

Monroe County Homemaker Happenings

HAPPY HOLIDAYS & MERRY CHRISTMAS

I started to work on July 6th and it is hard to believe the holiday season is drawing near. It seems like yesterday I was moving into my new office and had butterflies in my stomach as I met new homemakers.

Now I am an official Kentucky resident actually living in my house! Everything is “almost” finished. I am making the final touchups on everything before my extended family and friends make a visit during the holidays.

Included in this months newsletter are some helpful tips for the holiday season. Including turkey info, gift ideas, ways to capture family memories,



Monroe County Cooperative Extension Service Office Staff. Left to right: Susan Turner, Kim Hollinsworth, Kevin Lyons, Charolette Arnett, and Lara Savage

and how to handle holiday stress & depression.

Please know the Monroe County Cooperative Extension Service Wishes you and your family a very merry holiday season. We are here if you need anything throughout the

year. But please remember our office will be closed from December 24th-January 1st.

Sincerely,

Lara Savage
FCS Extension Agent

CHRISTMAS ON THE SQUARE

The lights downtown will be December 4th at 5:00 p.m. Homemakers will be serving hot chocolate and cider this year on the Courthouse Lawn. Dawn Scott will be heading up this endeavor and would like homemakers to show up and help as volunteers

to serve drinks and greet the citizens. This is great public relations for the Homemakers! She will be setting up around 4:30 p.m. and it usually lasts until around 6:30. So come when you can.

The Monroe County Christmas Parade is De-

ember 5th at 10:00 a.m. The theme is “A 1920’s Christmas”. Come watch the fun.

The 4-H Christmas Expo is from 9:00 a.m.-2:00 p.m. at the Old H.S. Gym. For more information please call 487-5504.

SPECIAL POINTS OF INTEREST:

- **Holiday Gathering Dec. 1st**
- **Leader Lesson Jan. 8th**
- **Basket Class Jan. 9th**
- **Pay Dues if you already haven't**

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JANUARY LEADER LESSON

January 8, 2009

Staying Healthy: Screenings and Prevention

1:30 p.m. Monroe County Extension Office

Instructor: Betsy Ann Tracy

Warren County Extension Agent



HOMEMAKER HOLIDAY GATHERING

Just as a friendly reminder the Holiday Gathering is Tuesday December 1st at 5:00 p.m. Bring your favorite holiday appetizer. Drinks and paper supplies will be provided.

The craft is a decorative holiday charger presented by Charlotte Arnett. We still have several spots available if you want to participate in this activity at the gathering. All supplies are included in the craft. Cost is \$5.00. See last months newsletter for photo of craft. Signup ASAP!

UPCOMING LUNCH AND LEARN



Fellow Homemakers,

As many of you know, I am in my final year of school at Western Kentucky University. I am majoring in Accounting and hope to one day become a CPA. I

am also a member of the WKU Honors College. In order to graduate from the Honors College, I must write a thesis. My thesis is based on the concept of developing financial literacy for different age groups.

As part of this thesis, I must present an informational session for adults on tax credits. Participants will learn about numerous available tax credits. Also, my thesis advisor, a CPA, will be in attendance for any

other tax questions.

I would love the opportunity to present this session to a group of Monroe Co. Homemakers. While I do not have a specific date or time, I would like to go ahead and invite you to this session. It will be in early January, so please mark your calendars! There will be more information coming soon!

Sincerely,

Amanda Brown

COOPERATIVE EXTENSION SERVICE • UNIVERSITY OF KENTUCKY • COLLEGE OF AGRICULTURE • LEXINGTON, KY, 40546



Visit our website!

The UK HEEL program website is packed with useful information, including previous health bulletins. Visit us at www.ca.uky.edu/HEEL



ADULT HEALTH BULLETIN

Monroe County Extension Office
1194 Columbia Ave.
Tompkinsville, KY 42167
(270) 487-5504

