



Fall Quick Tips November 2025

Cornell
Cooperative
Extension

Thanksgiving Food Safety



For a food safe Thanksgiving follow these tips!

1. Keep Things Clean - wash hands for 20 seconds with warm, soapy water and keep counter tops and tables clean.
2. Thaw Food Safely- the best way to thaw frozen food, including a turkey, is in your refrigerator. Planning ahead allows for enough time to safely thaw frozen food.
3. Keep Hot Foods Hot- keep hot foods at 140 degrees or warmer. Keeping them hot helps to slow down bacteria growth.
4. Keep Cold Foods Cold- keep cold foods in the refrigerator until ready to eat or place on ice packs while serving.
5. Leftovers- store leftovers in shallow containers and place in the refrigerator within 2 hours of being served.

How to safely cook a turkey

Cook your fully thawed turkey in a preheated 325 degree oven. Use the chart below to determine how long to cook your turkey and use a thermometer to check for doneness. To get the most accurate temperature, insert the thermometer into the turkey breast and the innermost part of the thigh. The turkey is fully cooked when the temperature reaches 165 degrees in both the breast and inner thigh. Let the turkey rest for 20 minutes before carving. Use leftovers within 3-4 days.



TURKEY WEIGHT	COOKING TIME
8 to 12 lbs.	2 ¼ to 3 hours
12 to 14 lbs.	3 to 3 ¾ hours
14 to 18 lbs.	3 ¾ to 4 ¼ hours
18 to 20 lbs.	4 ¼ to 4 ½ hours
20 to 24 lbs.	4 ½ to 5 hours



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Building Healthy Habits Recipe

Turkey Cranberry Quesadilla

Serving size 1 quesadilla

Makes 1 quesadilla

Ingredients:

- 1 8-inch whole wheat tortilla
- 2 tablespoons shredded mozzarella cheese
- 2 tablespoons cranberry sauce or dried cranberries
- 2 tablespoons chopped or shredded cooked turkey
- 1/3 cup of spinach

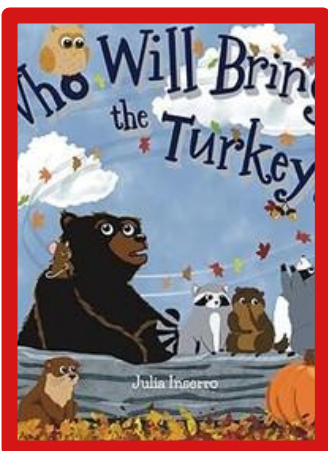
Directions:

1. Wash hands with soap and water.
2. Rinse fresh vegetables under running water before preparing.
3. Lightly grease and preheat a medium skillet over medium heat (300 degrees F in an electric skillet). Lay a tortilla flat on the skillet.
4. Sprinkle cheese evenly over one half of the tortilla. Add cranberry sauce, turkey, and spinach. Fold empty half of tortilla over filling.
5. Cover and cook on each side for 2-3 minutes, or until outside is a golden brown and inside is heated through.
6. Refrigerate leftovers within 2 hours.

Notes: For extra flavor, add a dash of cayenne pepper or chili powder before folding the quesadilla in half.



Nutrition Facts: Serving size: 1 quesadilla, calories: 250; total fat: 7g; saturated fat: 3.5g; sodium: 340mg; total carbohydrate: 32g; added sugars: 5g; Protein: 14g; Calcium: 220mg; Potassium: 149mg, Vitamin C: 8mg Vitamin A: 94mcg
Source: FoodHero.org



Kids' Book Nook

With your child, visit your local library and borrow "Who Will Bring the Turkey?" by Julia Inzerro. Read the story together and then talk about how everyone can help when doing big things!



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