, mango or mandarin oranges. Add a crunch to the salad with toasted walnuts, almonds or pecans. Sprinkle in some of your favorite cheese too!