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### Tasty and Safe Cookbook

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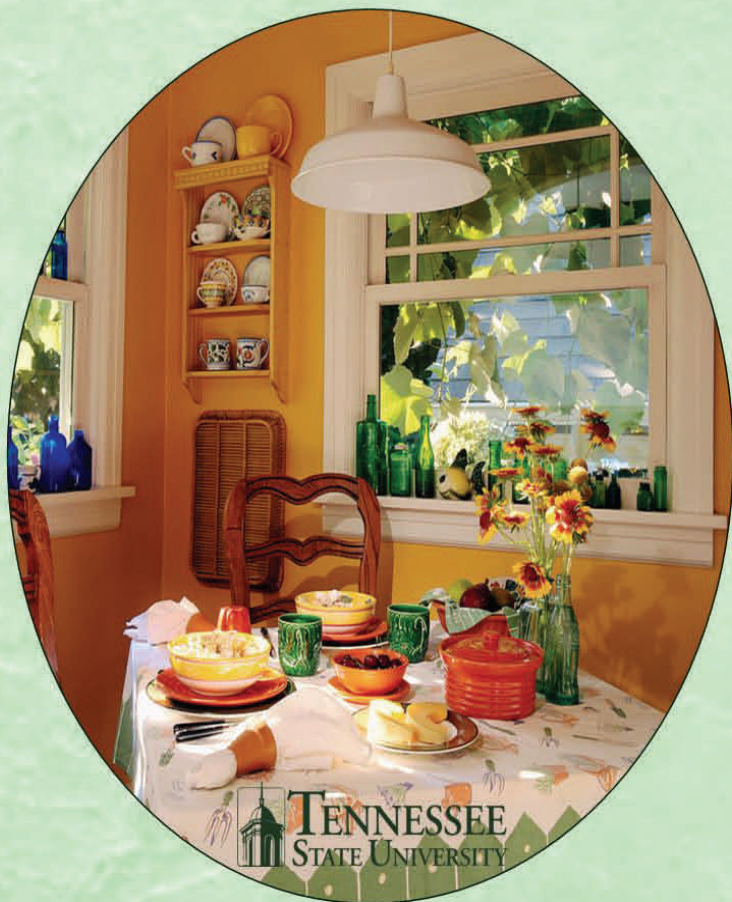
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# Tasty And Safe



A Combination That Makes  
The Perfect Meal.



# *Tasty And Safe*



*A Combination  
That Makes The  
Perfect Meal*

*A Collection of Recipes*

*Provided By:*

***Tennessee State University***

*College of Agriculture, Human and Natural Sciences*

*Department of Family and Consumer Sciences*

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Hi, I am C-LES and I am going to help guide you through the food safety information in this cookbook.

## *Acknowledgements*

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# *Tasty And Safe A Combination That Makes The Perfect Meal*

## *Introduction*

When glancing at the recipes in this cookbook you may think that this is just like every other cookbook you have ever seen, but once you start to prepare a recipe you will notice the differences. Researchers at Tennessee State University worked together to develop a cookbook that not only instructs you on how to cook a recipe but how to cook it safely.

- The cookbook is broken into the following sections.
  - Preparing Your Kitchen
  - Appetizers
  - Soups And Casseroles
  - Salads
  - Egg Dishes
  - Meat And Poultry
  - Side Dishes
  - Other Items



I think you should read Preparing Your Kitchen before you begin to cook any recipes. And be sure to read the information on the section dividers.



- The sections are separated by tabbed dividers that not only allow quick access to each section, but also contain food safety information.
- Each recipe contains:
  - Recipe title.
  - List of ingredients along with the amount of each ingredient needed to complete each recipe.
  - Recipe instructions.
  - Food safety information needed to complete each recipe. This information is included in the recipe instruction and is in a **bold typeface**.
  - Additional food safety notes related to the recipe.
  - Recipe source.



It is our hope that after reading and completing the recipes provided in this cookbook you will always use safe food practices to keep you and your loved ones healthy.



# Preparing Your Kitchen

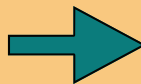
## Food Safety Begins In The Kitchen

Having a clean cooking environment is a major factor in preventing foodborne illness. Kitchens have more bacteria than any other room in the house. Therefore, everything in your kitchen needs to be kept clean.

- It is important to clean and sanitize any surface that comes into contact with food.
  - When you clean a surface you are removing any signs of food and dirt. Cleaning only helps to remove some of the bacteria and germs. You can use warm water and dish detergent for general cleaning. Be sure to rinse surfaces after cleaning.
  - The rest of the bacteria will be killed when you sanitize the surface. You can buy a kitchen sanitizer or make your own by using the recipe below.

### Sanitizing Solution Recipe

Mix 1 teaspoon of liquid chlorine bleach with 1 quart of plain water and place in a spray bottle.





- When cleaning your kitchen do not forget the following areas.
  - Kitchen handles
    - Including faucets, refrigerators, freezers, ovens, and cupboards.
  - Kitchen sinks and drains
    - Be sure to clean and sanitize before and after any foods are placed in them.

**A toothbrush works well for cleaning the drain. Just don't use it for brushing your teeth later.**



- Kitchen countertops
  - At least once a week, remove everything from the countertop. Clean and sanitize the empty countertop. Do not forget to clean all of the items that you took off the countertop before you put them back.
- Refrigerators
  - Once a week, take everything out of the refrigerator so it can be thoroughly cleaned.
  - Store the food in a cooler with ice packs while you are cleaning the refrigerator.

**Remember, everything that touches food must be clean, including you.**







## *Checklist For Fighting Bacteria In The Kitchen*

### *Cleaning And Cooking Tools*

- Broom and dust pan - use during and after cooking to sweep up any foods dropped on the floor. Be sure to throw any swept up foods into the garbage.
- Cooler - a safe place to store your refrigerated items while the refrigerator is being cleaned.



You can not clean me correctly if I am still holding your food.

- Dishcloths or sponges - use to wash dishes, wipe up spills, and clean the kitchen counter.



### **Sponges And Dishcloths Are Some Of The Dirtiest Things In The Kitchen!!**

Bacteria and germs can be spread easily when using a dirty sponge or dishcloth. Both should be cleaned after each use or thrown away.

To clean your sponge or dishcloth, wash in soapy water, rinse in clean water, then soak in a sanitizing solution (1 teaspoon of bleach mixed with 1 quart of water) for 1 minute. Remove from the solution and allow to air dry. You can also use your dishwasher to clean the sponge, and your washing machine to clean the dishcloth.





- Cutting boards - avoid cross contamination by having two different cutting boards. Use one for fresh produce and a separate one for raw meats, poultry, and seafood.
- Long-handled bottle brush - good for cleaning jars and bottles.
- Mop - use to clean the kitchen floors often.
- Paper towels - use to clean the kitchen along with dishcloths. Be sure to throw the paper towel away after each use.
- Refrigerator/freezer/appliance thermometer - use the thermometer so you will know the inside temperature of your refrigerator and freezer.



- Refrigerator temperature should be 40° F or below.
- Freezer temperature should be 0° F or below.



An **appliance thermometer** is such a great thing to have in your refrigerator and freezer.

- Cooking thermometer - check the internal temperature to be sure your food is cooked completely and safely.
- Trash can with a lid - when lined with a bag it is a sanitary way to throw away garbage and refrigerated leftovers.





- Toothbrush or other small brush - great for cleaning drains, sink edges, and other hard to reach areas.
- Vegetable brush - use to scrub vegetables and fruits with hard surfaces. After each use clean the brush with hot soapy water and run it through the dishwasher if it is dishwasher safe. Only use this brush to clean produce.

### *Chemical Cleaners*

- Unscented household bleach - use in preparing a sanitizing solution.



Remember, do not mix the household bleach with any other cleansers or detergents.

- Cleanser - use for cleaning sinks, countertops, pots, pans, and other kitchen surfaces. You can choose either powder or liquid.
- Dish detergent - use to clean dishes, utensils, pots, pans, countertops, and other kitchen items. Antimicrobial dish detergent is not necessary.
- Liquid hand soap - wash your hands for 20 seconds with warm water and liquid hand soap before, during, and after cooking and cleaning.





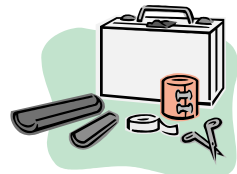
## *A Clean Cook Equals Tasty And Safe Food*

- The clothes that you wear should be close-fitting. This will prevent them from getting into the food or tangled on the pots and pans you are using.
- Be sure that your hands are free from any open sores that would allow bacteria to get into the food. If you do have sores on your hands you can use vinyl or latex gloves to prepare your meal.
- Washing your hands before, during, and after cooking is very important. Always wash your hands after:
  - Using the bathroom
  - Changing a diaper
  - Tending to a sick person
  - Smoking
  - Blowing your nose, coughing, or sneezing
  - Handling pets



### *An Additional Tip*

- It is a good idea to have a first aid kit handy in the kitchen in case an accident does happen. You should include:
  - Adhesive bandages (assorted sizes)
  - Adhesive cloth tape
  - Antibiotic ointment packets
  - Antiseptic wipe packets
  - Aspirin
  - Instant cold compress
  - Non-latex gloves
  - Hydrocortisone ointment packets
  - Scissors
  - Roller bandage
  - Sterile gauze pads (assorted sizes)



## *Potluck And Picnic Food Safety*

Potlucks and picnics are a fun and easy way to get large groups of people together to socialize over good food. Follow the tips provided below so everyone will have a safe and enjoyable time at the potluck or picnic.

- Before you begin your recipe, be sure to *Prepare Your Kitchen*.



It is also a good idea to read over the section dividers found in your *Tasty And Safe Cookbook*.

- The danger zone is the temperature range between 40°F and 140°F. When refrigerated or cooked foods are left in this temperature range, bacteria found in and on these foods will begin to grow rapidly. It is important to keep foods below 40°F or above 140°F whenever possible.

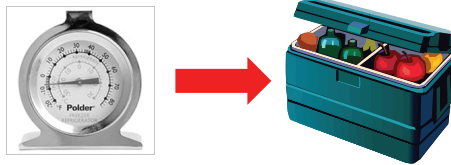


### **The 2 Hour Rule**



The 2 hour rule states that refrigerated or cooked foods left in the danger zone for longer than 2 hours when the air temperature is 40-80°F must be thrown into the trash. If the air temperature is above 90°F, the food must be thrown into the trash after 1 hour.

- The two hour rule also applies when transporting food to the potluck or picnic. Use an insulated bag to transport hot foods. Serve them as soon as you arrive or return them to an oven for reheating.
- Keep cold food cold by placing it in a cooler with ice or frozen gel packs. If a refrigerator is present, place the cold food in the refrigerator until it is time to serve. Keep an appliance thermometer in the cooler or refrigerator to make sure the temperature remains below 40°F.



- When serving cold food items, place the cold food dishes directly on ice, or in a shallow container set in a deep pan filled with ice. Use your food thermometer to check the temperature of your cold foods often, making sure they are below 40°F.
- When serving hot food items, use a heated chafing dish with a cover. Use your food thermometer to check the temperature of the hot foods often to be sure they are above 140°F.

Do not forget to bring clean serving utensils for your dish. Tongs work great for finger foods and appetizers.







## *Kitchen Safety For Your Grandchild/children*

When teaching your grandchild/children how to cook you need to prepare your kitchen correctly. Follow the recommendations below, so it will be a safe and enjoyable experience.

- *Prepare Your Kitchen* correctly.
  - Create a 3 foot kid free zone around the stove.
  - Hot foods and drink items should be kept away from the edge of countertops and tables.
  - Do not use a tablecloth or other table covering that can be grabbed by a child/children.



They can pull the tablecloth or covering off the table, bringing anything on the tabletop down on top of them.

- Do not let pot or pan handles stick out over the edge of the stove. Turn pot handles toward the back of the stove, and cook on back burners whenever possible.
- Have a kitchen first aid kit readily available.
- Consider installing child safety locks on your cabinet doors and drawers if your grandchild/children will be visiting you a lot.





- If you are going to teach your grandchild/children how to cook, consider these recommendations.
  - Read the recipe with your grandchild/children first and explain each step in the recipe.
  - Make sure that long hair is pulled back and the clothes are not loose fitting.
  - Gather all kitchen tools and ingredients before beginning the recipe.
  - Handle kitchen utensils properly. Do not assume that the child/children will know how to use the utensil.
  - Follow all the safety tips found in this cookbook.
  - Discuss fire safety and explain how the fire extinguisher works.
  - If the recipe does not turn out as you planned, do not get discouraged. Try the recipe again another day. Remember, they are just learning how to cook so make it fun.
  - Adult supervision in the kitchen is important. Never allow your grandchild/children to use a knife, oven, or microwave without adult supervision.

By teaching your grandchild/children how to cook they can learn important skills such as healthy choices, how to follow directions, and math.



# Appetizers

## Handling Your Food Safely

When you leave cooked foods or foods that require refrigeration at room temperature, bacteria may grow to dangerous levels. Bacteria grow rapidly between the temperatures of 40° F and 140° F. This range of temperatures is often called the “Danger Zone”.

Listed below are some helpful tips to keep you and your food safe, so you can enjoy the food and not the germs!

- The 2 hour rule states that perishable foods should not be left out at room temperature for longer than 2 hours. If they are left out longer than this, they should be thrown in the trash.
- If the room temperature is above 90° F, perishable foods must be thrown in the trash after 1 hour.



### HELPFUL HINT



Once you remove a product in the grocery store from refrigeration, the 2 hour clock starts ticking. It is a good idea to put your refrigerated items in the cart last, and make the grocery store your final stop before you head home.

- You may think that the 2 hour rule will be hard to follow, especially during parties and holiday dinners, but there are some simple actions that can be taken to keep your food safe.



- Cold foods need to remain at 40° F or below. Keep cold foods in the refrigerator until it is time to eat. If the cold food is intended for snacking, set out a smaller amount and restock when the food is running low.
- Hot foods need to remain at 140° F or above. Keep hot foods in the oven until it is time to eat. Set the oven to a temperature that will keep the foods internal temperature above 140° F. Warming trays, crock pots, slow cookers, and chafing dishes can also be used to keep your hot foods hot.



- If you are transporting food use a cooler with ice packs to keep cold foods cold. Hot foods can be transported in insulated carriers.



**Remember to keep your hot foods hot and your cold foods cold.**



## *Sausage-Stuffed Mushrooms*

1 1/2 pounds large button mushrooms  
1/2 pound of ground pork sausage  
1/4 cup fine dry bread crumbs  
1/2 cup shredded mozzarella cheese

1. Place mushrooms into a colander. **Run cold water over the mushrooms while rubbing each mushroom gently with your finger tips.** Once dry, remove the stems from mushrooms, chop, and set aside.
2. In a skillet cook the ground pork sausage, 8-10 minutes or until thoroughly cooked, stirring frequently. **Be sure to wash your hands after handling the raw pork sausage.**
3. Remove sausage from the skillet and drain leftover drippings into a bowl.
4. In a skillet add 2 tablespoons of leftover drippings. Cook mushroom stems on medium heat for 5 to 10 minutes, until tender and browned.
5. Remove from heat and stir in sausage, bread crumbs, and mozzarella cheese. Fill mushroom caps with the sausage mixture and place on a baking sheet.
6. Heat the oven to 450°F. **Insert the cooking thermometer into the center of the stuffing in a mushroom cap. Bake until the internal temperature reaches 160°F (about 15 minutes). Then it will be time to enjoy.**
7. **If you are not serving right away, set the oven to a temperature that will keep the mushrooms' internal temperature above 140°F.** Keep mushrooms in the oven until it is time to eat.



### *Additional Food Safety Notes Related To This Recipe*

- Always store raw sausage on the bottom shelf of the refrigerator, away from fresh produce, ready-to-eat foods, and cooked foods (leftovers). Place the sausage package on a pan or plate to catch any juices that may drip.
- Defrost frozen sausage on the bottom shelf of the refrigerator. Place the sausage on a plate or a pan to catch any juices that may drip. This method of defrosting usually takes 1 day.
- Wash hands correctly after handling raw sausage.
  - Moisten hands with warm water and apply soap.
  - Rub hands together for 20 seconds. Don't forget to use a soft brush to clean your nails and nail beds.
  - Rinse hands and dry with a clean towel.
- Keep food out of the "Danger Zone".
  - Raw sausage should not be out of the refrigerator for longer than 2 hours.
  - Warming trays or chafing dishes can be used to keep your mushrooms at a safe temperature.
  - It is best to put any leftovers into the refrigerator within 1 hour.
- When storing leftovers, divide into small portions and place into a clean, airtight storage container. Do not forget to label the container with the name and the date.
- When reheating leftover mushrooms be sure to use a cooking thermometer. Reheated mushrooms need to reach a temperature of 165°F.

#### Recipe Source

<http://southernfood.about.com/od/christmasfood/r/blxm76.htm>





## *Cajun Meatballs*

- |                                   |                         |
|-----------------------------------|-------------------------|
| 1 pound lean ground beef          | 1/4 cup milk            |
| 1 1/2 teaspoons hot pepper sauce  | 1 egg                   |
| 2 tablespoons Cajun seasoning     | 1/2 cup barbeque sauce  |
| 1 tablespoon Worcestershire sauce | 1/2 cup peach preserves |
| 1 tablespoon dried parsley        |                         |
| 1/2 onion                         |                         |
| 1/4 cup fresh bread crumbs        |                         |

1. Remove the outer skin of the onion. **Scrub with a vegetable brush while holding under cold running water.** Finely chop.
2. Break egg into a clean bowl and beat. **Be sure to wash your hands after handling the raw egg.**
3. In a large bowl, using a long handled wooden spoon stir in the ground beef, hot pepper sauce, Cajun seasoning, Worcestershire sauce, parsley, onion, bread crumbs, milk, and egg. Form the mixture into golf ball sized meatballs and place on a lightly greased baking sheet. **Be sure to wash your hands after forming the meatballs.**
4. Heat oven to 350°F. **Insert the cooking thermometer into the center of the largest meatball. When the internal temperature reaches 165°F (about 30 minutes) the meatballs are done.**
5. In a bowl, mix the barbeque sauce and peach preserves.
6. Place the meatballs in a serving dish and cover with the barbeque sauce mixture. Toss to coat.
7. If you are not serving right away, **set the oven to a temperature that will keep the meatballs internal temperature above 140°F.** Keep hot until it is time to eat.



### *Additional Food Safety Notes Related To This Recipe*

- Always store raw ground beef on the bottom shelf of the refrigerator, away from fresh produce, ready-to-eat foods, and cooked foods (leftovers). Place the ground beef package on a pan or plate to catch any juices that may drip.
- Defrost frozen ground beef on the bottom shelf of the refrigerator. Place the ground beef package on a plate or a pan to catch any juices that may drip. This method of defrosting usually takes 1 day.
- Wash hands correctly after beating egg and handling raw ground beef.
  - Moisten hands with warm water and apply soap.
  - Rub hands together for 20 seconds. Don't forget to use a soft brush to clean your nails and nail beds.
  - Rinse hands and dry with a clean towel.
- Keep food out of the "Danger Zone".
  - Raw ground beef should not be out of the refrigerator for longer than 2 hours.
  - Warming trays or chafing dishes can be used to keep your meatballs at a safe temperature.
  - You have 1 hour to put any leftovers into the refrigerator.
- When storing leftovers, divide into small portions and place into a clean, airtight storage container. Do not forget to label the container with the name and the date.
- When reheating leftover meatballs be sure to use a cooking thermometer to make sure the internal temperature of the meatballs reaches 165°F.

