

## Holiday Food Safety Tips

### Separate

- When shopping in the store, storing food in the refrigerator at home or preparing meals, keep foods that won't be cooked separate from raw eggs, meat, poultry or seafood — and from kitchen utensils used for those products.
- Do not put cooked meat or other food that is ready to eat on an unwashed plate that has held any raw eggs, meat, poultry or seafood, or their juices.

### Clean

- Wash hands with warm water and soap for 20 seconds before and after handling any food.
- Wash food-contact surfaces (cutting boards, dishes, utensils, countertops) with hot, soapy water after preparing each food item.

### Cook

- To check a turkey for safety, insert a food thermometer into the innermost part of the thigh and wing and the thickest part of the breast. The turkey is safe when the temperature reaches 165 degrees F. Bring sauces, soups and gravies to a rolling boil when reheating.

### Chill

- Refrigerate leftovers and takeout foods — and any type of food that should be refrigerated, including pie — within two hours.
- Thaw frozen food safely in the refrigerator, under cold running water or in the microwave — never at room temperature. Cook food thawed in cold water or in the microwave immediately.
- Allow enough time to properly thaw food. For example, a 20-pound turkey needs four to five days to thaw completely in the refrigerator.
- Don't taste food that looks or smells questionable. When in doubt, throw it out.
- Leftovers should be used within three to four days, unless frozen.



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### Running out of money for food?

Contact your local food stamp office or go online to:  
[mydss.mo.gov/food-assistance/food-stamp-program](http://mydss.mo.gov/food-assistance/food-stamp-program).

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**THREE DISHES  
USING HOLIDAY  
LEFTOVERS  
PLUS FOOD SAFETY TIPS**

## Pasta With Turkey and Peas



Servings: 8

### Ingredients:

- 2 cups macaroni, dry
- 1 small onion, chopped
- 1 tablespoon vegetable oil
- 8 ounces leftover turkey roast, chopped (1 cup)
- 1 can (15 ounces) low-sodium peas, drained (or leftover vegetables)
- 1 can (10.75 ounces) cream of mushroom soup (or 1 cup leftover turkey gravy)
- 2 tablespoons Parmesan cheese (optional)

### Directions:

1. Wash hands and surfaces.
2. Cook macaroni according to package directions.
3. In a medium-sized skillet, cook onion in the oil until soft. Add turkey, peas and soup, and cook until heated through, about 5–7 minutes.
4. Toss turkey and peas mixture with cooked macaroni, and mix well.
5. Sprinkle with cheese, if desired.
6. Refrigerate leftovers immediately.

## Mini Savory Holiday Pies

Servings: About 8

### Ingredients:

- Cooking spray
- 3 cups leftover mashed potatoes
- 3 cups leftover green bean casserole
- 1 cup onions, fried (optional)

### Directions:

1. Wash hands and surfaces.
2. Preheat oven to 350 degrees F.
3. Spray a muffin pan with cooking spray, and press  $\frac{1}{4}$  cup of mashed potatoes into the bottom and edges of each of the pan's cups.
4. Bake for 20 minutes, or until lightly browned.
5. Fill each cup of mashed potatoes with  $\frac{1}{4}$  cup leftover green bean casserole.
6. Bake 20 minutes. If desired, top with fried onions and bake 7 more minutes.
7. Refrigerate leftovers immediately.

We hope you enjoy the recipes!

For more information on nutrition and physical activities you can do with your family, call **1-888-515-0016**. Each caller will receive a free healthy gift!

Visit us online at [seasonallandsimple.info](https://www.seasonallandsimple.info) to find more recipe suggestions.

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-  YouTube: MU Extension – Nutrition & Health

## Festive Fritters



Servings: About 8

### Ingredients:

- 3 cups leftover mashed potatoes
- 1 cup leftover turkey or ham, chopped
- 1 cup frozen spinach, thawed and drained (or leftover vegetables)
- 3 large eggs
- Salt and pepper (optional, to taste)
- 1 tablespoon vegetable oil per skillet of fritters
- $\frac{1}{2}$  cup flour (if needed)

### Directions:

1. Wash hands and surfaces.
2. In a large bowl, combine all ingredients except flour.
3. Shape mixture into small patties about the size of the palm of your hand.
4. If patties are too moist, add flour in small increments to help them stick together.
5. Heat the oil in a frying pan on medium heat.
6. Brown each patty on both sides in the oil.
7. Refrigerate leftovers immediately.