

FROZEN/CANNED FOODS

- 15 Ounce Can of
- Pumpkin Puree
- \_\_\_\_\_
- OPTIONAL
- Fruit Jelly
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
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- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

DRY GOODS / BAKING

- Cinnamon
- Baking Powder
- Vanilla Extract
- Black Peppercorns
- Brown Sugar
- Flour
- Salt
- Sugar
- Cornmeal
- Pumpkin Pie Spice
- \_\_\_\_\_
- OPTIONAL
- Chili Powder
- \_\_\_\_\_

OTHERS

- Foil
- Olive Oil
- Vegetable Oil
- \_\_\_\_\_
- \_\_\_\_\_
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Wyandotte County Extension & Dotte Eats Presents:



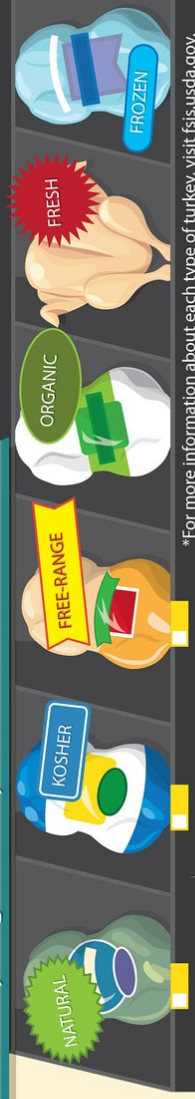
In Partnership

# LET'S TALK TURKEY

Unsafe handling and under-cooking your holiday bird can cause foodborne illnesses. Here are a few tips from the USDA to keep your Thanksgiving safe and delicious!



Types of turkeys regulated by the USDA:



\*For more information about each type of turkey, visit [fsis.usda.gov](http://fsis.usda.gov).

## 3 WAYS TO THAW

While frozen, a turkey is safe indefinitely. As soon as it begins to thaw, bacteria that may have been present before freezing will begin to grow again. Here are three ways to safely thaw your bird:



### Refrigerator:

Safe to store the turkey for another 1 – 2 days in the refrigerator.

This is the USDA recommended thawing method.

### How to thaw:

Allow approximately 24 hrs. for every 4-5lbs of bird.

### Cold water:

Cook immediately after thawing.

### How to thaw:

Submerge the bird in cold water & change every 30 mins.



### Microwave:

Cook immediately after thawing.



### How to thaw:

Use defrost function based on weight

For more information on safe thawing methods, visit [fsis.usda.gov](http://fsis.usda.gov)

## DID YOU KNOW?

It's safe to cook a frozen turkey though cooking time will be 50% longer!



## Clean

Wash your hands for 20 seconds with soap and warm water.

Utensils  
Plates  
Countertops  
Cutting boards

SHOULD ALSO BE WASHED

Bacteria, which can be present inside and outside a turkey, can't be washed off the bird! Cooking is the only way to destroy this potentially dangerous bacteria.

**SO DON'T WASH YOUR TURKEY!!**

## SEPARATE

Separate raw turkey from fresh food, and use separate cutting boards, plates, and utensils.

Keep dishes that touch raw food separate, too!

Wash items that touch raw meat with soap and warm water.

## COOK

Your bird is not safe until it reaches 165 °F — you cannot tell by the color. Remember to ensure any stuffing cooked with the bird reaches 165 °F, too!

Use three places to check the temperature.

Thickest part of breast  
Innermost part of wing  
Innermost part of thigh

When turkey is removed from the oven, let it stand 20 minutes before carving to allow juices to settle.

## CHILL

Take your time around the dinner table, but refrigerate leftovers within 2 hours!

Safe in fridge 3-4 days

Safe frozen, but use within 2-6 months for best quality.

Last day Thanksgiving leftovers are safe from the fridge.

	Sun	Mon	Tue	Wed	Thur	Fri	Sat
Safe in fridge	✓	✓	✓	✓	✓	✓	✓
Safe frozen	✓	✓	✓	✓	✓	✓	✓

Be sure to pack leftovers in a cooler if traveling.

Reheat thoroughly to a temperature of 165 °F.

Remember, bacteria that cause foodborne illnesses can't be smelled or tasted!

FOR MORE INFORMATION:

Visit [foodsafety.gov](http://foodsafety.gov)

If you have a specific question, call the USDA Meat and Poultry Hotline at 1-888-MPHOTLINE or visit [AskKaren.gov](http://AskKaren.gov). Visit [PregunteleAskKaren.gov](http://PregunteleAskKaren.gov) for questions in Spanish.



