



Dutch Apple Yogurt Dessert

Makes: 2 servings

Ingredients:

- 1/2 cup yogurt, non-fat vanilla
- 1/2 cup applesauce, unsweetened
- 1 tablespoon raisins (seedless)
- 1/8 teaspoon cinnamon (ground)
- 1 teaspoon brown sugar
- 1 tablespoon nuts (as topping or crunchy cereal)

Directions:

1. Wash hands thoroughly with warm water and soap.
2. Combined all ingredients in a small bowl.
3. Cover and refrigerate until chilled.
4. Eat and enjoy as a snack or dessert.

Source: [What's Cooking? USDA Mixing Bowl](#)



Serve a Safe Thanksgiving Day Turkey!

Thanksgiving is a time to gather with family and friends. Many spend the day cooking dishes such as a large turkey, mashed potatoes, yams and pumpkin pie. It is important to remember this can be a time when many suffer from foodborne illness from improper thawing of the large bird. Below are a few tips to help keep your friends and family safe this holiday season.

- ◆ **Microwave.** Follow the turkey thawing instructions provided by the manufacture on your microwave. Make sure to cook the turkey immediately after thawing to preventing bacteria from growing making the turkey unsafe to eat.
- ◆ **Refrigerator.** Place turkey in container so juices do not drip onto foods in the refrigerator. Make sure the temperature is 40°F or below and allow 24 hours per 4-5 pounds to thaw.
- ◆ **Cold water.** The turkey should be submerged in cold water. Change the water every 30 minutes until turkey is thawed; cooking the turkey immediately after. Allow thawing time 30 minutes per pound.

Source: [USDA Food Safety and Inspection Service](#)

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Postre de yogur y manzana a la holandesa

Rinde para dos porciones

Ingredientes:

- ½ taza de yogur de vainilla sin grasa]
- ½ una taza de puré de manzana sin endulzar
- 1 cucharadita de pasas (sin semillas)
- 1/8 cucharadita de canela (molida)
- 1 cucharadita de azúcar morena
- Una cucharada de nueces (para adornar o cereal crujiente)

Preparación:

1. Lávese las manos muy bien con agua tibia y jabón
2. Combine todos los ingredientes en un tazón pequeño.
3. Cubra y refrigere hasta que se enfríe.
4. Sírvalo y disfrútelo como botana o postre.

Fuente: [What's Cooking? USDA Mixing Bowl](#)



Prepare un pavo para el Día de Acción de Gracias de manera segura

El Día de Acción de Gracias es una ocasión para reunirse con la familia y amigos. Muchos pasan el día cocinando platillos como un gran pavo, puré de papas, camotes y tarta de calabaza. Es importante recordar que en este día muchas personas pueden enfermar del estómago como resultado del descongelamiento inapropiado del gran pájaro. A continuación le ofrecemos varios consejos para ayudarlo a evitar que sus amigos y familia se enfermen durante esta época festiva.

- ◆ **Horno de microondas.** Siga las instrucciones del empaque para descongelar el pavo en el microondas. Asegúrese de cocinar el pavo inmediatamente después de descongelarlo para prevenir la formación de bacteria que lo hace inapropiado para su consumo.
- ◆ **Refrigerador.** Coloque el pavo en contenedores para que los jugos no se escurran sobre otros alimentos en el refrigerador. Asegúrese que la temperatura es de 40° F o menos y permita que se descongele a un ritmo de 24 horas por cada 4 a 5 libras de peso.
- ◆ **Agua fría.** El pavo debe sumergirse en agua fría. Cambie el agua cada 30 minutos hasta que el pavo se descongele por completo y cocínelo inmediatamente. Este método de descongelamiento toma 30 minutos por cada libra de carne.

Fuente: [USDA Food Safety and Inspection Service](#)

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