



HEALTHY HOLIDAY DINING

TURKEY TIPS

Turkey is a traditional holiday meal that is low in calories, fat and cholesterol. Three ounces of roast white meat turkey without the skin contains 170 calories, 4.3 grams of fat and 76 milligrams of cholesterol. Below are some tips to help you prepare your holiday turkey.

DEFROSTING

To properly defrost a frozen turkey, keep it in the original bag. Place it on a tray IN THE REFRIGERATOR at 35-40 degrees F. Allow 24 hours for four-five pounds; four days for 16 pounds.

Quick defrosting: Leave turkey in its original bag. Submerge it in a sink or container filled with fresh cold water. This permits uniform defrosting and prevents bacteria from growing. Every 30 minutes empty out the water and replace with fresh cold water. Allow 30 minutes per pound of turkey. A 16 pound turkey takes eight hours to defrost. *Never defrost turkey on the counter-top.* Normal room temperature promotes the growth of harmful bacteria.

BEFORE COOKING

Once defrosted or if using a fresh turkey, remove wrapper. Rinse cavities carefully with cold water and drain well. Be careful not to splash water on counter tops or walls. To prevent contaminating other foods, always wash surfaces and utensils with soap and water immediately. Use paper towels for clean-up.

Stuffing: Leave plenty of room for stuffing to expand during cooking. Fill the turkey just before cooking. Cook extra stuffing in a covered casserole dish.

COOKING

Preheat the oven to 350 degrees. If the turkey does not have a pop-up thermometer, insert a meat thermometer into the innermost part of the thigh or breast. When done the thermometer should read 165 degrees. Use this chart as a guide.

8 pounds = 3.5 hours
12 pounds = 4.5 hours
16 pounds = 5.5 hours

Note: Add a half hour extra for a stuffed bird. For a juicy turkey in less time, use a turkey bag. Follow instructions on turkey bag package. Cooking your turkey in a roasting bag can shorten cooking time by as much as one hour.

LEFTOVERS

To be assured of a moderate amount of leftovers, allow one pound of turkey per person. Refrigerate the leftover stuffing and turkey separately within two hours after cooking. Use stuffing and gravy within two days; use turkey within 3-4 days. Freeze leftovers in convenient portion sizes immediately.

HIGH FIBER HOLIDAY RICE (makes eight $\frac{3}{4}$ cup servings)

2 cups uncooked brown rice
4 cups water
1 large onion, diced
 $\frac{1}{2}$ cup raisins
 $\frac{1}{2}$ cup walnuts
1 TBS vegetable oil
1 cup parsley, chopped

Prepare as follows:

- * Cook rice in 4 cups of water for about 35-40 minutes until done. Set aside.
- * In a frying pan, saute onions in oil.
- * Mix in raisins and walnuts. Note: Substitute other nuts such as pecans or peanuts.
- * Add parsley.

In a large bowl mix together cooked rice with pan mixture. Add salt and pepper to taste.
Note: This makes a delicious turkey stuffing.

NUTRITIONAL ANALYSIS PER 3/4 CUP SERVING.

Calories	268
Carbohydrate	45grams
Fat	8grams
Protein	3grams
Fiber	4grams

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Marilyn Tucker-Viselli, MS RD | 19 West 34th Street, Penthouse, New York, NY 10001

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