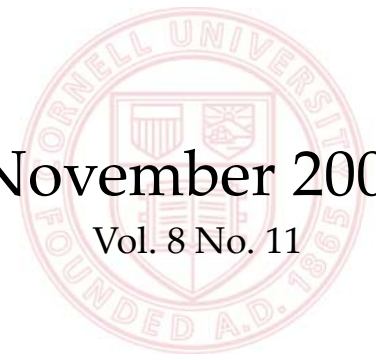


Eat Smart New York!



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Mix & Match Lunches

Bringing lunch to school or work is a great way to save money and make sure you have healthy choices for your meal. But, we all know it is easy to get into a rut when making lunches every day. We tend to choose the same thing every day or add little variety to what we pack for ourselves or our kids.

Healthy lunches should include at least one serving from three to five of the MyPyramid food groups. Keeping this in mind, choosing one food from each of the food groups listed below can keep your lunch more appealing while making sure it is still full of healthy choices. Add a serving of low fat milk to round out your meal.



Vegetable	Fruit	Grain	Protein	Low-fat dairy	Others
12 baby carrots	1 small apple	1 large or 8 mini rice cakes	½ cup of chili	1 cup low-fat milk	1 ounce baked chips
2 whole celery sticks	1 small pear	½ cup instant oatmeal	1 tablespoon of peanut butter	1 ounce cheese stick	9 animal crackers
6 inch cucumber cut in slices	1 small banana	½ whole wheat bagel	1 large boiled egg	1 cup low-fat yogurt	3 cups low-fat popcorn
1 cup chopped salad	1 cup watermelon pieces	10 pretzel nuggets	2 ounces turkey breast	1 yogurt stick	6 whole wheat crackers
1 cup vegetable soup	18 medium grapes	½ English muffin	1/3 cup hummus	¼ cup feta cheese	½ cup cheese crackers
1 small baked potato	4 dried apricots	2 sesame breadsticks	1/2 cup tuna packed in water	1 ounce Swiss or provolone cheese	2 fig or fruit filled bars
1 ½ cups raw spinach	½ cup mango	½ cup pasta	1/8 cup of pumpkin or sunflower seeds	½ cup low-fat cottage cheese	4 ginger snaps
½ cup pepper slices	1 large kiwi	½ cup brown rice	1 vegetarian burger	1 ounce light cream cheese	1 ounce fruit leather

Temp Those Turkeys!



Keep your family safe from food borne illness this Thanksgiving by following these simple suggestions:

- Wash your hands with hot soapy water before and after handling your turkey.
- When **thawing** a turkey in the refrigerator, **allow 24 hours for every 4 to 5 pounds** that a turkey weighs. A 12 to 16 pound turkey takes 3 to 4 days to completely thaw. A turkey thawed this way can be held in the refrigerator for 1 to 2 days.
- **When thawing a turkey in cold water, make sure the turkey is tightly wrapped so no water can reach the turkey.** Completely cover your turkey with cold water and change the water every 30 minutes. Cook the turkey as soon as it is thawed. A 12 to 16 pound turkey takes 6 to 8 hours to thaw using this method.
- Roast your turkey at 325 degrees. A 12 to 14 pound turkey will take 3 ½ to 4 hours to completely cook.
- Use a casserole dish to cook your stuffing outside of the turkey and cook it until it is 165 degrees.
- **A whole turkey is safe to eat when it reaches 165 degrees.** Using a food thermometer, check your turkey in the innermost part of the thigh and wing and the thickest part of the breast.
- If your turkey has a "pop up" temperature indicator, it is still a good idea to check the temperature using a food thermometer.
- All hot and cold food served at your Thanksgiving meal should remain at room temperature for no more than 2 hours. **If the food is out on the serving table longer than 2 hours, throw it away.**
- Divide leftovers in shallow pans to store in the refrigerator or freezer.
- Use refrigerated cooked turkey and stuffing within 3 to 4 days.

Recipes Using Thanksgiving Leftovers



Turkey and Rice Soup

- 2 1/2 cups turkey, cooked and diced
- 1 can cream of chicken soup
- 6 ounce box long grain rice or about 1 cup (if using quick cooking rice, use 1-1/2 cups of rice)
- 2 cups celery sliced
- 1/2 cup onion diced
- 1 cup grated carrots

Instructions:

1. In a large saucepan combine turkey, cream of chicken soup, long grain rice, celery, onion, carrots and 6 cups of water.
2. Simmer covered until rice is cooked approximately 30 minutes.