#### Recipe Source

<http://allrecipes.com/recipe/cajun-appetizer-meatballs/>



## *Apple Onion Sausage*

- 1 small onion
- 1 1/2 teaspoons butter
- 2 tablespoons apple jelly
- 2 tablespoons brown sugar
- 8 ounces miniature smoked sausage links
- 1 small apple
- 3/4 teaspoon cornstarch
- 1-1/2 teaspoons water

1. Remove the outer skin from the onion. **Scrub the onion with a vegetable brush while holding under cold running water. Chop the onion on your produce cutting board.** Place onion in bowl. **Wash cutting board in warm, soapy water. Hold apples under cold running water. Rub with both palms while turning continuously. Use a vegetable brush to scrub around the stem area.** Peel and core the apples. **Slice the apples on your produce cutting board.**
2. Heat butter over medium heat in a large nonstick sauté pan. Add the chopped onions. Cook onions until they are soft, about 5 minutes. Stir in apple jelly and brown sugar.
3. Remove wrapper from the sausage links and add to the sauté pan. **Wash hands using soap and warm water.** Cook, uncovered, over medium-low heat until sauce has thickened, stirring occasionally, about 15-20 minutes.
4. Add sliced apple to the pan. Cover and cook over medium-low heat until apples are tender, about 8-10 minutes.
5. Mix cornstarch and water in a small bowl until smooth. Stir mixture into sauté pan and bring to a boil. Cook and stir until thickened, about 1 minute. Serve warm.



### *Additional Food Safety Notes Related To This Recipe*

- When buying apples be sure that they have good color and are firm to the touch. Avoid those that are soft and have spots. Onions should be hard with dry papery skins. They should be free of green spots or green leathery areas.
- Before buying smoked sausage links be sure that there are no broken seals on the package or discoloration on any of the links. Check the expiration date or sell-by date.
- If purchased before the expiration date, an unopened package of sausage links has a recommended storage time of 2 weeks in the refrigerator. After 2 weeks the sausage should be thrown in the garbage. An opened package only has a recommended storage time of 1 week in the refrigerator. Be sure to wrap tightly after opening.
- Wash hands correctly after handling smoked sausage links. Even if they are considered ready-to-eat, it is important that you wash your hands after handling all meat products
  - Moisten hands with warm water and apply soap.
  - Rub hands together for 20 seconds. Don't forget to use a soft brush to clean your nails and nail beds.
  - Rinse hands and dry with a clean towel.
- Keep food out of the "Danger Zone".
  - Sausage should not be out of the refrigerator for longer than 2 hours.
  - Warming trays or chafing dishes can be used to keep your appetizer at a safe temperature.
  - Put any leftovers into the refrigerator within 1 hour of serving.

#### Recipe Source

<http://www.tasteofhome.com/Recipes/Apple-Onion-Sausage-Appetizers>



## *Tex-Mex Potato Skins*

- 3 large potatoes
- 4 strips of bacon
- 3/4 cup shredded pepper jack cheese
- 1 1/3 cups dried fried onions
- 1/4 cup green chilies
- 1 jar salsa
- 1 tub of sour cream

1. **Scrub the potatoes with a vegetable brush while holding under cold running water.** Preheat oven to 400°F. Bake the potatoes for 1 hour or until done. Remove from oven.
2. Lower the oven temperature to 350°F
3. Allow potatoes to cool, then split lengthwise. Scoop out the inside of potato halves, leaving 1/4 inch shells. Save the inside of the potatoes for another use. **Store them in a tightly sealed container on the top shelf of your refrigerator. Be sure to label and date the container.**
4. In a skillet, cook the bacon over medium-high heat until browned and crisp. **Be sure to wash your hands after handling the raw bacon.** After bacon is browned and crisp remove from the pan and set aside. Once the bacon has cooled crumble into small pieces.
5. **Remove stems and scrub the green chilies with a vegetable brush while holding under cold running water. Chop into small pieces on your produce cutting board.**
6. Arrange potato halves on a baking sheet. Top with cheese, 1/3 cup fried onions, chilies, and bacon.
7. Bake in 350°F oven until the cheese is melted, about 15 minutes.
8. Serve topped with salsa, sour cream, and remaining fried onions.



### *Additional Food Safety Notes Related To This Recipe*

- When buying potatoes in the grocery store, be sure that they are free of most blemishes and are firm to touch. Avoid those that are bruised, sprouting, shriveled, or green-tinged. Green chilies should have a firm exterior with a bright glossy skin.
- When buying bacon in the grocery store, be sure that there are no broken seals on the package or discoloration on the strips.
- Bacon has a recommended storage time of 7 days in the refrigerator. Be sure to store in a tightly sealed container after opening and label with the date opened. After 7 days the bacon should be thrown into the garbage.
- Wash hands correctly after handling bacon. Even if the bacon is ready-to-eat, it is important that you wash your hands after handling all meat products.
  - Moisten hands with warm water and apply soap.
  - Rub hands together for 20 seconds. Don't forget to use a soft brush to clean your nails and nail beds.
  - Rinse hands and dry with a clean towel.
- Keep food out of the “Danger Zone”.
  - Bacon should not be out of the refrigerator for longer than 2 hours.
  - Warming trays or chafing dishes can be used to keep your appetizer at a safe temperature.
  - Put any leftovers into the refrigerator within 1 hour.
- Scrub cutting boards after each use with warm soapy water.

#### Recipe Source

Tex-Mex Recipes, Publications International, LPD





## *Ham It Up Crescent Rolls*

- 1 (8 ounce) package of crescent roll dough
- 8 slices deli ham
- 4 teaspoons Dijon mustard
- 1 cup shredded swiss or cheddar cheese
- 2 tablespoons sesame seeds

1. **Clean and sanitize your kitchen work surface.** Unroll the crescent roll dough onto your kitchen work surface. Firmly press diagonal perforations to seal and separate into 4 long rectangles.
2. Place 2 deli ham slices on each of the rectangles. **Be sure to wash your hands after handling the ham.**
3. Spread 1 teaspoon of Dijon mustard on each rectangle and sprinkle with 1/4 cup of swiss or cheddar cheese .
4. Starting at the shortest side, roll up each rectangle, press and seal. Coat each roll with sesame seeds.



5. Cut each of the 4 rolls into 5 slices forming 20 slices. Place cut side down on an ungreased cookie sheet.
6. Preheat oven to 375°F. Bake the rolls in the preheated oven for 15-20 minutes. **After 15 minutes insert the cooking thermometer into the center of your largest roll. Continue baking until the internal temperature reaches 140°F and the crescent is golden brown.**
7. **If you are not serving right away, set the oven to a temperature that will keep the crescent rolls internal temperature above 140°F.** Keep the crescent rolls in the oven until it is time to eat.



### *Additional Food Safety Notes Related To This Recipe*

- Always start and finish with a clean work area by washing cutting boards, dishes, countertops, and cooking utensils with hot soapy water.
- Older adults, people with weakened immune systems, and people with chronic illnesses should not eat deli or luncheon meats cold without reheating until steaming hot.
- If purchased before the expiration date, an unopened package of deli or luncheon meat has a recommended storage time of 2 weeks in the refrigerator. After 2 weeks the deli or luncheon meat should be thrown into the garbage. An opened package only has a recommended storage time of 3-5 days in the refrigerator. Be sure you seal the package tightly after opening.
- When storing in the refrigerator, place deli or luncheon meats on a separate shelf or in a refrigerator bin away from raw meat, poultry, and seafood.
- Follow the 2 hour rule. The 2 hour rule states that refrigerated or cooked foods left in the danger zone for longer than 2 hours when the air temperature is 40-80°F must be thrown into the trash. If the air temperature is above 90°F, the food must be thrown into the trash after 1 hour.
- When storing leftovers, divide into small portions and place into a clean, airtight storage container. Do not forget to label the container with the name and date.

#### Recipe Source


<http://www.food.com/recipe/ham-it-up-crescent-rolls-86644#ixzz1zZUX1GiE>



## *Baked Brie Recipe*

- 1 large sheet of puff pastry dough
- 1 (8 ounce) package of pasteurized brie cheese
- 1/4 cup raspberry preserves or your favorite preserves
- 1/8 cup toasted almond slices

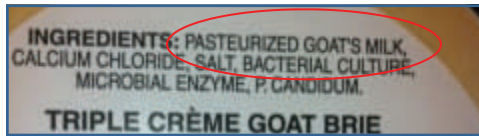
1. Lay out the puff pastry on a lightly greased cookie sheet.
2. Place brie round or wedge on top of the puff pastry sheet, leaving the rind on the brie.
3. Place the preserves on top of the cheese and add the almond slices on top of the raspberry preserves.
4. Bundle the puff pastry up and around the cheese, preserves, and sliced almonds.
5. Preheat oven to 425°F. Bake the brie pastry in the preheated oven for 20 minutes. **After 20 minutes insert a cooking thermometer into the center of the brie pastry. Continue baking until the internal temperature reaches 140°F and the puff pastry is golden brown.**
6. Serve warm with crackers and apple slices. **If you are not serving right away, set the oven to a temperature that will keep the brie pastry's internal temperature above 140°F.** Keep the brie pastry in the oven until it is time to eat.



It is important that you read the label of your brie cheese, making sure that it is pasteurized.

### *Additional Food Safety Notes Related To This Recipe*

- Always start and finish with a clean work area by washing cutting boards, dishes, countertops, and cooking utensils with hot soapy water.
- Read the label of all mold ripened, blue veined, or soft cheeses (such as Blue, feta, Camembert, Brie, or queso fresco cheeses) making sure they are made from pasteurized milk. If you cannot find pasteurized on the label, the cheese is not safe to eat.



- When shopping in the grocery store, pasteurized brie cheese and puff pastry dough should be the last items to go into your cart. Go straight home after leaving the grocery store. If you need more time, pack a cooler with ice packs in your car to keep your cold food cold.
- When storing in the refrigerator, place cheese on a separate shelf or in a refrigerator bin away from raw meat, poultry, and seafood.
- If the puff pastry dough is frozen the best way to defrost the dough is to leave it in the refrigerator overnight. Do not thaw the pastry on the kitchen counter or in the kitchen sink.

### Recipe Source

<http://www.rachaelrayshow.com/food/recipes/baked-brie/>



## *Spicy Banana Zucchini Balls*

- 1 1/2 zucchini
- 1 large banana
- 1 egg
- 2 teaspoons turmeric
- 3 tablespoons honey
- 1 teaspoon curry powder
- 2 teaspoons crushed chilli pepper
- 1/4 teaspoon baking soda
- 1/2 cup panko breadcrumbs
- 1/2 cup flour (or more if required)
- vegetable oil for frying

1. **Scrub the zucchini with a vegetable brush and gently rub the banana while holding under cold running water. Cut the ends off the zucchini on your produce cutting board.** Using a grater, coarsely grate the zucchini and squeeze dry. **Peel the banana and chop finely on your produce cutting board.**
2. Break the egg into a small clean bowl and beat. **Be sure to wash your hands after handling the raw egg.**
3. Place all ingredients into a large bowl and mix with a wooden spoon until a soft dough forms. Add more flour if needed.
4. In a large skillet, heat vegetable oil on medium heat to 350°F. Drop a teaspoonful of dough into the hot oil and fry until brown. Turn the zucchini ball to ensure an even browning. Make sure your oil is not too hot or your zucchini balls will get too brown.
5. Remove zucchini ball from skillet when browned and drain on a paper towel. Repeat with the rest of the dough.



### *Additional Food Safety Notes Related To This Recipe*

- Check your refrigerator thermometer, making sure that the refrigerator is not warmer than 40°F.
- When storing in the refrigerator, place fresh produce on separate shelves or in produce bins away from raw meats, poultry, and seafood.
- Clean and sanitize the cutting board before and after each use. It is a good idea to have two separate cutting boards in the kitchen. One can be used for raw meats, poultry, and seafood while the other is used for fresh produce and breads.
- Wash hands correctly
  - Moisten hands with warm water and apply soap.
  - Rub hands together for 20 seconds. Don't forget to use a soft brush to clean your nails and nail beds.
  - Rinse hands and dry with a clean towel.
- Follow the 2 hour rule. The 2 hour rule states that refrigerated or cooked foods left in the danger zone for longer than 2 hours when the air temperature is 40-80°F must be thrown into the trash. If the air temperature is above 90°F, the food must be thrown into the trash after 1 hour.
- When storing leftovers, divide into small portions and place into a clean, airtight storage container. Do not forget to label the container with the name and date.

#### Recipe Source

<http://www.cafenilson.com/2009/07/royal-foodie-joust-spicy-banana-zucchini-balls/>



## *Spinach, Bacon, and Onion Dip*

- 2 packages (10 ounces each) frozen spinach
- 1 medium onion
- 4 slices bacon
- 1/8 teaspoon salt
- 1/8 teaspoon ground pepper
- 1 teaspoon all-purpose flour
- 1 cup whole milk
- 1/2 cup sour cream
- 1 bar (8 ounces) cream cheese
- 1/2 cup grated Parmesan

1. **Defrost spinach on the top or middle shelf of your refrigerator; away from any raw meat, poultry, or seafood.** This method of defrosting usually takes 1 day. Squeeze dry the defrosted spinach and place in a bowl to the side.
2. Remove the skin from the onion. **Scrub the onion with a vegetable brush while holding under cold running water. Dice the onion on your produce cutting board.**
3. **Thinly slice bacon crosswise on your clean meat cutting board.** Cook bacon in a medium sauce pan over medium heat, stirring occasionally, until browned and crisp (about 10 minutes). Remove browned bacon from the pan and drain on a paper towel. **Be sure to wash your hands after handling the raw bacon.**
4. Discard all but 1 tablespoon of bacon fat from the pan. Add diced onion to the sauce pan and season with the salt and pepper. Cook over medium heat, stirring occasionally, until tender (about 8 minutes).
5. Add flour to the sauce pan and cook for 30 seconds. Add spinach, milk, sour cream, and cream cheese to the sauce pan.



6. Cook over medium heat while stirring until the cream cheese has melted (about 2 minutes). Remove sauce pan from heat and stir in bacon and  $\frac{1}{4}$  cup of Parmesan cheese.
7. Transfer mixture to a  $1\frac{1}{2}$  quart baking dish and top with  $\frac{1}{4}$  cup Parmesan cheese.
8. Heat oven to 350°F. Bake the spinach dip until bubbling (about 14 minutes). Change the oven setting to broil, and broil until the top browns.
9. Let sit 5 minutes. Serve dip warm with your favorite crackers or chips.

### *Additional Food Safety Notes Related To This Recipe*

- Always start and finish with a clean work area by wash cutting boards, dishes, countertops, and cooking utensils with hot soapy water.
- Always store raw bacon on the bottom shelf of the refrigerator. Place the raw bacon package on a pan or a plate to catch any juices that may drip.
- Clean and sanitize the cutting board before and after each use. It is a good idea to have two separate cutting boards in the kitchen. One can be used for raw meats, poultry, and seafood while the other is used for fresh produce and breads.
- Wash hands correctly after handling raw bacon.
  - Moisten hands with warm water and apply soap.
  - Rub hands together for 20 seconds. Don't forget to use a soft brush to clean your nails and nail beds.
  - Rinse hands and dry with a clean towel.

### Recipe Source

<http://www.marthastewart.com/329037/spinach-bacon-and-onion-dip>



# Soups And Casseroles

## Store Leftovers Properly

Hot foods need to be kept at 140° F or above and cold foods need to be kept at 40° F or below. When foods are not kept at the proper temperatures bacteria will begin to grow, which could lead to a foodborne illness. Follow the rules listed below to prevent bacteria from growing.

- Hot foods need to reach 40° F within 2 hours of being removed from the heat source (stove, oven, microwave oven, etc.). Any perishable food, including cut produce, left at room temperature for more than 2 hours needs to be thrown in the garbage.



**Remember,  
the clock is ticking.**

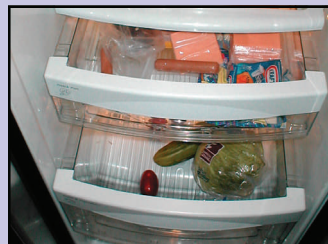
- Place all of your leftovers in a clean, preferably airtight storage container or resealable food storage bag.
- Be sure to divide large amounts of leftover foods into smaller portions so they will cool more quickly. Shallow containers no more than 4 inches deep work the best.

- If you are going to use plastic wrap to cover your leftovers, be sure to wrap tightly so there is a good seal.
- It is important to label your leftovers with the name and date they were opened or prepared. Just don't forget to check the date frequently, throwing the old leftovers into the garbage. (See storage chart in the Other Items section.)
- Leftovers from a restaurant also need to reach a temperature of 40°F within 2 hours. It is not a good idea to run errands or go to a movie before returning home if there are leftovers in the car.



### What NOT To Do When Storing Leftovers

- Metal pots/pans used to cook food do not make good containers for storing leftovers.
- Placing a paper towel or a loose piece of aluminum foil over a plate of leftovers does not count as covering leftovers.
- Do not leave the serving spoon in the storage container.
- Do not rely on your sense of smell, touch, or taste to determine if a leftover is still safe to eat.





## *Potato Soup*

6 medium potatoes  
1/4 cup butter  
1/2 cup flour  
6 cups milk  
2 teaspoons chicken bouillon  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1/4 pound cheddar cheese

1. **Scrub the potatoes with a vegetable brush while holding under cold running water.** Once clean, peel and cube the potatoes.
2. In a large pot, boil potatoes until they can be pierced with a fork. Remove from heat and drain the excess water. Mash potatoes until they reach a lumpy consistency.
3. In a separate pan melt the butter. Add flour and cook over low heat while stirring. After a minute, add half the milk (3 cups) and stir until the lumps are out of the flour mixture.
4. Add the remaining milk (3 cups) and turn up the heat to medium high. Heat to a boil while stirring continuously.
5. After boiling turn the heat off and add the remaining ingredients including the mashed potatoes and stir.
6. **If you are not serving right away, set the stove temperature to a low setting that will keep the temperature of the soup above 140°F.**



### *Additional Food Safety Notes Related To This Recipe*

- When storing in the refrigerator, place fresh produce on separate shelves or in produce bins away from raw meats, poultry, and seafood.
- Clean and sanitize the cutting board before and after each use. It is a good idea to have two separate cutting boards in the kitchen. One should be used for raw meats, poultry, and seafood while the other should be used for fresh produce and breads.
- Be sure to clean and sanitize the sink before you wash your produce.
- Wash hands correctly
  - Moisten hands with warm water and apply soap.
  - Rub hands together for 20 seconds. Don't forget to use a soft brush to clean your nails and nail beds.
  - Rinse hands and dry with a clean towel.
- Keep food out of the "Danger Zone".
  - Crock pots and slow cookers can be used to keep your soup at a safe temperature.
  - You have 1 hour to put any leftovers into the refrigerator.
- When storing leftovers, divide into small portions and place into a clean, airtight, shallow storage container. Do not forget to label the container with the name and the date, and store in a refrigerator that is 40°F. or below.
- When reheating leftover soup, use a cooking thermometer. Reheated soup needs to reach a temperature of 165°F.

