



# Extension Nutrition Programs

FSNEP/EFNEP

## Holiday Times are Family Times

### 10 Easy Ways to Enjoy Each Other Around Your Holiday Table

1. Turn off the television and turn on some holiday music.
2. Wash hands and keep everyone healthy for the holidays.
3. Set your table in a festive way and add holiday colors.
4. Talk to each other and share some pleasant conversation.
5. Try a new food and make a new favorite for this year.
6. Plan some fun activities and make the holiday special.
7. Take your time and enjoy the whole meal together.
8. Share memories and talk about what makes you special.
9. Put the leftovers away and keep food safe for later meals.

10. Hang around after the meal and read a holiday book.

\* From Yellowstone County Nutrition Coalition

### *Breakfast Ideas*

#### **Egg and Cheese Strata**

6 slices day-old bread  
3 tablespoons margarine  
1 cup shredded cheese  
6 eggs, beaten  
1½ cups skim milk  
1 teaspoon mustard  
½ teaspoon salt  
1/8 teaspoon pepper

Butter bread; cut into small cubes. Alternate layers of bread cubes and cheese in a buttered 2 quart casserole. Blend together eggs, milk and seasonings; pour over bread and cheese layers. Cover, refrigerate several hours or overnight. Bake in

preheated 350° oven for 70 minutes or until golden brown.  
Makes 4-6 servings.

### **Coffee Cake**

3 cups Master Mix or biscuit mix  
2 tablespoons sugar  
1 cup water  
1 egg, well beaten  
½ cup brown sugar  
½ teaspoon cinnamon  
3 tablespoons margarine, softened

Stir together the Mix and sugar. Combine water and beaten egg. Add to the Mix. Stir until the Mix is just moistened. Pour into a greased 9" x 9" pan. Combine brown sugar, cinnamon and margarine. Sprinkle over the batter and bake at 400° for 20 minutes.

## ***Ideas for Turkey Leftovers***

### **Rich Turkey Vegetable and Noodle Soup**

8 cups turkey broth  
1 cup each cubed potatoes, sliced carrots, sliced celery  
¼ cup chopped onion  
1 10-ounce package frozen peas  
or baby lima beans  
1 teaspoon salt  
1 cup uncooked noodles  
2 cups turkey meat, diced

In a large pot combine turkey broth, vegetables, and salt. Cook for 15 minutes. Add turkey and noodles, heat to a boil and simmer 15 minutes.

### **Impossible Turkey 'n' Stuffing Pie**

2 cups cooked turkey  
1 cup chopped celery  
½ cup onion, chopped  
½ teaspoon salt  
½ teaspoon poultry seasoning  
¾ teaspoon each sage and thyme  
1/8 teaspoon pepper  
1¼ cups milk  
3 eggs  
1 cup Master Mix or biscuit mix

Heat oven to 400°. Grease a 10" pie plate. Mix turkey, celery, onion and seasonings in plate. Beat remaining ingredients and pour into plate. Bake 25 to 30 minutes.

### **Turkey or Chicken Pot Pie**

3 cups diced cooked turkey or chicken  
1 16-ounce can mixed vegetables  
1 16-ounce can peas (optional)  
1 can cream of chicken soup\*  
1 cup chicken broth or bouillon  
1 cup flour  
¼ teaspoon pepper  
1 cup milk  
a cup margarine, melted

Preheat oven to 400°. Grease a shallow 2 quart baking dish. Mix poultry, vegetables, soup and broth and spread in baking dish. Combine flour, pepper, milk and margarine together; stir until smooth. Pour mixture over ingredients in a baking dish. Bake 40-45 minutes or until lightly browned. Cool 10 minutes. Serves 4 to 6.  
\* Or use cream soup mix

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## ***Dessert Options***

### **Impossible Pumpkin Pie**

1 16-ounce can pumpkin  
1 12-ounce can evaporated milk **or** 1 cup instant nonfat dry milk powder + 1½ cups plus 2 tablespoons water  
2 tablespoons margarine  
2 eggs  
¾ cup sugar  
½ cup Master Mix  
2½ teaspoons pumpkin pie spice (**or** 1½ teaspoons

cinnamon + ½ teaspoon ginger + ½ teaspoon cloves)  
2 teaspoons vanilla

Heat oven to 350°. Grease 10" x 1½" pie plate. Beat all ingredients 1 minute in blender or in a large bowl. Pour into pie plate. Bake 50 to 55 minutes.

### **Applesauce Bars**

1 cup sugar  
¾ cup shortening  
2 eggs  
2 cups applesauce  
2 cups flour  
1 teaspoon cloves  
1 teaspoon nutmeg  
2 teaspoons cinnamon  
1½ teaspoons baking soda  
1 cup raisins (optional)

Mix the sugar, shortening, eggs and applesauce well. Stir the dry ingredients together. After mixing all of the ingredients together, stir in 1 cup raisins. Pour into a greased and floured 12" x 15" cookie sheet. Bake at 350° about 20 minutes.

### *Frosting:*

¼ cup butter or margarine  
1 3-ounce package light cream cheese, softened  
2 cups powdered sugar  
1 teaspoon vanilla  
Beat the cream cheese and butter together until fluffy. Slowly beat in powdered sugar until smooth. Stir in vanilla. Spread on cooled bars.

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