DECEMBER 2009

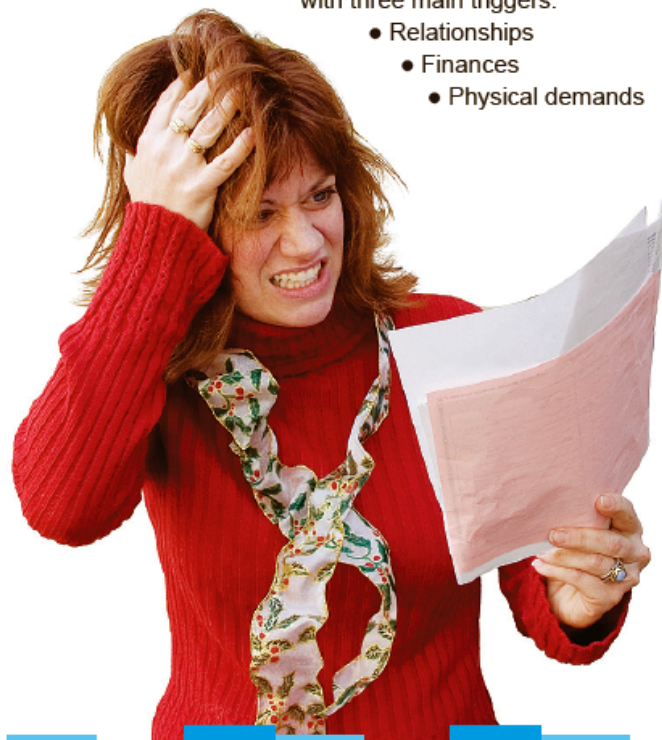
THIS MONTH'S TOPIC: HOLIDAY STRESS AND DEPRESSION

Welcome to the Holiday Season! It is a season of joy, laughter, family, friends, gifts, good food, and stress. The stress can lead to something else—depression. In fact, depression is rather common both during and after the winter holiday season.

Triggers of Holiday Stress and Depression

Holiday stress and depression is frequently associated with three main triggers:

- Relationships
- Finances
- Physical demands



Family holiday gatherings can be a source of tension and stress. During these tough economic times, families are struggling to meet their needs. Not having money for the wants, like gifts and travel expenses, can add stress and lead to overspending. Feelings of sadness and helplessness are not uncommon. Individuals can find themselves in a financial spiral that leaves them wondering how they will make ends meet. The demands of shopping, preparing holiday meals, and attending social events during the holidays leave many feeling exhausted and tired.

The following tips may help you manage or prevent holiday stress and depression:

- **Acknowledge your feelings**
Don't force yourself to be happy or cheery just because it is the holiday season. If a loved one has recently died or you are not able to be with your family and friends, it is normal to feel sad or lonely. Sometimes talking to someone who will listen and understands, can reassure you that things will get better and can lift your spirits.
- **Seek support**
If you are feeling down or lonely, seek out companionship and support from family members, friends, or religious or community organizations.
- **Be realistic**
You may find that some traditions are hard to maintain; as the family grows, getting everyone together may be difficult. Unexpected events can cause a change in plans.

Continued on the back



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Concentrate on what you have and not on what you don't have.

CONTINUED FROM PAGE 1

Find new ways to celebrate from a distance, such as sharing pictures, e-mails, or Web cams.

● **Set aside differences**

You will only be around family and friends for a short time. Practice forgiveness and pick a more appropriate time to discuss past disagreements.

● **Stick to a budget**

There will always be a bigger and better gift to buy. If it puts you in debt, it is not worth it. Determine what you can spend without going over your budget. Keep in mind that it's the thought that really counts.

● **Plan ahead**

Plan your holiday menus and shopping list in advance. Schedule specific shopping days to get ahead of last minute shoppers and to avoid the holiday rush. Do things in moderation. Too many activities, even those things considered fun, can leave you feeling more tired than fulfilled.

● **Learn to say "no"**

You are just one person and you can't do everything. If you feel yourself becoming overwhelmed, just say no.

● **Continue healthy eating habits**

Don't go overboard on holiday dishes. Some indulgence is OK, but learn to balance. Try eating a healthy snack like a piece of fruit or low-fat cheese so that you are not tempted to overeat. Get plenty of rest and make time for physical activity.

● **Don't forget to take a breather**

The holiday season is a time of giving, but don't forget to take some time for yourself. Just 15 minutes a day alone, may reinvigorate you and give you the mental and physical boost that you need to finish your day.

● **Forget about perfection**

There is no such thing as the perfect holiday. Accept that everyone has faults and imperfections. Just do the best you can and have fun doing it. What really counts are the memories you make with family and friends that will last a lifetime.

