

# PANHANDLE PATH TO HEALTHY LIVING



Holidays 2022

## Let's Talk Turkey for the Holidays!

**The holidays are a time for family, food and gratitude. I have filled this newsletter with some fun and helpful information for your holiday season.**

**Enjoy these simple tips on the health benefits of turkey, thawing your turkey safely, cooking your turkey, and delicious quinoa, squash & cranberry recipes.**

**Let's give thanks this holiday season!**

For all our delicious simple recipes for your holiday visit: <http://dinnertonight.tamu.edu>

*Lizbeth Gresham*

## Top 3 reasons to eat **Turkey**

### **Niacin (B3) - 64% of your RDA**

For our energy production, keeps your cells talking to each other and may play a significant role in the prevention of cancer

### **Phosphorus- 45% of your RDA**

Looks after your cells, creates energy and maintains the chemical balance of your bodies

### **Vitamin B6- 30% of your RDA**

Keeps you happy, maintains your immune system and reduces the risk of heart disease



## **WILD TURKEY**

**TURKEYS INHABIT 223 OF THE 254  
COUNTIES IN TEXAS!**

**Subspecies in Texas:** Eastern, Rio Grande, and Merriam's

**Habitat:** Turkeys flourish in knee-high grasses and weeds which provide nesting and brood rearing cover. They also need many mature trees and a variety of shrubs to provide food and roosting areas.

**Hunting:** Texas has a spring and fall season for turkey hunting

# It's Turkey Time!



## SAFETY TIPS FOR COOKING YOUR THANKSGIVING TURKEY

[foodsafety.tamu.edu](http://foodsafety.tamu.edu)

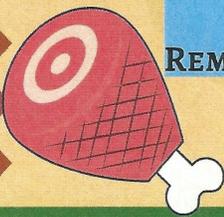
### Thawing

**REFRIGERATOR THAWING:** THIS IS THE RECOMMENDED METHOD, ALLOW ONE DAY FOR EACH 4-5 LBS OF WEIGHT.

**COLD WATER THAWING:** KEEP TURKEY IN ITS' ORIGINAL WRAPPING, ALLOW 30 MINUTES OF DEFROSTING PER POUND AND CHANGE THE WATER EVERY 30 MIN.

**MICROWAVE THAWING:** USE THE DEFROST FUNCTION, REMOVE OUTSIDE WRAPPING AND ALLOW 6 MINUTES PER POUND. COOK IMMEDIATELY AFTER THAWING.

**REMEMBER:** IT'S NOT RECOMMENDED TO WASH YOUR TURKEY PRIOR TO COOKING.



### Cooking

YOUR BIRD IS NOT SAFE UNTIL IT REACHES **165 DEGREES F**.

YOU CANNOT TELL A TURKEY IS DONE BY ITS COLOR.

**CHECK 3 DIFFERENT PLACES:** THICKEST PART OF BREAST, INNERMOST WING, AND INNERMOST THIGH.



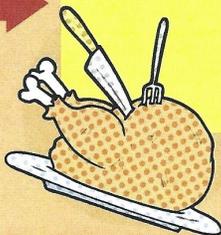
### Storing

REFRIGERATE WITHIN **2 HOURS**.

**STORE TIGHTLY WRAPPED** IN SMALL PORTIONS AT 40 DEGREES F.

LEFTOVERS SHOULD BE USED UP IN **3 DAYS**.

YOU CAN **FREEZE LEFTOVERS FOR 2-6 MONTHS**.



