



NOURISH

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Thanksgiving may be different in some households this year. The number of guests may be lower because people may not travel a long distance to gather. The menu may be a little different.

Regardless of what Thanksgiving 2020 brings, make it memorable. These ideas could be used for any distant gathering.

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EXTENSION

Dinner Parties Reinvented

Gather in a new way.

- If you do not gather a group, consider using technology, such as a Zoom, Skype Room or a Facebook Live event if you are so inclined.

Plan your dinner.

- Decide on a theme, date and time for the virtual gathering.
- If desired, provide easy recipes for a common menu.
 - The large stuffed turkey might be a stuffed chicken this year, or even a Cornish game hen. See <https://tinyurl.com/NDSUTurkey> for food safety guidance.
 - An easy turkey casserole and pumpkin dessert recipes are featured in this newsletter.
- Idea: Choose a dress theme for dinner. How about your favorite sports team's colors?
- Idea: Maybe everyone orders in their favorite restaurant food and enjoys it together. Delivered pizza works as a virtual family and friends meal, too.
- If you gather in person, enjoy a potluck where each person or family brings a dish.

Consider a virtual “cooking demo.”

- Provide the recipe ahead of time so people can gather the ingredients.
 - For example, have someone demonstrate how to make an easy appetizer or even a veggie tray that is arranged to look like a cartoon turkey.
- See www.ag.ndsu.edu/food for many recipe ideas.

Provide some conversation starters.

- These ideas will get you started:
 - What is your favorite memory of a Thanksgiving meal?
 - What is your favorite Thanksgiving food and why?
 - If you could celebrate Thanksgiving with people from history, who would you invite?
 - What type of technology have you found most helpful in your life? What technology do you think we could do without?
 - Name one family ritual or holiday tradition you enjoy.
 - What were the most popular toys (or movies or TV shows) as a child?
- See www.ag.ndsu.edu/familytable for more conversation starters.

Have fun and make some new memories.

- Create a nostalgic “hand turkey.” Yes, grownups can do this, too. Trace your hand, write one thing you are grateful for in each of the “feathers” (your fingers). Color it and share a photo.

Question

My food budget is a little stretched. Do you have some tips for me?

See if any of these tips help you stretch your food dollar. See <https://www.ag.ndsu.edu/food/food-preparation> and check out the “Pinchin’ Pennies in the Kitchen” publications to learn more.

- Make a shopping list. This helps you stick to your budget.
- Plan your meals. Planning helps put leftovers to good use.
- Consider online shopping so you are not tempted by a lot of other foods in the grocery aisles.
- Look for coupons, sales and store specials.
- For added savings, sign up for the store discount program if available.
- Don’t shop when you are hungry. That helps you stick to your shopping list.
- Try store brands. They usually cost less.
- Compare products for the best deal.
- Check the package dates. Buy the freshest food possible.
- Store perishable food in the refrigerator right away to preserve freshness.
- Freeze food in meal-size portions to prevent spoiling.

This month we provide a main dish and dessert recipe. Both are “lighter” in calories and fat than traditional recipes. Pair these recipes with a mixed-green salad with pecans and dried cranberries and a veggie tray for a healthful meal.



Turkey Pot Pie

- 1 (10-ounce) package mixed vegetables (for example, green beans, corn, carrots)
- 1 c. cut-up roasted turkey or chicken
- 1 (10.5-ounce) can cream of chicken soup, reduced fat and sodium

Topping:

- 1 c. baking mix (such as Bisquick)
- ½ c. low-fat milk
- 1 egg

Preheat oven to 400 F. Mix vegetables, turkey and soup in ungreased pie plate or other oven-safe pan. In a separate bowl, mix together baking mix, milk and egg until well blended. Pour over the vegetable-soup mixture. Bake 30 minutes until golden brown.

Makes four servings. Each serving has 310 calories, 6 grams (g) fat, 20 g protein, 41 g carbohydrate, 4 g fiber and 700 milligrams sodium.



Impossible Pumpkin Pie

- 1 (15-ounce) can solid-pack pure pumpkin (not pumpkin pie filling)
- 1½ c. low-fat milk (or 12-ounce can evaporated milk)
- ¾ c. sugar
- ½ c. biscuit/baking mix, such as Bisquick
- 2 Tbsp. butter, melted
- 2 large eggs, beaten
- 2 tsp. pumpkin pie spice
- 2 tsp. vanilla

Preheat oven to 350 F. Combine all ingredients in a mixing bowl. Beat on medium speed for two minutes until mixture is smooth. (You also can mix this in a blender.) Pour into a greased pie pan. Bake for 50 to 55 minutes until set in center. Allow to cool. Top with whipped cream if desired.

Makes eight servings. Each serving has 190 calories, 4 grams (g) protein, 5 g fat, 32 g carbohydrate, 2 g fiber and 115 milligrams sodium.