



Test Your Turkey Knowledge

The holidays are just around the corner, and often turkey is the main course. How much do you know about turkey food safety and nutrition? This quiz is based on information from the U.S. Department of Agriculture and National Turkey Federation.



1. About how many pounds of turkey are eaten per person per year in the U.S.? (*Turkey is a good source of protein, vitamins and minerals, by the way.*)
 - a. 7 pounds
 - b. 16 pounds
 - c. 24 pounds
2. Turkey can be thawed safely in the refrigerator or under cold water. When thawing a turkey under cold water, how often should the water be changed?
 - a. Every 10 minutes
 - b. Every 30 minutes
 - c. Every two hours
3. If you would like some leftovers, about how much turkey (including bone weight) should you allow per person?
 - a. 0.5 pound
 - b. 1 to 1½ pounds
 - c. 3 to 4 pounds
4. True or False: "Dressing" and "stuffing" are interchangeable terms that relate to the bread mixture served with turkey.
 - a. One
 - b. Two
 - c. Three
5. How many turkeys does the president of the U.S. pardon annually? (*Yes, this actually happens.*)
 - a. One
 - b. Two
 - c. Three
6. How long can you safely store leftover turkey in the refrigerator?
 - a. Three to four days
 - b. Five to six days
 - c. Seven to 10 days
7. When you are serving food in a buffet line at a family event, at what temperature should the food be maintained? (*You might need to use slow cookers to keep food hot or keep food in an oven set on low heat.*)
 - a. 180 degrees Fahrenheit
 - b. 160 degrees Fahrenheit
 - c. 140 degrees Fahrenheit
8. Which type of turkey meat is lowest in fat and calories?
 - a. Dark meat without skin
 - b. Dark meat with skin
 - c. White meat without skin
9. To what internal temperature should a whole turkey be cooked, as measured with a food thermometer? (*Check temperature in three places: the thickest part of the breast, the innermost part of the thigh and the innermost part of the wing.*)
 - a. 120 F
 - b. 165 F
 - c. 195 F
10. True or False: Sometimes pop-up thermometers prematurely pop up, before a turkey has reached a safe internal temperature, so using a food thermometer is recommended.



6. a; 7. c; 8. c; 9. b; 10. True
1. b; 2. b; 3. b; 4. True; 5. a;

Answers:

This program is funded in part by USDA's Supplemental Nutrition Assistance Program. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more contact your county Social Services office or call 1-800-755-2716.

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We always enjoy a traditional turkey for Thanksgiving, but we get tired of it before we eat it all. Do you have any ideas?

Turkey can be used in many ways on your menu. Substitute turkey in your favorite recipes that call for chicken. Try some different ideas, such as white chili (see recipe), casseroles, burritos and enchiladas.

You can freeze turkey in meal-sized amounts in freezer containers or bags; use within six months for best quality. Visit www.ag.ndsu.edu/food and click on "recipes" and "main dishes." Or, enter "turkey recipe" or "chicken recipe" in the search box for lots of ideas.



Just for Fun!

What's the key to a great Thanksgiving dinner?

(The tur-key!)

FoodWi\$e Tip of the Month

Don't Toss Out the Pumpkin Seeds

Did you know that pumpkin seeds make nutritious snacks? They are rich in fiber and in minerals, such as magnesium. Here's how to roast them:

- Remove the pulp from a pumpkin, rinse the seeds and blot them with a paper towel.
 - Toss the seeds in a bowl with a small amount of salad oil, such as canola or sunflower oil.
 - Bake at 300 degrees F until light brown and crunchy (40 to 50 minutes), stirring occasionally.
- If you like, you can salt them lightly or add spices of choice, such as garlic powder or onion powder.

NOTE: Be aware that nuts and seeds can be choking hazards for children under age 5.



White Chili With Turkey, Corn and Beans

- 1 Tbsp. oil
- ¼ c. onion, chopped (or 1 Tbsp. dried onion)
- 1 c. celery, chopped
- 4 c. cooked turkey, chopped
- 2 (15.5-ounce) cans Great Northern beans, drained and rinsed (or other white beans)
- 2 c. frozen corn
- 1 (4-ounce) can chopped green chilies
- 4 c. turkey or chicken broth (plus extra to adjust thickness)
- 1 to 2 tsp. ground cumin (to your taste preferences)
- Shredded mozzarella cheese (optional)



Heat oil in a skillet over medium heat. Add onion and celery; cook and stir two to three minutes. Place all ingredients in a large saucepan (at least 4 quarts). Stir well. Cover and cook about 15 minutes over medium heat, stirring occasionally until thoroughly heated. Sprinkle mozzarella cheese on top, if desired.

Makes eight servings.

When made with low-sodium chicken broth, each serving has 250 calories, 3.5 grams (g) fat, 27 g protein, 26 g carbohydrate, 7 g fiber and 330 milligrams sodium.

Menu idea:

tossed salad with pumpkin seeds, White Chili, corn muffins, apple slices, low-fat or fat-free milk

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Contact the local office of the
NDSU Extension Service
for more information
on food and nutrition or
managing your food dollar.

