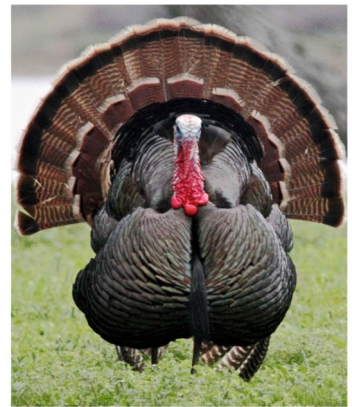


Food and Fitness

DIFFERENT TURKEY COOKING METHODS

Cooking a turkey can vary from household to household. While one family struggles to find a recipe or a way to cook a turkey so it doesn't taste like eating cardboard, another family may hold a secret turkey recipe that grandma might chase you right out of the house if you ask for it. No matter which way you look at it, a turkey is often looked at as the center piece for most thanksgiving dinner tables.

For some, the turkey struggle is real. A turkey requires time, attention, and dedication to turn out perfectly. Once step that needs to be considered is the cooking method will you choose to cook your turkey this year. The goal here is to identify different ways to cook a turkey that might leave your guests with an unexpected and delicious turkey for the holiday. And who knows, maybe you will turn into that grandma whose turkey gets talked about for generations to come.



INSIDE THIS ISSUE

Different Turkey Cooking Methods1-2

Turkey Thawing & Roasting Times ..3

Vegetable—Turnip4-5

Recipe: Simple Roasted Turnips.....6

Brain Exercise7

November Monthly Observation.....8

Nutrition Counseling Contact Information9

DIFFERENT TURKEY COOKING METHODS

Here are some turkey cooking options:

Oven roast—Oven roasting a turkey is the most common way to cook a turkey. Oven roasting a turkey is when a turkey is cooked by dry heat in an oven. Other methods that fall in the oven method that are not as common are like turkey in a bag and spatchcocked. Spatchcock is when a turkey's backbone is removed and the turkey is laid out flat to cook.



Deep fried—Perhaps this is one of the most dangerous ways to cook a turkey if you do not read up on it first. Deep frying a turkey requires a turkey to be submerged into hot oil (usually in a specially designed turkey fryer) while outdoors. Deep fried turkey is a taste unlike any other and gives the skin a much desired crunch.

Smoke—A smoked turkey seems to be the up and coming trend. The bad thing about smoked turkeys are it requires having a smoker which is a big investment if you don't already have one. Smoking a turkey uses either wood chips or pellets that infuse the smoke flavor into the turkey while it cooks.

Grilled—Grilling a turkey can be done but it seems to be a bit harder than roasting. Where the temperature of a grill does not stay consistent like an oven, it can cause the meat to dry out much faster. However, some choose to do a beer can turkey on the grill. This is when they place a can of beer inside the cavity of the turkey. The beer infuses the flavor while also keeping the turkey moist.

Slow cooker—For a turkey to fit in a slow cooker, it must be a smaller turkey. Slow cooker turkeys have proven to be very moist, but the down side is the skin of the turkey does not leave much to be desired.

There are many creative ways to cook a turkey, but these are some of the most popular. Other considerations for cooking turkeys are whether or not you brine or stuff your turkey. These options can add additional flavor to your bird. Also, always remember to safely thaw your turkey and have a great holiday!

Turkey Thawing & Roasting Times

THAWING



Size

4-6 lb breast
6-8 lb breast
8-12 lbs
12-14 lbs
14-18 lbs
18-20 lbs
20-24 lbs

In the Fridge

1-1 ½ days
1 ½-2 days
2-3 days
3-3 ½ days
3 ½-4 ½ days
4 ½-5 days
5-6 days

In Cold Water

2-3 hrs
3-4 hrs
4-6 hrs
6-7 hrs
7-9 hrs
9-10 hrs
10-12 hrs



ROASTING



Size

4-8 lb breast
6-8 lb breast
8-12 lbs
12-14 lbs
14-18 lbs
18-20 lbs
20-24 lbs

Unstuffed

1 ½ to 3 ¼ hrs
--
2 ¾ to 3 hrs
3 to 3 ¾ hrs
3 ¾ to 4 ¼ hrs
4 ¼ to 4 ½ hrs
4 ½ to 5 hrs

Stuffed

--
2 ½ to 3 ½
3 to 3 ½
3 ½ to 4
4 to 4 ¼
4 ¼ to 4 ¾
4 ¾ to 5 ¼



Cooking a frozen turkey?
Just add 50% more cook time.



