

# Healthy Times

GOOD HEALTH MATTERS

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## Don't Let Your Holiday Dinner Make You Sick!

*by Debbie Stephenson*

On average, 22 million turkeys are served on Christmas day. Unfortunately we run the risk of making our families and others sick by not properly preparing the turkey. By following four simple rules of food safety: clean, separate, cook and chill, you will reduce the chances of making your family sick from that turkey.

**Clean:** Anything that comes in contact with the turkey must be cleaned and sanitized. This includes utensils, plates, counter, thermometer, cutting boards, etc. Wash your hand for at least 20 seconds with water and soap before, during and after handling food.

**Separate:** Keep the raw turkey away from other food items. Store on a platter on the lowest shelf in the refrigerator. Store raw fruits and vegetables above the turkey. Be careful not to cross-contaminate.

**Cook:** Turkey must be cooked to the proper internal temperature, as measured by a food thermometer. The minimum temperature should be 165 degrees for both the turkey and

Photo: <http://www.holidayfoodsafety.org/>



*Follow this tip and others to keep you and your family safe this holiday season.*

any stuffing. For more information on cooking a turkey, please go to: [www.holidayfoodsafety.org/food-safety/turkey](http://www.holidayfoodsafety.org/food-safety/turkey)

**Chill:** After dinner, remove the stuffing and the turkey from the bones and place them in shallow containers. You can refrigerate or freeze to use at a later date. Leftovers should be refrigerated within two hours of cooking. Refrigerated leftovers should be eaten within 2-3 days and reheated to 165 degrees.

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**Interested in making an inexpensive sanitizing solution? Check us out online:**

<http://www.ncfamilieseatinbetter.org/EFNEP/participants/tips/video-resource-how-to-make-sanitizing-solution/>



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## Light Pumpkin Pie

Makes 8 servings

Serving Size: 1/8 of pie

### Ingredients

- 1 cup ginger snap cookies (about 16 cookies)
- ½ cup egg whites (about 4)
- 1-16 oz. can of pumpkin (2 cups)
- ½ cup sugar
- 2 tsp. pumpkin pie spice (or 1¼ tsp ground cinnamon, ½ tsp. ground ginger, ¼ tsp. cloves)
- 1-12 oz. can evaporated skim milk (optional)

### Directions

1. Preheat the oven to 350 °F.
2. Grind the cookies in a food processor. Lightly spray a 9" glass pie pan with vegetable cooking spray. Pat the cookie crumbs evenly into the bottom of the pan.
3. Mix the rest of the ingredients in a medium-sized mixing bowl. Pour into the crust and bake until knife inserted in center comes out clean, about 45 minutes.
4. Allow to cool and slice into 8 wedges. Store in the refrigerator.

Nutrition Information Per Serving: Each slice: 165 calories, 1.5 g fat, 0.5 g saturated fat, 1.5 mg cholesterol, 170 mg sodium, 32 g carbohydrate, 2 g fiber, 6 g protein.

Source: *Quick and Healthy Recipes*,  
Mississippi State University Extension  
Service.

<http://www.quickhealthyrecipes.msstate.edu/>

## DID YOU KNOW?

A slice of pumpkin pie from a popular buffet restaurant has 310 calories, 13g fat and 9g Saturated fat. It would take 86 minutes of walking, 35 minutes of jogging, 28 minutes of swimming, or 47 minutes of cycling to work off 310 calories.\*

**Balance those holiday calories with exercise by getting your family moving. Here some fun ideas:**

- **Shopping:** Walk laps around the mall. Keep track of your time and try to beat it on each lap.
- **Yard work:** Rake the leaves together. Play holiday music as you sing, dance, and rake.
- **Holiday Decorations:** Walk around your neighborhood to view the lights and decorations.
- **Charity Run:** Sign up your family to walk (or run) in a charity 5k. Enjoy family fun while donating to a cause you believe in.
- **Commercial-cise:** If you are watching a holiday movie on TV, get up and exercise during the commercials.

\*According to [calorieking.com](http://calorieking.com)