● **Don't be afraid or ashamed to seek professional help if you need it.**

Do you find yourself unable to lift your spirits, sad, anxious, unable to sleep? You can't seem to get motivated, having feelings of hopelessness, and these feelings last for several weeks? Talk to your doctor or a mental

health professional. You may have depression. Seeking help for depression does not mean that something is wrong with you or you can't handle your own problems. It's just smart. Getting help when it's needed is a sign of strength and not of weakness.

How can you turn holiday stress into peace and joy?

- Count your blessings.
- Concentrate on what you have and not on what you don't have.
- Maintain a positive attitude.
- Don't worry about the things you can't control.
- Exercise and eat good, nutritional foods.
- Avoid caffeinated beverages.
- Try to get eight hours of sleep each night.
- Do something just for yourself.
- Spending quality time with friends and family.



SOURCE:

• <http://www.mayoclinic.com/health/stress/MH00030>

ADULT
**HEALTH
BULLETIN**
DECEMBER 2009

Written by: Travonia Brown-Hughes, Ph.D., MCH Postdoctoral Fellow, University of Kentucky HEEL program

Edited by: Connee Wheeler

Designed by: Rusty Manseau

Download past health bulletins!

www.ca.uky.edu/HEEL/Bulletins



OFFICIAL UK PLAID PRODUCTS

Are you in search of the perfect gift for a UK fan or someone who bleeds blue? Well if you are then your Christmas shopping just got easy. UK Plaid is the answer.

The plaid project was an educational experience for the students in the UK Department of Merchandising, Apparel and Textiles. Students got real world work experience in owning a business and seeing a product come to life.

UK is only the fourth university in the nation with an official university plaid. The project involved the entire university community. Students created the designs. Of all those designs, four were chosen for online voting. Nearly 12,000 students, fans and alumni voted to determine the winning plaid, which was announced in April 2008. The winning design has seven lines, which represent the seven national titles won by the UK men's basketball team.

Other students in the school participated in the project by working on product development, logo design and quality testing. Alumni and representatives from different UK departments served on the project's advisory committee. Pomegranate Inc., a Lexington company, produced the merchandise.



Items in the project are official, UK-licensed products. Those available to consumers this fall include a 100 percent silk tie, a silk scarf, duffel bag, campus carrier, two sizes of cosmetic bags and tailgating table linens and napkins.

All proceeds from the merchandise will go to the School of Human Environmental Sciences to help enhance stu-

dents' educational experiences.

The UK Plaid Project is ongoing for students in the Department of Merchandising, Apparel and Textiles. They will continue to work to expand product offerings.

UK Plaid products are available online at <http://>

www.ukplaid.com/ and in stores including the UK Bookstore, Joseph Beth Booksellers, Fan Outfitters, Kennedy Bookstore, The Keeneland Shop, Kentucky Korner, Logan's of Lexington, For Friends, Howard Miller, Peggy's Gifts & Accessories and Two Chicks & Co.

BASKET CLASS

January 9th, 2009 at 9:00 a.m.

Instructor: Carol Wheeler

Monroe County Extension Office

Need 9 for class to make...Limit is 12.

Signup by December 23rd

This is a simple gift basket that you could make for your family and friends. Size 4" x 3" x 6". All supplies are included. Please bring sack lunch to class. Time to complete 5-6 hours.



PECANS...PECANS...PECANS...



Apple Coffee Cake

Ingredients:

- 5 cups tart apples; cored, peeled, and chopped
- 1 cup sugar
- 1 cup dark raisins
- 1/2 cup chopped pecans**
- 1/4 cup vegetable oil
- 2 teaspoons vanilla
- 1 egg, beaten
- 2 1/2 cups all-purpose flour, sifted
- 1 1/2 teaspoons baking soda

Instructions:

1. Preheat oven to 350°F.
2. Lightly oil a 13- by 9- by 2-inch pan.
3. In a large mixing bowl, combine apples with sugar, raisins, and pecans; mix well. Let stand 30 minutes.
4. Stir in oil, vanilla, and egg. Sift together flour, soda, and cinnamon; stir into apple

mixture about 1/3 at a time, just enough to moisten dry ingredients.
5. Turn batter into pan. Bake 35-40 minutes. Cool cake slightly before serving.

Homemaker Clubs please remember your next pecan order payments are due to the extension office on December 22, 2009.

The club representative who picked up your order received the invoice, so please pay accordingly. Thanks.

Try this recipe.