#### Recipe Source

<http://www.food.com/recipe/potato-soup-3596>



## *Roasted Tomato Basil Soup*

- 3 pounds plum tomatoes
- 1/4 cup olive oil plus 2 tablespoons
- 1 tablespoon salt
- 1 1/2 teaspoons black pepper
- 2 yellow onions
- 6 garlic cloves
- 2 tablespoons unsalted butter
- 1/4 teaspoon crushed red pepper flakes
- 1 (28 ounce) canned plum tomatoes, with their juice
- 4 cups fresh basil leaves
- 1 teaspoon thyme
- 1 quart chicken stock

1. **Hold tomatoes under running water in both palms and rub, turning continuously. Once clean, wipe dry with a clean paper towel.** Preheat oven to 400°F. In a bowl, toss the tomatoes, 1/4 cup of olive oil, salt and pepper. Place mixture on a baking sheet and roast for 45 minutes.
2. Remove the outer skin from the onion and garlic. **Scrub with a vegetable brush while holding under cold running water.** Chop the onion and mince the garlic.
3. Place a large stock pot over medium heat. Add the onions, garlic, red pepper flakes, the remaining 2 tablespoons of olive oil, and the butter. Sauté for 10 minutes.
4. Add the canned tomatoes, basil, thyme, chicken stock, and oven roasted tomatoes (including the liquid on the baking sheet).
5. Bring to a boil. Lower heat and simmer uncovered for 40 minutes.



6. Pass tomato soup through a food mill with the coarsest blade.
7. **If you are not serving right away, place the soup back into the pot and keep the soup hot (above 140°F.) until ready to serve. Use a thermometer to check the temperature before serving.**

### *Additional Food Safety Notes Related To This Recipe*

- When storing in the refrigerator, place fresh produce on separate shelves or in produce bins away from raw meats, poultry, and seafood.
- Clean and sanitize the cutting board before and after each use.
- Wash hands correctly
  - Moisten hands with warm water and apply soap.
  - Rub hands together for 20 seconds. Don't forget to use a soft brush to clean your nails and nail beds.
  - Rinse hands and dry with a clean towel.
- Keep food out of the "Danger Zone".
  - Crock pots and slow cookers can be used to keep your soup at a safe temperature.
  - You have 1 hour to put any leftovers into the refrigerator.
- When storing leftovers, divide into small portions and place into a clean, airtight, shallow storage container. Do not forget to label the container with the name and the date.
- When reheating leftover soup, use a cooking thermometer. Reheated soup needs to reach a temperature of 165°F.

### Recipe Source

<http://www.foodnetwork.com/recipes/ina-garten/roasted-tomato-basil-soup-recipe/index.html>



## *Cheesy Squash Casserole*

- 6 medium yellow summer squash
- 1 large Vidalia onion
- 1 tablespoon vegetable oil
- 1 tablespoon butter
- 1/2 cup grated Parmesan cheese
- 1 cup shredded sharp Cheddar cheese
- 1/2 cup sour cream
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 sleeve saltine crackers, crushed

1. Remove the outer skin from the onion. **Scrub the onion and squash with a vegetable brush while holding under cold running water. Slice the onion and squash on your produce cutting board.**
2. Heat oil over medium heat in a large skillet. Add the squash, onion, and butter to the skillet. Cook onions and squash until they are soft, about 5 minutes. Transfer to a bowl and stir in Parmesan cheese, Cheddar cheese, sour cream, salt, and pepper.
3. Place mixture into a greased casserole dish and sprinkle the cracker crumbs evenly over the top.
4. Preheat the oven to 350°F. Place the casserole dish on the center rack in the preheated oven and bake until the top is golden and bubbly, about 20 minutes.





### *Additional Food Safety Notes Related To This Recipe*

- When buying squash in the grocery store, be sure that they are bright in color with a smooth glossy skin. Avoid those that are soft and have spots. Onions should be hard with dry papery skins. They should be free of green spots or green leathery areas.
- When buying cheese in the grocery store, be sure that the package has no broken seals and there is no discoloration or mold found on the cheese.
- Be sure to read the expiration date found on the cheese and sour cream packages before each use. Do not use the cheese or sour cream if it is past the expiration date. The expired product should be thrown into the garbage.
- When storing in the refrigerator, place fresh produce on separate shelves or in produce bins away from raw meats, poultry, and seafood.
- Be sure to clean and sanitize the sink before you wash your produce. Use a clean small brush to scrub around and in the drain to get rid of dirt and grime. A toothbrush works well for cleaning your drain (just do not use the tooth brush to brush your teeth afterwards).




- Clean and sanitize the cutting board before and after each use. It is a good idea to have two separate cutting boards in the kitchen. One should be used for raw meats, poultry, and seafood while the other should be used for fresh produce and breads.

#### Recipe Source

<http://www.foodnetwork.com/recipes/paula-deen/cheesy-squash-casserole-recipe/index.html>





## *Sloppy Joe and Macaroni Casserole*

3 to 4 cloves garlic  
1 red bell pepper  
1 onion  
3 tablespoons dark brown sugar  
3 tablespoons red wine vinegar  
3 tablespoons Worcestershire sauce  
One 15-ounce can tomato sauce  
12 ounces elbow macaroni with ridges  
2 tablespoons olive oil  
1 1/2 pounds ground beef (80-to-85-percent lean)  
1/4 teaspoon salt  
1/4 teaspoon pepper  
1 cup beef broth  
2 cups shredded yellow Cheddar cheese

1. Remove the outer skin of garlic and onion. **Scrub the garlic, onion, and bell pepper with a vegetable brush while holding under cold running water.** Remove the stem and seeds from the bell pepper. **Finely chop the garlic, onion and bell pepper on your produce cutting board.**
2. Combine the brown sugar, vinegar, Worcestershire sauce and tomato sauce in a small bowl and set to the side.
3. Bring a large pot of water to a boil. Add the macaroni and cook until not quite tender, about 5 minutes. Drain and place noodles to the side.
4. Heat oil over medium heat in a large skillet. Remove wrapper from the ground beef and add to the skillet. **Wash hands using soap and warm water.** Season beef with salt and pepper and cook until browned.

5. Add the garlic, bell peppers, and onions to the skillet and cook for 5 minutes, stirring occasionally.
6. Pour the tomato mixture over the beef and add the beef broth. Stir until well mixed. Simmer until sauce thickens, about 5 to 10 minutes. Remove from heat. Add the cooked noodles to the skillet and stir. Pour the mixture into a large casserole dish and top with the cheese
7. Preheat the oven to 400°F. Bake casserole in the preheated oven for 20 minutes. **After 20 minutes, insert a cooking thermometer into the center of the casserole. Continue baking until the internal temperature reaches 160°F.**

### *Additional Food Safety Notes Related To This Recipe*

- Be sure to store the ground beef on a plate on the bottom shelf of the refrigerator. Check the refrigerator temperature to be sure it is between 35 and 40 degrees F.
- Canned tomatoes should be stored in a cool dry place. If there are any signs that the can is dented, leaking, swollen, or rusted, it should be thrown into the garbage.
- Wash the can's lid with a damp cloth before opening. After opening the can, wash the can opener with soap and warm water.
- When buying cheese in the grocery store, be sure that the package has no broken seals and there is no discoloration or mold found on the cheese.
- Be sure to read the expiration date found on the cheese package before each use. Do not use the cheese if it is past the expiration date. The expired product should be thrown into the garbage.

### Recipe Source

<http://www.foodnetwork.com/recipes/rachael-ray/sloppy-joe-and-macaroni-casserole-recipe/index.html>



## *Jambalaya Casserole*

1/2 large yellow onion  
2 garlic cloves  
1/2 large green pepper  
1/2 rib of celery  
1 tomato  
1/4 cup butter  
1/2 pound fully cooked smoked sausage  
1 1/2 cups chicken broth  
1 cup uncooked long grain rice  
1 green onion  
1 tablespoon parsley  
1-1/2 teaspoons Worcestershire sauce  
1-1/2 teaspoons hot pepper sauce  
1-1/2 teaspoons browning sauce  
1/2 teaspoon salt  
1/2 teaspoon pepper

1. Remove the outer skin from the onion and garlic. **Scrub onion, green pepper, celery, garlic, and tomato with a vegetable brush while holding under cold running water. Hold the green onion under cold running water while rubbing with tip of fingers.** Chop onion, green pepper, celery, tomatoes and green onions on your produce cutting board. Mince garlic in a food processor.
2. Heat butter over medium heat in a large skillet. Add the onions, green peppers, celery and garlic to the skillet and sauté until crisp-tender. Transfer to a very large bowl and stir in the remaining ingredients.
3. Place mixture into a greased casserole dish and tightly cover with aluminum foil.


4. Preheat the oven to 375°F. Place the casserole dish on the center rack of the preheated oven and bake for 40 minutes. Stir the casserole twice during the 40 minute cooking process. **After 40 minutes, insert the cooking thermometer into the center of the casserole. Continue baking until the internal temperature reaches 145°F and the rice is tender.**

### *Additional Food Safety Notes Related To This Recipe*

- When shopping in the grocery store, smoked sausage and fresh produce should be the last items to go into your cart. Go straight home after leaving the grocery store. If you need more time, pack a cooler with ice packs in your car to keep your cold food cold.
- If purchased before the expiration date, an unopened package of fully cooked smoked sausage has a recommended storage time of 2 weeks in the refrigerator. After 2 weeks the fully cooked smoked sausage should be thrown in the garbage. An opened package only has a recommended storage time of 1 week in the refrigerator. Be sure you seal the package tightly after opening.
- Older adults, people with weakened immune systems, and people with chronic illnesses should not eat fully cooked smoked sausage cold. It should be reheated until steaming hot.
- When storing leftovers, divide into small portions and place into a clean, airtight storage container. Do not forget to label the container with the name and date.

### Recipe Source

<http://allrecipes.com/recipe/jambalaya-casserole/detail.aspx>



## *Chorizo And White Bean Soup*

2 cups dry white beans  
1 small onion  
1 large carrot  
1 large celery rib  
8 ounces chorizo sausage  
2 1/2 cups water  
4 14-ounce cans chicken broth, low sodium  
1 14.5 ounce can diced tomatoes  
6 stems fresh parsley  
1/2 teaspoon salt  
1/2 teaspoon black pepper  
1 package of pasteurized queso fresco cheese  
6 stems cilantro

1. Place the dry beans in a large pot and cover with water (3 inches above beans). Place in the refrigerator and soak overnight or up to 24 hours. Drain and rinse thoroughly in a colander before using.
2. Remove the outer skin from the onion. **Scrub the onion, carrot, and celery with a vegetable brush while holding under cold running water. Dice the onion, carrot, and celery on your produce cutting board. Place the parsley and cilantro into a colander. Run cold water over them while rubbing gently with your finger tips. Mince the parsley and cilantro on your produce cutting board.**
3. **On your meat cutting board, use a knife to remove the sausage casing (skin) from the chorizo sausage. Add the chorizo to a large pot. Be sure to wash your hands after handling the chorizo sausage.**
4. Heat the chorizo in the large pot over medium heat, breaking it up into little pieces.

5. Push the chorizo to one side of the pot and add the onion, carrot, and celery. Cook until the onion is translucent but not browned.
6. Add 1 cup of the water, chicken broth, diced tomatoes with their juice, parsley and the drained white beans. Bring to a boil, lower heat and simmer (barely boiling) for 1 hour, uncovered. Stir occasionally. Skim off any froth that accumulates on the surface.
7. Add 1½ cups water, bring back to a simmer and cook for 1 more hour, until the beans are soft. Continue to stir occasionally.
8. If the beans are not soft, add ½ cup more water and cook for an additional 15 minutes.
9. When the beans are done to your satisfaction, adjust the level of liquid and add up to ½ cup more water. Add the salt and pepper.
10. To serve, ladle soup into warm soup bowls and top with pasteurized queso fresco cheese and cilantro.

### *Additional Food Safety Notes Related To This Recipe*

- Read the label of all mold ripened, blue veined, or soft cheeses (such as Blue, feta, Camembert, Brie, or queso fresco cheeses) making sure they are made from pasteurized milk. If you cannot find pasteurized on the label, the cheese is not safe to eat.
- Older adults, people with weakened immune systems, and people with chronic illnesses should not eat chorizo sausage without thoroughly cooking it first.

### Recipe Source

<http://cookandbemerry.com/chorizo-white-bean-soup-with-queso-fresco/>



## *Italian Sausage Soup*

2 garlic cloves  
2 yellow onions  
3 medium carrots  
1 stalk celery  
2 tablespoons olive oil  
1 pound ground Italian sausage  
1 teaspoon dried basil  
1 teaspoon dried rosemary  
1/4 teaspoon dried crushed red pepper  
1/4 teaspoon dried sage  
1 (14.5 ounce) can canned diced tomatoes  
1 (16 ounce) can kidney beans  
5 cups chicken broth  
1 cup uncooked pasta shells

1. Remove the outer skin from the garlic and onion. **Scrub the garlic, onions, carrots, and celery with a vegetable brush while holding under cold running water. Chop the garlic, onions, and celery on your produce cutting board. Slice the carrots on your produce cutting board.**
2. In a large pot, heat the oil over medium high heat. Add the sausage and cook 8-10 minutes or until thoroughly cooked, stirring frequently. **Be sure to wash your hands after handling the raw pork sausage.**
3. Stir in the onions, carrots, celery, garlic, basil, rosemary, red pepper, and sage to the pot and continue cooking for 10 minutes, stirring occasionally.
4. Mix in tomatoes, and cook until heated through. Open and drain the can of kidney beans. Stir in the beans and broth and bring to a boil.

5. Reduce heat to low, and simmer 20 minutes. Stir pasta into soup, and continue cooking 10 minutes, or until pasta is al dente.

### *Additional Food Safety Notes Related To This Recipe*

- When storing in the refrigerator, place fresh produce on separate shelves or in produce bins away from raw meats, poultry, and seafood.
- You should clean your refrigerator thoroughly once a week. Take everything out and place it in coolers with ice packs. Clean refrigerator surfaces with warm soapy water. Rinse with clean water. Allow to air dry or dry with paper towels. Wipe off containers before putting them back into the refrigerator. This is also a good time to throw out old leftovers or outdated food items.
- Keep food out of the “Danger Zone”.
  - Crock pots and slow cookers can be used to keep your soup at a safe temperature.
  - You have 1 hour to put any leftovers into the refrigerator.
- When storing leftovers, divide into small portions and place into a clean, airtight, shallow storage container. Do not forget to label the container with the name and the date, and store in a refrigerator that is 40°F or below.
- When reheating leftover soup, use a cooking thermometer. Reheated soup needs to reach a temperature of 165°F.

### Recipe Source

[http://allrecipes.com/recipe/italian-sausage-soup-ii/detail.aspx?event8=1&prop24=SR\\_Title&e11=italian%20garlic%20chicken&e8=Quick%20Search&event10=1&e7=Recipe%20Search%20Results](http://allrecipes.com/recipe/italian-sausage-soup-ii/detail.aspx?event8=1&prop24=SR_Title&e11=italian%20garlic%20chicken&e8=Quick%20Search&event10=1&e7=Recipe%20Search%20Results)





## *Sweet Potato Soup*

- 2 sweet potatoes
- 1 tablespoon unsalted butter
- 1 tablespoon flour
- 1 1/2 cups chicken broth (or vegetable broth)
- 1 tablespoon light brown sugar
- 1/4 teaspoon ground ginger
- 1/8 teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg
- 1 cup milk
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

1. **Scrub sweet potatoes with a vegetable brush while holding under cold running water.** Once clean, peel and cube the potatoes.
2. In a large pot, boil potatoes until they can be pierced with a fork. Remove from heat and drain the excess water.
3. Melt the butter over medium low heat in a large pot. Add flour and stir constantly until the roux achieves a light caramel color. Add the chicken broth and brown sugar to the pot. Bring to a boil, then lower to a simmer.
4. Stir in the cooked sweet potatoes, ginger, cinnamon, and nutmeg. Bring to a simmer again and cook for 5 minutes. Remove pot from the heat and using a blender, puree the soup in small batches. After all the soup has been pureed return to the pot.
5. Add milk, salt, and pepper. **Reheat the soup to steaming and enjoy!**



### *Additional Food Safety Notes Related To This Recipe*

- When storing in the refrigerator, place fresh produce on separate shelves or in produce bins away from raw meats, poultry, and seafood.
- Clean and sanitize the cutting board before and after each use. It is a good idea to have two separate cutting boards in the kitchen. One should be used for raw meats, poultry, and seafood while the other should be used for fresh produce and breads.
- Be sure to clean and sanitize the sink before you wash your produce.
- Wash hands correctly
  - Moisten hands with warm water and apply soap.
  - Rub hands together for 20 seconds. Don't forget to use a soft brush to clean your nails and nail beds.
  - Rinse hands and dry with a clean towel.
- Keep food out of the "Danger Zone".
  - Crock pots and slow cookers can be used to keep your soup at a safe temperature.
  - You have 1 hour to put any leftovers into the refrigerator.
- When storing leftovers, divide into small portions and place into a clean, airtight, shallow storage container. Do not forget to label the container with the name and the date, and store in a refrigerator that is 40°F or below.
- When reheating leftover soup, use a cooking thermometer. Reheated soup needs to reach a temperature of 165°F.

#### Recipe Source

[http://www.recipe4living.com/recipes/easy\\_sweet\\_potato\\_soup\\_recipe.htm](http://www.recipe4living.com/recipes/easy_sweet_potato_soup_recipe.htm)

# Salads

## Washing Fruits And Vegetables

Fresh fruits and vegetables are rich in vitamins and minerals, which make them essential for good health. Before consuming any fresh fruits or vegetables, it is important that you correctly wash any harmful bacteria off the surface.

- **Apples, Peaches And Other Fruits With Soft Outer Skins:**

- Hold produce under running water in both palms and rub, turning continuously.
- Scrub around stem area of apple with a small brush.
- Wipe dry with a clean paper towel and enjoy.



- **Strawberries, Grapes And Other Bite Sized Fruits And Vegetables:**

- Place fruits in a colander. Run cold water over the produce while rubbing each fruit gently with the fingertips.
- Drain in the colander and enjoy.



**Be sure to clean your sink before washing your fresh produce.**

- **Lettuce, Spinach, Cabbage And Other Leafy Vegetables:**
  - Remove and discard outer layers.
  - Separate and hold individual leaves under cold running water while rubbing with tip of fingers.
  - Repeat this process until water is clean of particles.
  - Shake produce to drain. If you wish to dry it, be sure to use a clean paper towel.
- **Oranges, Melons, Cantaloupes And Other Fruits With Tough Outer Skins And Rinds:**
  - Hold produce under cold running water if possible. Scrub lightly with a vegetable brush while turning continuously.
  - Cut with a clean knife or peel with clean hands.
- **Potatoes, Carrots, Turnips And Other Firm Vegetables:**
  - Scrub produce with a vegetable brush while holding under cold running water. Be sure to turn while brushing.
  - Wipe with a clean paper towel and peel or cut as desired with a clean knife.





