

Mealtime Solutions

HELPFUL IDEAS FOR TAKING ON THE MEALTIME CHALLENGE.

Focus on Fall Foods

Cutting Corners

Pumpkin Ice Cream

- ½ cup firmly packed brown sugar
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- 1 cup canned solid pack pumpkin
- 1 quart vanilla ice cream, slightly softened

In large bowl, thoroughly stir together the sugar, cinnamon, and nutmeg. Stir in pumpkin. Add the ice cream and beat gently until blended. Turn into a 9-inch pie plate and freeze until firm. Let stand briefly at room temperature for ease in slicing.

Note: Good with gingersnaps.

Q: What is the science of apples growing called?

A: Pomology

Keep It Safe

Where to Call for Help on Thanksgiving...

Toll-free USDA Meat & Poultry Hotline

The hotline will be staffed with food safety specialists on Thanksgiving Day from 8 a.m. to 2 p.m. Eastern Time to answer your turkey questions.

Call the hotline at 1-888-674-6854

Family Connections

Make Thanksgiving Memories

- This year, start some new traditions of your own. Your family will enjoy these activities for many Thanksgivings to come.
- Plan a volunteer project. Volunteer as a family to give back to a charity or someone in need.
 - Thanksgiving gratitude tablecloth. Place fabric markers around the Thanksgiving table and encourage guests to sign a plain tablecloth with short blessings or messages.
 - Thanksgiving football. Many people watch football on Thanksgiving Day, but how about playing it? Organize a family or neighborhood touch football game.
 - Day after Thanksgiving brunch. Host brunch the day after Thanksgiving. It's a great way to spend more time with family and use up delicious leftovers.



Food on the Move

When traveling with food to holiday gatherings, keep HOT foods hot (140° F or higher) by wrapping them in foil, and then in heavy towels. Or, carry them in insulated wrappers or containers designed to keep food hot.

Place COLD foods in a cooler with ice or freezer packs or an insulated container with a cold pack so they remain at 40° F or lower, especially if traveling over half an hour.

On arrival, place cold foods in the refrigerator and hot foods in an oven hot enough to keep the food at an internal temperature of 140° or above.

Plan to serve foods shortly after guests have arrived.



RECIPE FOR: Turkey Mashed Potato Soup

- 1 tablespoon vegetable oil
- 1 chopped, sweet, yellow onion
- 1 cup thinly sliced carrots
- 4 cups chicken broth
- 3 cups mashed potatoes
- 1 teaspoon dried thyme leaves
- 2 cups chopped turkey



Sauté the onions and carrots in the oil until the onions are translucent and the carrots are tender-crisp, about 5 minutes. Add the chicken broth, mashed potatoes, and thyme and continue cooking and stir until broth is smooth. Add the turkey and simmer for about 10 minutes until the mixture is heated through. Season to taste with salt and pepper.

RECIPE FOR: Simple Cranberry Sauce

- 2 cups cranberries
- 1 cup water
- 1 cup tightly packed brown sugar



Rinse the berries and remove stems. Place them in the water, add sugar, and boil them lightly until all the berries have popped open, stirring frequently to make sure the sugar doesn't stick to the bottom of the pan. Cook and keep stirring until the sauce has thickened to your preferred consistency, on medium heat.

Get your kids involved! Place your kid on a seek-and-destroy mission to find all the unpopped berries and mash them against the side of the pan. Caution: The sauce will become very hot!

ASK AN AGENT

This E-Newsletter is brought to you by the MSU Extension Service in Custer, Fergus, Richland, Roosevelt and Sheridan Counties.

To ask a question or for more information contact:
 Ardis Oelkers, Roosevelt County Agent
 406-787-5312
 aoelkers@montana.edu

What Can I Do Today?

Make a List!

Sit down and choose what recipes you will be using for holiday meals and make a shopping list. You can avoid repeated trips to the grocery store which take up valuable time by planning what you need ahead of time.