Source: <http://www.health.gov/dietaryguidelines/dga2005/healthieryou/html/desserts.html#11>

Nutrition Facts	
Serving Size 3-1/2 by 2-1/2 inch piece (71g)	
Servings Per Container 20	
Amount Per Serving	
Calories 180	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 100mg	4%
Total Carbohydrate 33g	11%
Dietary Fiber 1g	4%
Sugars 18g	
Protein 3g	
Vitamin A 0%	• Vitamin C 2%
Calcium 2%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

4-H HISTORY & HERITAGE TRIP

April 4 - 9 are the dates set for the 4-H History and Heritage Program. This is a new program which is open to 4-H youth and adults and is a hands on study of our country's history and heritage through a visit to some of our nation's most historic and significant sites.

The program begins in Virginia and includes tours and stops at Mount Vernon and Monticello and then proceeds to Washington DC and the National 4-H Center where we will be lodging. In Washington, we will explore the Smithsonian museums, the Holocaust Museum, Iwo Jima Memorial, Arlington National Cemetery, the National Archives, the Supreme Court, the Library of Congress, all the memorials on the national mall site, attend a play at Ford's Theater, spend an afternoon with our legislators on Capitol Hill, a possible White House tour, (has been requested, but will not know until two weeks prior to our trip if the tour has been granted) and will end

our trip with a tour of the Gettysburg Battlefield and dinner in Gettysburg, Pennsylvania.

We will be traveling at night, by chartered bus, which will depart and return at the Warren County Extension Office. The trip fee includes all tour tickets, the play tickets, lodging, transportation, three breakfasts and two dinners.

For those staying four people to a room, the fee is \$595.00. For those staying two to a room the fee is \$710.00. I need a \$100.00 non-refundable deposit by February 1 to hold your spot and all fees must be paid in full by March 1. You can make payments on your trip from now up until March 1.

The trip is open to those 4-H members and ADULTS in the ten county old Mammoth Cave Area (Allen, Barren, Butler, Edmonson, Hart, Logan, Metcalfe, Monroe, Simpson, Warren). I will

be attending. Youth ages 9 to 12 must have an adult (over the age of 18) with them. Youth 13 to 18 I will serve as their chaperone if they do not have an adult to go with them.

I am very excited about this new program. I think this will be a terrific opportunity for your child (and possibly you) to learn about our country and our history. And to further add to this wonderful opportunity, the National Cherry Blossom Festival is March 27 - April 11. The cherry blossoms in DC is one of the most spectacular sites I have ever seen and I'd love to share that with our 4-Her's!

Please let me know if you have questions. And remember, this would make a great Christmas gift for your 4-Her!

Sincerely,

Susan Turner



4-H Youth Development

December 2009

SCHEDULE OF EVENTS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

- Dec. 1 Holiday Gathering
- Dec. 2-4 Lara at Training
- Dec. 10 Lara at Training
- Dec. 12 Quilt Club Meeting 8:00 a.m.
- Dec. 16-17 Lara at Meeting
- Dec. 24-Jan 1 Office Closed
- Jan. 4 County Homemaker Council Meeting 5:00 p.m.
- Jan. 8 Leader Lesson with Betsy Ann Tracy 1:30 p.m.
- Jan. 9 Basket Class with Carol Wheeler
- Feb. 1 Hold spot for 4-H History & Heritage Trip
- May 10-13 KEHA State Meeting

HOLD DOWN HOLIDAY SPENDING WITH HOMEMADE GIFT CERTIFICATES

Exchanging gifts during the holidays is a wonderful tradition! The giving and receiving of carefully chosen presents warms our hearts and brings delight to the faces of both young and old. But, in today's excessively materialistic world, we often forget the true spirit of giving. And on a practical level, sometimes we just can't afford to purchase all the gifts we want to give without winding up in serious debt.

To help sidestep these problems, why not consider using personal gift certificates that focus on creatively giving of ourselves to family members and friends, while spending little or no money?

In addition to the nice touch of a homemade gift, do-it-yourself gift certificates address several specific objectives. They:

- Provide an alternative to purchased gifts.
 - Reduce holiday spending.
 - Nourish generosity.
 - Encourage interpersonal creativity.
 - Strengthen relationships.
- Creating your own gift certificates is part of the fun. Let your creativity flow. For example, you may want to use colored markers, stickers and ribbons. If you like, your local Cooperative Extension Service office can provide you a camera-ready copy of a page with four ready-to-use gift certificates.