## *Cranberry Spinach Salad*

- 1 1/2 teaspoons butter
- 1/4 cup slivered almonds
- 1/2 pound fresh spinach
- 1/2 cup dried cranberries
- 1 tablespoon toasted sesame seeds
- 1 1/2 teaspoons poppy seeds
- 1/4 cup white sugar
- 1 teaspoon onion powder
- 1/8 teaspoon paprika
- 2 tablespoons white wine vinegar
- 2 tablespoons cider vinegar
- 1/4 cup vegetable oil

1. In a medium saucepan, melt butter over medium heat. Add slivered almonds and stir until lightly toasted. Let toasted almonds cool.
2. **Separate and hold individual spinach leaves under cold running water while rubbing with tip of fingers. Once clean, dry spinach leaves using a clean paper towel.** In a large bowl combine spinach, dried cranberries, and toasted almonds.
3. In a medium bowl, whisk together the sesame seeds, poppy seeds, sugar, onion, paprika, white wine vinegar, cider vinegar, and vegetable oil.
4. Toss with spinach before serving.
5. **If you are not going to serve right away, cover the bowls with plastic wrap and place on the top shelf of the refrigerator.**



### *Additional Food Safety Notes Related To This Recipe*

- When storing in the refrigerator, place fresh produce on separate shelves or in produce bins away from raw meats, poultry, and seafood. Be sure the refrigerator is 40oF. or below.
- Clean and sanitize the cutting board before and after each use. It is a good idea to have two separate cutting boards in the kitchen. One can be used for raw meats, poultry, and seafood while the other is used for fresh produce and breads.
- Be sure to clean and sanitize sink before you wash your produce.
- Wash hands correctly
  - Moisten hands with warm water and apply soap.
  - Rub hands together for 20 seconds. Don't forget to use a soft brush to clean your nails and nail beds.
  - Rinse hands and dry with a clean towel.
- Keep food out of the “Danger Zone”.
  - Fresh produce should not be out of the refrigerator for longer than 2 hours.
  - You have 1 hour to put any leftovers into the refrigerator.
- When storing leftovers, divide into small portions and place into a clean, airtight storage container. Do not forget to label the container with the name and the date. Store in the refrigerator no more than 3 days.

#### Recipe Source

<http://www.ireallylikefood.com/759996485/cranberry-almond-spinach-salad/>





## *Grępk Salad*

1 cucumber	2 cloves garlic
1 red bell pepper	1 teaspoon dried oregano
1 yellow bell pepper	1/2 cup Dijon mustard
1/2 red onion	1/4 cup red wine vinegar
1 pint cherry tomatoes	1 teaspoon salt
1/2 pound feta cheese	1/2 teaspoon black pepper
1/2 cup pitted calamata olives	1/2 cup olive oil

1. Peel the red onion. **Hold cucumber, bell peppers, and red onion under running water. Rub with both palms while turning continuously. Once clean, wipe dry with a clean paper towel.** Slice the cucumber and red onion. Dice the bell peppers.
2. Place tomatoes into a colander. **Run cold water over them while rubbing each tomato gently with your finger tips.** Once clean, cut each tomato in half.
3. In a large bowl combine the cucumber, bell peppers, red onion, and tomatoes.
4. Remove skin from garlic. Scrub with a vegetable brush while holding under cold running water. Mince.
5. In a medium bowl, whisk together the garlic, oregano, mustard, vinegar, salt and pepper. Still whisking, slowly add the olive oil to make an emulsion.
6. Pour the vinaigrette over the vegetables. Add feta and olives, then toss the salad lightly. Cover with plastic wrap and place in the refrigerator for 30 minutes, allowing for the flavors to blend.



### *Additional Food Safety Notes Related To This Recipe*

- When storing in the refrigerator, place fresh produce on separate shelves or in produce bins away from raw meats, poultry, and seafood.
- Clean and sanitize the cutting board before and after each use. It is a good idea to have two separate cutting boards in the kitchen. One can be used for raw meats, poultry, and seafood while the other is used for fresh produce and breads.
- Be sure to clean and sanitize the sink before you wash your produce.
- Wash hands correctly
  - Moisten hands with warm water and apply soap.
  - Rub hands together for 20 seconds. Don't forget to use a soft brush to clean your nails and nail beds.
  - Rinse hands and dry with a clean towel.
- Keep food out of the "Danger Zone".
  - Fresh produce should not be out of the refrigerator for longer than 2 hours.
  - You have 1 hour to put any leftovers into the refrigerator.
- When storing leftovers, divide into small portions and place into clean, airtight storage containers. Do not forget to label the container with the name and the date. Store in a refrigerator that is no hotter than 40°F.

#### Recipe Source

<http://www.foodnetwork.com/recipes/ina-garten/greek-salad-recipe/index.html>





## *German Potato Salad*

- 3 medium potatoes
- 4 slices bacon
- 1 small onion
- 1/4 cup white vinegar
- 2 tablespoons water
- 3 tablespoons white sugar
- 1 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1 tablespoon parsley

1. **Scrub the potatoes with a vegetable brush while holding under cold running water. Once clean, peel and cube the potatoes on your produce cutting board.**
2. Place the potatoes into a cooking pot. Fill with enough water to cover. Bring to a boil. Cook until easily pierced with a fork, about 10 minutes. Drain potatoes, and set aside to cool.
3. In a separate large deep skillet, cook the bacon over medium-high heat until browned and crisp. **Be sure to wash your hands after handling the raw bacon.** After bacon is browned and crisp remove from the pan and set aside. Once the bacon has cooled crumble into small pieces.
4. Remove the outer skin from the onion. **Scrub the onion with a vegetable brush while holding under cold running water. Dice the onion on your produce cutting board.** Add the onion to the large deep skillet with the bacon grease and cook over medium heat until browned.
5. Add the vinegar, water, sugar, salt and pepper to the pan. Bring to a boil, then add the potatoes, parsley, and half of the bacon crumbles.



6. Heat through, about 5 minutes. Transfer salad to a serving dish. Crumble the remaining bacon over the top, and serve warm.

### *Additional Food Safety Notes Related To This Recipe*

- When buying potatoes in the grocery store, be sure that they are free of most blemishes and are firm to the touch. Avoid those that are bruised, sprouting, shriveled, or green-tinged.
- When buying bacon in the grocery store, be sure that there are no broken seals on the package or discoloration on the strips.
- Bacon has a recommended storage time of 7 days in the refrigerator. Be sure to wrap it tightly after opening. After 7 days the bacon should be thrown into the garbage.
- Wash hands correctly after handling bacon. Even if the bacon is ready-to-eat, it is important that you wash your hands after handling all meat products.
  - Moisten hands with warm water and apply soap.
  - Rub hands together for 20 seconds. Don't forget to use a soft brush to clean your nails and nail beds.
  - Rinse hands and dry with a clean towel.
- Keep food out of the "Danger Zone".
  - Bacon should not be out of the refrigerator for longer than 2 hours.
  - Put any leftovers into the refrigerator within 1 hour of serving.

### Recipe Source

<http://allrecipes.com/recipe/authentic-german-potato-salad/>



## *Crunchy Romaine Toss*

- 1/2 cup sugar
- 1/2 cup vegetable oil
- 1/4 cup cider vinegar
- 2 teaspoons soy sauce
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 1 (3 ounce) package ramen noodles, broken
- 1 small onion
- 2 tablespoons butter
- 1 1/2 cups chopped broccoli
- 1 small head romaine lettuce
- 1/2 cup chopped walnuts

1. In a jar with a tight-fitting lid, combine the sugar, oil, vinegar, soy sauce, salt, and pepper. Shake well.
2. Break the ramen noodles into pieces. Discard seasoning packet from noodles or save for another use. In a small sauté pan, heat the butter on medium heat until melted and sauté noodles in butter until golden.
3. Remove the skin from the onion. **Scrub the onion with a vegetable brush while holding under cold running water. Slice the onion on your produce cutting board.**
4. **Separate and hold the individual broccoli florets and romaine lettuce leaves under cold running water while rubbing with tip of fingers. Once clean, dry broccoli and romaine leaves using a clean paper towel. Chop broccoli on your produce cutting board.** Tear the romaine leaves into bite size pieces.
5. In a large bowl, combine noodles, broccoli, romaine lettuce, and onions. Just before serving, toss with dressing and walnuts.



### *Additional Food Safety Notes Related To This Recipe*

- When buying broccoli in the grocery store, be sure that it has firm, closed, and dark-green florets. Avoid those that have yellowing green-colored florets. The romaine lettuce should have fresh green leaves with no wilted or bruised areas.
- When storing in the refrigerator, place fresh produce on separate shelves or in produce bins away from raw meats, poultry, and seafood. (And don't forget to check the thermometer to make sure your refrigerator is cold enough)
- Be sure to clean and sanitize the sink before you wash your produce. Use a clean small brush to scrub around and in the drain to get rid of dirt and grime.
- Clean and sanitize the cutting board before and after each use. It is a good idea to have two separate cutting boards in the kitchen. One should be used for raw meats, poultry, and seafood while the other should be used for fresh produce and breads.
- Keeping food out of the “Danger Zone”.
  - Fresh produce should not be out of the refrigerator for longer than 2 hours.
  - Put any leftovers into the refrigerator within 1 hour of preparing.
- When storing leftovers, divide into small portions and place into clean airtight storage containers. Do not forget to label the containers with the name and the date.

#### Recipe Source

<http://allrecipes.com/recipe/crunchy-romaine-toss/detail.aspx>



## *Caesar Salad With Ingrid's Caesar Dressing*

- 1/2 cup mayonnaise
- 1/4 cup extra virgin olive oil
- 3 tablespoons grated Parmesan cheese
- 2 tablespoons blue cheese salad dressing
- 1 tablespoon red wine vinegar
- 3 cloves garlic, minced
- 1 teaspoon lemon juice
- 1/2 teaspoon dry mustard
- 4 dashes Worcestershire sauce
- 2 dashes hot pepper sauce
- 1 pinch cayenne pepper
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 1 head romaine lettuce
- 1 package croutons

1. In a large bowl, add the mayonnaise, olive oil, Parmesan cheese, blue cheese dressing, vinegar, garlic, lemon juice, dry mustard, Worcestershire sauce, hot pepper sauce, cayenne pepper, and salt and pepper. Beat until well blended. Cover and refrigerate for 4 hours.
2. **Separate and hold the individual romaine lettuce leaves under cold running water while rubbing with the tip of fingers.** Once clean, dry romaine leaves using a clean paper towel. Tear the romaine leaves into bite size pieces.
3. In a large bowl, assemble the salad just before serving. Add croutons to top of lettuce pieces, then gently drizzle dressing over the top of the salad. Place remaining dressing in a small pitcher for diners to add more as desired. Serve immediately.



### *Additional Food Safety Notes Related To This Recipe*

- Always start and finish with a clean work area by washing cutting boards, dishes, countertops, and cooking utensils with hot soapy water.
- When making a homemade Caesar dressing do not use raw eggs. Older adults, people with weakened immune systems, and people with chronic illnesses need to cook eggs until both the yolks and whites are solid or until the cooking thermometer reads 160°F.
- Bagged romaine lettuce still needs to be washed under cold water while rubbing with the tip of fingers.
- When storing in the refrigerator, place romaine lettuce on a separate top shelf or in a refrigerator bin away from raw meat, poultry, and seafood.
- Follow the 2 hour rule. The 2 hour rule states that refrigerated or cooked foods left in the danger zone for longer than 2 hours when the air temperature is 40-80°F must be thrown into the trash. If the air temperature is above 90°F, the food must be thrown into the trash after 1 hour. This includes salads, especially those with mayonnaise added.
- When shopping in the grocery store, romaine lettuce should be one of the last items to go into your cart. Go straight home after leaving the grocery store. If you need more time, pack a cooler with ice packs in your car to keep your cold food cold.

#### Recipe Source

<http://allrecipes.com/recipe/ingrids-caesar-salad-dressing/>



## *Salad With Egg Dressing*

- 4 bacon strips
- 1 12 ounce bag of mixed salad greens
- 1 tomato
- 1 small onion
- 1 cucumber
- 2 eggs
- 1/2 cup sugar
- 1/4 cup water
- 1/4 cup vinegar

1. In a skillet, cook the bacon over medium heat until browned and crisp. **Be sure to wash your hands after handling the raw bacon.** After bacon is browned and crisp remove from the pan and set aside. Once the bacon has cooled, crumble into small pieces. **Wash hands again before handling the greens.**
2. **Place the mixed salad greens into a colander. Run cold water over them while rubbing gently with your finger tips. Once clean, dry green leaves using a clean paper towel.**
3. Remove the outer skin of the onion. **Hold tomato, onion and cucumber under cold running water. Rub with both palms while turning continuously. Once clean, wipe dry with a clean paper towel. Using your produce cutting board, cut the tomato into wedges and slice the onion and cucumber as desired.**
4. Break eggs into a clean microwave-safe bowl. **Be sure to wash your hands after handling the raw eggs.**



5. Mix the sugar and water into the eggs and microwave, uncovered, on high for 1 minute. **Stir in vinegar and cook until your cooking thermometer reads 160°F (about 1 to 1 1/2 minutes).**
6. In a large bowl, assemble the salad just before serving. Add mixed greens, onion, bacon, tomato, and cucumbers. Then gently drizzle dressing over the top of the salad and toss to coat. Place remaining dressing in a small pitcher for diners to add more as desired. Serve immediately.


### *Additional Food Safety Notes Related To This Recipe*

- Older adults, people with weakened immune systems, and people with chronic illnesses need to cook eggs until both the yolks and whites are solid or until the cooking thermometer reads 160°F.
- The egg dressing has a recommended storage time of 3 -5 days in the refrigerator. Be sure to store the dressing in a clean, airtight storage container. Do not forget to label the container with the name and date.
- Bagged mixed salad greens still need to be washed under cold water while rubbing with the tip of fingers.
- When shopping in the grocery store, bacon, eggs, and fresh produce should be the last items to go into your cart. Go straight home after leaving the grocery store. If you need more time, pack a cooler with ice packs in your car to keep your cold food cold.

### Recipe Source

<http://allrecipes.com/recipe/salad-with-egg-dressing/>





## *Eastern European Cabbage Salad*

- 1 small onion
- 1 carrot
- 1/2 head cabbage
- 3 tablespoons chopped parsley
- 1/2 cup salad oil
- 1 teaspoon sugar
- 1 tablespoon white vinegar
- 1/8 teaspoon celery seed
- 1/4 teaspoon salt
- 1/4 teaspoon white pepper
- 1 teaspoon lemon juice

1. Remove the skin from the onion and carrot. **Scrub the onion and carrot with a vegetable brush while holding under cold running water. Separate and hold the individual cabbage and parsley leaves under cold running water while rubbing with tip of fingers.** Once clean, dry the leaves using a paper towel. Shred the carrots and cabbage using a food processor. **Finely chop the onion and parsley on your produce cutting board.**
2. In a large bowl, toss together the cabbage, carrots, onion and parsley.
3. In a small bowl, whisk together the oil, sugar, vinegar, celery seed, salt, white pepper, and lemon juice. Pour the vinaigrette over the cabbage mixture and toss lightly. **Cover with plastic wrap and place in the refrigerator, on a separate shelf away from raw meat, poultry, or seafood, for at least 3 hours or overnight.** Mix cabbage salad before serving.

### *Additional Food Safety Notes Related To This Recipe*

- When storing in the refrigerator, place fresh produce on separate shelves or in produce bins away from raw meats, poultry, and seafood. Be sure the refrigerator is 40°F. or below.
- Clean and sanitize the cutting board before and after each use. It is a good idea to have two separate cutting boards in the kitchen. One can be used for raw meats, poultry, and seafood while the other is used for fresh produce and breads.
- Be sure to clean and sanitize sink before you wash your produce.
- Wash hands correctly
  - Moisten hands with warm water and apply soap.
  - Rub hands together for 20 seconds. Don't forget to use a soft brush to clean your nails and nail beds.
  - Rinse hands and dry with a clean towel.
- Keep food out of the “Danger Zone”.
  - Fresh produce should not be out of the refrigerator for longer than 2 hours.
  - You have 1 hour to put any leftovers into the refrigerator.
- When storing leftovers, divide into small portions and place into a clean, airtight storage container. Do not forget to label the container with the name and the date. Store in the refrigerator no more than 3 days.

#### Recipe Source

<http://easteuropeanfood.about.com/od/salads/r/serbcoleslaw.htm>



## *BLT Salad*

2 slices whole-wheat country bread  
2 teaspoons extra-virgin olive oil  
3 slices center-cut bacon  
1 head romaine lettuce  
1 green onion  
4 medium tomatoes  
3 tablespoons reduced-fat mayonnaise  
2 teaspoons distilled white vinegar  
1/4 teaspoon garlic powder  
1/8 teaspoon ground pepper

1. **Cube the bread on your produce cutting board.** Heat oven to 350°F. In a medium bowl, toss cubed bread with oil and spread on a baking sheet. Bake, turning once, until golden brown, about 15 to 20 minutes.
2. In a skillet, cook bacon over medium heat until browned and crisp. **Be sure to wash your hands after handling the raw bacon.** After bacon is browned and crisp remove from the pan and set aside. Once bacon has cooled, crumble into small pieces.
3. **Separate and hold individual romaine lettuce leaves and green onion under cold running water while rubbing with the tip of fingers. Once clean dry romaine leaves and green onion using a clean paper towel.** Tear romaine leaves into bite size pieces. Mince green onion using your food processor.
4. **Hold tomatoes under cold running water. Rub with both palms while turning continuously. Once clean wipe dry with a clean paper towel. Chop 3 of the tomatoes on your produce cutting board.**

5. **Cut the remaining tomato in half on your produce cutting board.** Working over a large bowl, mash the tomato through the large holes on a box grater. Discard the skin. Add mayonnaise, green onion, vinegar, garlic powder and pepper; whisk to combine.
6. Add the tomatoes, romaine and croutons to the bowl with the dressing; toss to coat. Sprinkle with bacon before serving.

### *Additional Food Safety Notes Related To This Recipe*

- Always start and finish with a clean work area by wash cutting boards, dishes, countertops, and cooking utensils with hot soapy water.
- Always store raw bacon on the bottom shelf of the refrigerator. Place the raw bacon package on a pan or a plate to catch any juices that may drip.
- Clean and sanitize the cutting board before and after each use. It is a good idea to have two separate cutting boards in the kitchen. One can be used for raw meats, poultry, and seafood while the other is used for fresh produce and breads.
- Wash hands correctly after handling raw bacon.
  - Moisten hands with warm water and apply soap.
  - Rub hands together for 20 seconds. Don't forget to use a soft brush to clean your nails and nail beds.
  - Rinse hands and dry with a clean towel.

### Recipe Source

[http://www.eatingwell.com/recipes/blt\\_salad.html](http://www.eatingwell.com/recipes/blt_salad.html)



# Egg Dishes



## Foods Older Adults Should Avoid

As we get older our bodies don't work quite as well. Therefore, some foods are more likely than others to make older adults sick if they eat them. Below is a list of foods that should be avoided.

- Foods that contain raw or undercooked eggs
  - homemade Caesar salad dressing and mayonnaise
  - uncooked cake batter and cookie dough
  - poached eggs, eggs Benedict, undercooked (runny) scrambled eggs and fried eggs



- Raw or undercooked meat, poultry, fish, and seafood

Recommended Safe Minimum Internal Temperatures				
Beef, Pork, Veal, Lamb, Steaks, Roasts & Chops 145°F with a 3 minute resting time	Fish 145°F	Ground Meats (Beef, Pork, Veal & Lamb) 160°F	Egg Dishes 160°F	Whole, Pieces & Ground (Turkey, Chicken & Duck) 165°F

- Hot dogs eaten cold out of the package without reheating
- Freshly sliced deli meats or pre-packaged luncheon meats eaten cold without reheating
- Raw, unpasteurized milk

Do not buy milk or milk products sold at roadside stands or farmer's markets unless you can confirm that it has been pasteurized. If it says "only for animal use," it has not been pasteurized.



- Unpasteurized juices, ciders, or honey
- Mold ripened, blue-veined cheeses or soft cheeses made from unpasteurized milk
  - Mold ripened cheeses - Brie, Camembert, Blue Brie
  - Blue-veined cheeses - Danish Blue, Stilton, Gorgonzola, Romano
  - Soft cheeses - queso fresco, queso blanco, goat cheeses
- Raw sprouts
  - bean sprouts, alfalfa sprouts

### **Helpful Hints**

- When cooking eggs make sure both the yolks and whites are solid.
- When cooking hotdogs place in boiling water for at least 15 seconds, or heat in the microwave oven until steaming hot.



