

Nutrition Education

TIP SHEET



Stress-free, simple holiday meal

Too timid to take on the turkey?

Try this easy recipe:



Baked Turkey Legs and Gravy

4 servings Oven Temperature: 350°F

Turkey legs:

2-3 large turkey drumsticks, fresh or frozen

1/4 teaspoon poultry seasoning

A pinch of pepper

2 cups water

1. Thaw frozen drumsticks in refrigerator.
2. Put drumsticks in a baking pan and sprinkle with seasonings. Add water and cover with a lid or with foil.
3. Bake at 350°F for about 1½ hours. Turn drumsticks halfway through cooking.
4. Take drumsticks out of pan. Separate meat from skin and bones. Keep meat hot in a 200°F oven until ready to serve.
5. Spoon off as much of the fat layer from the cooking liquid as possible. Measure 2 cups of liquid. If necessary, add water to liquid to make 2 cups. Use the liquid for turkey gravy.

Turkey gravy:

2 Tablespoons flour or

1 Tablespoon cornstarch

2 Tablespoons water

2 cups turkey cooking liquid

1. Mix flour and water until smooth. Stir into turkey cooking liquid.
2. Bring to a boil and cook, stirring constantly, until thickened (about 2 minutes).

Turkey Tips:

- Watch for special prices on meats. Purchase and freeze turkey when it is at a good price.
- Sometimes you can save money by buying a whole turkey instead of cut-up turkey pieces. When buying a whole turkey, allow 1/2 pound per person.

For low-fat cooking:

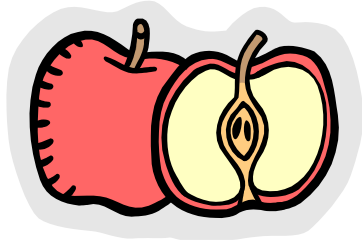
- Take the skin off before cooking or before eating.
- Throw away the fatty part of the juices that cook out of the turkey.
- Roast turkey in the oven and use broth to baste instead of butter or fatty drippings.

Savings are Sweet
Deliciously simply, low-cost treats

Baked Apples and Sweet Potatoes

6 servings Oven Temperature: 400°F

5 cooked sweet potatoes
4 apples
1/2 cup brown sugar
1/2 teaspoon salt
1/4 cup margarine
1 teaspoon nutmeg
1/4 cup hot water
2 Tablespoons honey



1. Boil 5 sweet potatoes in water until they are almost tender. Let cool, then peel and slice them.
2. Peel the apples, remove their cores, and slice them.
3. Lightly grease or spray a casserole dish.
4. Put a layer of sweet potato slices on the bottom. Add a layer of apple slices.
5. Add some brown sugar, salt, and tiny pieces of margarine to the apple layer.
6. Repeat steps 4 and 5 to make more layers of apples, sweet potatoes, and sugar/salt/margarine.
7. Sprinkle top layer with nutmeg.
8. Mix hot water and honey together. Pour over top layer.
9. Bake at 400° F for about 30 minutes until the apples are tender.

Honey of a Pumpkin Bar

30 servings Oven Temperature: 350°F

1/3 cup dry milk, nonfat
2 cups all purpose flour
1 teaspoon baking soda
2-1/2 teaspoons cinnamon
1-1/2 teaspoons pumpkin pie spice
1/3 cup vegetable oil
2/3 cup honey
1/2 cup orange juice
2 Tablespoons grated orange peel (optional)
2 eggs
1 cup canned pumpkin



1. Lightly grease or spray a 12×15 inch baking pan.
2. In a small bowl, combine dry milk, flour, baking soda, and spices. Set aside.
3. In a large bowl, mix oil, honey, juice, orange peel, eggs and pumpkin.
4. Gradually add flour mixture to pumpkin mixture, Stir until smooth.
5. Spread batter into prepared baking pan. Bake at 350° F for 15 to 20 minutes, or until golden brown and cake springs back when lightly touched with your finger. Cool. Cut into squares.

Recipes retrieved from: USDA SNAP-Ed Connection. (2009.) *Recipe finder*
<http://recipefinder.nal.usda.gov/index.php>.

Stay Active and Stay Warm!

MOVING is one of the best ways to stay warm during the winter months.

Be active outdoors...

- ❖ Snowshoe, ski, hike, or ice skate at a local park.
- ❖ Go sledding or tubing.
- ❖ Build a snowman or make snow angels.

...Or try some fun indoor activities:

- ❖ Rent an active video for kids from your local library.
- ❖ Bring your kids to an Open Gym session at a nearby gymnastics center.



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