If you decide to use one of these ready-made gift certificates, follow four simple steps to complete the gift certificate: 1) After "Dear" write in the name of the person to

whom you are giving the gift; 2) In the open space on the form, write in exactly what your gift will be; 3) Sign the certificate; and 4) In the space provided, write how long the gift certificate will remain valid (e.g., good through May of 2001).

By the way, one or a number of these gift certificates fit nicely into a standard 4 3/8" by 5 3/4" envelope. Kids of all ages will enjoy using a colorful array of magic markers to put an artistic touch on the envelopes.

What type of gifts might you give? A 12 year-old young man might give his stepmother a Saturday morning off, starting with breakfast in bed. An older teenager might give his or her adopted grandparent three gift certificates, each one good for a round-trip drive to the grocery, a friend's home, or the doctor's office. A father might take his daughter out to her favorite restaurant. An uncle might take his nephew to a major league baseball game.

The possibilities are limited only by your imagination. Here are some additional idea starters: a walk together at a nearby state park; a springtime picnic for two; a backyard cookout for your son's friends; a three-minute shoulder rub; ten minutes of my time to do any chore you would like; cooking a meal for you; washing your car--inside and out; weeding the garden; washing the dishes; twenty minutes of reading to you from a favorite book; a 15-minute personal concert of your favorite music (piano, guitar, voice); cleaning the bathroom, or kitchen floor, or

living room windows.

When giving a homemade gift certificate, follow-through is essential. Make it very clear to the receiver that this is a serious, valid offer and that you expect him or her to make use of it. The giver should be sure that he or she has the time and resources to follow through with the service indicated on the certificate. Consider carefully what you promise and don't offer anything that you think might be too difficult, expensive, or impractical to provide.

In addition to using homemade gifts certificates yourself, the idea also works well in a variety of small group settings. Try it as a: 4-H youth development club activity; a twenty minute pre-holiday workshop; brief mini-lesson prior to the main focus of a workshop; religious education class at a church, synagogue, or mosque; or a pre-holiday classroom activity for students pre-adolescent to adult.

Store-bought gifts, particularly when lovingly selected with the unique needs of the recipient in mind, carry the beautiful spirit of the holiday season. Likewise, created-by-you gift certificates can also play a special role in your expressions of thoughtfulness and love. In offering a homemade gift certificate to a loved one, you are sharing three of your most valuable treasures--yourself, your energy, and your time.

Prepared by Sam Quick, Ph.D., Human Development & Family Relations Specialist, and Peter Hesseldenz, M.A., Staff Support Associate

CAPTURING HOLIDAY MEMORIES

Over the years, most families pass down their own special holiday traditions. Some of these traditions have evolved fairly recently, but what about the ones that go way back? Wouldn't it be great to sit down with older relatives and find out what the holidays were like for them when they were growing up?

Many older persons have very clear memories of the past and would love to share them with interested listeners. These recollections and the stories they evoke are unique treasures, but they will slip away forever if we do not draw them forth from our older friends and relatives. As author Alex Haley once said, "If a family elder is permitted to die before someone in that family can interview them, it's like a library that has burned down." One way to keep these wonderfully valuable memories alive is to record your older relatives as you ask them to tell you about their past holiday experiences.

Decide which relatives you'd like to talk with. You could interview older parents, grandparents, aunts and uncles, or even long-lived family friends. Decide whether you'd like to talk with individuals or several people together. You could conduct a joint interview with a married couple or a set of siblings, or you could talk to each of them separately. There are advantages either way. Sometimes, if more than one person is the subject of the interview, the combination can spur memories that would not otherwise come up.

Next, decide how you'd like to record the interview. Audiotapes are simple to create and easy to play back and store. Video recordings, on the other hand, capture facial expressions and gestures that are lost on audiotape. Use whichever feels right and is most convenient, but make sure you are comfortable with the technology--a lot of pauses to make sure the equipment is running

properly will interrupt the speaker's flow. Also, try to use high-quality equipment and materials. You are creating a valuable keepsake that cannot be replaced, and you want it to last so other generations can enjoy it and learn from it.

The best professional interviewers have an arsenal of techniques that they use to relax their subjects and stimulate interesting answers. You can adopt some of them to get the most out of your informal interviews.