## *Breakfast Burritos*

- 1/2 pound ground pork sausage
- 1 tablespoon butter
- 3 large eggs
- 8 (4 inch) flour tortillas
- 1/8 cup chunky salsa
- 1/2 cup shredded Monterey Jack cheese

1. **Wash hands with soap and warm water.** Make 4 patties out of the ground pork sausage. Place in a large skillet over medium high heat. Cook for 5 minutes. **While cooking be sure to wash your hands again before continuing.** Turn the patties. **Insert a cooking thermometer into the thickest part of the sausage patty. When the internal temperature reaches 160°F** remove the sausage patties from the skillet and place on a clean cutting board.
2. Allow the sausage to cool for 5 minutes. **While cooling it is a good idea to wash the skillet with warm, sudsy water.**
3. When cool, cut sausage into strips.
4. Break eggs into a clean bowl. Beat until frothy. **Be sure to wash your hands after handling the raw eggs.**
5. Melt butter over medium high heat in clean skillet. Add the beaten eggs. **Cook, stirring frequently until both the yolks and whites are firm (not runny).**
6. Warm the tortillas as directed on the package. Place a tortilla on a clean plate. Add a few sausage strips and a spoonful of scrambled eggs. Top with salsa and cheese.
7. Roll up and serve.





### *Additional Food Safety Notes Related To This Recipe*

- Always store eggs in their original container on the bottom shelf of the refrigerator, away from fresh produce, ready-to-eat foods, and cooked foods (leftovers). Clean up any egg spills immediately and sanitize the area where they occurred in your refrigerator. Keep a thermometer in your refrigerator and be sure the temperature is no warmer than 40°F.
- Discard any eggs that have a broken or cracked shell.
- Clean and sanitize the cutting board before and after each use.
- Wash hands correctly after beating the eggs.
  - Moisten hands with warm water and apply soap.
  - Rub hands together for 20 seconds. Don't forget to use a soft brush to clean your nails and nail beds.
  - Rinse hands and dry with a clean towel.
- Keep food out of the "Danger Zone".
  - Raw eggs should not be out of the refrigerator for longer than 2 hours.
  - It is best to put any leftovers into the refrigerator within 1 hour.
- When storing burrito leftovers, divide into small portions and place into a clean airtight storage container. Do not forget to label the container with the name and the date.
- When reheating leftover burritos be sure to use a cooking thermometer. Reheated burritos need to reach a temperature of 165°F.

#### Recipe Source

<http://breakfast.food.com/recipe/egg-sausage-breakfast-burrito-250110?scalet=4&mode=null&st=true>





## *Ham And Cheese Croissant Bake*

3 large croissants  
1 (8 ounce) package chopped cooked ham slices  
1 (5 ounce) package shredded Swiss cheese  
6 large eggs  
1 cup half and half  
1 tablespoon dry mustard  
2 tablespoons honey  
1/2 teaspoon salt  
1/2 teaspoon pepper  
1/4 teaspoon ground nutmeg

1. Cut croissants in half lengthwise, and cut each half into 5 pieces. Place croissant pieces on the bottom of a lightly greased 10 inch deep-dish pie pan. Top with ham slices and cheese.
2. Break eggs into a clean large bowl. Beat until frothy. **Be sure to wash your hands after handling the raw eggs.**
3. Add half and half, dry mustard, honey, salt, pepper, and nutmeg to the eggs and continue beating until well mixed.
4. Pour the egg mixture into the pie pan. Using the back of a wooden spoon, press down on the croissants to submerge.
5. Cover the pie dish tightly with aluminum foil. **Place it on the bottom shelf of the refrigerator** and chill for 8 to 24 hours.
6. Preheat the oven to 325°F. Bake the egg dish, covered, in the preheated oven for 35 minutes. After 35 minutes remove the foil and **insert a cooking thermometer into the center of the egg dish. Continue baking until the internal temperature reaches 160°F (about 25 minutes).**

### *Additional Food Safety Notes Related To This Recipe*

- Always store eggs in their original container on the bottom shelf of the refrigerator, away from fresh produce, ready-to-eat foods, and cooked foods (leftovers). Clean any egg spills in your refrigerator with warm, soapy water. Dry with a clean paper towel.
- Discard any eggs that have a broken or cracked shell.
- Clean and sanitize the cutting board before and after each use.
- Wash hands correctly after beating eggs.
  - Moisten hands with warm water and apply soap.
  - Rub hands together for 20 seconds. Don't forget to use a soft brush to clean your nails and nail beds.
  - Rinse hands and dry with a clean towel.
- Keep food out of the "Danger Zone".
  - Raw eggs should not be out of the refrigerator for longer than 2 hours.
  - You have 1 hour to put any leftovers into the refrigerator.
- When storing egg and ham croissant leftovers, divide into small portions and place into a clean airtight storage container. Label the container with the name and the date and place in the refrigerator.
- When reheating leftover egg and ham croissant casserole be sure to use a cooking thermometer. It needs to reach a temperature of 165°F before eating to be safe.

#### Recipe Source

<http://www.myrecipes.com/recipe/ham-and-cheese-croissant-casserole-10000001932539/>



## *Asparagus Tomato Quiche*

1 baked pie crust  
4 asparagus spears  
3/4 cup shredded Italian cheese blend  
15 whole cherry tomatoes  
6 eggs  
1/2 cup milk  
1/3 cup sour cream  
1/2 teaspoon salt  
1/4 teaspoon pepper

1. **Place asparagus and cherry tomatoes into a colander. Run cold water over them while rubbing each asparagus spear and tomato with your finger tips. Using the produce cutting board, slice the asparagus into 1 inch pieces and the cherry tomatoes in half.**
2. Heat 2 cups of water to boiling. Blanch asparagus in boiling water for 1 minute. Drain..
3. Sprinkle cheese evenly over the bottom of pie crust. Place asparagus and tomatoes in an even layer over the cheese.
4. **Break each egg into a small dish, then place in a clean large bowl before breaking the next egg. Be sure to wash your hands after handling the raw eggs.** Add milk, sour cream, salt, and pepper to the raw eggs. Beat until blended. Carefully pour egg mixture over filling in the pie shell
5. Preheat the oven to 325°F. Bake the egg dish on the center rack in the preheated oven for 40 minutes. **After 40 minutes, insert a cooking thermometer into the center of the egg dish. Continue baking until the internal temperature reaches 160°F.**

### *Additional Food Safety Notes Related To This Recipe*

- When buying eggs in the grocery store, be sure that there are no broken or cracked shells.
- When buying cheese, milk, and sour cream in the grocery store, be sure that the package has no broken seals. Look for any signs of discoloration or mold found on the cheese.
- Be sure to read the expiration date found on the cheese, egg, milk, and sour cream containers before each use. Do not use if it is past the expiration date. The expired products should be thrown into the garbage.
- Always store eggs in their original container on the bottom shelf of the refrigerator, away from fresh produce, ready-to-eat foods, and cooked foods (leftovers). Clean up any egg spills immediately and sanitize the area where they occurred in your refrigerator.
- Wash hands correctly after beating the eggs.
  - Moisten hands with warm water and apply soap.
  - Rub hands together for 20 seconds. Don't forget to use a soft brush to clean your nails and nail beds.
  - Rinse hands and dry with a clean towel.
- When buying asparagus in the grocery store, be sure that it has straight, tender, and green stalks. Avoid those that have open buds and rigid stalks. Cherry tomatoes should be well formed and blemish free. They should be a rich red color and have a slight softness to the touch.

#### Recipe Source

<http://www.incredibleegg.org/recipes-and-more/recipes/asparagus-tomato-quiche>



## *Spanish Tortilla Bake*

- 1 1/2 pounds russet potatoes
- 1/2 large sweet onion
- 2 cloves garlic
- 1/4 pound dry Spanish chorizo
- 2 tablespoons olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 6 eggs
- 2/3 cup milk
- 1 cup shredded Cheddar cheese

1. Remove the outer skin of the onion and garlic. **Scrub the potatoes, onion, and garlic with a vegetable brush while holding under cold running water.** Once clean, peel the potatoes. **Thinly slice the potatoes and onion on your produce cutting board.** Mince the garlic using a food processor.
2. Bring a large pot of water to a boil over medium heat. Add the potato slices and cook until they are just tender, about 10 minutes. Drain and set aside to cool.
3. Remove wrapper from the Spanish chorizo. **Slice the chorizo using your meat cutting board. Wash hands using soap and warm water. Also wash the cutting board in warm, soapy water.**
4. Heat olive oil over medium heat in a large nonstick oven safe sauté pan. Add the sliced onions and season with 1/8 teaspoon salt and 1/8 teaspoon pepper. Cook onions until they are soft, about 5 minutes. Add the sliced chorizo and the garlic to the sauté pan and cook until the sausage starts to brown. Remove the pan from heat.

5. **Break each egg into a small bowl. Transfer each egg to a large bowl before breaking the next egg into the small bowl. Be sure to wash your hands after handling the raw eggs.** Beat until the eggs are light yellow in color.
6. Add the milk, Cheddar cheese, 1/8 teaspoon salt, and 1/8 teaspoon pepper to the beaten eggs. Stir until evenly mixed. Add the chorizo mixture and potatoes to the bowl and stir gently. Return the entire mixture back to the sauté pan.
7. Preheat the oven to 325°F. Place the sauté pan on the center rack in the preheated oven and bake the egg dish for 15 minutes. **After 15 minutes, insert a cooking thermometer into the center of the egg dish. Continue baking until the internal temperature reaches 160°F.**
8. Remove from the oven and let the egg dish (tortilla) rest in the pan for 10 minutes before inverting it. Using a large clean plate as an aid, flip the tortilla over and slide it out onto a large cutting board. Slice the tortilla into wedges and arrange on a serving dish.

### *Additional Food Safety Notes Related To This Recipe*

- When buying eggs in the grocery store, be sure that there are no broken or cracked shells.
- Always store eggs in their original container on the bottom shelf of the refrigerator, away from fresh produce, ready-to-eat foods, and cooked foods (leftovers). Clean up any egg spills immediately and sanitize the area where they occurred in your refrigerator.
- Be sure to read the expiration date found on the cheese, egg, and milk containers before each use. Do not use the product if it is past the expiration date. The expired product should be thrown into the garbage.

### Recipe Source

<http://www.foodnetwork.com/recipes/melissa-darabian/spanish-tortilla-recipe/index.html>



## *Mexican Deviled Eggs*

- 8 eggs
- 1 green onion
- 1/2 cup shredded cheddar cheese
- 1/4 cup mayonnaise
- 1/4 cup salsa
- 1 tablespoon sour cream
- 1/8 teaspoon salt

1. Place eggs in a pot and pour enough water over the eggs to cover. Turn burner control to high. Bring water to a boil. Place the cover on the pot and move it to a cool burner. Let the pot sit for 15 minutes. Meanwhile, fill a large bowl halfway with cold water. After the 15 minutes transfer the eggs from the pot to the cold water. Replace the water with cold water as needed to keep cold until the eggs are completely cooled. Chill in refrigerator at least 2 hours before peeling.
2. **Hold the green onion under cold running water while rubbing with tip of fingers. Slice the green onion on your produce cutting board.**
3. **After washing your hands**, remove the outer shell from the eggs and slice in half lengthwise. Remove yolks and set whites aside.
4. In a small bowl, combine the yolks, cheese, mayonnaise, salsa, onions, sour cream and salt. Mash with a fork until all ingredients are mixed together.
5. Spoon yolk mixture into the egg whites. Serve immediately or cover and place in your refrigerator until time to serve.




### *Additional Food Safety Notes Related To This Recipe*

- Always start and finish with a clean work area by washing cutting boards, dishes, countertops, and cooking utensils with hot soapy water.
- Older adults, people with weakened immune systems, and people with chronic illnesses need to cook eggs until both the yolks and whites are solid or until the cooking thermometer reads 160°F.
- Always store eggs in their original container on the bottom shelf of the refrigerator, away from fresh produce, ready-to-eat foods, and cooked foods (leftovers). Clean up any egg spills immediately and sanitize the area where they occurred in your refrigerator. Keep a thermometer in your refrigerator and be sure the temperature is no warmer than 40°F.
- Hard boiled eggs need to be refrigerated after they have been cooked. Follow the 2 hour rule. The 2 hour rule states that refrigerated or cooked foods left in the danger zone for longer than 2 hours when the air temperature is 40-80°F must be thrown into the trash. If the air temperature is above 90°F, the food must be thrown into the trash after 1 hour.
- Soft boiled eggs and homemade mayonnaise containing raw eggs should be avoided by older adults, people with weakened immune systems, and people with chronic illnesses.

#### Recipe Source

<http://www.tasteofhome.com/Recipes/Mexican-Deviled-Eggs>





## *Egg In A Nest*

1 (1-inch-thick) slice bread  
1 large egg  
1 tablespoon unsalted butter

1. In the center of the bread slice, cut a 2 inch hole.
2. Break the egg into a bowl and set aside. **Be sure to wash your hands after handling the raw eggs.**
3. Melt butter over medium high heat in a small skillet. Add the bread slice to the skillet.
4. Carefully pour the egg into the cut out hole in the middle of the bread slice. Cook until the bottom is golden brown, about 3 to 4 minutes. **Using a flat spatula, flip and cook until the second side is golden brown and both the yolk and white are firm (not runny).**
5. Add salt and pepper if you would like and serve immediately.



A bell pepper ring can be used in the place of bread. Just be sure to wash the bell pepper before using it with your eggs.

### *Additional Food Safety Notes Related To This Recipe*

- Always start and finish with a clean work area by washing cutting boards, dishes, countertops, and cooking utensils with hot soapy water.
- Older adults, people with weakened immune systems, and people with chronic illnesses need to cook eggs until both the yolks and whites are solid or until the cooking thermometer reads 160°F.
- When shopping in the grocery store, eggs should be the last item to go into your cart. Go straight home after leaving the grocery store. If you need more time, pack a cooler with ice packs in your car to keep your cold food cold.
- Always store eggs in their original container on the bottom shelf of the refrigerator, away from fresh produce, ready-to-eat foods, and cooked foods (leftovers). Clean up any egg spills immediately and sanitize the area where they occurred in your refrigerator. Keep a thermometer in your refrigerator and be sure the temperature is no warmer than 40°F.
- Discard any eggs that have a broken or cracked shell.
- Keep food out of the “Danger Zone”.
  - Raw eggs should not be out of the refrigerator for longer than 2 hours.
  - It is best to put any leftovers into the refrigerator within 1 hour.

#### Recipe Source

<http://familyfun.go.com/recipes/egg-in-a-nest-687037/>



## *Breakfast Bruschetta*

- 1 (2-inch-wide) French baguette
- 2 tablespoons light whipped butter
- 1/2 teaspoon garlic powder
- 1 plum tomato
- 10 – 15 fresh basil leaves
- 4 eggs
- 1/8 teaspoon salt
- 1/8 teaspoon pepper

1. **Slice the baguette into ½ inch slices on your produce cutting board.** Place butter in a small microwave safe bowl. Cover and microwave until melted, about 15 seconds. Spray a large baking sheet with nonstick cooking spray and place the baguette slices on the sheet. Using a pastry brush, evenly brush each slice of bread with the melted butter and sprinkle with garlic powder. Heat oven to 350°F. Bake bread slices in the oven until warm and crispy, about 8 minutes.
2. **Hold tomato under cold running water. Rub with both palms while turning continuously. Once clean wipe dry with a paper towel. Dice the tomato on your produce cutting board.**
3. **Separate and hold the individual basil leaves under cold running water while rubbing with tip of fingers. Once clean, dry basil leaves using a clean paper towel. Chop basil leaves on your produce cutting board.**
4. **Break the eggs one at a time into a small clean bowl. Transfer each egg to a larger bowl before breaking another egg into the smaller bowl. Beat until frothy. Be sure to wash your hands after handling the raw eggs.**



5. Spray skillet with a non stick cooking spray and heat over medium high heat. Add the beaten eggs. Scramble eggs until they are beginning to solidly. Add the tomato and basil to the skillet. **Continue cooking until the eggs are firm (not runny).**
6. Evenly distribute the scrambled egg mixture over the baked bread slices. Season with salt and pepper.

### *Additional Food Safety Notes Related To This Recipe*

- Always start and finish with a clean work area by washing cutting boards, dishes, countertops, and cooking utensils with hot soapy water.
- Older adults, people with weakened immune systems, and people with chronic illnesses need to cook eggs until both the yolks and whites are solid or until the cooking thermometer reads 160°F.
- Always store eggs in their original container on the bottom shelf of the refrigerator, away from fresh produce, ready-to-eat foods, and cooked foods (leftovers). Clean up any egg spills immediately and sanitize the area where they occurred in your refrigerator. Keep a thermometer in your refrigerator and be sure the temperature is no warmer than 40°F.
- Keep food out of the “Danger Zone”.
  - Raw eggs should not be out of the refrigerator for longer than 2 hours.
  - It is best to put any leftovers into the refrigerator with 1 hour.

### Recipe Source

<http://www.foodnetwork.com/recipes/breakfast-bruschetta-recipe/index.html>



## *Asparagus, Potato, and Onion Frittata*

- 1/2 yellow onion
- 2 potatoes
- 1 pound asparagus
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon fresh ground black pepper
- 1 cup diced ham
- 6 eggs
- 1 tablespoon milk
- 1/2 cup shredded mozzarella cheese
- 1/2 cup shredded white Cheddar cheese

1. Remove the skin from the onion. **Scrub the onion and potato with a vegetable brush while holding under cold running water. Cut the ends off the potato on your produce cutting board.** Using a grater, coarsely grate the potato and squeeze dry. **Chop the onion on your produce cutting board.**
2. **Place asparagus into a colander. Run cold water over the asparagus while rubbing each spear with your finger tips. Using the produce cutting board, slice the asparagus into 2 inch pieces.**
3. Heat oil in a large skillet over medium heat. Add the shredded potato and onion and cook, stirring occasionally, until the potato begins to brown, about 5 minutes. Season potato and onion mixture with salt and pepper.
4. Add asparagus and ham and continue cooking until asparagus is tender, about 5 to 7 minutes. Remove pan from heat.



5. **Break the eggs one at a time into a small clean bowl. Transfer each egg to a larger bowl before breaking another egg into the smaller bowl.** Add milk and beat until frothy. **Be sure to wash your hands after handling the raw eggs.**
6. Grease a 9x13 inch baking dish. Add the asparagus potato mixture to the baking dish and pour the eggs evenly on top. Sprinkle the mozzarella and white cheddar cheese over the top of the baking dish.
7. Preheat the oven to 350°F. Bake the egg dish in the preheated oven for 20 minutes. **After 20 minutes insert a cooking thermometer into the center of the egg dish. Continue baking until the internal temperature reaches 160°F.**

#### *Additional Food Safety Notes Related To This Recipe*

- Older adults need to cook eggs until both the yolks and whites are solid or until the thermometer reads 160°F.
- When shopping, eggs should be the last item to go into your cart. Go straight home after leaving the grocery store. If you need more time, pack a cooler with ice packs in your car to keep your cold food cold.
- Always store eggs in their original container on the bottom shelf of the refrigerator, away from fresh produce, ready-to-eat foods, and cooked foods (leftovers). Clean up any egg spills immediately and sanitize the area where they occurred in your refrigerator. Keep a thermometer in your refrigerator and be sure the temperature is no warmer than 40°F.