# Zesty Turkey

Oven Temperature 350 Degrees

Prep Time 30 minutes

Bake for 20 minutes per pound of Turkey

## INGREDIENTS

- 3 white onions, sliced
- 3 jalapeños, stemmed and diced
- 2 heads garlic, cut in half
- 2 tomatoes, cut in half
- 1 bunch cilantro
- Juice of 4 limes
- 10 fresh sprigs of oregano (preferably Mexican oregano)
- 4 bay leaves
- 2 tablespoons black peppercorns
- Salt to taste
- 1 (10-12 pound) whole fresh or defrosted turkey, neck and giblets removed

## REQUIRED BAKING ITEMS

- 1 Oven bag
- Roasting Dish or Pan

## INSTRUCTIONS

1. Preheat oven to 350 degrees Fahrenheit, wash your hands and sanitize work station.
2. **Prepare baking liquid**, combine ingredients, placing them into oven bag: sliced onions, diced jalapeños, garlic halves, halved tomatoes, cilantro bunch, lime juice, oregano sprigs, bay leaves, black peppercorns, salt.
3. **Place turkey into bag along side liquid.**
4. **Bake turkey** 20 minutes for every pound of turkey

NOTE: Feel free to substitute a full bird with smaller portions such as turkey breasts. For smaller portions, cut the number of ingredients by half or a quarter, depending on portion size.



# Homemade Corn Bread

Can be made day before

Prep time 30 minutes

Bake time 20

Preheat to 425 Degrees Fahrenheit

## DRY INGREDIENTS

- 2/3 cups all-purpose flour\*
- 1/4 teaspoon salt, optional
- 6 tablespoons sugar
- 1 tablespoon baking powder
- 1/3 cups nonfat dry milk
- 2 tablespoons vegetable oil (canola)
- 1 cup and 2 tablespoons cornmeal \*can use part or all whole wheat flour

## WET INGREDIENTS

- 3/4 cup water
- 1 egg

## REQUIRED BAKING ITEMS

- Mixing tool & bowl
- Measuring spoons/cups
- Muffin tin OR cake/bread pan

## OPTIONAL INGREDIENTS

- 1/2 cup of corn
- 1/2 cup grated cheese
- 2 tablespoons of onion
- A pinch of chili powder OR
- Crumbled sausage mixed into batter OR
- 1 teaspoon of jelly or cheese placed into the batter after the muffin tin is 2/3 full

## INSTRUCTIONS

1. Preheat oven to 425 degrees Fahrenheit. Wash hands and sanitize work station
2. Sift and measure flour.
3. Add salt, sugar, baking powder and nonfat dry milk.
4. Stir to blend.
5. Add oil and cut in with knives, pastry blender or electric mixer until lumps are finely distributed.
6. Add cornmeal and mix thoroughly.
7. Measure 2 and 1/2 cups of mix by piling lightly into cup and leveling with a spatula. (There might be some leftover mix)
8. Combine wet ingredients with dry mix until mixed well
9. Add any optional ingredients
10. **FOR MUFFINS** - Place paper muffin cups into muffin tin OR spray well with cooking spray to prevent sticking. Fill tins 2/3 full. **FOR CAKE/BREAD PAN** - Spray pan with cooking spray to prevent sticking. Fill 2/3 full with mix.
11. Bake at 425 degrees Fahrenheit for 20 minutes or until done.



# Simple Oven Roasted Sweet Potatoes

Oven Temperature 350 Degrees

Prep Time: 15 Minutes

Bake Time: 30 minutes (until tender)

## INGREDIENTS

- Sweet Potatoes OR Yams
- Salt to taste
- Pepper to taste
- Minced garlic to taste
- Olive oil

## REQUIRED BAKING ITEMS

- Baking Sheet
- Foil (optional)

## Fun fact!

Sweet Potatoes are an orange vegetable, which means they are high in vitamin A, Beta Carotene, and Fiber!

## INSTRUCTIONS

1. Preheat oven to 350 degrees Fahrenheit, wash your hands and sanitize work station.
2. **Slice** sweet potatoes or yams to resemble fries
3. **Place** sweet potatoes or yams directly onto baking sheet or cover baking sheet with foil for easier cleaning.
4. **Lightly drizzle** sweet potatoes or yams with a small amount of olive oil
5. **Season** sweet potatoes or yams with a pinch of salt, pepper, and minced garlic
6. **Bake** sweet potatoes or yams in oven at 350 degrees for 30 minutes or until tender. You will know that they are ready when a fork slides easily in and out of a test piece of sweet potato or yam



# Pumpkin Pie Desert Dip

with Apple Slices

Can be made day before  
No Baking  
Prep Time: 15 Minutes

## INGREDIENTS

- 15 oz can pumpkin puree
- 3/4 cup brown sugar (unpacked)
- 1 teaspoon vanilla extract
- 1/8 teaspoon cinnamon
- 1/8 teaspoon pumpkin pie spice (or more to taste)
- 6 oz Plain Greek yogurt
- 8 oz Frozen whipped topping, thawed)
- cut up fresh apples or dried apple chips (for dipping)
- Optional: chopped pecans or walnuts for texture

## REQUIRED ITEMS

- Serving Bowls for dip and either fresh apple slices or dried apple chips
- Blender or food processor (preferable)