### Reheating

**OVEN:** THAW IN COLD WATER & THEN REHEAT IN THE OVEN.

**IN A HURRY?** USING A SAUCEPAN OR THE MICROWAVE ARE GOOD OPTIONS.

**REGARDLESS OF HOW YOU REHEAT,**  
YOUR TURKEY NEEDS TO REACH 165 DEGREES F.



## Path to ...Thawing Your Turkey

There are several ways of thawing a turkey for your Thanksgiving meal. Thawing in the refrigerator, in cold water, and in the microwave are the methods suggested most by the USDA. In terms of food safety and proper thawing habits, it is best to thaw turkey in the refrigerator to prevent bacterial growth. The slow thawing of frozen foods allows for minimum growth of bacteria, which can cause foodborne illness. Approximately 1 in 6 people become infected with a foodborne illness each year.

### Thawing a Turkey in the Refrigerator

Refrigerator thawing takes time. The USDA recommends allowing 24 hours for each 4-5 pounds in a refrigerator with a temperature set at 40°F or lower. The following graph shows thawing times for turkeys of various weights. Once the turkey is thawed, it can be left in the refrigerator for 1-2 days before cooking. The turkey stored in the refrigerator should be kept in its original sealed packaging until thawing is complete. It should be placed in a shallow container on the bottom shelf of the refrigerator to keep juices which could be full of bacteria from dripping on and contaminating other foods.

### Thawing a Turkey in Cold Water

Cold water thawing is a quicker process than in the refrigerator, but takes time. In addition to being in its original packaging, the turkey should be put in a leak-proof plastic bag to prevent cross-contamination and absorption of water. Cold water thawing should be done in the kitchen sink, not in the bath tub. If the kitchen sink is not of sufficient size, then another method of thawing should be done. Fill the sink with cold water, and submerge the turkey in the water. The water should be changed every 30 minutes until the turkey is thawed. Changing of the water is done to prevent possible bacteria growth. Once the turkey is defrosted in water, it must be cooked immediately. Cold water thawing, while faster, requires much more preparation than refrigerator thawing. Water needs to be changed every 30 minutes for every pound the turkey weighs, which can be an inconvenience at such a busy time. The potential for cross-contamination also much greater. The plastic bag could potentially leak and contaminate the water used to thaw. This water



is

## Path to ..Thawing Your Turkey

### Thawing a Turkey in the Microwave

This thawing method requires a turkey that is small enough to fit in a microwave. Remove all packaging from the turkey and place in a microwave-safe container to catch juices that may leak. Using the defrost setting, follow the instruction manual for the minutes per pound it needs to be thawed. Once thawed, it needs to be cooked immediately as some of the areas of the turkey will already be cooked from defrosting. It is not recommended to store partially cooked food since it allows for bacteria growth.

Following these practices are efficient ways to prevent and avoid foodborne illness, however thawing your turkey in the refrigerator is the best way to prevent foodborne illness and cross-contamination. It is important to follow proper food safety rules at all times. Make this Thanksgiving holiday memorable for all the right reasons! Following these practices are efficient ways to prevent foodborne illness, however thawing your turkey in the refrigerator is the best way to prevent foodborne illness and cross-contamination. It is important to follow proper food safety rules at all times. Make this Thanksgiving holiday memorable for all the right reasons! ***Adapted from the USDA Food Safety and Inspection Service***

| Size of Turkey | Thawing Time in Refrigerator |
|----------------|------------------------------|
| 4-12 pounds    | 1-3 days                     |
| 12-16 pounds   | 3-4 days                     |
| 16-20 pounds   | 4-5 days                     |
| 20-24 pounds   | 5-6 days                     |

| Size of Turkey | Thawing Time in Cold Water |
|----------------|----------------------------|
| 4-12 pounds    | 2-6 hours                  |
| 12-16 pounds   | 6-8 hours                  |
| 16-20 pounds   | 8-10 hours                 |
| 20-24 pounds   | 10-12 hours                |