#### Recipe Source

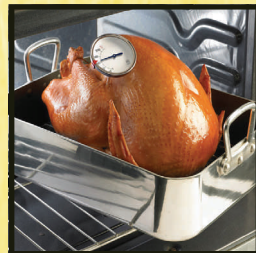
<http://allrecipes.com/recipe/asparagus-potato-and-onion-frittata/detail.aspx>

# Meat And Poultry

## Cooking Food To A Safe Temperature

Using a cooking thermometer is the only way to determine if your food is cooked completely and safely. Insertion of the cooking thermometer is also important. You want to be sure that you insert the thermometer properly so you can get a correct reading to determine if your food is done.

- **Poultry** – Insert the thermometer into the inner thigh area near the breast of the chicken or turkey but not touching the bone. For a boneless piece of poultry, insert the stem sideways into the thickest part, away from any fat or gristle.
- **Beef, Pork, Lamb, Veal, Ham, Roasts, Steaks, Or Chops** – Insert the thermometer, sideways if necessary, into the thickest part of the piece of meat, away from bone, fat, or gristle.
- **Ground Meat And Poultry** – Place the stem into the thickest part of ground meat or poultry dishes, such as meatloaf. The thermometer may be inserted sideways into thin items such as meat patties.
- **Casseroles And Egg Dishes** – The thermometer should be inserted into the thickest portion.





# RECOMMENDED



## SAFE INTERNAL COOKING AND STORAGE TEMPERATURES



Internal Cooking Temperatures

Storage Temperatures

165° F (74° C) All Poultry Products including Ground Chicken and Turkey, Stuffing, and Reheated Leftovers

160° F (71° C) Ground Meats (Beef, Pork, Veal, and Lamb), Eggs<sup>a</sup>, Egg Dishes

145° F (63° C) All Whole Cuts of Meat<sup>b</sup> (Beef, Pork, Veal, and Lamb), Fish

140° F (60° C) Reheat Pre-cooked Ham, Hold Hot Foods

140° F - 40° F Danger Zone

40° F (4.4° C)  
to  
32° F (0° C) Refrigerated Foods

0° F (-18° C) Frozen Foods

<sup>a</sup> Or until both the yolks and whites are firm

<sup>b</sup> Whole cuts of meat include steaks, roasts, and chops

<sup>b</sup> All whole cuts of meat need to rest for three minutes before carving





## *Marmalade Chicken Breast*

4 bone-in chicken breast halves  
1/8 teaspoon salt  
1/8 teaspoon pepper  
1/2 cup sweet orange marmalade  
2 teaspoons lemon juice  
2 teaspoons Dijon mustard  
1/2 teaspoon Worcestershire sauce  
1/8 teaspoon garlic powder  
1 teaspoon curry powder

1. Remove wrapper from chicken. **Wash hands using soap and warm water.** Place chicken breast halves (bone side down) in an 8 X 11.5 baking dish. **Be sure to wash your hands again after handling the raw chicken.**
2. Sprinkle salt and pepper over the chicken
3. In a bowl, combine the marmalade, lemon juice, mustard, Worcestershire sauce, garlic powder, and curry powder. Blend well.
4. Pour the marmalade mixture over the chicken and cover tightly with aluminum foil. **Place the chicken on the bottom shelf of the refrigerator** and allow the chicken to marinate for 1 to 2 hours.
5. Heat the oven to 375°F. Bake the chicken, covered, in the preheated oven for 30 minutes. After 30 minutes remove the foil and baste the chicken. **Insert a cooking thermometer into the thickest part of the largest breast. Be sure the thermometer is not touching the bone.** Continue baking, uncovered, basting every 10 to 15 minutes. **When the internal temperature reaches 165°F it will be time to enjoy.**

### *Additional Food Safety Notes Related To This Recipe*

- Be sure the refrigerator is no warmer than 40°F.
- Always store raw chicken on the bottom shelf of the refrigerator, away from fresh produce, ready-to-eat foods, and cooked foods (leftovers). Place the chicken package on a pan or plate to catch any juices that may drip.
- Defrost frozen chicken on the bottom shelf of the refrigerator. Place the chicken package on a plate or a pan to catch any juices that may drip. This method of defrosting usually takes 1 day.
- Wash hands correctly before and after handling raw poultry.
  - Moisten hands with warm water and apply soap.
  - Rub hands together for 20 seconds. Don't forget to use a soft brush to clean your nails and nail beds.
  - Rinse hands and dry with a clean towel.
- Keep food out of the "Danger Zone".
  - Raw chicken should not be out of the refrigerator for longer than 2 hours.
  - You have 1 hour to put any leftovers into the refrigerator.
- When storing chicken leftovers, divide the chicken into small portions. Place into a clean, airtight storage container. Do not forget to label the container with the name and the date before putting in the refrigerator.
- When reheating leftover chicken be sure to use a cooking thermometer. Reheated chicken needs to reach a temperature of 165°F.

#### Recipe Source

<http://southernfood.about.com/od/bakedchicken/r/Marmalade-Chicken-Breasts.htm>



## *Rosemary Turkey Meatloaf*

2 slices white bread  
1/2 cup milk  
2 garlic cloves  
1 medium carrot  
1 medium zucchini  
1 medium onion  
2 tablespoons butter  
1 pound ground turkey  
1 egg  
1 1/2 teaspoons of salt  
1/4 teaspoon minced rosemary

1. In small bowl, soak white bread in milk. Mash into a paste.
2. Break egg into a small clean bowl and beat. **Be sure to wash your hands after handling the raw egg.**
3. Remove the outer skin from the garlic and onion. **Scrub garlic, carrot, zucchini and onion with a vegetable brush while holding under cold running water.** Mince garlic, carrot, zucchini, and onion in a food processor.
4. Melt butter over low heat in a skillet. Add the minced mixture. Cook over medium heat until the butter starts to brown. Place in large bowl and let cool.
5. Add the bread paste, ground turkey, egg, salt, and rosemary. Stir with a wooden spoon until well blended. Form the meat mixture into a loaf on a baking sheet. **Be sure to wash your hands after handling the raw meat mixture.**
6. Heat the oven to 350°F. **Insert a cooking thermometer into the center of the meatloaf. Bake the meatloaf until the internal temperature reaches 165°F** (about 45 minutes). Enjoy!

### *Additional Food Safety Notes Related To This Recipe*

- Always store raw ground turkey on the bottom shelf of the refrigerator, away from fresh produce, ready-to-eat foods, and cooked foods (leftovers). Place the ground turkey package on a pan or plate to catch any juices that may drip.
- Defrost frozen ground turkey on the bottom shelf of the refrigerator. Place the ground turkey package on a plate or a pan to catch any juices that may drip. This method of defrosting usually takes 1 day.
- Wash hands correctly after beating egg and handling raw meatloaf mix.
  - Moisten hands with warm water and apply soap.
  - Rub hands together for 20 seconds. Don't forget to use a soft brush to clean your nails and nail beds.
  - Rinse hands and dry with a clean towel.
- Keep food out of the "Danger Zone".
  - Raw ground turkey should not be out of the refrigerator for longer than 2 hours.
  - You have 1 hour to put any leftovers into the refrigerator.
- When storing meatloaf leftovers, divide into small portions and place into a clean airtight storage container. Do not forget to label the container with the name and the date before placing in the refrigerator.
- When reheating leftover meatloaf be sure to use a cooking thermometer. Reheated meatloaf needs to reach a temperature of 165°F.

#### Recipe Source

Richard Stone, TSU



## *Vermont Maple Syrup Pork Chops*

- 1 medium onion
- 4 pork chops
- 2 tablespoons butter
- 1 tablespoon apple cider or white vinegar
- 1 teaspoon chili powder
- 1/2 teaspoon black pepper
- 1/4 cup maple syrup
- 1/4 cup water
- 1 tablespoon Worcestershire sauce
- 1/8 teaspoon salt
- 1 tablespoon flour

1. Remove the outer skin from the onion. **Scrub the onion with a vegetable brush while holding under cold running water.** Mince onion in a food processor.
2. Melt butter over medium high heat in a large sauté pan. Remove wrapper from pork chops. **Wash hands using soap and warm water.** Add salt to the surface of each pork chop.
3. Add the pork chops to the sauté pan. **Be sure to wash your hands again after handling the raw pork chops.** Brown both sides of the pork chops and place into a 8x11 baking dish.
4. Add the minced onion to the sauté pan in which you browned the pork, and sauté until the onion begins to brown, about 2-3 minutes. Add the vinegar, chili powder, black pepper, maple syrup, water, and Worcestershire sauce to the pan and bring to a boil. Pour this sauce over the pork chops in the baking dish.

5. Preheat oven to 350°F. **Insert the cooking thermometer into the thickest part of the largest pork chop. Bake until the internal temperature reaches 165°F (5-10 minutes, 10-15 minutes for thicker pork chops).**
6. Place the pork chops on a serving platter and loosely tent with foil. Pour the sauce into the saucepan you seared the chops in and whisk in 1 tablespoon flour to thicken the gravy. Remove the foil and add the sauce to the pork chops.

### *Additional Food Safety Notes Related To This Recipe*

- When buying onions in the grocery store, they should be hard with dry papery skins, free of green spots or green leathery areas.
- When buying pork in the grocery store, be sure that there are no broken seals on the package or discoloration on the meat. Check the date on the package to be sure the pork has 2-3 three days of freshness left. Do not buy pork that is older than that.
- Store the pork chops on a clean plate on the bottom shelf of the refrigerator. Check the refrigerator thermometer to be sure the refrigerator is between 35 and 40 degrees F.
- Pork has a recommended storage time of 3 to 5 days in the refrigerator. After 5 days the pork should be thrown into the garbage. Do not use the pork if it is past the expiration date. The expired products should be thrown into the garbage.

### Recipe Source

[http://www.simplyrecipes.com/recipes/vermont\\_maple\\_syrup\\_pork\\_chops/](http://www.simplyrecipes.com/recipes/vermont_maple_syrup_pork_chops/)



## *Oven Fried Chicken*

- 2 cups bread crumbs
- 1 cup grated Parmesan cheese
- 4 tablespoons olive oil
- 2 tablespoons thyme
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 cup Dijon mustard
- 2 tablespoons water
- 2 1/2 pounds boneless skinless chicken breasts

1. Line a baking sheet with heavy-duty aluminum foil. Place a cooling rack over pan and spray rack with nonstick cooking spray.
2. In a shallow dish, combine bread crumbs, Parmesan cheese, 2 tablespoons olive oil, thyme, 1/8 teaspoon salt and 1/8 teaspoon pepper. In a separate shallow dish, combine mustard, water, 1/8 teaspoon salt, 1/8 teaspoon pepper, and 2 tablespoons olive oil.
3. Remove wrapper from chicken. **Wash hands using soap and warm water.** Coat each chicken breast with mustard mixture and then dredge each breast in the bread crumb mixture. Place coated breast on prepared rack in pan. **Be sure to wash your hands again after handling the raw chicken.**
4. Preheat oven to 400°F. **Insert the cooking thermometer into the thickest part of the largest breast. Bake until the internal temperature reaches 165°F, about 25 to 30 minutes.** Enjoy!



### *Additional Food Safety Notes Related To This Recipe*

- When buying chicken in the grocery store, be sure that the package has no broken seals or leaks that would allow the juices to contaminate any of your other groceries. Some grocery stores have added an expiration date to the label found on the chicken's package. Do not buy the chicken if it is past the expiration date.
- Make sure your raw poultry is bagged separately from the other groceries.
- Always store raw chicken on the bottom shelf of the refrigerator, away from fresh produce, ready-to-eat foods, and cooked foods (leftovers). Place the chicken package on a pan or plate to catch any juices that may drip.
- Defrost frozen chicken on the bottom shelf of the refrigerator. Place the chicken package on a plate or a pan to catch any juices that may drip. This method of defrosting usually takes a 1 day.
- Chicken has a recommended storage time of 1 to 2 days in the refrigerator, however if you bought it on the expiration date, you need to use it immediately.
- Keeping food out of the "Danger Zone".
  - Raw chicken should not be out of the refrigerator for longer than 2 hours.
  - You have 1 hour to put any leftovers into the refrigerator.
- When reheating leftover chicken be sure to use a cooking thermometer. Reheated chicken needs to reach a temperature of 165° F. before serving.

#### Recipe Source

<http://www.foodnetwork.com/recipes/paula-deen/oven-fried-chicken-recipe/index.html>





## *Chicago-Style Hot Dog*

4 tomato wedges  
1 tablespoon chopped onion  
1 all-beef hot dog  
1 hot dog bun  
1 tablespoon yellow mustard  
1 tablespoon sweet green pickle relish  
1 dill pickle spear  
2 sport peppers or pepperoncini  
1/8 teaspoon celery salt

1. Remove the outer skin of the onion. **Hold onion and tomato under cold running water. Rub with both palms while turning continuously. Once clean, wipe dry with a clean paper towel. Using your produce cutting board, cut the tomato into wedges and chop the onion.** Put 1 tablespoon onion in a small dish. **Reserve the rest for another recipe by placing it in an airtight dish. Be sure to label it with name and date.**
2. Bring a pot of water to a boil. Place hot dog in boiling water and **boil for at least 15 seconds, or heat the hot dog in microwave oven until steaming hot.**
3. Place the pickle spear in the bottom of the hot dog bun. Place the hot dog in the bun. Pile on the toppings in this order: yellow mustard, sweet green pickle relish, onion, pickle spear, tomato wedges, sport peppers, and celery salt. The tomatoes should be nestled between the hot dog and the top of the bun.

### *Additional Food Safety Notes Related To This Recipe*

- Always start and finish with a clean work area by washing cutting boards, dishes, countertops, and cooking utensils with hot soapy water.
- Although hot dogs are fully cooked, older adults, people with weakened immune systems, and people with chronic illnesses need to need to reheat hot dogs until steaming hot before eating..
- If purchased before the expiration date, an unopened package of hot dogs has a recommended storage time of 2 weeks in the refrigerator. After 2 weeks the hot dogs should be thrown in the garbage. An opened package only has a recommended storage time of 1 week in the refrigerator. Be sure you seal the package tightly after opening and label it with the date it was opened.
- Never leave hot dogs at room temperature for more than 2 hours and no more than 1 hour when the temperature goes above 90°F.
- When storing in the refrigerator, place hot dogs on a separate shelf or in a refrigerator bin away from raw meat, poultry, and seafood.
- When shopping in the grocery store, hot dogs and fresh produce should be the last items to go into your cart. Go straight home after leaving the grocery store. If you need more time, pack a cooler with ice packs in your car to keep your cold food cold.

#### Recipe Source

<http://allrecipes.com/recipe/chicago-style-hot-dog/>



## *Blue Cheese Burgers*

2 tablespoons minced green onion  
1 pound lean ground beef  
1-1/2 ounces blue cheese, crumbled  
1/8 teaspoon hot pepper sauce  
1/4 teaspoon Worcestershire sauce  
1/4 teaspoon coarsely ground black pepper  
1/2 teaspoon salt  
1/4 teaspoon dry mustard  
4 French rolls or hamburger buns

1. **Hold the green onion under cold running water while rubbing with tip of fingers.** Mince onion in a food processor.
2. In a large bowl, add the ground beef, blue cheese, green onion, hot pepper sauce, Worcestershire sauce, black pepper, salt, and mustard. **Stir with a wooden spoon until well blended. Be sure to wash your hands after handling the raw meat mixture. Cover bowl and refrigerate for 2 hours on the bottom shelf of your refrigerator.**
3. Preheat grill (indoor or outdoor). Be sure the grill is cleaned thoroughly before use. Gently form the burger mixture into 4 patties. **Be sure to wash your hands after forming the patties. Oil the grill and cook the patties for 5 minutes on each side. Insert your cooking thermometer through the side of the burger, with the tip extending into the center, and continue cooking until the internal temperature reaches 160°F.**
4. Serve the burgers on the rolls or buns and enjoy!



### *Additional Food Safety Notes Related To This Recipe*

- Read the label of all mold ripened, blue veined, or soft cheeses (such as Blue, feta, Camembert, Brie, or queso fresco cheeses) making sure they are made from pasteurized milk. If you cannot find pasteurized on the label, the cheese is not safe to eat.
- Always store raw ground beef on the bottom shelf of the refrigerator, away from fresh produce, ready-to-eat foods, and cooked foods (leftovers). Place the ground beef package on a pan or plate to catch any juices that may drip.
- Insert the cooking thermometer into the thickest part of the hamburger patty as shown below.



- When shopping in the grocery store, ground beef and fresh produce should be the last items to go into your cart. Meats should be placed in the bottom of the cart, in a separate bag when available. It is a good idea to have wet wipes with you to clean your hands after handling fresh meats.
- Go straight home after leaving the grocery store. If you need more time, pack a cooler with ice packs in your car to keep your cold food cold.
- Ask the bagger in the grocery store to bag your ground beef in another separate bag from your other groceries. If you are using a tote bag, place the ground beef into a separate plastic bag before placing it in your tote bag.

#### Recipe Source

<http://allrecipes.com/recipe/blue-cheese-burgers/>



## *Garlic-Lime Chicken with Olives*

- 1/2 yellow onion
- 2 to 3 garlic cloves
- 3 pounds boneless skinless chicken breast halves
- 2 tablespoons lime juice
- 1 tablespoon molasses
- 2 teaspoons Worcestershire sauce
- 1 1/2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/2 cup pitted and sliced Greek olives

1. Remove the skin from the onion and garlic. **Scrub the onion and garlic with a vegetable brush while holding under cold running water. Dice the yellow onion on your produce cutting board.** Mince garlic in a food processor.
2. Remove wrapper from chicken and place in a large bowl. **Wash hands using soap and water after handling chicken.** Combine onion, garlic, lime juice, molasses, Worcestershire sauce, cumin, oregano, salt, and black pepper. Use a wooden spoon to mix and coat the chicken.
3. Coat a large roasting pan with cooking spray. Transfer chicken to roasting pan and pour any remaining marinade over the chicken. **Be sure to wash your hands again after handling the raw chicken.** Arrange olives over and around the chicken.



4. Heat the oven to 400°F. **Insert the cooking thermometer into the thickest part of the largest breast. Bake until the internal temperature reaches 165°F, about 30 to 35 minutes.** Enjoy!

### *Additional Food Safety Notes Related To This Recipe*

- Check your refrigerator thermometer, making sure that the refrigerator is not warmer than 40°F.
- Always store raw chicken on the bottom shelf of the refrigerator, away from fresh produce, ready-to-eat foods, and cooked foods (leftovers). Place the chicken package on a pan or plate to catch any juices that may drip.
- Defrost frozen chicken on the bottom shelf of the refrigerator. Place the chicken package on a plate or a pan to catch any juices that may drip. This method of defrosting usually takes 1 day.
- Wash hands correctly before and after handling raw poultry.
  - Moisten hands with warm water and apply soap.
  - Rub hands together for 20 seconds. Don't forget to use a soft brush to clean your nails and nail beds.
  - Rinse hands and dry with a clean towel.
- When storing leftover chicken, divide the chicken into small portions. Place into a clean, airtight storage container. Do not forget to label the container with the name and the date before putting in the refrigerator.
- When reheating leftover chicken be sure to use a cooking thermometer. Reheated chicken needs to reach a temperature of 165°F.

