



Thanksgiving Around the World

The United States is not the only country that celebrates a holiday surrounding gratitude. Here are a few countries and their variations of Thanksgiving:

Canada: Canada's first Thanksgiving predates America's. Canada celebrates similarly, with turkey and other traditional American Thanksgiving foods. Their Thanksgiving falls on the second Monday in October.

Germany: Erntedankfest is the "harvest festival of thanks", taking place on the first Sunday in October. During this harvest festival, celebrants may carry an Erntekrone. This is a "harvest crown" of grains, fruits, and flower. They also feast on Masthühnchen (chickens) and der Kapaun (roosters).

Japan: Japan observes Labor Thanksgiving Day on November 23rd which celebrate the principles of hard work and community involvement. There are typically no large feasts on this day, however children often make thank-you cards for municipal workers.

Liberia: In the early 1880s, Liberia's government declared the first Thursday of November as National Thanksgiving Day. Today, it is seen as largely a Christian holiday with churches auctioning off baskets filled with local fruits. Instead of turkey and pumpkin, locals eat spicy roast chicken and mashed cassavas.

This is just a small number of the various ways people celebrate Thanksgiving around the world, all with the same sentiment – to give thanks!

Food Safety Tip

Cook stuffing in a casserole dish to make sure it is thoroughly cooked. If you stuff the turkey, do so just before cooking. Use a food thermometer to make sure the stuffing's center reaches 165 degrees Fahrenheit.



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Leftover Turkey Curry

Ingredients

- 1 cup cauliflower, chopped into small florets (or frozen cauliflower florets)
- 1 small yellow bell pepper, sliced
- 1/2 small red onion, sliced
- 1 cup cooked turkey, cubed
- 1 clove garlic, minced
- 1 teaspoon ginger, grated (or 1/4 teaspoon ginger powder)
- 1/2 cup light coconut milk
- 1/2 teaspoon brown sugar
- 2 teaspoons red curry paste (or yellow curry powder)
- 2 teaspoons lime juice
- 1/2 cup basil leaves, torn (optional)

Nutrition Facts

Leftover Turkey Curry
Amount Per Serving

Calories 227	Calories from Fat 90
	% Daily Value*
Total Fat 10g	15%
Saturated Fat 5g	25%
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 2g	
Cholesterol 74mg	25%
Sodium 203mg	8%
Potassium 577mg	16%
Total Carbohydrates 14g	5%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 22g	44%
Vitamin A	11%
Vitamin C	343%
Vitamin D	0%
Calcium	4%
Iron	14%

* Percent Daily Values are based on a 2000 calorie diet.

Directions

1. Coat a pan with cooking spray and heat over medium. Add cauliflower, bell pepper and onion. Cover and cook until tender, about 6 minutes.
2. Add turkey, garlic, ginger and cook until fragrant.
3. Add coconut milk, curry paste (or powder), and brown sugar and heat through.
4. Add lime juice and stir in basil (if using).
5. Serve over rice or rice noodles.

Makes **2** servings (1 ½ cup each).

LOOKING FOR RECIPE INSPIRATION?

Check out Click 'N Cook®, our online recipe database at clickncook.org



What can you do with:

Potatoes



Choosing: When selecting fresh potatoes, look for clean, smooth, firm-textured potatoes with no cuts, bruises, or discoloration.

Storing: Store in a cool, well-ventilated place for up to two months. If you do refrigerate, letting the potato warm gradually to room temperature before cooking can reduce any discoloration. Perforated plastic bags and paper bags offer the best environment for extending the shelf-life.

Preparing: Scrub potatoes under cold water and then cut out any bad spots, sprouts, and green areas before cooking.

Uses: Potatoes can be cooked whole or cut into a variety of shapes. This versatile vegetable can be baked, boiled, mashed, or fried and used as a side dish or main dish. Be sure to keep the skin on the potato whenever possible.

Nutrition: Potatoes are an excellent source of vitamin C and potassium, which may promote healthy skin, immune function, and a healthy heart. They also are a good source of fiber, which may promote healthy digestion.

Fun Fact: Potatoes were the first vegetable grown in space in 1995!

A CLICK N' COOK RECIPE
MORE AT: [CLICKNCOOK.ORG](https://www.clickncook.org)

Baked Crispy Potatoes



Ingredients

- 4 tablespoons vegetable oil
- 4 pounds potatoes
- 1 tablespoon ground cumin
- 1/4 teaspoon ground cayenne pepper

Directions

1. Lightly coat a baking sheet with the oil.
2. Wash potatoes and cut lengthwise into quarters. Place on oiled pan and turn so cut side is up.
3. Combine cumin and pepper together in a small bowl and sprinkle over potatoes.
4. Bake at 400°F until golden brown and tender, about 20 minutes.



Holidays and Food Safety

With the holiday season and large feasts comes a larger risk of food borne illness. According to the Center of Disease Control and Prevention (CDC), here are 3 major tips to be mindful of when preparing your holiday dinners:

1. **Store, thaw, and handle meats correctly.** Frozen meats should be stored in the freezer until you are ready to thaw and then cook it. When thawing meats, thaw in the refrigerator, under cold running water, or in the microwave. Never thaw your meat by leaving it out on the counter. Be sure to wash your hands thoroughly before and after handling raw meats. Try to use separate utensils and cutting boards for raw meats and other foods that do not need to be cooked like produce and bread.
2. **Cook meats to a safe temperature.** Use a meat thermometer to make sure your meats have reached a safe internal temperature. For poultry, the temperature should reach 165°F.
3. **Take care of leftovers.** Refrigerate leftovers within 2 hours of cooking. Eat within 3 to 4 days and reheat all leftovers to at least 165°F.



November 2023

National Peanut Butter's Lover Month

National Stuffing Month

National Pepper Month

National Deviled Egg Day
November 2

National Sandwich Day
November 3

National Greek Yogurt Day
November 9

National Homemade Bread Day
November 17

National Cake Day
November 26

National Chocolates Day
November 29