- Ask specific but open-ended questions that might jog the subject's memory and will allow for expansive answers. You don't want a lot of "yes-no" questions, although they might be necessary at some points.
- Allow the interviewee time to answer. If he or she pauses to think, don't feel like you have to fill the empty space with words. Let the person speak for himself or herself. Think of the session as a story your relative is telling you, not a conversation.
- Be sensitive, but don't necessarily shy away from sad or painful memories. They can be an important part of someone's holiday memories and they can teach us a great deal. Often families were separated or went through hard times such as the Great Depression, the Holocaust, or World War II.
- Background information is helpful. Try to have at least some knowledge of the history of the times and places you will be talking about with your elder relative. This will make it easier for you to understand and ask good follow-up questions.
- Plan a questioning strategy--don't just ask questions willy-nilly. You might want to start with the subject's earliest memories and work forward or do it the other way around.

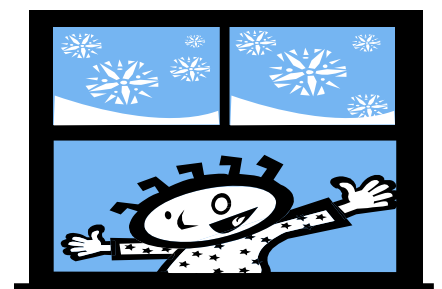
Here are some examples of open-ended questions:

- What are your earliest holiday memo-

ries?

- What are your happiest holiday memories?
 - Can you remember any funny things that happened at holiday times?
 - What kind of foods did you or your family prepare and eat during the holidays?
 - Are there special holiday decorations that you remember from your earlier years?
 - What other relatives and friends participated in your family's holiday celebration?
 - Were there any unique ways that the town you grew up in celebrated the holidays as a community?
 - What was shopping and gift-giving like when you were growing up?
 - How are the holidays today different than they were years ago?
 - Are there spiritually-related memories you'd like to share?
- Capturing holiday history through informal interviews can be quite interesting, informative, and enjoyable--both for you and your older relatives. Perhaps even more importantly, it will help you better understand who your relatives are and, in so doing, you'll better understand who you are. Remember that your relatives, for better or for worse, are part of who you are. They make up your cultural heritage and your roots.

Prepared by Peter Hesseldenz, M.A., Staff Support Associate, and Sam Quick, Ph.D., Human Development & Family Relations Specialist



UK COOPERATIVE EXTENSION SERVICE

UNIVERSITY OF KENTUCKY — COLLEGE OF AGRICULTURE



Turkey Talk



Rosie Allen
Gallatin County Extension Agent for
Family & Consumer Sciences

Selection Tips

Frozen turkey will keep up to one year. Check fresh turkey for the sell-by date. Cook and serve within two days of this date. Vacuum packaged fresh turkey has a shelf life of up to 10 days. Inspect the package. **DO NOT** accept if it has holes or tears. Look for the USDA symbols: Inspection and Grade A stamps. Figure 1 ¼ pounds per person for generous portions and leftovers.

Thawing

Best done on a tray in the refrigerator. Figure 24 hours for each five pounds of weight. Option two is cold water immersion. Place wrapped turkey in sink and cover with cold water. Change water every 30 minutes. Allow 30 minutes per pound. **DO NOT** thaw at room temperature.

Wash your hands, sink, counter, plate, cookie sheet, and anything else that has touched the raw turkey or had turkey juice on it. Use HOT water and soap. The bacteria that was on the turkey could get onto the cooked turkey or other foods. This is called cross-contamination. This is a main cause of foodborne illness, so keep everything CLEAN!

Stuffing

Ready ingredients a day ahead. Store dry items at room temperature. Keep produce in the refrigerator. Stuff a whole bird immediately before cooking. Dressing expands, so don't overstuff. Stuffing should reach internal temperature of 165° F.



Roasting

Cook bird breast side up on a rack in a shallow pan. Cover with loose aluminum foil tent. Insert meat thermometer through foil into inner thigh muscle. Cook in a 325°F oven. **DO NOT** cook at a lower temperature. Remove foil last 20 to 30 minutes for browning. Cook until meat thermometer reads 180°F. After the feast remember the 2 hour rule, store turkey, dressing, gravy and other goodies within 2 hours after removing them from the oven or range top. Use shallow containers to allow rapid cooling. Cooked turkey may be refrigerated up to 3-4 days. If the turkey is frozen, wrap tightly and use within 3 months. Heat leftovers thoroughly and enjoy.