### Recipe Source

<http://www.foodnetwork.com/recipes/robin-miller/garlic-lime-chicken-with-olives-recipe/index.html>



## *Cider Marinated Beef Roast*

1 medium onion  
3 garlic cloves  
1 beef roast, 4 lbs. boneless rump, sirloin tip, or cross-rib  
chuck, tied  
2 cups apple cider  
2/3 cup salad oil  
1 tablespoon lemon juice  
1 bay leaf  
1 teaspoon salt  
1 teaspoon thyme  
1 teaspoon whole allspice  
1 teaspoon dry mustard  
1/2 teaspoon pepper  
2 tablespoons cornstarch

1. Remove the skin from the onion and garlic. **Scrub the onion and garlic with a vegetable brush while holding under cold running water. Dice the yellow onion on your produce cutting board.** Smash the garlic using the flat side of a butter knife (do not completely crush).
2. Remove wrapper from beef and make about 2 dozen slits 1 inch deep on the outside of the meat. Place meat in a large glass or plastic bowl. **Wash hands using soap and water after handling beef.**
3. In a bowl, combine apple cider, salad oil, lemon juice, onion, garlic, bay leaf, salt, thyme, allspice, mustard, and pepper.

5. **Pour the mixture over the beef and cover tightly with aluminum foil. Place the beef on the bottom shelf of the refrigerator and allow the beef to marinate for 4 hours or more.**
6. Remove roast from marinade. Place on roasting pan. **Insert meat thermometer so it reaches the center of the thickest part of the roast.**
7. Heat the oven to 300°F. **Bake the beef until thermometer reaches 145°F, about 2 hours.** Remove beef and place onto warm platter.
8. Strain the leftover marinade. Skim fat from roasting pan and discard. Add marinade to the drippings, reserving 2 to 3 tablespoons of the marinade liquid to mix with cornstarch. In a sauce pan heat the marinade liquid to a boil. Mix corn starch with 2 to 3 tablespoons of the marinade liquid. Stir cornstarch into boiling liquid and continue cooking until thickened. Pour sauce over the beef roast.
9. Slice very thinly to serve.

### *Additional Food Safety Notes Related To This Recipe*

- Check your refrigerator thermometer, making sure that the refrigerator is not warmer than 40°F.
- Always store raw beef on the bottom shelf of the refrigerator, away from fresh produce, ready-to-eat foods, and cooked foods (leftovers). Place the beef package on a pan or plate to catch any juices that may drip.
- Defrost frozen beef on the bottom shelf of the refrigerator. Place the beef package on a plate or a pan to catch any juices that may drip. This method of defrosting usually takes 1 day.

### Recipe Source

<http://www.cooks.com/rec/view/0%2C193%2C157182-247206%2C00.html>



# Side Dishes

## **Cross Contamination**

### **It Can Be Prevented In Your Kitchen**

Cross contamination is a common mistake made in many household kitchens. It occurs when harmful bacteria from a contaminated source (e.g. raw meat, poultry, seafood) are transferred to a non-contaminated source (e.g. fresh fruit, clean refrigerator shelf, properly cooked foods). Below you will find some simple steps to follow in order to prevent cross contamination from happening in your kitchen.

- Hand washing is extremely important in preventing cross contamination in your kitchen. Always wash your hands before and after meal preparation. You should also wash your hands frequently during the preparation process, especially after each time you handle raw meat, poultry, or seafood.



### **Hand Washing Guide**



- Moisten hands with warm water and apply soap.
- Rub hands together for 20 seconds. Don't forget to use a soft brush to clean your nails and nail beds.
- Rinse hands and dry with a clean towel, preferably paper. Do not dry your hands on the towel used for drying dishes.

- Storing your food correctly will also reduce the risk of cross contamination.
  - Raw meat, poultry, and seafood should be stored on the bottom shelf of the refrigerator. Have a plate or a pan under them to catch any juices that may drip.
  - Place cooked foods, fruits, vegetables, and ready-to-eat foods on separate shelves or bins, away from raw meats, poultry, or seafood.
  - Place all of your leftovers in a clean, preferably airtight storage container or resealable food storage bag.
- Be sure your cutting board is clean before each use. It is a good idea to have one cutting board for fresh produce and a separate one for raw meat, poultry, and seafood.



**Raw meat, poultry  
and seafood**



**Produce and  
bread**

- Discard any marinade sauces that were used on raw meat, poultry, or seafood. It is not a good idea to use the sauce on cooked foods unless you boil it just before using.
- Always use a clean plate when serving cooked foods.

**Do not reuse any plate or cutting board that held raw meat without washing it first.**





## *Green Beans With Bacon And New Potatoes*

- 4 slices bacon
- 1 medium onion
- 2 pounds fresh green beans
- 8 small new potatoes
- 1/8 teaspoon salt
- 1/8 teaspoon pepper

1. **Cut bacon into thirds on your clean meat cutting board.** Cook the bacon pieces in a large sauce pan over medium heat for 5 minutes. **Be sure to wash your hands after handling the raw bacon.**
2. Remove the skin from the onion. **Scrub the onion and potatoes with a vegetable brush while holding under cold running water. Finely chop the onion on your produce cutting board.** Add the onion to the sauce pan with the bacon and sauté until translucent, about 5 minutes.
3. **Cut each new potato in half on the produce cutting board.** Place the green beans into a colander. **Run cold water over the green beans while rubbing each bean gently with your finger tips.** Once clean, snap the ends off of the beans.
4. Add the green beans and potatoes to the sauce pan. Add just enough water to cover the beans and potatoes.
5. Bring to a boil, then reduce the heat to low. Add the salt and pepper, then cover the saucepan.
6. Simmer about 1 hour or until the beans are tender. Stir occasionally and add more water if necessary to keep the beans covered.



### *Additional Food Safety Notes Related To This Recipe*

- Be sure the refrigerator is no warmer than 40°F.
- Always store raw bacon on the bottom shelf of the refrigerator. Place the raw bacon package on a pan or a plate to catch any juices that may drip.
- When storing in the refrigerator, place fresh produce on separate shelves or in produce bins away from raw meats, poultry, and seafood.
- Clean and sanitize the cutting board before and after each use. It is a good idea to have two separate cutting boards in the kitchen. One can be used for raw meats, poultry, and seafood while the other is used for fresh produce and breads.
- Be sure to have a clean and sanitized sink before you wash your produce.
- Wash hands correctly after handling raw bacon.
  - Moisten hands with warm water and apply soap.
  - Rub hands together for 20 seconds. Don't forget to use a soft brush to clean your nails and nail beds.
  - Rinse hands and dry with a clean towel.
- When storing leftovers, divide into small portions and place into clean, airtight storage containers. Do not forget to label the container with the name and the date before putting in the refrigerator.
- Reheat the beans and potatoes to at least 165°F for at least 15 seconds before eating the leftovers.

#### Recipe Source

<http://www.foodnetwork.com/recipes/emeril-lagasse/southern-style-green-beans-with-bacon-and-new-potatoes-recipe/>



## *Zucchini And Yellow Squash Medley*

3 yellow squash

3 zucchini squash

1/2 onion

1 (10 ounce) can diced tomatoes with green chile peppers

1/8 teaspoon salt

1/8 teaspoon garlic powder

1. If you begin with a whole onion, remove the skin. Scrub the yellow squash, zucchini, and onion with a vegetable brush while holding under cold running water. Cut the onion in half. **Store the unused half in a tightly sealed container or aluminum foil in the produce bin of the refrigerator.**
2. Finely chop the other half of the onion on your **produce cutting board**. Cube the yellow squash and zucchini on the same cutting board.
3. In a large sauce pan, combine the yellow squash, zucchini, onion, tomatoes with chilies, salt, and garlic powder. Bring to a boil over medium high heat.
4. Reduce heat to low and cook until tender.



### *Additional Food Safety Notes Related To This Recipe*

- When storing in the refrigerator, place fresh produce on separate shelves or in produce bins away from raw meats, poultry, and seafood.
- Clean and sanitize the cutting board before and after each use. It is a good idea to have two separate cutting boards in the kitchen. One can be used for raw meats, poultry, and seafood while the other is used for fresh produce and breads.
- Be sure to have a clean and sanitized sink before you wash your produce.
- Wash hands correctly
  - Moisten hands with warm water and apply soap.
  - Rub hands together for 20 seconds. Don't forget to use a soft brush to clean your nails and nail beds.
  - Rinse hands and dry with a clean towel.
- Keep food out of the "Danger Zone".
  - Fresh produce should not be out of the refrigerator for longer than 2 hours.
  - It is best to put any leftovers into the refrigerator within 1 hour.
- When storing leftovers, divide into small portions and place into a clean airtight storage container. Do not forget to label the container with the name and the date before placing in a refrigerator that is 40°F or colder.

#### Recipe Source

<http://allrecipes.com/recipe/zesty-zucchini-and-squash/detail.aspx>



## *Maple Orange Glazed Carrots Recipe*

1 pound carrots  
2 tablespoons unsalted butter  
1/2 teaspoon salt  
1/4 cup maple syrup  
1/3 cup orange juice  
1/8 teaspoon cinnamon

1. **Scrub the carrots with a vegetable brush while holding under cold running water.** Peel the carrots and place into a colander. **Slice carrots into ¼ inch thick pieces on your produce cutting board.**
2. In a large, wide sauté pan, heat the butter over medium heat until melted. Add the carrots and toss to coat; cook for 3-4 minutes.
3. Add the maple syrup and cook for 1 minute. Add the orange juice; cover the pan and cook for 3 more minutes.
4. Uncover the pan and increase the heat to medium high. Stir the carrots occasionally and cook until almost all of the liquid has evaporated. Watch carefully so they don't run out of liquid and scorch. If they are not tender enough and run out of liquid, add more orange juice as needed.
5. Remove from heat and sprinkle cinnamon over the carrots.



**Yum. I love carrots!**



### *Additional Food Safety Notes Related To This Recipe*

- When buying carrots in the grocery store, be sure that they are firm, bright colored, smooth, and clean. Avoid those that are rough, cracked, or have a green tinge.
- When storing in the refrigerator, place fresh produce on separate shelves or in produce bins away from raw meats, poultry, and seafood.
- Be sure to clean and sanitize the sink before you wash your produce. Use a clean small brush to scrub around and in the drain to get rid of dirt and grime. A toothbrush works well for cleaning your drain (just do not use the tooth brush to brush your teeth afterwards).
- Clean and sanitize the cutting board before and after each use. It is a good idea to have two separate cutting boards in the kitchen. One can be used for raw meats, poultry, and seafood while the other is used for fresh produce and breads.
- Keeping food out of the “Danger Zone”.
  - Fresh produce should not be out of the refrigerator for longer than 2 hours.
  - Put any leftovers into the refrigerator within 1 hour on a hot day.
- When storing leftovers, divide into small portions and place into a clean airtight storage containers. Do not forget to label the containers with the name and the date.

#### Recipe Source

[http://www.simplyrecipes.com/recipes/maple\\_orange\\_glazed\\_carrots/](http://www.simplyrecipes.com/recipes/maple_orange_glazed_carrots/)





## *Cranberry Applesauce Recipe*

3 to 4 pounds of Granny Smith apples (or other good cooking apple such as Golden Delicious, Fuji, Jonathan, McIntosh, or Gravenstein)

1 1/2 cups fresh cranberries

2 tablespoons lemon juice

1/2 teaspoon ground cinnamon

1/4 cup of brown sugar

1/2 cup white sugar

1 cup water

1/2 teaspoon salt

1. Hold apples under cold running water. **Rub with both palms while turning continuously. Use a vegetable brush to scrub around the stem area.** Peel and core the apples. **Cube the apples on your produce cutting board.**
2. **Place the fresh cranberries into a colander. Run cold water over the cranberries while rubbing each berry with your finger tips.**
3. Place all of the ingredients into a large (5-quart) pot. Bring to a boil, then lower heat to a simmer and cover. Cook until the apples can easily be mashed, about 20-30 minutes.
4. Remove pot from heat and mash the apples and cranberries with a potato masher to the consistency you want.



### *Additional Food Safety Notes Related To This Recipe*

- When buying apples in the grocery store, be sure that they have good color and are firm to the touch. Avoid those that are soft and have spots. Cranberries should be firm with a full colored, bright, and fresh appearance.
- When storing in the refrigerator, place fresh produce on separate shelves or in produce bins away from raw meats, poultry, and seafood.
- Be sure to clean and sanitize the sink before you wash your produce. Use a clean small brush to scrub around and in the drain to get rid of dirt and grime.
- Clean and sanitize the cutting board before and after each use. It is a good idea to have two separate cutting boards in the kitchen. One can be used for raw meats, poultry, and seafood while the other is used for fresh produce and breads.
- If any applesauce is leftover divide it into small portions and place into clean airtight storage containers. Do not forget to label the containers with the name and the date.
- Keeping food out of the “Danger Zone”.
  - Put any leftovers into the refrigerator within 1 hour of serving.
  - Check the temperature of the refrigerator to be sure it is between 35 and 40 degrees F.

#### Recipe Source

[http://www.simplyrecipes.com/recipes/cranberry\\_applesauce/](http://www.simplyrecipes.com/recipes/cranberry_applesauce/)



## *Buttered Steamed Asparagus And Bean Sprouts*

16 to 20 asparagus spears  
2 tablespoons green onions  
3/4 cup fresh bean sprouts  
1/4 cup sliced almonds  
1/3 cup butter  
1/4 teaspoon salt  
1/4 teaspoon garlic powder  
1/4 teaspoon ginger

- 1. Place asparagus and green onion into a colander. Run cold water over them while rubbing each asparagus spear and onion. Be sure to wash the bean sprouts separately from the asparagus and green onion. Wash your hands with soap and water after handling the produce. Using the produce cutting board slice the asparagus into 2 inch pieces and cut the green onions into 1/4 inch pieces.**
2. In a 10 inch skillet over medium heat, toast almonds for 5 to 8 minutes, stirring frequently.
3. Add butter, asparagus, green onions, salt, garlic powder, and ginger to the almonds and stir. Cover and cook over medium heat for 10 minutes or until asparagus is tender, stirring frequently.
- 4. Stir in bean sprouts and continue to cook until sprouts are heated through and steaming.** Once heated serve immediately.



### *Additional Food Safety Notes Related To This Recipe*

- Older adults, people with weakened immune systems, and people with chronic illnesses need to cook bean sprouts thoroughly.
- Request that raw sprouts not be added to your food. If you purchase a sandwich or a salad at a restaurant or delicatessen, check to make sure that raw sprouts have not been added.
- When shopping in the grocery store, bean sprouts should be the last items to go into your cart. Be sure they are packaged separately. Go straight home after leaving the grocery store. If you need more time, pack a cooler with ice packs in your car to keep your cold food cold.
- Ask the bagger in the grocery store to bag your bean sprouts in a separate bag from your other groceries. If you are using a tote bag, place the bean sprouts into a separate plastic bag before placing it in your tote bag.
- Wash your hands correctly after handling bean sprouts.
  - Moisten hands with warm water and apply soap.
  - Rub hands together for 20 seconds. Don't forget to use a soft brush to clean your nails and nail beds.
  - Rinse hands and dry with a clean towel.
- Keep bean sprouts out of the "Danger Zone"
  - Raw sprouts should not be out of the refrigerator for longer than 2 hours.
  - It is best to put any leftovers into the refrigerator within 1 hour.

#### Recipe Source

<http://www.cooks.com/rec/view/0,1850,154178-224196,00.html>



## *Mashed Potatoes With Goat Cheese*

1.5 lbs. Yukon gold potatoes, peeled and quartered  
1/2 teaspoon of salt  
3 tablespoons of butter  
1 teaspoon of sage  
3 tablespoons of milk  
4 ounces of pasteurized goat cheese

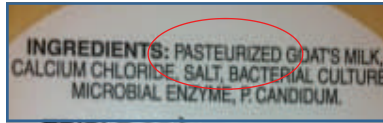
1. **Scrub the potatoes with a vegetable brush while holding under cold running water. Once clean, peel them, then cube the potatoes on your produce cutting board.**
2. Place the potatoes into a cooking pot and add salt. Fill with enough water to cover. Bring to a boil. Cook until easily pierced with a fork, about 10 minutes. Drain potatoes, and set aside.
3. In a small sauce pan, brown the butter over low heat. The butter will foam for a bit before calming down. When the butter turns a nutty brown color remove from heat. Add sage to the butter and pour over the potatoes.
4. **Add the pasteurized goat cheese and milk to the potatoes.** Mash potatoes with a potato masher until smooth and all ingredients are well incorporated.



**These mashed potatoes sound good!**

### *Additional Food Safety Notes Related To This Recipe*

- Read the label of all mold ripened, blue veined, or soft cheeses (such as Blue, feta, Camembert, Brie, or queso fresco cheeses) making sure they are made from pasteurized milk. If you cannot find pasteurized on the label, the cheese is not safe to eat.



- When shopping in the grocery store, pasteurized goat cheese and other dairy products should be the last items to go into your cart. Go straight home after leaving the grocery store. If you need more time, pack a cooler with ice packs in your car to keep your cold food cold.
- When storing in the refrigerator, place cheese on a separate shelf or in a refrigerator bin away from raw meat, poultry, and seafood.
- Follow the 2 hour rule. The 2 hour rule states that refrigerated or cooked foods left in the danger zone for longer than 2 hours when the air temperature is 40-80°F must be thrown into the trash. If the air temperature is above 90°F, the food must be thrown into the trash after 1 hour.
- When storing leftovers, divide into small portions and place into a clean, airtight storage container. Do not forget to label the container with the name and date.

#### Recipe Source

<http://www.epicurious.com/recipes/food/views/Creamy-Mashed-Potatoes-with-Goat-Cheese-and-Fresh-Sage-231100>



## *Bacon and Blue Brussels Sprouts*

- 1 small red onion
- 1 pound Brussels sprouts
- 4 slices bacon
- 1/4 teaspoon salt
- 3/4 cup water
- 1 teaspoon Dijon mustard
- 1 tablespoon cider vinegar
- 1/2 cup crumbled Gorgonzola cheese

1. Remove the skin from the onion. **Scrub the onion and Brussels sprouts with a vegetable brush while holding under cold running water. Thinly slice the onion on your produce cutting board. Slice the Brussels sprouts in half and then thinly slice each half on your produce cutting board.**
2. In a large deep skillet, cook bacon over medium heat until browned and crisp. **Be sure to wash your hands after handling the raw bacon.** After bacon is browned and crisp remove from the pan and set aside. Once bacon has cooled, crumble into small pieces.
3. Add the onion to the hot bacon drippings and season with salt. Cook over medium heat until tender, about 5 minutes.
4. Add the water and Dijon mustard to the onions. Increase the heat to medium high and stir until the water comes to a boil.
5. Add the Brussels sprouts and vinegar to the skillet. Cook, stirring often, until the Brussels sprouts are tender, about 4 to 6 minutes.
6. Remove skillet from heat and toss Brussels sprout mixture with bacon and Gorgonzola cheese crumbles.



### *Additional Food Safety Notes Related To This Recipe*

- Check your refrigerator thermometer, making sure that the refrigerator is not warmer than 40°F.
- Always store raw bacon on the bottom shelf of the refrigerator. Or in the meat keeper. If stored on the shelf place the raw bacon package on a pan or a plate to catch any juices that may drip. If stored in the meat keeper, be sure no ready-to-eat foods are also in the keeper.
- When storing in the refrigerator, place fresh produce on separate shelves or in produce bins away from raw meats, poultry, and seafood.
- Clean and sanitize the cutting board before and after each use. It is a good idea to have two separate cutting boards in the kitchen. One can be used for raw meats, poultry, and seafood while the other is used for fresh produce and breads.
- Be sure to have a clean and sanitized sink before you wash your produce.
- Read the label of all mold ripened, blue veined, or soft cheeses (such as Blue, feta, Gorgonzola, Brie, or queso fresco cheeses) making sure they are made from pasteurized milk. If you cannot find pasteurized on the label, the cheese is not safe to eat.
- When storing leftovers, divide into small portions and place into a clean airtight storage container. Do not forget to label the container with the name and the date before placing in a refrigerator that is 40°F or colder.

