



Seton Center Family & Health Services  
2816 East 23rd Street  
Kansas City, MO 64127

Volume 6/Issue6

November/December  
2007

# Seton Salud II

## Diabetic Holiday Recipe



### Bread pudding with caramelized pears

#### Ingredients-

6 slices whole wheat sandwich bread  
2tbsp softened butter  
4 eggs  
2/3 cup granulated sugar, divided  
2 tbsp vanilla  
2 cups hot low fat milk  
4 pears, peeled, cored and sliced  
1/2tsp freshly grated nutmeg  
1/3 cup raisins  
1/4 cup sliced blanched almonds

\*This recipe makes 8 servings-Each serving has the following diabetic exchanges:

1/2 starch exchange  
1 fruit exchange  
1 other carbohydrate  
1/2 Medium fat Meat  
1 Fat exchange

Directions: trim crust from bread, butter one side of each slice, cut into 4 triangles each, layer the triangles in a baking dish, overlapping them.

-In a large bowl whisk together the eggs, 1/3 cup of sugar and vanilla. Whisk in hot milk, stirring constantly and then pour over the bread.

-In a large non stick skillet over medium heat cook the remaining sugar and 2 tbsp of water, stirring constantly until the mixture turns a deep caramel color. Immediately add the pears and nutmeg- cook 5 minutes or until the pears are tender and the sauce is smooth. Stir in the raisins, spoon over the bread slices. Sprinkle almonds on top. Place baking dish in a roasting pan filled with enough boiling water to cover the pan only half way to the top. Place the roasting pan with water and the baking dish inside the oven and bake for 40 to 45 minutes or until custard is set in the center. Remove from water bath and place on rack to cool before serving.

## Turkey Tips:

- 1.) Completely thaw the turkey prior to cooking. If the turkey is not properly thawed the outside will be done before the inside.
- 2.) Thaw turkey in the refrigerator- a 20lb turkey may need 2 to 3 days to thaw in the refrigerator.
- 3.) Stuffed turkey must to be cooked until the internal temperature reaches 180F. The temperature of the stuffing inside the turkey should reach 165F.



## Flu Vaccines at Seton Center

Don't Forget to come to Seton Center to get your free flu shot on

**Date:** Saturday,

November 3, 2007

#### Location:

2816 East 23rd Street  
Kansas City, MO  
64127

#### Time:

10:00am to 2:00pm or until vaccines run out

- The flu shots are free of charge but will be given on a **first come first serve basis**
- Flu vaccines will be administered by nurses from

St. Joseph Medical Center

## Important Dates:

Every Tuesday- Arthritis Exercise Class for Senior Buddies from 11:00am to 12 noon

Every Thursday- Arthritis Exercise Class for the Community from

10:30am to 11:30am

\* All classes are free of charge

**Seton Family and Health  
Services**

**Wellness Program**

**2816 East 23rd Street  
Kansas City, MO 64127**

**If you would like to be  
placed the Mailing list so  
that you can receive infor-  
mation on upcoming  
classes, and events in the  
Wellness Department  
please contact:**

**Nichole Wates**

**Wellness Coordinator**

**(816) 231-3955**

**Visit our website at  
[www.setonkc.org](http://www.setonkc.org)**

## **Health Tips-**

### **Cancer Fighting Supplements...**

**Vitamin D-** studies show that getting enough vitamin D may cut risk of breast cancer by 50%(1,000 per day).

**Calcium-**Consuming enough calcium can cut the risk of colon cancer by 30%.

(1,000 mg per day if you are age 50 and younger

1200mg if you are 50+)

**Folic Acid-** Consuming the proper amount could lessen the chances of breast cancer by 45%

(A multi vitamin with 400mcg/day)

Information from Prevention Magazine 11/07

For additional information visit [www.prevention.com](http://www.prevention.com)



## **Holiday Food Safety Tips**

- 1.) Clean—** Wash hands and surfaces prior to any food prep. During the holidays people get really busy while preparing food they may be talking on the phone, entertaining guest, watching TV ect.. But remember to properly wash hands anytime there is an interruption in prepping food, and always ensure that food prep surfaces are clean.
- 2.) Separate-** Don't Cross Contaminate! When grocery shopping separate produce from raw meat-poultry, and seafood in grocery carts, shopping bags and in the refrigerator. Foods in the refrigerator should be stored according to cooking temperature. Example Store produce and already cook foods on the top self, store eggs, and uncooked meats on the very bottom shelf.
- 3.) Cook-** All foods must be cooked to the appropriate temperature to help avoid Food Borne Illness. Beef and ground meats cook until the internal temp reaches at least 160F, Cook roast and steaks to an internal temp of 145F, Cook fish until the internal temp reaches at least 145F. Cook eggs until firm, do not eat eggs that are runny, and do not use recipes which require eggs to remain uncooked.
- 4.) Reheat-** It is very important to reheat leftovers safely. Heat leftover foods to a minimum of 165F. Ensure that the entire food product is thoroughly reheated.

**Happy Holidays**

- For additional Food Safety tips visit the following website:  
[www.cfsan.fda.gov/~dms/fsholiday.html](http://www.cfsan.fda.gov/~dms/fsholiday.html)