# Path to ..Cooking Your Turkey

## ROASTING INSTRUCTIONS

- 1. Set the oven temperature no lower than 325 °F.** Preheating is not necessary.
- 2. Be sure the turkey is completely thawed.** Times are based on fresh or thawed birds at a refrigerator temperature of 40 °F or below.
- 3. Place turkey breast-side up on a flat wire rack in a shallow roasting pan 2 to 2 1/2 inches deep.**  
Optional steps:
  - Tuck wing tips back under shoulders of bird (called "akimbo").
  - Add one-half cup water to the bottom of the pan.
  - In the beginning, a tent of aluminum foil may be placed loosely over the breast of the turkey for the first 1 to 1 1/2 hours, then removed for browning. Or, a tent of foil may be placed over the turkey after the turkey has reached the desired golden brown color.
- 4. For optimum safety, cook stuffing in a casserole.** If stuffing your turkey, mix ingredients just before stuffing it; stuff loosely. Additional time is required for the turkey and stuffing to reach a safe minimum internal temperature (see chart).
- 5. For safety and doneness, the internal temperature should be checked with a food thermometer.** The temperature of the turkey and the center of the stuffing must reach a safe minimum internal temperature of 165 °F. Check the temperature in the innermost part of the thigh and wing and the thickest part of the breast.
- 6. For quality, let the bird stand 20 minutes before removing the stuffing and carving the bird to allow juices to set. The turkey will carve more easily.**

## Approximate Turkey Roasting Times

| PRODUCT               | WEIGHT             | UNSTUFFED TIMING | STUFFED TIMING |
|-----------------------|--------------------|------------------|----------------|
| Breast, Half          | 2 to 3 pounds      | 50 to 60 minutes | Not applicable |
| Breast, Whole         | 4 to 6 pounds      | 1½ to 2¼ hours   | Not applicable |
| Breast, Whole         | 6 to 8 pounds      | 2¼ to 3¼ hours   | 3 to 3½ hours  |
| Whole turkey          | 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 |
| Drumsticks            | ¾ to 1 pound       | 2 to 2¼ hours    | Not applicable |
| Thighs                | ¾ to 1 pound       | 1¾ to 2 hours    | Not applicable |
| Wings, wing drumettes | 6 to 8 ounces each | 1¾ to 2¼ hours   | Not applicable |



## Path to ...Squash

### FACT

BUTTERNUT SQUASH IS LOW IN CALORIES BUT HIGH IN VITAMIN A, VITAMIN C, MAGNESIUM, AND POTASSIUM.

Source: Pub Med



**Butternut Squash is not only low in calories, but packed with fiber and loaded with nutrients such as vitamins A, C, magnesium, and potassium.**

### Ingredients:

2 cups butternut squash cubed, steamed

4 sundried tomatoes

2 cups spinach

1 cup ricotta cheese low-fat

1 T. Ranch Dip Mix & 3 T. water

1 cup mozzarella cheese nonfat,



*Baked Butternut Squash Dip*

### Directions:

Wash your hands and clean your preparation area. Preheat oven to 375 degrees F. Add cooled steamed squash, sundried tomatoes, drained spinach leaves, ricotta cheese, ranch dip mix, and water into a blender. Combine until smooth.

Pour the mixture into an oven-safe baking dish. Stir in ½ cup of mozzarella cheese into the dip. Sprinkle the remaining mozzarella cheese on top of the dip. Bake for 20-30 minutes until heated, and the cheese is browning on top, Enjoy!

## Thanksgiving Quinoa Stuffing



1 cup white quinoa  
2 1/2 chicken broth  
2 Tbsp oil  
1/2 cup chopped bacon  
1 onion, diced  
1 cup diced celery  
2 cloves garlic, minced  
2 tsp dried sage  
1 tsp garlic powder  
1/2 tsp salt  
1/4 tsp pepper

Preheat the oven to 375 degrees. Spray a 2 quart oven safe dish with nonstick cooking spray. Set aside

Bring 1 1/2 cups broth to a boil in a medium pot. Add quinoa and reduce heat to low and simmer, cover for 12 minutes. Remove from heat and leave covered for an additional 10 minutes.