Don't forget to remove the neck & giblets before you stick your turkey in the oven!



VEGETABLE—TURNIP

Turnips are a root vegetable. They are related to radishes, arugula, potatoes, and beets. They are a part of what is called the mustard family. The flavor of a turnip is often said to be a mix between a potato and a radish.

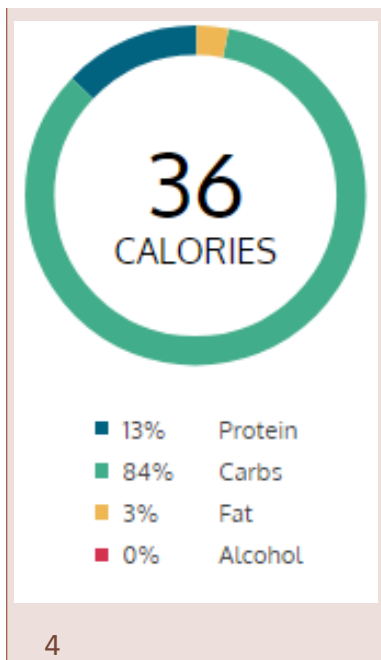
When it comes to turnips, both the bulbous portion and the leafy greens are edible. The bulbous portion of the turnip can be eaten cooked or raw. It is common to roast, mash, bake, or add to stews.

Turnips can be found all year long but the best time to get turnips is in the fall. When purchasing them in the spring, the bulbs are smaller and sweeter. While harvested in the fall, they are larger, have tougher skin, and contain a stronger flavor. Often that stronger flavor carries a bitter aftertaste.

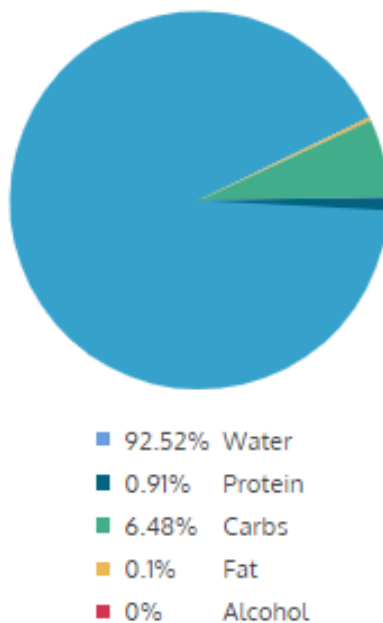
As for nutrition, the turnip bulb is a good source of vitamin C. It also contains notable amounts of vitamin B6, vitamin B5, folate, potassium, copper, and manganese.



WHERE DO THE CALORIES COME FROM?



WHAT IS THIS FOOD MADE OF?



Minerals

-- = missing data

Mineral	Amount	%DV
Weight	130g	
Calcium	39mg	3%
Iron, Fe	0.39mg	2%
Potassium, K	248.3mg	5%
Magnesium	14.3mg	3%
Phosphorus, P	35.1mg	3%
Sodium	87.1mg	4%
Zinc, Zn	0.35mg	3%
Copper, Cu	0.11mg	12%
Manganese	0.17mg	8%
Selenium, Se	0.91mcg	2%

NUTRITION FACTS



Turnips

Turnips Raw

Serving Size:

1 x 1 cup, cubes (130g)

Nutrition Facts

Serving Size
1 cup, cubes (130g)

Calories **36**

% Daily Value *

Total Fat 0.13g	0%
Saturated Fat 0.01g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 87.1mg	4%
Total Carbohydrate 8.4g	3%
Dietary Fiber 2.3g	8%
Total Sugars 4.9g	10%
Includes --g Added Sugars	--%
Protein 1.2g	2%
Vitamin C 27.3mg	30%
Vitamin D 0mcg	0%
Iron 0.39mg	2%
Calcium 39mg	3%
Potassium 248.3mg	5%
Phosphorus 35.1mg	3%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