Nutrition Facts: **Makes 4 servings. Serving size: 1-1/2 cups; Calories: 390; Calories from Fat: 70 (18%); Total Fat: 8g; Saturated Fat: 2g; Trans Fat: 0g; Cholesterol: 65mg; Sodium: 640mg; Total Carbohydrate: 46g; Dietary Fiber: 3g; Sugars: 4g; Protein: 32g; Vitamin A: 100%, Vitamin C: 8%; Calcium: 8%, Iron: 25%

From chefmeow at www.grouprecipes.com

Cranberry Turkey Melts

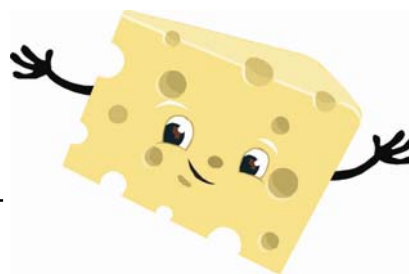
- 4 (6-inch) whole wheat pitas
- 1/2 cup cranberry sauce
- 1/2 pound thinly sliced cooked turkey breast, cut into strips
- 2/3 cup shredded Pepper-Jack cheese

Instructions:

1. Preheat oven to 450 degrees.
2. Place pitas on ungreased baking sheet.
3. Spread each pita evenly with cranberry sauce.
4. Arrange turkey strips on top of cranberry sauce.
5. Sprinkle with cheese.
6. Bake for 8 to 10 minutes or until cheese melts.

Nutrition Facts: **Makes 4 servings. Serving size: 1 pita; Calories: 380; Calories from Fat: 90 (24%); Total Fat: 10g; Saturated Fat: 4g; Trans Fat: 0g; Cholesterol: 60mg; Sodium: 500mg; Total Carbohydrate: 49g; Dietary Fiber: 5g; Sugars: 9g; Protein: 27g; Vitamin A: 6%, Vitamin C: 0%; Calcium: 10%, Iron: 15%

Adapted from Cooking Light 5 ingredient 15 minute cookbook



Mashed Potato Cakes

- | | | |
|----------------------------------------------|-----------------------------|-----------------------------|
| 2 cups mashed potatoes | 2 large eggs, beaten | 1/2 teaspoon salt |
| 1 cup shredded light Swiss cheese (4 ounces) | 1/4 cup finely cut onion | Freshly ground black pepper |
| | 1 teaspoon prepared mustard | |

Instructions:

1. Add the cheese, eggs, onion, mustard, salt and pepper to taste to the potatoes.
2. Stir to blend with a wooden spoon. With wet hands, form the potatoes into patties about 3 inches wide and 1/2-inch thick. Rinse your hands frequently to prevent sticking.
3. Spray a large skillet with non-stick cooking spray and heat over medium heat until hot.
4. When hot, add the patties without crowding skillet, and cook until golden brown and crisp on the bottoms. Turn and brown other side. Repeat with remaining patties.

Nutrition Facts: **Makes 12 (3-inch) cakes. Serving size: 2 (3-inch) cakes; Calories: 120; Calories from Fat: 25 (21%); Total Fat: 3g; Saturated Fat: 1g; Trans Fat: 0g; Cholesterol: 80mg; Sodium: 500mg; Total Carbohydrate: 15g; Dietary Fiber: 1g; Sugars: 1g; Protein: 9g; Vitamin A: 4%, Vitamin C: 25%; Calcium: 15%, Iron: 6%

<http://www.homecooking.about.com>

**Nutrition Facts calculated by the Food Processor(R) Nutrition Analysis Software from ESHA Research, Salem, Oregon

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START NOW!

KORNER I D S

Thanksgiving morning while you are busy in the kitchen, set your kids up with this craft to help get the table ready for company!



Turkey Napkin Rings

Supplies:

Cardboard toilet paper or paper towel rolls
Colored paper
Brown craft paint
Markers or crayons
Scissors
Glue

1. Cut the cardboard rolls into 2 inch pieces.
2. Paint each roll with brown paint, let dry.
3. Have kids trace their fingers on a variety of colored paper. You will need 5 fingers for feathers for each turkey.
4. Cut out each feather.
5. Using orange paper, cut out turkey feet that are long enough to stick out in front and behind the cardboard roll piece.
6. Trace one finger on light colored paper, then cut out to use as turkey's head.
7. With toes pointing toward the uncut side of the tube, glue to the tube. This is the bottom of the turkey.
8. Glue 5 feathers on the back of the tube.
9. Add eyes and a red waddle to the turkey's head. Glue to the front of the tube.
10. Make one for each guest!

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BUDGETING

KEEPING IN SHAPE

SAVING MONEY ON FOOD

COOKING

EATING HEALTHY

MAKING TASTY MEALS