



## Expanded Food and Nutrition Education Program

## The Market Basket



UNIVERSITY OF FLORIDA

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#### Questions:

**What's the difference between the blood Cholesterol carriers HDL & LDL?**

Cholesterol is a waxy, fat-like substance found in all animals including people. It is an essential part of cells in the body and is used to make certain hormones and digest fats. There are two different types of cholesterol: blood or serum cholesterol circulates in the blood; dietary cholesterol comes from foods people eat. The chemical substance of all blood cholesterol is the same; however, it is transported in the blood by different "carriers." The two major blood cholesterol carriers are LDL and HDL. The relative amounts of cholesterol transported by each carrier can affect the risk of heart disease.



**Dear Extension Friends:**

**Hi Everyone! Its November already, can you believe it? This year is flying by. My Mother always said, "the older you get the faster the years go by", now I understand why she made that comment. With November comes the Holiday Season so with that in mind I have included some articles relating to having a Healthy Holiday Season and of course Recipes. If you Have access to a Computer you can always go to our Web Site (<http://polk.ifas.ufl.edu>) and read back copies of this newsletter under the heading "Families & Consumers. And then Newsletters. I hope each and everyone of you has a blessed, healthy, and safe Holiday Season. Until January 2009,**

*Joyce Tompkins*

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## Don't Let Food borne Illness be a Guest at your Holiday Table:

A large crowd to cook for, a big bird to roast, and too many cooks in the kitchen can lead to food borne illness from holiday dining. But handling and cooking a turkey should not be an illness waiting to happen. Following basic recommendations will help ensure safe food and prevent food borne illness for diners--not only during the holidays, but year-round.

### **CLEAN:** Wash hands and surfaces often.

- Keep everything clean while preparing holiday meals.
- Wash hands and kitchen surfaces often with hot soapy water.
- Wash cutting boards, dishes, and utensils after preparing each food item and before going on to the next item.
- Paper towels are recommended for cleaning up kitchen surfaces.

### **SEPARATE:** Don't cross contaminate.

- Cross-contamination is the scientific word for how bacteria can be spread from one food product to another.
- Special attention needs to be given to cross contamination when handling raw meats and ready-to-eat foods.
- Separate raw meat, poultry, and seafood from other foods when shopping at the grocery store and in your refrigerator.
- Use one cutting board for raw meat and poultry and a separate one for other food.
- Never place cooked food on a plate that previously held raw meat and poultry unless the plate has been thoroughly cleaned.

### **COOK:** Cook to proper temperatures.

- Use a food thermometer to make sure meat and poultry are cooked to proper temperatures.
- Cook roasts and steaks to at least 145 °F, whole poultry to at least 165 °F in the thigh, and ground beef to 160 °F.
- When reheating, leftovers should be thoroughly heated to 165 °F; sauces, soup, and gravy should be brought to a rolling boil.

### **CHILL:** Refrigerate promptly.

- Refrigerate or freeze leftovers within 2 hours
- Place leftovers into shallow containers for rapid cooling.
- The refrigerator should be maintained at 40 °F or below and the freezer at 0 °F or below.

(Use an appliance thermometer to check the temperature.)

- Keep hot foods hot, 140 °F or above, and cold foods cold, 40 °F or below.
- Never defrost food at room temperature.
- Thaw food in the refrigerator, in a cold water bath, or in the microwave.
- Marinate foods in the refrigerator.





## **Meal Planning & Time Management for the Holidays**

**For most Americans, the holiday season starts with Halloween and goes through New Years Day. This is a very stressful time of the year because everyone has so much to do planning meals for the holidays, gift giving, shopping, and many family and friend gatherings to attend. If you are not careful, you can over extend yourself in time, money and energy. The lesson today is to help you plan for the holidays so that you can reduce the stress of the holiday season and be able to enjoy this time with your friends and family.**

**You can reduce some of the stress of the holidays by good planning. Since we know that the holidays come each year, why not do some advance planning and shopping to reduce the stress and to save money. Determine what your menu will be and what you will be preparing for gifts. (Why not plan for all the holidays all at once-Halloween, Thanksgiving, Christmas, and New Year's.) The stores will begin to have specials on some foods that are used in holiday festivities, such as turkey, cranberry sauce, sweet potatoes, etc. Keep an eye on the newspaper ads and purchase the items you will be using to prepare these meals. Many of these things may be on sale a month or more before the holiday, so purchase them and freeze them for the holidays. This is also a good time to purchase the extra sugar, flour, and etc. that you may need to do your holiday baking. If you are giving cookies, cakes, or breads for gifts, why not buy the ingredients when they are on sale and start baking early and freeze the baked goods.**

