



HOW MANY ARE COMING TO YOUR HOUSE FOR A HOLIDAY MEAL?

Be sure to plan ahead!

An 8 to 12 pound turkey will serve 16 people and take 1 to 3 days to thaw in the refrigerator.

Thawing your Turkey:

In the refrigerator - Place the frozen turkey in a baking pan or on a platter to catch any juices that may leak. The bottom shelf is the best place. Once a turkey has been completely thawed, it can stay in the refrigerator for 1 to 2 days.

In cold water - Make sure the turkey is in a leak proof plastic bag. Fill your kitchen sink or a large pan with enough cold water to cover the turkey. Change the water every 30 minutes until thawed.

Approximate Thawing Times (Thawing in the refrigerator is best!)		
Turkey Size	Refrigerator Thaw	Cold Water Thaw (Change water every 30 min.)
4 to 12 pounds	1 to 3 days	2 to 6 hours
12 to 16 pounds	3 to 4 days	6 to 8 hours
16 to 20 pounds	4 to 5 days	8 to 10 hours

Roasting your Turkey:

1. Preheat oven to 325°F.
2. Remove turkey from plastic bag. Remove neck and giblets from cavity (usually in a separate bag). Rinse turkey thoroughly in cold water and drain well.
3. If you want stuffing, it is recommended that you cook your stuffing outside of the turkey in a casserole dish.
4. Place the turkey, breast side up, in a shallow pan; brush with melted butter or oil. A wire rack can be placed under the turkey to keep it from sticking. Keep the turkey moist by covering loosely with foil. Remove the foil for the last hour.
5. Insert a meat thermometer in the innermost part of the thigh and wing and the thickest part of the breast. Even if your turkey has a “pop-up” temperature indicator, you still need to check the internal temperature with a food thermometer. The minimum internal temperature must reach 165°F to 180°F to be safe.
6. Let the turkey stand for 20 minutes before carving to allow the juices to set.

Approximate Roasting Times (at 325°F)	
Turkey Size	Roasting Time
8 to 12 pounds	2¾ to 3 hours
12 to 14 pounds	3 to 3¾ hours
14 to 18 pounds	3¾ to 4¼ hours
18 to 20 pounds	4¼ to 4½ hours



Turkey Safety Tips

- Remember - Always wash your hands, utensils, the sink and anything else that comes into contact with raw turkey and its juices with **HOT, SOAPY** water.
- To prevent food poisoning, **DO NOT** let the turkey and leftovers stay out on the counter for more than **2 HOURS**. Throw away any food that should be refrigerated (turkey, stuffing, gravy, etc) if left out for more than 2 hours.
- Enjoy turkey and stuffing within 3 to 4 days and gravy within 1 to 2 days after cooking.

Turkey Gravy

Yield: 8 servings • Serving: ¼ cup

¼ cup flour
¼ cup turkey pan drippings
2 cups water
2 teaspoons or 2 cubes chicken bouillon (optional)

1. In a medium skillet over medium heat, stir flour into drippings.
2. Cook and stir until dark brown.
3. Stir in water and bouillon; cook and stir until thickened and bouillon dissolves.

PER SERVING: CALORIES 87 • FAT 7 G • PROTEIN 1 G • CARBOHYDRATE 6 G • FIBER 0 G

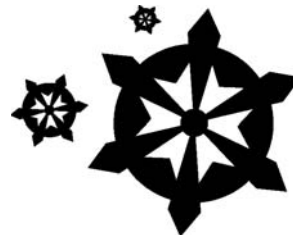
Glazed Carrots

Yield: 6 servings • Serving: ½ cup

1½ pounds fresh or frozen carrots (7-8 medium) rinsed and cut in ¼ inch pieces
½ cup water
1 Tablespoon butter or margarine
½ Tablespoon brown sugar
2 Tablespoons honey
2-3 Tablespoons fresh parsley, minced or 1½ teaspoon dried parsley (optional)

1. In a medium saucepan, bring water to a boil; then add carrots.
2. Reduce heat; cover and simmer about 10 minutes or until carrots are tender. Drain.
3. Melt butter in a skillet over medium heat. Add sugar, honey and carrots; then reduce heat. Turn carrots frequently until well glazed, 1-2 minutes.
4. Sprinkle with parsley before serving (optional).

PER SERVING: CALORIES 74 • FAT 2 G • PROTEIN 1 G • CARBOHYDRATE 14 G • FIBER 2 G



Get Outside and Play!

Let's face it - the holiday dinner is a big meal. Take advantage of this special time with friends and family and head outside after dinner. Take a nature walk with the kids and see who can find the following things:

a red leaf	a brown leaf
an orange leaf	a pine cone
a dried weed or pod	a seed

Contact Us

Visit www.montana.edu/nep for a complete list of SNAP-Ed/EFNEP recipes.

Nutrition Education Programs - SNAP-Ed / EFNEP

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