



BETTER LIVING FOR TEXANS

TEXAS A&M AGRILIFE EXTENSION

FALL 2017
Victoria County

In this Issue:
* Safe Kitchen Tool List
* Pumpkin Pecan Muffins
* Healthier Comfort Foods



Shopping List for a Safe Holiday Kitchen

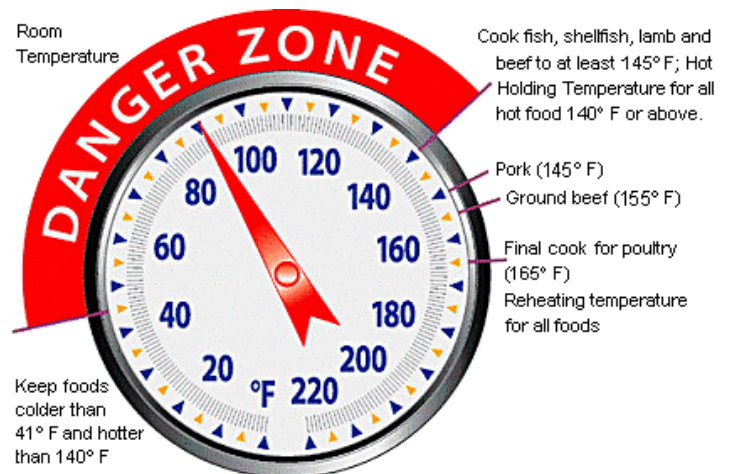
While many of us will soon be busy making shopping lists for the foods needed for holiday celebrations, we should not forget to also make a list of the *basic food safety tools* needed for a safe and healthy feast:

- * One clean cutting board for meat, poultry, and seafood and one clean cutting board for fruits and veggies
- * Large rimmed baking sheet to put under the thawing turkey (or any meat) in the fridge
- * Unscented liquid bleach or sanitizing spray
- * Clean sponges, paper towels, dish soap, and hand soap
- * Scrub brush for cleaning fruits and veggies under running water
- * Accurate food thermometer
- * Aluminum foil to tent the resting turkey
- * Appliance thermometers for refrigerator and freezer
- * Kitchen timer to set as reminder to put food away in the fridge within 2 hours
- * Shallow containers with lids for leftovers, also food labels for containers
- * Plastic wrap and storage bags

Keep refrigerator temperature below 40°F and freezer below 32°F

Room temperature (40°F to 140°F) is the temperature DANGER ZONE- where germs and bacteria multiply quickly!!

For more holiday food safety tips, go to www.holidayfoodsafety.org



The **Better Living for Texans** program provides **FREE** lessons for limited resource audiences on topics such as basic nutrition, food safety, and food budgets.

For more information please contact:
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Cinnamon Sugared Pumpkin Pecan Muffins

Ingredients

- 8 Tablespoons sugar (divided)
- 2 teaspoons cinnamon (divided)
- 1 cup bran flakes
- 1 cup skim milk
- 1 cup flour
- 1 Tablespoon baking powder
- 1/2 teaspoon baking soda
- 1 cup canned pumpkin
- 1 egg
- 1 Tablespoon vanilla
- 1/4 cup finely chopped pecans



Directions

1. Wash your hands thoroughly and clean your preparation area.
2. Preheat oven to 400 degrees. Spray 12 muffin cups with cooking spray.
3. Combine 2 Tablespoons sugar and 1/2 teaspoon cinnamon in a small bowl; set aside.
4. In a large bowl, combine cereal and milk and set aside for 5 minutes.
5. Combine 6 Tablespoons sugar, 1 1/2 teaspoons cinnamon, flour, baking powder, and baking soda in a bowl. Whisk pumpkin, egg, and vanilla into cereal.
6. Fold in dry mixture, being careful not to overmix. Spoon into prepared pan and sprinkle with pecans-sugar-cinnamon mixture.
7. Bake for 20-25 minutes or until toothpick comes out clean.

Makes 12 servings ~ 168 calories per serving

From: <http://recipefinder.nal.usda.gov/>

Advice from a Pumpkin:

- Be well-rounded
- Get plenty of sunshine
- Give thanks for life's bounty
- Have a thick skin
- Keep growing
- Be outstanding in your field
- Think big!



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SIMPLE TIPS TO MAKE COMFORT FOODS HEALTHIER:

- * Substitute ground turkey for regular ground beef in chili and meatloaf
- * In baked goods, substitute whole wheat flour for half of the all-purpose flour
- * For casseroles, use rolled oats in place of bread crumbs and egg substitute instead of whole eggs
- * Use skim milk instead of whole milk in puddings, soups, sauces, and casseroles for less fat/calories
- * For recipes that contain canned ingredients, substitute lower-sodium, lower-sugar canned goods
- * In mashed potatoes, use non-fat plain yogurt in place of sour cream (you won't taste the difference!)
- * Use low-fat versions of your favorite shredded or sliced cheeses as substitutes in cheesy dishes
- * For pasta dishes, substitute whole grain pasta and low-sodium or no sugar added sauces
- * Use applesauce in place of half of the butter, shortening, or oil in baked goods
- * Remove skin from poultry and choose white meat (which is much leaner than dark meat)
- * Replace the cream in sauces, soups, casseroles, and puddings with skim milk
- * Mix some low-fat ranch dressing into your mashed potatoes instead of butter

Resource: "On the Track to Better Health" newsletters (nutrition-based newsletter from the Better Living for Texans program) from Fall 2010 and Fall 2011

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