Cranberry Gelatin
2 cups unsweetened apple juice, divided
1 envelope unflavored gelatin
1 cup cranberries
Heat 1 cup of the apple juice in a saucepan. Sprinkle unflavored gelatin into a bowl and stir in heated apple juice. Blend the remaining cup of apple juice and the cranberries together in a blender. Add to the gelatin mixture. Stir and pour into a mold or an 8 X 8 pan. Refrigerate until firm. Makes 6 small servings.

Apple Glazed Sweet Potatoes
1/2 cup apple juice
1/4 teaspoon cinnamon
6 small sweet potatoes, cooked
Pour apple juice in pan over low heat and stir in cinnamon. Add sweet potatoes. Cook over low heat, turning sweet potatoes several times until they are well-coated and most of the juice is absorbed, about 6 minutes. Makes 6 servings.

Pumpkin Swirl
1 cup cooked pumpkin
1/4 cup brown sugar
1/2 teaspoon cinnamon
1/4 teaspoon ginger
1/4 teaspoon nutmeg
8 cups (1/2 gallon) vanilla ice cream – softened – not melted
Mix together everything but ice cream. Divide mixture into 2 bread pans or 9x13 cake pan. Swirl in softened vanilla ice cream and freeze. Slice with a warm knife to serve.

Carrot Balls
1 package (3 ounce) cream cheese, softened
1/2 cup finely shredded Cheddar cheese
1 Tablespoon unsweetened apple juice concentrate
1/4 cup finely chopped carrots
Cream the cheeses and apple juice concentrate together. Stir in carrots. Form into small balls or one large cheese ball and roll in chopped nuts. Wrap in plastic and refrigerate until ready to serve.

Holiday Cheese Bread
2 cups flour
2 teaspoons baking powder
1 Tablespoon sugar
1/4 cup butter or margarine
1 cup grated Cheddar cheese
1 Tablespoon grated onion
1 teaspoon dill weed
1 cup low fat milk
1 egg, slightly beaten
Sift flour with baking powder and sugar. Stir in butter or margarine with fork. Stir in cheese, onion, and dill. Combine milk and egg and pour into flour mixture all at once. Stir quickly just to moisten the flour mixture. Place in a well-oiled bread pan. Bake in 350°F oven for 45 minutes. Cool for 10 minutes. Remove from pan and continue cooling before serving.

Holiday 2002
Stretch Your Holiday Food Dollars
The holidays can be hectic and costly if you are not careful. Try these ideas to help stretch your budget, save your time, and feed your family better.

Hint: If desired, add chopped fruits or nuts to the gelatin before chilling. Suggestions include celery and apples, walnuts and oranges, mandarin oranges or bananas.

Holiday Cheese Bread
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1 Tablespoon sugar
1/4 cup butter or margarine
1 cup grated Cheddar cheese
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1 cup low fat milk
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Graham Cracker Crust:
2 cups graham crackers, crushed
2 cups ginger snaps, crushed
1/3 cup fruit juice
Put graham cracker crumbs in a bowl. Add enough fruit juice to moisten. Mix together until dry and crumbly. Pat on the bottom and up sides of 9” pie plate. Bake 8-10 minutes at 350°F until light brown. Cool before adding filling.

Need help preparing your holiday turkey? Call Cornell Cooperative Extension at 315.866.7920 for a free brochure and recipe ideas.
**Food Safety Reminders**

- Thaw frozen turkey in the refrigerator. For every 5 pounds of turkey, allow 24 hours of thawing time in the refrigerator.

- When cooking a whole turkey, use a meat thermometer to check the internal temperature in the innermost part of the thigh. For tenderness and doneness, the internal temperature should reach a minimum of 180°F.

- For optimum safety and uniform doneness, it is recommended to cook stuffing outside the bird. If stuffing the bird, the center of the stuffing must reach 165°F.

- Do not partially cook turkey to refrigerate and finish cooking later. This is not safe.

- Refrigerate leftovers from your holiday meal within 2 hours of serving. Freeze leftovers if you cannot use within 1-2 days. Divide into smaller portion sizes for quick cooling and thawing.

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**Fruit Cup Turkey**

Scoop out the center of a large orange half (it helps to cut first along the inside of the rind). Dice the fruit and place it in a small bowl. Dice other fruits, such as bananas and apples, and add them to the orange pieces. Add chopped nuts if desired. Fill the orange half with the diced fruit mixture. Add a toothpick to the orange for a neck, a carrot round for a head and half a toothpick for a beak. Insert celery leaves into the back of the cup for feathers. Place a lettuce leaf on a plate to make a bed for the fruit cup turkey.

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**Kid’s Corner**

**Holiday Book Tree**

Cornell Cooperative Extension is collecting books for children ages 0-3 for their “Holiday Book Tree”. All books collected will be donated to the Even Start Program, a family literacy program. To donate a new or “gently used” book, please stop by the office 8:30 a.m. - 4:30 p.m. weekdays or call 866-7920 to arrange another time.

**Stretching Your Food Dollars**

**Turkey Leftover Ideas**

- **Stir-fry:** Stir turkey chunks with cooked rice, frozen green peas, chopped broccoli, sliced mushrooms and reduced-sodium soy sauce for quick and easy fried rice.

- **Omelet:** Fold turkey chunks with chopped broccoli into an omelet for a post-Thanksgiving breakfast treat.

- **Tacos:** Sauté turkey chunks with taco seasoning following package directions. Fill a warm taco shell and top with shredded lettuce and chopped tomato.

For more holiday leftover ideas, call Cornell Cooperative Extension at 315.866.7920.

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**Free Nutrition Education Programs**

- Budgeting and stretching food dollars.
- Basic nutrition and menu planning.
- Preparing low cost, easy recipes and menus.
- Preserving, storing and preparing food safely.

**Contact:**
Cornell Cooperative Extension
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