

EFNEP Newsletter

For more information about this and other Cornell Cooperative Extension of Allegany County programs, call (585) 268-7644 ext. 20.

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Keep Food Safe During the Holidays

PREPARING *your* FEAST



**WASH HANDS, SURFACES
& UTENSILS *between* EACH
FOOD-PREP STEP.**

THAW FORMULA: 4 LBS. PER 24 HOURS

Thaw frozen turkey in a refrigerator in its original packaging. Stuff turkey just prior to cooking.

**COOK TURKEY
BREAST &
STUFFING *to* 165°F**

Temperature is the only indicator that food is cooked for quality and safety. Turkey thighs are best at 175°F.

Keep hot foods above 140°F. Refrigerate all cold foods until ready to serve (40°F).

Rinse fresh fruits and vegetables just before using or consuming unless labeled "ready-to-eat" or "pre-washed."

Check out www.fightbac.org for all the information you need to keep your holiday foods safe this year.

Remember, before shopping for your holiday dinner, make room in the refrigerator and freezer. Buy a food thermometer if you do not have one. It's the safest way to make sure your turkey is thoroughly cooked.

The EFNEP program provides nutrition education to low-income families and children in counties throughout New York State.

A series of 8 classes is offered to adults in a variety of settings, including by Zoom and phone.

Workshop series include:

Family Nutrition Education Curriculum
Finding A Balance —
Diabetes
Healthy Children, Healthy Families
Healthy Cents
Breastfeeding

A series of 6 classes is offered to youth aged 8-12 in school and at after school locations.

Workshop series include:

Choose Health: Food, Fun and Fitness
Cooking Up Fun! Vary our Veggies
Teen Cuisine

If you or your organization are interested in scheduling classes, please call your local nutrition educator:

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KORNER IDS

This week visit the library with your child or follow local library protocols for borrowing books and read “Everyone Eats” by Julia Kuo. Learn about what animals like to eat. Pick your child’s favorite food from the book and make a recipe with it, like sweet potato fries.

Turkey Cranberry Quesadilla

Serving Size: 1 quesadilla

Servings per recipe: 1

Prep Time 5 minutes

Ingredients:

- 1 8-inch whole wheat tortilla
- 2 Tablespoons shredded mozzarella (or any cheese you like)
- 2 Tablespoons cranberry sauce or dried cranberries
- 2 Tablespoons cooked turkey, chopped or shredded
- 1/3 cup fresh spinach leaves

Directions:

1. Sprinkle shredded cheese evenly over one half of the tortilla. Add cranberry sauce or dried cranberries, turkey and spinach, then fold the tortilla in half over the filling.
2. Heat a medium skillet over medium heat (300 degrees in an electric skillet). Lightly spray with cooking spray, then place tortilla in the skillet. Cover and cook for 2 to 3 minutes on each side, or until the outside is golden brown and contents are heated through.
3. Refrigerate leftovers within 2 hours.



Notes:

- ◆ Substitute beans, tofu, or other cooked meat for the turkey.
- ◆ For extra flavor, add a dash of cayenne pepper or chili powder before folding the quesadilla in half.

Nutrition Facts: Serving Size – 1 quesadilla, 250 Calories, 7g Total Fat, 63 calories from fat, 25% calories from Fat, 3.5g Saturated Fat, 0g Trans Fat, 25mg Cholesterol, 340mg Sodium, 32g Total Carbohydrate, 1g Dietary Fiber, 11g Sugars, 5g Added Sugars, 14g Protein, 0% Vitamin D, 15% Calcium, 10% iron, 4% Potassium, 10% Vitamin A, 9% Vitamin C

Source: www.foodhero.org - Oregon State University Extension Service,