∨ Vitamins

-- = missing data

%DV

Weight	130g	
Vitamin A, RAE	0mcg	0%
Vitamin C	27.3mg	30%
Thiamin (B1)	0.05mg	4%
Riboflavin (B2)	0.04mg	3%
Niacin (B3)	0.52mg	3%
Vitamin B5 (PA)	0.26mg	5%
Vitamin B6	0.12mg	7%
Biotin	--mcg	
Folate (B9)	19.5mcg	5%
Folic acid	0mcg	0%
Food Folate	19.5mcg	5%
Folate DFE	19.5mcg	5%
Choline	14.4mg	3%
Vitamin B12	0mcg	0%
Retinol	0mcg	
Carotene, beta	0mcg	0%
Carotene, alpha	0mcg	0%
Cryptoxanthin, beta	0mcg	0%
Vitamin A, IU	0IU	
Lycopene	0mcg	
Lut + Zeaxanthin	0mcg	
Vitamin E	0.04mg	0%
Vitamin D	0mcg	0%
Vitamin D2	--mcg	
Vitamin D3	--mcg	
Vitamin D (IU)	0IU	0%
Vitamin K	0.13mcg	0%
Vitamin K1	--mcg	

RECIPE—SIMPLE ROASTED TURNIPS

Ingredients

- 1 1/2 pounds turnips peeled and cut into bite sized pieces
- 2 teaspoons ground sage
- Kosher salt & pepper to taste
- 2 teaspoons butter

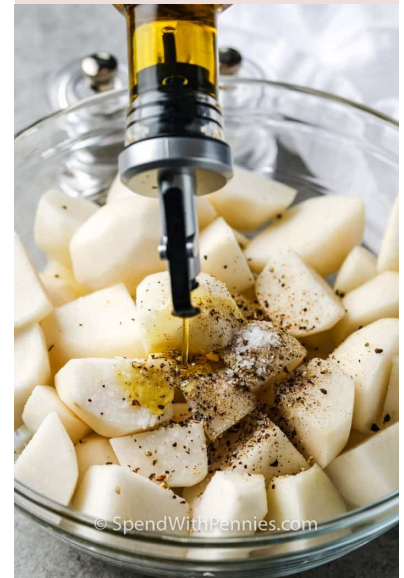


Recipe Received From: [Simple Roasted Turnips \(Freezer-Friendly!\) - Spend With Pennies](#)

Instructions

1. Preheat oven to 425 degrees F.
2. Toss turnips with olive oil, sage, salt and pepper.
3. Roast 30-35 minutes or until tender.
4. Remove from oven, toss with butter and season to taste.

Notes: If you cut the turnips a bit larger, they will need longer to cook. Smaller pieces will cook a bit faster.

