



# HCSF Newsletter

November  
2010

**November** is here and with it the start of holiday feasts and shopping marathons. When you're out and about it's tempting to stop off for a quick meal – but do you really know what you're getting? Check out the nutrition info about chicken nuggets below. Looking for a new way to use up leftover Thanksgiving turkey? Our **Cook With Your Kids recipe on page two** might be just the ticket! Finally, don't forget to continue to make regular physical activity a part of your routine – we'll help keep you on track with some fun new games the whole family can get in on while the turkey is roasting.

## Chicken Nuggets – How They're Made

We're curious about where our food comes from so we've done some research on one kid favorite – chicken nuggets! Check out the comparison of preparation and ingredients for restaurant chicken nuggets vs. homemade. Our three ingredient "chicken bites" are super easy to make at home and are sure to hit the spot!



Commercial chicken nuggets (sold at fast food restaurants and in the frozen food isles) use a "chop-and-form" product which is more like hamburger. After chickens are cut up for the breasts and the legs, there's a lot of meat left, so food processors trim off the other pieces and make them into other products.

This meat, when it's chopped up very finely into a paste, is called the "batter." Food coloring is added to turn it white again, and then other ingredients are added to make sure it will hold together in the shape of a nugget. Check out the ingredient list below.

### Ingredient list:

De-boned chicken batter, water, food starch-modified, salt, seasoning (autolyzed yeast extract, salt, wheat starch, natural flavoring, safflower oil, dextrose, citric acid, rosemary), sodium phosphates, seasoning (canola oil, mono- and diglycerides, extractives of rosemary). Battered and breaded with: water, enriched flour (bleached wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), yellow corn flour, food starch-modified, salt, leavening (baking soda, sodium acid pyrophosphate, sodium aluminum phosphate, monocalcium phosphate, calcium lactate), spices, wheat starch, whey, corn starch. Prepared in vegetable oil (Canola oil, corn oil, soybean oil, hydrogenated soybean oil with TBHQ and citric acid added to preserve freshness). Dimethylpolysiloxane added as an antifoaming agent.



Image: Gizmodo

**That's not strawberry soft-serve. It's chicken "batter".**

## Crispy Chicken Bites

Great recipe for the whole family to make together!



**No buttermilk? Add 1 Tbs vinegar to milk and let stand 5 minutes. Stir. Proceed with recipe.**

### Ingredients:

- Boneless, skinless chicken breasts, cut into cubes or strips
- Buttermilk – enough to cover the chicken
- Seasoned breadcrumbs – enough to coat the chicken

Cut chicken in cubes or strips and place in bowl filled with buttermilk. Cover bowl and refrigerate for 30 minutes.

Remove chicken from buttermilk and coat each "bite" with seasoned bread crumbs and place on a cookie sheet lined with tin foil and sprayed with nonstick spray.

Bake nuggets at 400 degrees until crispy (about 12 minutes); flip bites over after 6 minutes. These chicken bites may be served hot or cold.

**Make sure everyone washes hands before and after handling raw chicken!**

### Honey Mustard Dipping Sauce

- ½ cup low fat mayonnaise
- 2 Tablespoons honey
- ¼ cup yellow or Dijon mustard

Add ingredients in a jar, put on a lid and shake together.



## Barbecue Turkey Burritos

### Ingredients:

- Leftover roasted turkey, skin discarded, meat removed from bones and shredded (4 cups)
- 1/2 cup prepared barbecue sauce
- 1 cup canned black beans, drained and rinsed
- 1/2 cup frozen corn, thawed, or canned corn, drained
- 1/4 cup reduced-fat sour cream
- 4 leaves romaine lettuce
- 4 10-inch whole-wheat tortillas
- 2 limes, cut in wedges (optional)
- Salsa or chopped tomatoes



### How to make the burritos:

Have the kids go to town pulling the turkey meat off the turkey – NOTE: clean hands are a must!

Once you've got the turkey shredded, place a large nonstick skillet over medium-high heat. Add turkey, barbecue sauce, beans, corn and sour cream; stir to combine. Cook until hot, 4 to 5 minutes.

Have kids assemble their wraps by placing a lettuce leaf in the center of each tortilla and topping with two spoonfuls of the turkey mixture; roll up as you would a burrito. Slice in half diagonally and serve warm, with lime wedges. Try adding salsa or fresh chopped tomatoes for some extra flavor.

Instead of traditional salsa – try adding some leftover **cranberry sauce!**

## Thanksgiving Day Games



Get the kids (and grown-ups too!) outside and active while your Thanksgiving meal is cooking. This will help everyone burn off some energy before eating the holiday feast!



**Turkey Hunt!** You'll need to prepare for the game in advance by drawing or pasting turkey pictures on a dozen or so index cards. Let your children make the cards. They'll find lots of magazine pictures they can cut out or they can color some freehand as well – the oldie but a goodie – trace their hand to make their very own turkeys!

**To play:** First set boundaries in the front or back yard where the game will be played. Then, everyone but the leader goes inside (or to another location where the game area can't be seen) while the leader hides the cards within the boundaries. Hunters return and begin the hunt. As each turkey is found, it is brought back to the leader who puts them in a separate pile for each hunter. When all the turkeys have been found, the hunter with the most turkeys is the winner and becomes the leader for the next round. **Time each round and see if you can do it faster each time.**

**Pumpkin Race** This is a game that can be played in the yard or the garage if you have room and the weather is bad! This is a simple race but since pumpkins are not nice smooth balls and refuse to roll in nice straight lines, you will need plenty of room!



**You need:** two large pumpkins and two sturdy sticks or brooms. The racers line up on the starting line with the pumpkins turned on their sides. On the signal, the racers use their sticks to roll the pumpkins to the finish line. Younger players may want to use their hands instead of the stick. **Play this as teams and make it a relay race!**