## INSTRUCTIONS

1. Wash your hands and sanitize work station
2. Mix pumpkin puree with brown sugar, vanilla, and spices, and blend well.
3. Mix in yogurt.
4. Fold in whipped topping and chill in the refrigerator until ready to eat.
5. **Serve:** transfer to a serving dish alongside fresh sliced apples or dried apple chips



# Creating Your Own Casserole

Breathe new life into today's leftovers for tomorrow's dinner OR freeze for an easy premade meal that will be good for up to three months

MAKING YOUR OWN CASSEROLE REQUIRES ONLY A FEW INGREDIENTS:

- Leftover cooked vegetables
- Protein source (meat, beans, fish, eggs or cheese)
- A sauce to hold things together
- A touch of flavor enhancers
- A filler such as rice or pasta
- A topping such as bread crumbs is optional

INSTRUCTIONS

1. Combine cooked meat and leftover vegetables in a large saucepan or baking dish.
2. Add 1 cup of cream sauce for every 2 to 3 cups of ingredients in the casserole.

Cream Sauce Mix

- 2 cups nonfat dry milk
- $\frac{3}{4}$  cup cornstarch
- $\frac{1}{2}$  teaspoon pepper
- $\frac{1}{4}$  cup instant chicken bouillon
- 2 tablespoons dried minced onion

INSTRUCTIONS

1. Combine all ingredients and store in an airtight container.
2. To use as a substitute for one can of condensed soup, mix  $\frac{1}{3}$  cup dry mix with 1  $\frac{1}{4}$  cups water in a saucepan.
3. Cook and stir until thickened.



# Seasoning Ideas

For your Favorite Green Veggies and More

# Shopping List

Can be made day before

## Creole Seasoning I

- 2 Tbsp. garlic powder
- 2 Tbsp. onion powder
- 2 Tbsp. pepper
- 2 Tbsp. white pepper
- ¼ tsp. cayenne pepper
- 1 tsp. crushed red pepper flakes
- 2 tsp. cumin seed

## Season – All

- ½ tsp. garlic powder
- 2 tsp. dry onion flakes
- ½ tsp. paprika
- ½ tsp. black pepper
- ½ tsp. dry mustard
- ¼ tsp. thyme
- ¼ tsp. celery seed

## Italian Seasoning

- ¾ cup grated low sodium Parmesan cheese (2 ¼ oz.)
- 2 Tbsp. parsley flakes
- 1 Tbsp. garlic powder
- 2 tsp. basil
- ½ tsp. thyme
- 1/8 tsp. red pepper

## Herb Seasoning

- 2 Tbsp. basil
- 2 Tbsp. onion powder
- 1 tsp. oregano
- 1 tsp. celery seed
- ¼ tsp. dried lemon peel
- Pinch of black pepper
- Use with poultry and fish.

## Shaker Spice Blend

- 5 tsp. onion powder
- 2 ½ tsp. garlic powder
- 2 ½ tsp. paprika
- 2 ½ tsp. dry mustard
- 1 ¼ tsp. thyme
- ½ tsp. white pepper
- ¼ tsp. celery seed
- Use at the table on main dishes, vegetables, soups or salads

## Herb 'n' Lemon Seasoning

- 1 tsp. dried lemon peel
- 2 tsp. parsley flakes
- ½ tsp. garlic powder
- ½ tsp. oregano or basil
- ½ tsp. marjoram
- ¼ tsp. allspice
- ¼ tsp. pepper
- Use with meat, poultry or fish before broiling or baking.

## PRODUCE

- 4 White Onions \_\_\_\_\_
- 3 Jalapeños \_\_\_\_\_
- 3 Heads of Garlic \_\_\_\_\_
- 2 Tomatoes \_\_\_\_\_
- 1 Bunch of Cilantro \_\_\_\_\_
- 4 Limes \_\_\_\_\_
- 10 Oregano Sprigs \_\_\_\_\_
- 4 Bay Leaves \_\_\_\_\_
- Sweet Potatoes \_\_\_\_\_
- OR Yams \_\_\_\_\_
- Apples OR Dried \_\_\_\_\_
- Apple Chips \_\_\_\_\_
- \_\_\_\_\_
- OPTIONAL \_\_\_\_\_
- Walnuts \_\_\_\_\_
- Pecans \_\_\_\_\_
- Corn \_\_\_\_\_
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## MEAT | FISH | EGGS

- 10-12 Pound Turkey \_\_\_\_\_
- OR \_\_\_\_\_
- Turkey Breasts \_\_\_\_\_
- 1 Egg \_\_\_\_\_
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## DAIRY

- Nonfat Dry Milk \_\_\_\_\_
- Plain Greek Yogurt \_\_\_\_\_
- Frozen Whipped \_\_\_\_\_
- Topping \_\_\_\_\_
- \_\_\_\_\_
- OPTIONAL \_\_\_\_\_
- Shredded Cheese \_\_\_\_\_
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