Holiday food safety tips!

Make the holiday safer by following these precautions:

• Wash hands before preparing food.
• Clean counters, cutting boards and utensils with warm, soapy water.
• Keep hot foods hot.
• Keep cold foods cold.
• Cook turkey to an internal temperature of 165 degrees F.
• Cook stuffing separate from turkey.
• Refrigerate leftovers within two hours of serving.
• Use two cutting boards: one for meat and one for vegetables.
• Defrost the turkey in the refrigerator.

Use leftover turkey in:

• sandwiches
• casseroles
• soup
• pot pies
• salads

Choose wisely!
Use MyPlate to guide your food choices: http://www.choosemyplate.gov/

Three holiday dishes for $10

• easy to fix
• great tasting
• good for your family

For more information, contact your local University of Missouri Extension center.
extension.missouri.edu

If you have questions about nutrition, call MU Extension’s Show-Me Nutrition Line:
1-888-515-0016

Running out of money for food? Contact your local food stamp office or go online to:
dss.mo.gov/fsd/fstamp

Three holiday dishes for ten dollars!

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Make 3 holiday dishes for $10!

Cheesy Broccoli Casserole Serves 4
1 lb. fresh or 10-oz. frozen package of broccoli
1 can cream soup
1 cup low-fat cheddar cheese, shredded
8 oz. pasta or rice, cooked

DIRECTIONS
1. Wash hands and preparation surfaces.
2. Rinse fresh broccoli under running water.
3. Cook broccoli until crisp and tender.
5. Bake at 350 degrees F for 20–30 minutes or microwave for 15 minutes, turning once.
6. While casserole is baking, Cook rice or pasta, according to package directions.
6. Serve over cooked pasta or rice. Refrigerate leftovers immediately.

Nutrients per serving
160 calories
18 g protein
6 g fat
8 g carbohydrates
20% DV Vitamin A

Cranberry Sauce Serves 16
1 1/2 cups (about 1/2 lb.) Granny Smith apples, peeled and chopped
1 cup brown sugar, packed
1/2 cup white grape juice
1 teaspoon ground ginger
1 teaspoon ground cinnamon
1 12-oz. package fresh cranberries

DIRECTIONS
1. Wash hands and preparation surfaces.
2. Rinse fresh cranberries under running water.
3. Combine and stir all ingredients in a medium saucepan.
4. Bring to a boil, then reduce heat and simmer until thick (about 15 minutes), stirring occasionally. (Caution: cranberries will pop and explode when they reach boiling, so cover the saucepan while heating.)
5. Cool completely before serving.

Nutrients per serving
75 calories
0.2 g protein
0.1 g fat
19.3 g carbohydrates
16 mg calcium

Roasted Sweet Potatoes Serves 4
4 small sweet potatoes (about 1 1/2 lbs.), rinsed, peeled and cut into wedges or slices
2 tablespoons olive oil
Dried basil and oregano (optional)
Garlic powder, ground ginger and ground cinnamon (optional)

DIRECTIONS
1. Preheat oven to 450 degrees F.
2. Wash hands and preparation surfaces.
3. Arrange sweet potato wedges in a single layer on a baking sheet. Drizzle with olive oil. Sprinkle with optional seasonings, if desired.
4. Roast about 40 minutes, turning potatoes until they are cooked and crisp.

Nutrients per serving
321 calories
4.8 g protein
7.3 g fat
61 g carbohydrates

*Prices are meant to serve as a guideline. They may vary by location, store and season. Prices shown are for only the amount of ingredients used in each recipe.