



## FAMILY NUTRITION NEWS

# Turkey for the Family

*Dear Homemaker,*

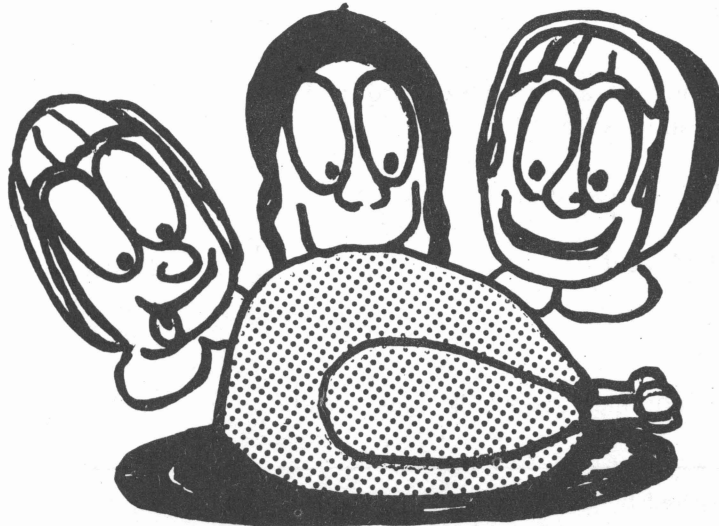
*If you serve ham, beef, veal, fish or poultry for your holiday festive meal, you will be giving your family that all important nutrient, PROTEIN.*

*Protein builds and repairs every cell in your body. Be sure to plan a well balanced meal around the Basic 4 food groups. We hope that your Thanksgiving meal is delicious and nutritious.*

*Sincerely,*

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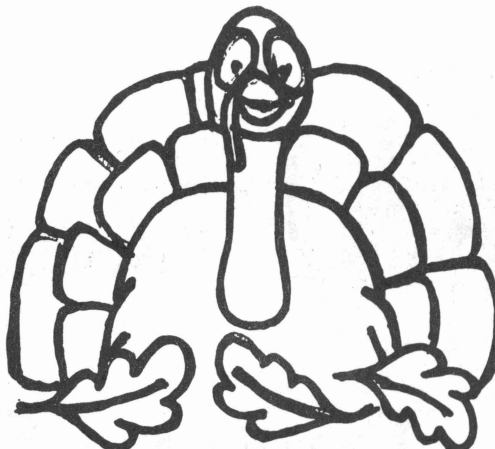
*Name and title*



**REMEMBER:**

Poultry is good all year, not just for holidays.

Poultry includes chicken, turkey, goose or duck.



**TO PREPARE POULTRY FOR ROASTING**

If bird is frozen, thaw in the refrigerator. It takes about 2 days to thaw in the refrigerator.

Clean cavity of bird with water. Dry inside of bird. Stuff bird if desired. Grease bird all over with mealtd fat. Place in a shallow pan. You may cook bird uncovered or covered with a lid or a piece of aluminum foil.

**TO ROAST POULTRY**

Weight of Stuffed Bird

Temperature

Roasting Time

8 - 10 lbs.  
10 - 14 lbs.  
15 - 18 lbs.

325°  
325°  
300°

20 - 25 minutes per pound 3 - 3½ hours  
18 - 20 minutes per pound 3½ - 4 hours  
16 - 18 minutes per pound 4 - 4½ hours

**MORE INFORMATION . . . .**

**CORNBREAD DRESSING**

1½ cups onion, chopped  
2 cups celery, chopped  
½ cup fat, melted  
6 cups cornbread  
1 tablespoon salt

Black pepper, as desired  
1½ cups hot broth  
4 eggs (2 uncooked and 2 hard-cooked)  
3 teaspoons baking powder

Brown onions and celery in fat. Add cornbread, salt, pepper and broth. Add the 2 beaten uncooked eggs and 2 chopped hard-cooked eggs. Add baking powder. Mix well and stuff bird.

Make broth by simmering neck and giblets of bird in about 2 cups of water. (Add salt, pepper and pieces of celery and onion to water.)

**With Leftover Meat Make a Casserole:**

2 cups of cooked meat  
1 cup milk  
2 eggs

2 slices bread  
2 teaspoons salt  
1 stalk celery

Heat oven to 350° F. Chop meat, add milk, eggs, bread (cut into small pieces), chopped celery and salt.

This publication was prepared by Extension foods and nutrition specialists, The Texas A&M University System, from material developed by Virginia Cass Ryan, former Extension assistant foods and nutrition specialist - ENP, The Texas A&M University System.