#### Recipe Source

<http://allrecipes.com/recipe/bacon-and-blue-brussels-sprouts/detail.aspx>





## *Roasted Garlic Cauliflower*

- 2 cloves garlic
- 3 tablespoons olive oil
- 1 large head cauliflower
- 1/3 cup grated Parmesan cheese
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper
- 1 tablespoon parsley

1. Remove the skin from garlic. **Scrub the garlic and cauliflower with a vegetable brush while holding under cold running water.** Mince garlic in a food processor. Separate cauliflower head into florets.
2. Grease a large casserole dish.
3. Combine the olive oil and garlic in a large resealable bag. Add cauliflower to the bag and seal. Shake the bag to mix. Pour the cauliflower mixture into the prepared casserole dish. Season with salt and pepper.
4. Heat the oven to 450°F. Bake the cauliflower for 25 minutes, stirring halfway through. After 25 minutes top with Parmesan cheese and parsley and change the oven setting to broil. Broil for 3 to 5 minutes, until the top browns



Did you know that cauliflower is actually a flower?

### *Additional Food Safety Notes Related To This Recipe*

- When storing in the refrigerator, place fresh produce on separate shelves or in produce bins away from raw meats, poultry, and seafood.
- Clean and sanitize the cutting board before and after each use. It is a good idea to have two separate cutting boards in the kitchen. One can be used for raw meats, poultry, and seafood while the other is used for fresh produce and breads.
- Be sure to have a clean and sanitized sink before you wash your produce.
- Wash hands correctly
  - Moisten hands with warm water and apply soap.
  - Rub hands together for 20 seconds. Don't forget to use a soft brush to clean your nails and nail beds.
  - Rinse hands and dry with a clean towel.
- Keep food out of the "Danger Zone".
  - Fresh produce should not be out of the refrigerator for longer than 2 hours.
  - It is best to put any leftovers into the refrigerator within 1 hour.
- When storing leftovers, divide into small portions and place into a clean airtight storage container. Do not forget to label the container with the name and the date before placing in a refrigerator that is 40°F or colder.

#### Recipe Source

<http://allrecipes.com/recipe/roasted-garlic-cauliflower/detail.aspx>

# Other Items

## Store Foods Safely In The Refrigerator And Freezer

Refrigerators and freezers play an extremely important role in the safety of your food. When used correctly, they slow the growth of bacteria on foods you intend to eat at a later time or date. Below you will find some guidelines on how to safely store foods in your refrigerator and freezer.

- It is important that you check the temperature of your refrigerator and freezer daily. Refrigerators should be between 32° F and 40° F, while freezers should be 0° F or below. You can do this by using an appliance thermometer similar to the one pictured to the side.

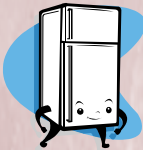


### Tips For Keeping Your Refrigerator And Freezer Cold



- Don't pack the refrigerator too full. Cold air must be able to circulate to keep food cold.
- Keep the refrigerator and freezer doors closed as much as possible. Know what you want to get out before you open the door.
- Be sure the door seals are tight.

- Where and how you store food in the refrigerator is also important.
  - Raw meat, poultry, and seafood should be stored on the bottom shelf of the refrigerator. Have a plate or a pan under them to catch any juices that may drip.
  - Place cooked foods, fruits, vegetables, and ready-to-eat foods on separate shelves or bins, away from raw meats, poultry, or seafood.
  - Do not store perishable foods or eggs on the door of the refrigerator. That is the warmest place in the refrigerator.



**Let's work together to  
keep your food safe.**

- Lastly, in order to store your food safely in the refrigerator, you must keep your refrigerator clean.
  - Wipe up spills immediately. It is also a good idea to clean the outside of your leftover containers before placing them inside your refrigerator.
  - You should clean your refrigerator thoroughly once a week. Take everything out and place it in coolers with ice packs. Clean refrigerator surfaces with warm soapy water. Rinse with clean water. Allow to air dry or dry with paper towels. Wipe off containers before putting them back in the refrigerator. This is also a good time to throw out old leftovers or outdated food items.

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## Safe Minimum Cooking Temperatures

Use this chart and a food thermometer to ensure that meat, poultry, seafood, and other cooked foods reach a safe minimum internal temperature. After you remove meat from a grill, oven, or other heat source, allow it to rest for the specified amount of time.

Category	Food	Temperature (°F)	Rest Time
<b>Ground Meat &amp; Meat Mixtures</b>	Beef, Pork, Veal, Lamb	160	None
	Turkey, Chicken	165	None
<b>Fresh Beef, Veal, Lamb</b>	Steaks, roasts, chops	145	3 min
<b>Poultry</b>	Chicken & Turkey, whole or parts	165	None
	Stuffing (cooked alone or in bird)	165	None
<b>Pork and Ham</b>	Fresh pork including ham	145	3 min
	Precooked ham (to reheat)	140	None
<b>Eggs &amp; Egg Dishes</b>	Eggs	Cook until yolk and white are firm	None
	Egg dishes	160	None
<b>Leftovers &amp; Casseroles</b>	Leftovers	165	None
	Casseroles	165	None
<b>Seafood</b>	Fin Fish	145 or cook until flesh is opaque and separates easily with a fork.	None
	Shrimp, lobster, and crabs	Cook until flesh is pearly and opaque.	None



## Storage Times for Refrigerated Foods

Category	Food	Refrigerator (40 °F or below)
<b>Salads</b>	<b>Egg, chicken, ham, tuna &amp; macaroni salads</b>	3 to 5 days
<b>Hot dogs</b>	<b>Opened package</b>	1 week
	<b>Unopened package</b>	2 weeks
<b>Luncheon meat</b>	<b>Opened package or deli sliced</b>	3 to 5 days
	<b>Unopened package</b>	2 weeks
<b>Bacon &amp; Sausage</b>	<b>Bacon</b>	7 days
	<b>Sausage, raw</b>	1 to 2 days
<b>Ground Meats</b>	<b>Beef, turkey, veal, pork, lamb, &amp; mixtures</b>	1 to 2 days
<b>Fresh Meats</b>	<b>Steaks, chops and roasts</b>	3 to 5 days
<b>Fresh Poultry</b>	<b>Chicken or turkey, whole or pieces</b>	1 to 2 days
<b>Leftovers</b>	<b>All leftovers</b>	3 to 4 days



## *Using Your Microwave Oven Safety*

Microwave ovens play such an important role in the American meal time that over 90% of all homes have at least one. When used correctly they can make your kitchen duties easy, but when used incorrectly they can cause a lot of problems, including foodborne illness.

- When cooking foods in the microwave, be sure to:
  - Arrange food evenly on the dish and cover with a lid or plastic wrap. Be sure to loosen the lid or wrap to allow steam to escape.
  - Stir and rotate food halfway through the cooking process.
  - Always use a cooking thermometer to be sure the food has reached the recommended safe internal temperature.



### **Using Your Cooking Thermometer On Microwave Foods**



- Use the Safe Minimum Cooking Temperatures provided in the other items section, when checking the internal temperature.
- Be sure to allow microwaved foods to rest as directed before checking the internal temperature. The food is still cooking even after the timer rings.
- Due to uneven cooking; meat, poultry, and seafood may need to be measured in several different places with the cooking thermometer.
- Stir other food dishes before measuring their internal temperature.



- When using a microwave oven to defrost or partially cook food, it is important to transfer the food immediately to the other heat source and continue cooking the food.



Your microwave oven has already started to cook the defrosted food. If you do not finish cooking it right away your food will be in the danger-zone.

- Heat ready-to-eat foods such as hotdogs, luncheon meats, fully cooked ham, and leftovers until steaming hot.
- Only use cookware that is specially manufactured for use in microwave ovens. Cookware that is safe to use should be labeled.
  - Do not use the following items in your microwave oven.
    - Plastic storage containers intended for one time use. These include margarine tubs and take-out containers (unless labeled as microwave-safe)
    - Plastic storage bags, brown paper bags, or plastic grocery bags.
    - Aluminum foil

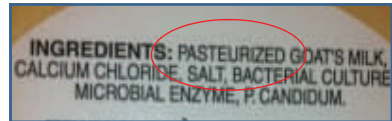
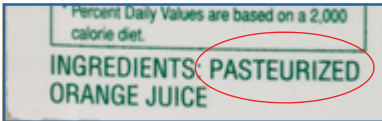




## Food Safety Practices For Your Local Farmers Market

Local farmers markets are growing in popularity and are a great place to buy locally-grown fresh produce as well as other fresh food items. Listed below you will find some guidelines to follow to help ensure the foods are safe.

- Wash all fresh fruits and vegetables, including organic and locally grown, before consuming. Follow the washing instructions found on the salads divider in your *Tasty And Safe Cookbook*.
- Do not buy any juices or dairy products (raw milk or cheeses) that have not been pasteurized. Always read the label or ask the merchant to determine if the product has been pasteurized.



- Make sure all eggs are properly refrigerated at the market. The FDA requires that all untreated shelled eggs must be stored and displayed at or below 40°F.
- Before buying eggs, open the carton to make sure all the eggs are clean and the shells are not cracked.



When you get home, store the eggs in their original carton on the shelf of your refrigerator, not on the door.



- When purchasing raw meat, poultry, or seafood at the market, make sure it is properly stored in an enclosed refrigerated case or closed coolers.



- Keep your raw meat, poultry, and seafood separate from other purchases, so their juices do not come into contact with your other items.



### Grocery Tote Bag Safety



Grocery tote bags are a convenient and environmentally friendly way to transport farmers market purchases home, but if not taken care of correctly they can cause a foodborne illness. Listed below you will find some tips for keeping reusable tote bags safe from germs and bacteria.

- Wash the tote bag frequently in a washing machine or by hand in hot soapy water.
- Place raw meats, poultry, and seafood into separate plastic bags before placing into your tote bag. This will prevent their juices from leaking onto the tote bag.
- Have at least two separate tote bags, one for raw meat, poultry, and seafood, and one for other food purchases.
- Store tote bags in a clean dry location. Avoid leaving tote bags in the trunk of your car.





## *The Anatomy of C-LES*

Your host through this cookbook has been C-LES, an imaginary germ that has been created from five bacteria sometimes found in food. These include *Campylobacter*, *Clostridium botulinum*, *Listeria*, *Escherichia coli*, *Salmonella*, and *Staphylococcus*. The above mentioned bacteria are guilty of causing a large number of foodborne illness. Below you will find some important information about each of the bacteria that make up C-LES.



**I promise.  
I am not that bad of a guy!**

### *Campylobacter*

**Signs and Symptoms** - Diarrhea, cramps, fever, and vomiting; diarrhea may be bloody.

**Duration of Illness** - 2 to 10 days

**Associated Foods** - Raw and undercooked poultry, unpasteurized milk, contaminated water.

### *Clostridium botulinum*

**Signs and Symptoms** - Vomiting, diarrhea, blurred vision, double vision, difficulty swallowing, and muscle weakness.

**Duration of Illness** - Variable (from days to months)

**Associated Foods** - Home canned foods with a low acid content, improperly canned commercial foods, home-canned or fermented fish, herb-infused oils, baked potatoes in aluminum foil, cheese sauce, bottled garlic, foods held warm for extended periods of time (eg. in a warm oven).





### *Listeria monocytogenes*

**Signs and Symptoms** - Fever, muscle aches, and nausea or diarrhea. Older adults or people with weakened immune symptoms may have bacteremia (bacteria in blood) or meningitis.

**Duration of Illness** - Variable (from days to months)

**Associated Foods** - Fresh soft cheeses, unpasteurized or inadequately pasteurized milk, deli meats, hot dogs.

### *Escherichia coli*

**Signs and Symptoms** - Severe diarrhea that is often bloody, abdominal pain, and vomiting. Usually little or no fever is present.

**Duration of illness** - 5 to 10 days

**Associated Foods** - Undercooked beef, unpasteurized milk and juice, raw fruits and vegetables (eg. sprouts), salami, salad dressing, and contaminated water.

### *Salmonella*

**Signs and Symptoms** - Diarrhea, fever, abdominal cramps, vomiting.

**Duration of Illness** - 4 to 7 days

**Associated Foods** - Contaminated eggs, poultry, unpasteurized milk or juice, cheese, contaminated raw fruits and vegetables (eg. sprouts and melons).

### *Staphylococcus*

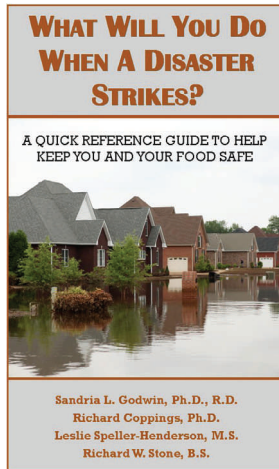
**Signs and Symptoms** - Sudden onset of severe nausea and vomiting, and abdominal cramps. Diarrhea and fever may be present.

**Duration of Illness** - 24 to 48 hours

**Associated Foods** - Unrefrigerated or improperly refrigerated meats, potato and egg salads, and cream pastries.



The following pages contain important information taken from the “What Will You Do When A Disaster Strikes?” reference guide.



For more information on this topic along with other food safety topics, please visit our web site at [www.fightc-les.org](http://www.fightc-les.org)





## PREPARING AN EMERGENCY FOOD KIT

Every family should have an **emergency food kit**. An **emergency food kit** contains enough water and food for each household member for at least 3 days and is kept in a waterproof case or carrying bag. Store the kit in a cool, dry place that is easy to access or in your emergency shelter (if you have one).

### What You Should Include

#### Water for Three Days

- At least one gallon of clean water per person per day for drinking and hygiene.

**Hint:** Clean and sterilize all containers before filling.

#### Food for Three Days

- **Dried Foods**
  - Fruit, Crackers, Ready-to-eat Cereals, Powdered Milk, Beef Jerky
- **Canned Foods**
  - Meats and Fish, such as Tuna and Chicken
  - Vienna Sausages, Beans, Fruit, Fruit Juices, Vegetables, Soups
- **High Energy Foods**
  - Peanut Butter, Jelly, Nuts, Trail Mix, Granola Bars, Protein Bars, Breakfast Bars, Cookies
  - Baby Formula and Baby Food, if needed



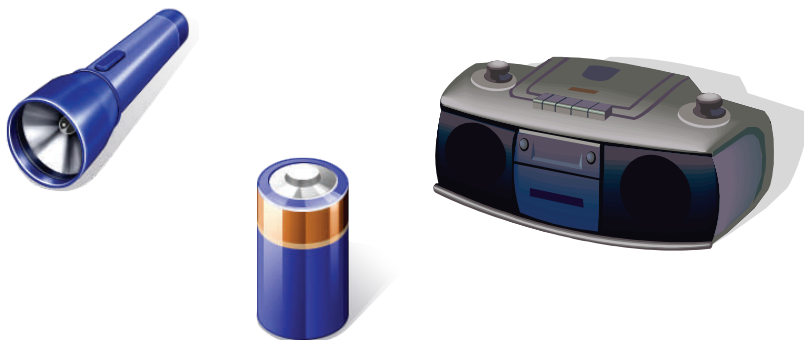
**Hint:** Even if you are breast feeding, stress may keep you from producing milk.

## Other Items You May Want To Include In Your Emergency Food Kit

- Prescription Drugs
- Copies of Important Family Documents
- Medical Supplies, such as a First Aid Kit and Instruction Booklet

**Hint:** Put the items listed above in a waterproof bag

- Flashlight or Battery Operated Lamps
- Waterproof Matches
- Paper Plates and Plastic Utensils
- Moist Towelettes and Hand Sanitizer
- Portable Radio
- Manual or Battery Operated Can Opener
- Extra Batteries



### REMEMBER!

- Check the expiration dates on food every 6 months.
- Replace foods that are old.
- Include some comfort items if you have room.

## FOOD RECALLS AND FOOD TAMPERING

Food recalls are announced on TV and radio, in newspapers, and on the Internet at [www.foodsafety.gov](http://www.foodsafety.gov)

### If You Have A Food Product That Has Been Recalled:

- **Return the product** to the store or place of purchase, or
- **Throw the product away.** Do not eat the recalled product.

### Signs Of Food Tampering

- **Broken seals** on or around the package.
- **Safety button** on the jar lid has been popped.
- **Unusual stains** on the product—discoloration, mold, or liquid on products are signs that the product is not safe.
- **Product has an unusual smell or odor.**
- **Damage to the package** - To see if there is damage, compare the container to other containers on the shelf.



### If A Food Product Has Been Tampered With Contact:

- **Local Health Department:** contact information can be found in the phone book or on the Internet.
- **Food and Drug Administration Hotline at:**  
**1-301-443-1240** for Seafood, Fruit, Vegetables, Eggs, and other Non-meat Items.
- **US Department of Agriculture Hotline at:**  
**1-800-535-4555** for Meat and Poultry.

### Signs of a Foodborne Illness include:

Stomach Cramps, Fever, Nausea, Vomiting, Chills, Diarrhea, and a Headache.



## *Healthy Substitutions For Fats And Oils*

### Ingredient

### Substitution

---

1/2 cup oil  
for baking

1/2 cup applesauce  
OR  
1/4 cup applesauce + 1/4 cup buttermilk

---

1/2 cup oil  
for marinades or  
salad dressings

1/2 cup low fat or non fat chicken broth  
OR  
1/2 cup unsweetened pineapple juice

---

1/2 cup  
margarine,  
shortening, or  
butter for baking

1/2 cup reduced calorie margarine  
OR  
1/2 cup applesauce  
OR  
1/4 cup applesauce + 1/4 cup buttermilk

---

1/2 cup  
margarine  
or butter for icing

1/2 cup marshmallow crème

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2 tablespoons oil  
for sautéing

2 tablespoons low fat or non fat broth  
OR  
2 tablespoons unsweetened pineapple juice  
OR  
2 tablespoons dry wine

---

1 tablespoon  
mayonnaise

1 tablespoon fat free plain yogurt

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## *Weights and Measures*

dash = less than  $\frac{1}{8}$  teaspoon

3 teaspoons = 1 tablespoon

2 tablespoons =  $\frac{1}{8}$  cup

4 tablespoons =  $\frac{1}{4}$  cup

5  $\frac{1}{3}$  tablespoons =  $\frac{1}{3}$  cup

8 tablespoons =  $\frac{1}{2}$  cup

10  $\frac{2}{3}$  tablespoons =  $\frac{2}{3}$  cup

12 tablespoons =  $\frac{3}{4}$  cup

16 tablespoons = 1 cup

1 kilogram = 2.2 pounds

28.3 grams = 1 ounce

16 ounces = 1 pound

1 cup = 8 fluid ounces

1 cup =  $\frac{1}{2}$  pint

2 cups = 1 pint

4 cups = 1 quart

4 quarts = 1 gallon

8 quarts = 1 peck

4 pecks = 1 bushel

1 liter = 2.1 pints





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*Additional Notes*

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# Tennessee State University

College of Agriculture, Human and Natural Sciences

Department of Family and Consumer Sciences



So, what's for  
dinner tonight?

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