

# K-State Extension Connection

## Take Some Hassle Out of Holiday Meals

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**Are you hosting one or more holiday meals? Do you wish you could spend more time with your guests and less time in the kitchen?** Last-minute hurried food preparations can drain any cook's holiday spirit. Try these ideas from K-State's Dining on a Dime newsletter to help you take some of the hassle out of your holidays, while keeping food quality and food safety a top priority.



### All Perishable Foods

Avoid leaving perishable foods (such as meats, fish, poultry, eggs, cooked dry beans, dairy products, and cut fruits and vegetables) at room temperature for more than two hours. This includes the total time for preparation and serving.

### Fruits and Vegetables

- Assemble vegetable casseroles a day in advance, cover and refrigerate. Bake on the day of your dinner, planning for 15 to 20 minutes extra heating time. Heat until they're hot and steaming throughout.
- Cut washed fruits and vegetables within a day of your meal for salads and relish trays. Keep cut fruits from turning brown by coating them with lemon, orange or pineapple juice, or a commercial anti-darkening preparation. Cover and store them in the refrigerator above raw meats and below cooked items.

### Protein Foods

- Purchase fresh raw meat, poultry or seafood no more than 1 to 2 days before your holiday meal. Freeze for longer storage.
- If you have frozen meat, poultry or seafood, place it on a tray on the lowest shelf in the refrigerator and allow approximately 24 hours for each 5 pounds of weight for it to thaw.
- If you cook meat, poultry or seafood the day before your meal, refrigerate it in small portions in shallow pans within 2 hours of cooking. You can place loosely covered foods in the

refrigerator while they're still warm. Cover them tightly when completely cooled. On the day of your meal, reheat until hot and steaming, to 165 degrees F. as measured with a food thermometer.

### **Baked Goods**

- Almost all types of cookies, cakes, breads and muffins can be baked in advance and frozen for up to 2 months. Avoid freezing cakes with whipped cream or other soft fillings, since this will result in a soggy cake upon thawing.
- Cool baked goods completely before storing them in airtight moisture-proof containers.
- Thaw cheesecake in the refrigerator, covered, where it will remain fresh for seven to ten days. Thaw non-perishable baked goods at room temperature in their freezer container to prevent them from drying out.

An informative guide for freezing and thawing most types of baked goods titled "Freezing Baked Goods" can be found at: [http://www.midway.k-state.edu/food-nutrition-health/docs/Freezing\\_Baked\\_Goods.pdf](http://www.midway.k-state.edu/food-nutrition-health/docs/Freezing_Baked_Goods.pdf).

**Hosting family and friends at holiday meals doesn't have to be exhausting. Planning ahead and taking time to do some advance preparation are keys to creating more time to enjoy your party and your guests.**

For more information about this topic or other topics, contact the Wildcat Extension District offices at: Crawford County, 620-724-8233; Labette County, 620-784-5337; Montgomery County, 620-331-2690; Wilson County, 620-378-2167; Pittsburg Office, Expanded Food and Nutrition Education (EFNEP), 620-232-1930. Wildcat District Extension is on the Web at <http://www.wildcatdistrict.ksu.edu>. Or, like our Facebook page at [facebook.com/wildcat.extension.district](https://www.facebook.com/wildcat.extension.district).

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# Turkey Vegetable Quiche

A great way to use leftover turkey and veggies from your Thanksgiving meal.

Serves 8

Approximate Cost/Serving \$0.78

Serving Size: 1 slice

## INGREDIENTS

- 1 pie crust, unbaked (9 inches)
- 1/2 cup onion, diced
- 1/2 cup mushrooms, sliced
- 1/2 cup red bell pepper, diced
- 1 1/2 cups precooked turkey breast, cubed
- 4 eggs
- 1/2 cup nonfat milk
- 1 teaspoon dried seasoning (basil, garlic, or parsley)
- 1/2 teaspoon ground black pepper
- 1/2 cup shredded cheese (cheddar, mozzarella, or Swiss)



## INSTRUCTIONS

1. Preheat oven to 375°F.
2. Prepare pie crust as directed on package.
3. Heat a skillet to medium. Add onion, mushrooms, and red pepper to the skillet. Sauté for 2–3 minutes. Add vegetables and turkey to pie crust.
4. Whisk together eggs, milk, seasoning, and black pepper in a bowl. Pour mixture into crust and top with shredded cheese.
5. Bake for 35 minutes or until a knife inserted in the center comes out clean.
6. Remove from oven. Let the quiche set up for about 5 minutes. Slice and serve.

## TIPS

Use leftover turkey from a holiday meal to make this quiche.

Substitute 1/2 pound of cooked ground turkey for the cubed turkey breast.

Substitute 1 can of mushrooms for the sliced mushrooms.

**Nutrition Facts for 1/8 of recipe:** 210 calories; 10g Total Fat; 3.5g Saturated Fat; 0g Trans Fat; 120 mg Cholesterol; 210 mg Sodium; 14g Total Carbohydrates; 1g Dietary Fiber; 3g Total Sugars; 16g Protein; 4% Vitamin D; 7% Calcium; 8% Iron; 5% Potassium

*Source: Iowa State University Extension Spend Smart. Eat Smart*