

# Better Living For Texans Newsletter

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A Nutrition-Based newsletter sponsored by Better Living for Texans  
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For more information on nutrition

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## Turkey Tips and Tricks

As Thanksgiving is just around the corner, many of us are gearing up for a day of feasting and good company. Here are some ideas to help make your turkey one that everyone can safely enjoy:

- ◆ Buy one pound of turkey per person. This will ensure that you have enough food for everyone with plenty to spare. Remember to get those leftovers in the refrigerator within 2 hours!
- ◆ If purchasing frozen turkey, you can buy it months in advance. If purchasing fresh, only purchase it one to two days in advance.
- ◆ Make sure you have enough space in your refrigerator to safely thaw your turkey 24 hours for every 4 to 5 pounds of turkey (Example: a 12 pound bird will need about 3 to 4 days to defrost safely in the refrigerator. If you decide to thaw the turkey in cold water, it will take about 30 minutes per pound.
- ◆ Be sure that the turkey is fully cooked by checking the temperature at the innermost part of the thigh and wing and in the breast. The temperatures should read 165°F.
- ◆ Lastly, Never rush the turkey! Opening and closing the oven will lower the temperature and increase cooking time.

Turkey Cooking Times	
<u>Unstuffed</u>	
4 to 8 pounds (breast):	1 1/2 to 3 1/4 hours
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
<u>Stuffed</u>	
6 to 8 pounds (breast):	2 1/2 to 3 1/2 hours
8 to 12 pounds:	3 to 3 1/2 hours
12 to 14 pounds:	3 1/2 to 4 hours
14 to 18 pounds:	4 to 4 1/4 hours
18 to 20 pounds:	4 1/4 to 4 3/4 hours

## Healthy Thanksgiving Sides

Looking for ways to make your Thanksgiving Table both healthy and tasty? Here some yummy ideas:

- ◇ Brown rice and ground turkey stuffed peppers
- ◇ Spaghetti Squash Lasagna
- ◇ Mashed sweet potatoes topped with apples and pecans
- ◇ Green beans sautéed with cranberries and almonds
- ◇ Butternut Squash and cranberry salad



# Easy Bread Stuffing



## What you need:

### Utensils:

- Cutting board & knife
- Measuring cups & spoons
- Large skillet
- Large mixing bowl
- Can opener
- Mixing spoon
- 9 inch x 13 inch casserole dish

### Ingredients:

- 2 8.5 ounce boxes corn bread muffin mix or corn bread mix
- 1 teaspoon vegetable oil
- 2 cups chopped celery\*
- 1 chopped bell pepper\*
- 5 chopped green onions\*
- 1 26-ounce can low sodium cream of chicken soup
- 2½ 14.5-ounce cans low sodium chicken broth
- 2 cups bread crumbs, plain
- ½ cup whole kernel corn, drained & rinsed
- ½ teaspoon black pepper
- ½ teaspoon ground sage
- ½ teaspoon poultry seasoning
- 1 6 ounce package slice almonds, toasted (optional)

### What to do:

1. Wash your hands and clean your cooking area.
2. Clean the tops of canned food items before opening them.
3. Bake cornbread or muffins according to package directions.
4. Preheat oven to 350°F.
5. Heat oil in a large skillet. Add celery, bell pepper, and onions. If using green onions, add onions last. Cook for 5 to 7 minutes.
6. Add cream of chicken soup and chicken broth to the onion mixture. Mix well.
7. In large bowl, crumble cornbread. Add bread crumbs, onion mixture, corn, pepper, ground sage, poultry seasoning, and almonds (optional). Mix well.
8. Pour mixture into a 9 inch x 13 inch pan or casserole dish.
9. Bake at 350°F for one hour.

Prep Time: 45 minutes

Cook Time: 1 hour

Cost per serving: \$0.82

## Nutrition Facts

Serving Size 1/12 of stuffing  
Servings Per Container 12 servings

### Amount Per Serving

**Calories** 220      **Calories from Fat** 35

% Daily Value\*

**Total Fat** 4g      **6%**

Saturated Fat 1g      **5%**

Trans Fat 0g

**Cholesterol** 5mg      **2%**

**Sodium** 520mg      **22%**

**Total Carbohydrate** 35g      **12%**

Dietary Fiber 4g      **16%**

Sugars 7g

**Protein** 11g

Vitamin A 10%      • Vitamin C 20%

Calcium 20%      • Iron 15%

### MyPlate:

2 ounces Grains

\*WIC Approved Food Package



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