Roasting Timetable

For unstuffed turkey

Size of Turkey	Hours to cook in oven at 325°F
12 to 14 pounds	3 ¼ to 3 ¾ hours
14 to 18 pounds	3 ¾ to 4 ¼ hours
18 to 20 pounds	4 ¼ to 4 ½ hours
20 to 24 pounds	4 ½ to 5 hours

Need Help?

Call the following offices for assistance.

- USDA Meat and Poultry Hotline at 1-800-535-4555
- Butterball Talk-Line at 1-800-323-4848
- Your local County Extension Service Fayette County 859.257.5582

Turkey Pot Pie*Yield: 4 servings*

1 ½ cups cubed cooked turkey or chicken
 1 ½ cups gravy (OR) 1 can cream soup
 1 ½ cups thawed mixed vegetables
 ¼ tsp. dried thyme, optional

Topping:

1 (10 count) can biscuits (OR)
 1 cup baking mix (like Bisquick)
 ½ cup milk
 1 egg



Combine turkey, soup, vegetables and thyme. Pour into a 10-inch pie plate.

Option 1 – Combine baking mix, milk and egg, pour over turkey mixture. Bake at 400°F for 25 to 30 minutes until golden brown.

Option 2 – Bake turkey mixture at 425°F for 20 minutes. Top with unbaked biscuits and bake until browned, approximately 10 more minutes.

Per Serving: calories 492; fat 19 gm; carbohydrates 56; sodium 1496 mg

Turkey in a Haystack*Yield: 4 servings*

1 can (10 ¾ oz.) cream of chicken soup
 2 cups cubed cooked turkey or chicken
 ½ cup water
 Hot cooked rice

Toppings: Cooked peas, raisins, pineapple tidbits, shredded cheddar cheese, sliced ripe olives, chow mein noodles and/or mandarin oranges

In a microwave-safe bowl, combine soup, turkey and water; mix well. Cover and microwave on high for 3-5 minutes or until heated through. Serve over rice. Top with toppings of your choice.

Per Serving: calories 293; fat 8 gm; carbohydrates 28; sodium 649 mg

Ranch Noodles with Turkey*Yield: 6 servings*

Cook 8 oz. of pasta. Melt ½ cup of butter in skillet; add 1 oz. packet of Ranch dressing mix and 2/3 cup frozen peas. Heat until warm. Toss with pasta and 3 cups of cooked, cubed turkey or chicken, warmed.

Per serving: calories 434; fat 21 gm; carbohydrates 32; sodium 88 mg

Rosie's Turkey and Stuffing*Yield: 4 servings*

1 ½ to 2 cups cooked, diced turkey or chicken
 1 can cream soup
 1 (6 oz.) pkg. stuffing mix

Prepare stuffing according to package directions. Mix turkey and soup; spread in an 8x8-inch casserole. Top with stuffing. Bake at 350°F for 20 to 30 minutes or until bubbly.

Per Serving: calories 244; fat 12 gm; carbohydrates 15; sodium 758 mg

California Turkey Casserole*Yield: 4 servings*

1 can (10 ¾ oz.) crema of mushroom soup
 1/3 cup milk
 1 pkg. (16 oz.) California blend vegetables, thawed
 1 ½ cups cubed cooked turkey or chicken
 1 ½ cups (6 oz.) shredded cheese, divided
 (trial Swiss, Cheddar or American)
 1 jar (2 oz.) diced pimientos, drained, optional
 Salt and Pepper to taste
 Hot cooked rice, optional

In a bowl, combine soup and milk. Stir in vegetables, turkey, 1 ¼ cups cheese, pimientos, salt and pepper. Transfer to a greased 9-inch square baking dish. Cover and bake at 350°F for 40 minutes. Uncover, top with remaining cheese. Bake 5 to 10 minutes or until bubbly. Let stand for 5 minutes. Serve over rice, if desired.

Per Serving: calories 339; fat 17 gm; carbohydrates 16; sodium 3986 mg



Becky Brooker, past Boone County FCS Agent
 Nellie Buchanan, Morgan County FCS Agent
 Connecticut EFNEP Program
 Norma Lawrence, Grant County Homemaker
 Sally Mineer, Lewis County FCS Agent
 Kathy Roesel-Byrnes, Kenton County FCS Agent
 Quick Cooking Magazine

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