

## EATING RIGHT IS BASIC

NOVEMBER

### Food Safety Tips for the Holidays

- Defrost turkey or other meats in the refrigerator, under cold running water, or in the microwave (only if cooked immediately after!)
- Make sure your food is cooked the correct amount of time. Stuffed turkey takes longer to cook.
- Cook foods to the proper temperature! Turkey should reach a minimum internal temperature of 165° F. Stuffing inside the turkey may cause it to cook unevenly. Use a meat thermometer to check in more than one spot or cook stuffing separately.
- Store leftovers in the fridge or freezer. Foods left out at room temperature for more than 2 hours could cause illness. Follow the 2-2-4 Rule: Don't leave food out of the fridge for more than 2 hours. Store in shallow pans no higher than 2 inches. Use or freeze food within 4 days.
- Reheat food to an internal temperature of 165° .
- Visit [www.holidayfoodsafety.org](http://www.holidayfoodsafety.org) for information on thawing, cooking times and temperatures, and proper storing of leftovers!

### Have a Healthier, Happier Thanksgiving!

#### Oven-Roasted Squash with Garlic & Parsley

Makes 10 (3/4 Cup) Servings



#### Ingredients

- 5 pounds winter squash (butternut, buttercup, kabocha, or hubbard), peeled, seeded, & cut into 1 inch chunks
- 2 tablespoons extra virgin olive oil, divided
- 1 1/2 teaspoons salt
- 1/4 teaspoon pepper, divided

#### Preparation

- Preheat oven to 375°. Toss squash with 4 teaspoons oil, salt, and 1/4 teaspoon pepper. Spread evenly on a large baking sheet. Roast, stirring occasionally, until tender throughout and lightly browned (about 30-40 min.)
- Heat remaining 2 teaspoons of oil in skillet over medium heat. Add garlic and cook but do not brown. Toss roasted squash with garlic and parsley

Source: [www.eatingwell.com](http://www.eatingwell.com)

By Vanessa Burman, Dietetic Intern