

Tasty Bites

By: Bridgette Brannon

Holiday Edition:
November/December
2019

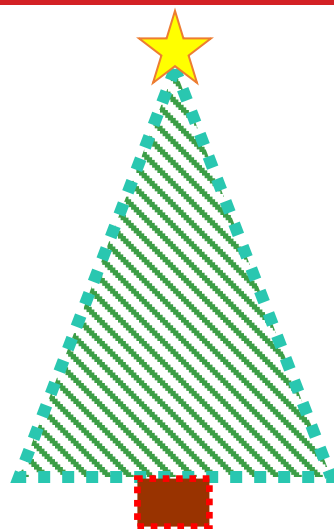
Thawing Your Turkey Safely

There are three safe ways to thaw your turkey--in the refrigerator, in cold water, or in the microwave. To thaw in the refrigerator allow about 24 hours for every 4 to 5 pounds. For example, a 4 to 12 pound turkey will take from 1 to 3 days to thaw. Always place turkey in a tray to thaw and in its original wrapping, so juices don't drip onto other foods. After thawing is complete, the turkey can remain in refrigerator for up to 2 days. The second way is in cold water. You want to allow 30 minutes per pound using this method. For example, a

4 to 12 pound turkey will take 2 to 6 hours to thaw. Completely wrap the turkey and submerge it in cold tap water. Change the water every 30 minutes. Using this method, the turkey must be cooked immediately after thawing. The third way is in the microwave oven. Be sure to check your owner's manual for the size of turkey that will fit in your microwave, the minutes per pound and power level to use. Make sure all outer wrapping is removed and place on a microwave safe dish. Cook turkey immediately after thawing and never refreeze when using this method.

Budgeting for the Holidays

1. Decide how much you want to spend this holiday season. Include gifts for everyone on your list, food, decorating and whatever else. Just be sure to stick to it!
2. Keep your list small. Write down everyone you want to buy gifts for and then recheck it. For example, is it necessary to buy your child's teacher a gift?
3. Start saving early! Once you decide how much you're going to spend, divide that by 12 months and save that amount each month, starting in January.
4. Remember the four gift rule: get each child one thing he wants, one thing he needs, something to wear and something to read.
5. Shop all throughout the year, not just the month of December. Look for sales and good deals. Buy that coat in July and get it cheaper than if you wait and buy it in December.
6. Remember why we celebrate Christmas in the first place. It's not about material things or presents.



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2019

Annual Holiday Fair
Thursday, November 21st
4:00-6:30
Tom Harbin Ag Center
Luverne, AL

EVERYONE IS WELCOME!

HAVE A MERRY CHRISTMAS & A HAPPY NEW YEAR!

10 Healthy Eating Tips for a Healthy Holiday Season

1. Focus on weight maintenance vs. weight loss during the holidays.
2. Plan on NOT dieting after the New Year. Anticipation of food restriction sets you up for binge-type eating over the holidays.
3. Be physically active every day. Often, busy holiday schedules (or lack of structured schedules) bump them off their exercise routines. Physical activity, especially aerobic activities like brisk walking, jogging, and bicycling can help relieve stress, regulate appetite, and burn up extra calories from holiday eating.
4. Eat a light snack before going to holiday parties. Try eating a piece of fruit, a small carton of yogurt, or a string cheese before you go.
5. Make a plan. Think about where you will be, who you will be with, what foods will be available, what foods are really special to you vs. those that you could possibly do without, what are your personal triggers to overeat and how can you minimize them.
6. Take steps to avoid recreational eating. Consciously make one plate of foods you really want. Eat it slowly and when done, pop a mint in your mouth.
7. Reduce the fat in holiday recipes. Try using applesauce instead of oil in holiday breads; use egg substitutes instead of whole eggs.
8. Limit alcohol. Enjoy one alcoholic beverage if you must and then switch to diet soda or soda water with lime afterwards.
9. Enjoy good friends and family. Focus on reuniting with friends and family instead of focusing on the food.
10. Maintain perspective: Overeating one day won't make or break your eating plan. Return to your usual eating plan the next day without guilt or despair.

HOMEMADE PEPPERMINT MOCHA COFFEE CREAMER

Ingredients:

- 1 can condensed milk
- 3-½ cups almond milk
- 1 Tbsp. Cocoa powder
- 1 Tbsp. Peppermint extract

Instructions:

Shake all ingredients together until combined in a tightly closed container. Keep refrigerated.



VERY MERRY CRANBERRY & JALAPENO CREAM CHEESE DIP

Dip Ingredients:

- 2 packages original cream cheese
- 1 batch cranberry sauce (below)
- ½ cup pomegranates
- 1 small jalapeno, cored and finely-diced
- ½ cup thinly-sliced green onions
- Crackers, for dipping

Cranberry Sauce Ingredients:

- 12 ounces fresh cranberries
- ½ cup orange juice
- ½ cup water
- 1/3 cup granulated sugar

Instructions:

1. Spread the cream cheese in a single layer in a large serving bowl or plate.
2. Spread the cranberry sauce on top of the cream cheese in a single layer, followed by the pomegranates, diced jalapeno, and green onions.
3. Serve immediately, with crackers for dipping.

Recipe by: Gimme Some Oven