**Gather some recipes that can make use of leftovers. Casserole and salad recipes, such as Turkey Spaghetti, One Pot Tetrazzini, or Cool Turkey Salad are some good choices for using leftover Turkey. With recipes for leftovers gathered, you can check the cupboards for what you already have on hand and then purchase items that you need to make the dish. You will need to clean and organize the refrigerator before doing a lot of the shopping for the holidays. You will want to make sure that you have enough room in the freezer for the foods you can prepare in advance and freeze and then have the refrigerator with room for the things that will need to be prepared closer to the time of the meal. You do not need to buy more than you have storage space.**

**Some preparation can be done several days before the holidays such as chopping the onions, celery, etc. and bake the cornbread and crumble it for the dressing. These things can be stored in zip lock bags and not take up as much room in the refrigerator as bowls. This is also a good time to make the marinated or Congealed salads as well as to set the turkey in the bottom of the refrigerator to thaw. When the turkey has thawed enough that you can get the giblets out of the Carcass, then stew, cool, and refrigerate them for gravy.**

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## **Meal Planning & Time Management for the Holidays Continued:**

### **Grocery Shopping for the Holidays**

List the ingredients that you will need for all the entrees of each holiday meal and see what you have on hand and what you will need to purchase. This is the beginning of your grocery list. If you start purchasing a few of the things you will need for the holiday meals and special foods each week several weeks in advance; you will save money at the store and not ruin your food budget. It is easier to buy a few extras each week and it does not do the damage to your food budget as if you wait and do all the shopping for the holidays the week of the family gathering. Check the sale ads from the newspapers for items you will need for your holiday preparations and purchase what you will need when it is on sale. Many stores will start running Specials on items that are used for baking and holiday meals. Be sure to mark off what you have purchased and have on hand. Make sure that you have purchased zip-lock bags, aluminum foil, and plastic wrap for storage of the foods you have prepared in advance for freezing or keeping in the refrigerator. Some of these items will also need to be used in meal preparation. Don't forget a supply of paper towels will come in handy for the holidays. Purchase only what you have on your grocery list each week. There are many things Displayed during the holidays that catch your attention when holiday shopping, but these items can really increase our grocery bill. Some of these conveniences come with a high price tag and we could save money if we would use what we have on hand or even prepare some of the convenience foods from scratch.

### **Timetable to Plan Ahead for a Safe Holiday Meal :**

#### **1 Month before the meal**

**Make menu plan & Bake cookies for snacks, cool, wrap, and freeze**

#### **2 Weeks before the meal**

**Review the menu & Make a shopping list**

**Bake, cook, crumble bread for dressing**

#### **1 Week before the meal**

**Clean and organize the refrigerator**

**Bake and freeze pies & Bake and freeze cakes**

**Prepare and freeze dinner rolls**

#### **4 Days before the meal**

**Check food supplies on hand & Review menu**

**Check needed items & Check tableware**

**Make cranberry sauce and refrigerate (if fresh cranberries are used)**

#### **2 Days before meal**

**Prepare congealed or marinated salad and refrigerate**

**Remove turkey from freezer and refrigerate to defrost**

**Stew giblets, cool and refrigerate (for gravy if desired)**

#### **1 Day before the meal**

**Put cranberry sauce in serving dish, cover, and refrigerate**

**Prepare vegetables, cool and refrigerate**

**If serving ham, bake it, cool and refrigerate**

**Prepare tossed salad and refrigerate**

#### **Day of the meal**

**Prepare stuffing or dressing**

**Remove rolls from freezer to rise**

**Bake turkey and stuffing (plan to remove from the oven 30 minutes before serving time) Chop giblets and make gravy, cool and refrigerate & Set table .**



## Healthy Holiday Recipes

### Yam Cornbread Stuffing:

2 cups fresh sweet potatoes (peeled & chopped)  
1 cup chopped onion & 1 cup sliced celery  
2 Tbls. Light margarine  
1/4 c. parsley & 1 tsp. ground ginger  
5 cups crumbled cornbread  
1/4 c. pecans  
Chicken broth

#### Directions:

In a large skillet, cook sweet potatoes, onion and celery in margarine for 5 to 7 minutes, or until just tender. Spoon mixture into a large mixing bowl. Stir in parsley and ginger. Add cornbread and pecans. Toss gently to coat. Add enough chicken broth to moisten. Place stuffing in a casserole dish which has been sprayed with nonstick coating. Bake uncovered for 45 minutes or until heated through. Recipe makes about 6 cups (12, 1/2-cup servings).

#### Diabetic Fudge:

##### Ingredients:

1 14-1/2 ounce can evaporated milk  
3 tablespoons cocoa  
1/4 cup oleo/margarine Liquid sweetener to equal 1/2 cup of sugar  
1/4 teaspoon salt  
1 teaspoon vanilla  
2-1/2 cup graham cracker crumbs  
1/4 cup nuts

##### Directions:

Combine milk and cocoa in saucepan. Beat well.  
Add oleo/margarine, sweetener, salt. Bring to boil. Remove from heat.  
Stir in remaining ingredients except 1/4 cup graham crackers.  
Cool about 15 minutes.  
Divide mixture into 32 balls.  
Roll in remaining cracker crumbs and chill.



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