Heat the oil in a large pan over medium heat. Add celery, bacon, onion and garlic. Sauté for 5-10 minutes until the onions are softened and translucent. Add 1/2 cup broth, sage, salt and pepper. Simmer for about 5 minutes.

Combine quinoa with the bacon mixture. Add remaining 1/2 cup broth. Pour into prepared baking dish and bake for 15 minutes or until thoroughly heated.

**FACT: Quinoa contains all 9 essential amino acids and is a complete protein!**

### FOUR TIPS FOR A HEALTHY THANKSGIVING

START WITH  
VEGETABLES, FRUIT  
AND LOW-FAT DIP



ADD BALANCE  
AND SATIETY TO  
TRADITIONAL  
DISHERS WITH  
CRUCIFEROUS &  
DARK GREEN  
LEAFY  
VEGETABLES



BE MINDFUL OF  
PORTION SIZES OF  
TRADITIONAL  
DESSERTS & DON'T  
FORGET A LIGHT  
TOPPING



PROVIDE WATER,  
TEA, OR DRINKS  
WITHOUT SUGAR

TEXAS A&M  
**AGRI**LIFE  
EXTENSION

# Path to...Charcuterie Board Fun!

## HOW TO Build a Charcuterie Board

MODERN-GLAM.COM



**STEP 1:**  
Rustic cutting boards and trays, appetizer plates and cheese knives

### STEP 2:

A rounded out selection of cheeses: soft (brie, goat), semi-soft (gouda, cheddar), hard (aged gouda, parmesan, pecorino).



### STEP 3:

A curated selection of meats. Prosciutto, salami, paté, turkey, ham or bacon are our favorites.



### STEP 4:

adding in condiments to allow guests to build a sandwich or crostini is key. Mustard, fruit spreads and honey are some good starts.



### STEP 5:

Fruit, nuts and olives. A great way to cleanse the palate. Grapes, berries, figs and apples are all key. And raw almonds or other nuts won't add to your sodium intake.



### STEP 6:

Crackers and bread. These are the vehicle for getting the goodies into your mouth. A fresh french baguette and artisan crackers add so much to your board!

### P.S.

Add in some fresh herbs and leaves to style your board and make it beautiful!



**Keep your board safe!** Charcuterie boards can only be set out at room temperature for 2 hours or less before the food will be considered unsafe. Be sure to take this into consideration when preparing and setting the board out for snacking!



# TEXAS A&M AGRI LIFE EXTENSION

TEXAS A&M AGRILIFE EXTENSION SERVICE  
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Lizabeth Gresham is a Family and Community Health Agent with Texas A&M AgriLife Extension Potter County. Family and Community Health helps Texans better their lives through science-based educational programs designed to improve the overall health and wellness of individuals, families, and communities. FCH focuses on topics such as child and adult health, nutrition, child care, financial management, and community safety, and building strong families. Our goal is to encourage lifelong health and well-being for every person, every family, and every community. <https://Potter.agrilife.org>

*Lizabeth Gresham*



[dinnertonight.tamu.edu](http://dinnertonight.tamu.edu)

## Path to...Cranberries

### Fresh Cranberry Sauce

#### Ingredients:

- 12 ounces fresh cranberries
- 1 cup orange juice
- 1/2 cup white sugar



DINNER TONIGHT  
INGREDIENT OF THE WEEK:

*Cranberries*

#### Directions:

Combine cranberries, orange juice and sugar in a sauce pan over medium heat and stir frequently until the mixture begins to boil. Once boiling, reduce heat to low and continue to cook for 3 to 5 minutes, or until desired thickness. Remove from heat and cool in fridge. Sauce will thicken as it cools. Serve & enjoy!



#### HEALTH FACT

Cranberries contain good sources of Vitamins A and C.



#### FUN FACT

Cranberries that are ripe will bounce!



#### STORAGE

Refrigerate cranberries for up to 2 months or freeze for future use.

