



Stress Free Holiday Meal

Planning the perfect holiday dinner can be stressful if you are not sure how much to buy. Before you go to the store take a few minutes to make your shopping list considering the following: holiday menu, number of guests, items and amounts you need to prepare the recipes for your holiday meal. Here are a few suggestions for amounts to purchase per person for traditional holiday food items.

MEAT DISHES:

Ham: Bone in ham purchase $\frac{1}{2}$ to $\frac{3}{4}$ pound per person. Therefore, if you have 12 individuals purchase between a 6-to-9-pound ham. Partially boned ham purchase $\frac{1}{3}$ to $\frac{1}{2}$ pound per serving and boneless ham purchase $\frac{1}{4}$ to $\frac{1}{3}$ pound per serving.

Turkey: Whole turkey plan 1-pound uncooked turkey per person. Boneless turkey breast purchase $\frac{1}{2}$ pound per person.

Rack of Lamb: Purchase 3 to 4 ribs per serving. Double ribbed lamb chop - one chop per person. Center cut loin roast purchase $\frac{1}{2}$ pound per serving. Leg of lamb rib crown roast purchase 3 to 4 ribs per serving.

SIDE DISHES:

Mashed potatoes: Plan on one pound of raw potatoes for each three individuals you are serving. For vegetable casserole, sweet potato casserole or vegetable sides plan on $\frac{1}{2}$ cup or 4 ounces per serving for each vegetable.

Dressing or stuffing: $\frac{1}{2}$ to $\frac{3}{4}$ cups per person or 6 ounces.

Gravy: Plan to serve $\frac{1}{4}$ to $\frac{1}{3}$ cup of gravy per person.

Homemade Cranberry Relish: Plan 1 pound of cranberries per 5 to 6 individuals.

Rolls: Plan on 1 $\frac{1}{2}$ per individual. Be sure not to forget the **butter** for those delicious hot rolls. A $\frac{1}{2}$ pound of butter will serve 16 to 17 individuals.

Salads: For a garden salad, Jell-O salad and fruit salad plan on $\frac{1}{2}$ cup serving per person.

Rice or Macaroni: Macaroni and cheese, macaroni or rice dishes or sides plan on a $\frac{1}{2}$ cup serving per person.

Relish Tray: Take into consideration all of your items (veggies, pickles, olives, etc.) and plan 4 ounces per person as a serving from the relish tray.

Now that you have your shopping list and know the amounts of what you plan to purchase keep in mind always follow these four food safety guidelines: clean, separate, cook and chill for a stress-free holiday!

Enjoy your holiday making memories with family!