



## Holiday Eating - Let's Talk Turkey...& More!

Denice Ferko-Adams, MPH, RD, LDN

Director, MacDonald Center for Obesity Prevention  
and Education (COPE)

*There is already enough holiday stress without catching a food borne illness. A 20-pound whole turkey will take 4-5 days to thaw properly in the refrigerator. If you are short on time, use the web sites noted below to thaw properly. How long can cooked food sit at room temperature? No more than 2 hours. Bacteria multiply fast. Neither refrigeration or freezing kill bacteria: both will slow it down. Check your refrigerator temperature and make sure it stays at 40°F or less and freezer 0°F or less. Save some of the cooked turkey to use in the terrific turkey and wild rice soup. Enjoy!*

### 1. How to Thaw a Turkey - Handout

[http://www.fsis.usda.gov/Fact\\_Sheets/Lets\\_Talk\\_Turkey/index.asp](http://www.fsis.usda.gov/Fact_Sheets/Lets_Talk_Turkey/index.asp)

### 2. How to Thaw a Whole Turkey - Video

<http://www.youtube.com/watch?v=ZCostombqR4&feature=youtu.be>

### 3. Healthy Ways to Make Turkey, Stuffing and Gravy - USA Today article

[http://www.usatoday.com/news/health/2007-11-19-thanksgiving-turkey\\_N.htm](http://www.usatoday.com/news/health/2007-11-19-thanksgiving-turkey_N.htm)

## Turkey and Wild Rice Soup Recipe

### Ingredients (Yield: about 12 – 1 cup servings)

- ☐ Turkey meat, cooked, shredded, about 1 lb. (1 1/2 - 2 c.)
- ☐ Wild rice, 1 c. (6 oz. dry) and Water for rice, 4 c.
- ☐ Carrots, peeled, sliced thin, 2 c.
- ☐ Oil or trans-fat free margarine, 3 T.
- ☐ Onion, peeled, minced, 2 c.
- ☐ Mushrooms, cleaned, sliced thin, 3 c.
- ☐ Celery, cleaned, small dice, 1 1/2 c.
- ☐ Flour, 3 T.
- ☐ Broth, chicken, low sodium, 6-7 c.
- ☐ Curry powder, 1 t.
- ☐ Dry mustard, 1 t.
- ☐ Garbanzo beans, 1 can, drained, rinse well to lower sodium
- ☐ Milk, 1% low fat, 2 c.

### Directions

1. Rinse rice. Place rice and water in small pot. Bring to simmer. Cover with lid. Simmer 40 minutes. Rice should be just tender. Drain and set aside until step 4.
2. In a saucepan, cover carrots with water and bring to a simmer. Add thyme. Simmer for 8 minutes and drain. Set aside until step 4.
3. In a large pot, add oil and add onion. Sauté for 5 minutes. Add celery and mushrooms. Sauté 5 minutes. Add flour and stir for 1 minute until flour is cooked. Slowly add hot broth and stir.
4. Add wild cooked rice, curry powder, dry mustard, milk and beans. Simmer for 10 minutes. Add cooked turkey. Simmer 5 minutes. Adjust seasoning and serve.

**Recipe Source:** *Dining Delights* by Denice Ferko-Adams, all rights reserved, may not reproduced without permission.

**Food Facts:** 1 c. serving - 220 calories, 60 calories from fat, 15 g protein, 7 g fat (1.5 g saturated), 30 g carbohydrates, 7 g sugar, 130 mg sodium, 20 mg cholesterol

**Note:** The MacDonald Center for Obesity Prevention and Education aims to foster the development of healthy lifestyles and behaviors among Americans through the education of health professionals, community groups and the public. Housed within the College of Nursing in Driscoll Hall, it will serve as a model for the promotion of healthy weight management, obesity prevention and intervention through education. Visit our Web site for more details.



### Easy Changes to Improve Health

1. Enjoy your food, but eat less.
2. Make half of your plate fruits and vegetables.
3. Make half of your grains from whole grains.

*From the 2010 Dietary Guidelines*

*Did you know....The Wall Street Journal named 2011 The Year of the Vegetable!*

### Spinach Mushroom Frittata Recipe - Easy breakfast, fast brunch or a light dinner idea!

#### Ingredients (Yields 4 servings)

- ☐ Egg beaters, 1 c. or 4 large eggs
- ☐ Milk, low fat or skim, 1/3 cup
- ☐ Spinach, baby leaves, rinsed well (about 3 c.)
- ☐ Onion, 1/2 of a medium sweet, peeled, washed, mince
- ☐ Mushrooms, 8, clean, remove stem, slices
- ☐ Garlic, 2 cloves, peeled, minced
- ☐ Thyme, fresh, minced – 1 T.
- ☐ Olive oil, 1 T.
- ☐ Mild low fat cheese, 3/4 cup grated

#### Directions

1. Spinach greens – rinse well and spin in a salad spinner. Trim any large stems and slice the leaves into 1-inch wide strips.
2. Prepare onion. Trim and wash well to remove dirt. Mince onion.
3. In a non-stick skillet, add oil, garlic and onions. Sauté over medium-high heat until slightly soft, but not brown. Add mushrooms and cook for 2-3 minutes. Add the spinach greens and cook 1-2 minutes to wilt – it will cook down quickly.
4. Whisk the eggs and milk together. Pour egg mixture over the vegetables and stir with a wooden spoon to blend the vegetables and evenly distribute them. Cover with a lid and cook for 2 minutes. Uncover and use a rubber spatula to lift the cooked egg near the edges so that any uncooked egg can run under the omelet.
5. Top with cheese and cover again with a lid for 2-3 minutes. Loosen the sides of the omelet and cut with a rubber spatula into 4 wedges. Serve immediately.

Recipe Source: *Dining Delights* by Denice Ferko-Adams - may not reproduced without permission.

**Food Facts:** 1/4 serving w Egg Substitute - **180 calories**, 21 g protein, 11 g carbohydrates, 2 g fiber, 6 g fat (1.5 g saturated), 400 mg sodium\*, 5 mg cholesterol (\*Note - sodium varies by the type of egg substitute - check labels)

**Food Facts:** 1/4 serving w Eggs - **270 calories**, 21 g protein, 10 g carbohydrates, 2 g fiber, 15 g fat (5 g saturated), 300 mg sodium, 430 mg cholesterol

### Wheat Pilaf Recipe

#### Ingredients (Yields 4 servings)

- ☐ Bulgur, 1 c. dry (Check label\*\*)
- ☐ Dried apricots, chopped, 1/3 c.
- ☐ Celery, minced, 3/4 c.
- ☐ Parsley, minced, 1/4 c.
- ☐ Olive oil, 1 T.
- ☐ Hot liquid - low sodium broth or water, 1 to 1 1/2 c. (Increase liquid for a softer texture)

*Bulgur is wheat kernels that have already been steamed, dried and crushed.*

#### Directions

1. Optional - place bulgur in a pan over medium heat and lightly toast.
2. In a small pot, bring liquid to a boil and add bulgur. Cover and let sit for 5-10 minutes until liquid is absorbed. \*\*More coarse varieties may need to be simmered for 10-15 minutes.
3. Add other ingredients, mix and serve.

Recipe Source: *Dining Delights* by Denice Ferko-Adams - may not reproduced without permission.

**Approximate Food Facts:** 1/4 serving **190 calories**, 6 g protein, 30 g carbohydrates, 7 g fiber, 3 g fat (0 g saturated), 10 mg sodium if using water - will vary by broth.