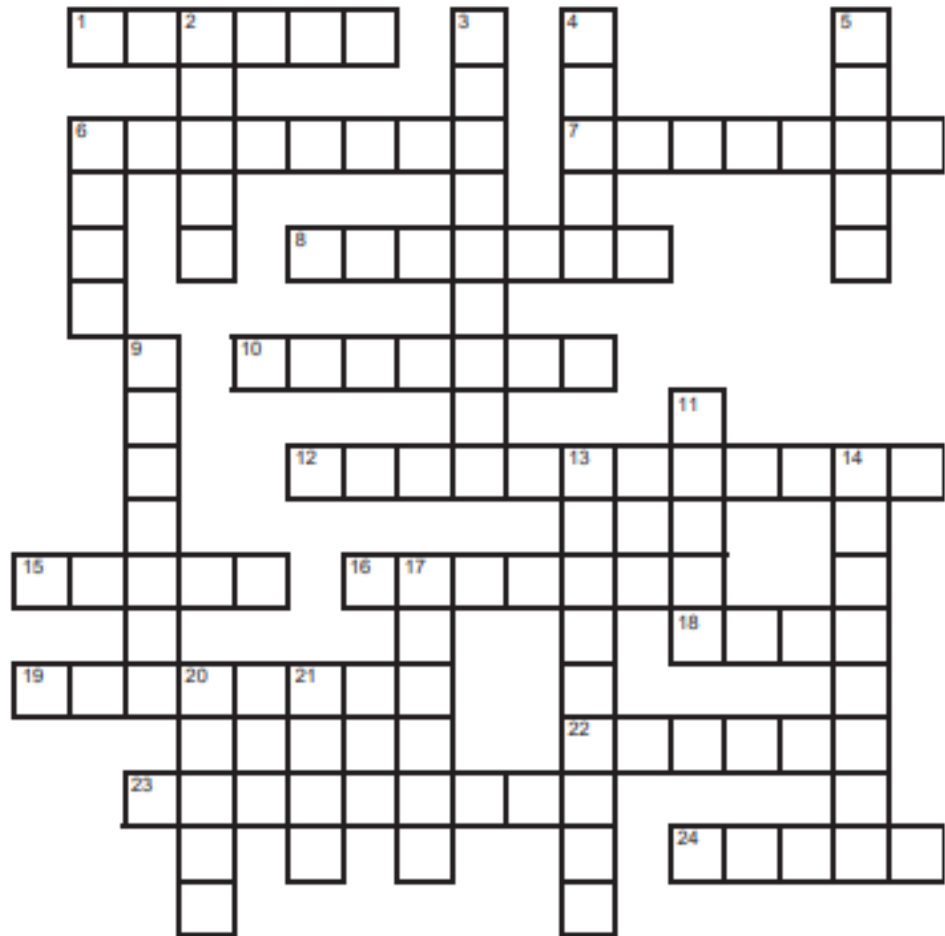


BRAIN EXERCISE

DON'T JUST EXERCISE YOUR BODY, WORKOUT YOUR BRAIN!

I LOVE FALL

Acorn
Apple
Autumn
Chestnut
Cider
Cobweb
Fall
Football
Gourd
Halloween
Harvest
Hay Bale
Hayride
Leaves
Maize
November
Nuts
October
Pumpkin
Quilt
Rake
Scarecrow
September
Sleet
Thanksgiving



ACROSS

1. They fall from trees.
6. Popular autumn sport.
7. Jack-o-lantern gourd.
8. The 10th month of the year.
10. The gathering of crops.
12. The fourth Thursday in November.
15. Might be patchwork.
16. Seat at a square dance (two words).
18. Leaf gathering yard tool.
19. They are roasted on an open fire.
22. Halloween decoration made by a spider.
23. The 9th month of the year.
24. Decorative squash.

DOWN

2. Oak tree's fruit.
3. October 31st.
4. Honeycrisp.
5. Also known as corn.
6. The season that follows summer.
9. Fun activity on a farm.
11. Drink made from apples.
13. Used to keep birds off of crops.
14. The 11th month of the year.
17. Another word for the fall season.
20. Semi-frozen rain.
21. What squirrels often gather.



November 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <i>National Author's Day</i>	2 <i>Deviled Egg Day</i>	3 <i>Sandwich Day</i>	4 <i>Pumpkin Destruction Day</i>
5 <i>Guy Fawkes Day</i>	6 <i>National Nacho Day</i>	7 <i>U.S. General Election Day</i>	8 <i>Cook Something Bold Day</i>	9 <i>World Freedom Day</i>	10 <i>Forget-Me-Not Day</i>	11 <i>World Origami Day</i>
12 <i>National French Dip Day</i>	13 <i>World Kindness Day</i>	14 <i>World Diabetes Day</i>	15 <i>Clean Your Refrigerator Day</i>	16 <i>Button Day</i>	17 <i>Homemade Bread Day</i>	18 <i>National Adoption Day</i>
19 <i>Play Monopoly Day</i>	20 <i>Beautiful Day</i>	21 <i>Turkey Preparation Day</i>	22 <i>Go For a Ride Day</i>	23 <i>Thanksgiving</i>	24 <i>Black Friday</i>	25 <i>National Parfait Day</i>
26 <i>Shopping Reminder Day</i>	27 <i>Cyber Monday</i>	28 <i>French Toast Day</i>	29 <i>Square Dance Day</i>	30 <i>National Mason Jar Day</i>		

November Monthly Observations

- Child Safety Protection Month
- International Drum Month
- National Adoption Awareness Month
- National Caregivers Appreciation Month
- National Diabetes Awareness Month
- National Model Railroad Month
- National Novel Writing Month
- National American Heritage Month
- Peanut Butter Lovers Month
- National Sleep Comfort Month
- World Vegan Month



**Are you a senior
looking for free
nutrition education
or information?**

Contact me for more
information or to
schedule a free
appointment!

Kathrine J. Clark, MS, RD, LD
Nutrition Consultant
1 John Marshall Drive
Huntington, WV 25575
Kathrine.J.Clark@wv.gov
(681) 344-1679



I LOVE FALL

Crossword
SOLUTION

Happy
Thanksgiving

