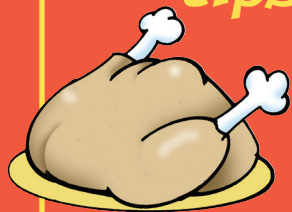


Holiday food safety tips!



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/>



Family Nutrition Education Programs

Nutrition and Life Skills for Missouri Families

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

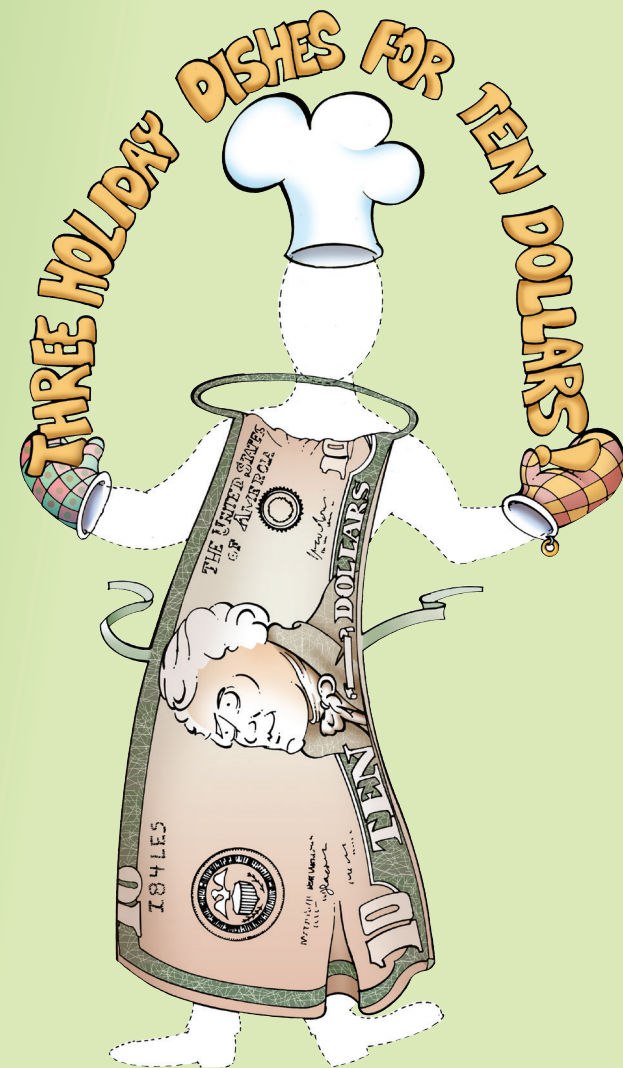
If you have questions about
nutrition, call MU Extension's
Show-Me Nutrition Line:
[1-888-515-0016](tel:1-888-515-0016)

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

This material was funded in part
by USDA SNAP.

UNIVERSITY OF MISSOURI
 Extension

an equal opportunity/ADA institution



Three holiday dishes for \$10

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

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.
4. Cover bottom of casserole dish with cooked broccoli. Pour cream soup over broccoli. Sprinkle shredded cheese over top.
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*

- 1½ cups (about ½ lb.) Granny Smith apples, peeled and chopped
- 1 cup brown sugar, packed
- ½ 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 1½ 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



My shopping list

Cheesy Broccoli Casserole

- 1 lb. fresh broccoli \$1.89
- 1 can cream soup .75
- 1 cup shredded cheddar cheese 1.00
- 1 cup uncooked rice .38

*Recipe cost: \$4.02

Cranberry Sauce

- ½ lb. Granny Smith apples \$1.00
- 1 cup (7 oz.) brown sugar .35
- ½ cup (4 oz.) white grape juice .15
- 1 tablespoon ground ginger .12
- 1 tablespoon ground cinnamon .12
- 12-oz. package fresh cranberries 2.20

*Recipe cost: \$3.94

Roasted Sweet Potatoes

- 4 small sweet potatoes (about 1½ lbs.) \$1.64
- 2 tablespoons (1 oz.) olive oil .28
- Optional seasonings: .12
 - Dried basil
 - Dried oregano
 - Garlic powder
 - Ground ginger
 - Ground cinnamon

*Recipe cost: \$2.04

*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.

