

nutrition NEWSLETTER

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FOOD SAFETY TIPS FOR THE HOLIDAYS (AND ALL YEAR LONG)

With the holidays upon us you may be doing some special holiday cooking, so let's do everything that we can to stay healthy and safe! It is estimated that 48 million Americans (1 in 6) get sick from a foodborne illness every year. These illnesses can be prevented by following these simple food safety tips.

FOUR SIMPLE STEPS:

STEP 1: CLEAN

- Before cooking or eating, wash your hands for at least 20 seconds.
- Wash counter tops, cooktops, and the inside of the refrigerator and microwave frequently with soapy water.
- Rinse fruits and veggies under running water.
- Wash cutting boards, knives, and other cooking utensils in hot soapy water after each use.

STEP 2: SEPARATE

- Raw meat, poultry, seafood, eggs, and flour should never come into contact with produce or any other ready-to-eat food.
- Place raw meat in sealed containers on the bottom shelf of the refrigerator.
- Storing eggs on the door of the refrigerator can cause them to have an uneven temperature. Keep them on a lower shelf instead.

STEP 3: COOK

- Use a food thermometer to check that your food has reached a safe temperature (see temperature chart on next page)
- When microwaving, rotate food to allow for even heating.
- Eggs and flour are not safe to eat unless fully cooked. (No raw cookie dough— sorry!)

STEP 4: CHILL

- Chill your leftovers within 2 hours.
- Use an appliance thermometer to ensure the fridge stays below 40 degrees F and the freezer stays below 0 degrees F.

References:
www.FoodSafety.gov
www.fda.gov
www.reciperunner.com
www.agricultured.org





IS IT DONE YET?
Minimum Recommended
Cooking Temperatures

POULTRY



165 degrees F. No rest time.

BEEF



145 degrees F, medium.
 3 minute rest

PORK



145 degrees F. 3 minute rest.

LAMB



145 degrees F, medium rare.
 3 minute rest.

GROUND MEATS



Beef, pork, lamb -160 degrees F.
 Chicken, turkey - 165 degrees F.

SEAFOOD



145 degrees F, until opaque.
 Shellfish until opaque. Mussels,
 clams, oysters until shells open.

EGGS



Until yolk and white are firm.
 Egg dishes, 160 degrees F.

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Cranberry, Pecan, & Goat Cheese Sweet Potato Bites

Ingredients:

- 1 tbsp olive oil
- 1 large sweet potato sliced into rounds
- 4 oz. goat cheese
- 2 tbsp milk
- 1 tsp rosemary
- 1/4 cup toasted chopped pecans
- 1/2 cup dried cranberries
- Salt and pepper to taste
- Honey for drizzling



Preheat oven to 425 degrees.

In a large bowl, toss together sweet potato slices, olive oil, salt and pepper.

Lay the slices on a baking sheet lined with parchment paper.

Place in oven on middle rack, cook for 10 minutes and then flip over and cook for another 10 minutes.

While the sweet potatoes bake, mix the goat cheese, milk, rosemary, salt and pepper until fluffy combined.

Spoon 1/2 tsp of cheese mixture on the sweet potato, then top with pecans, cranberries, and a drizzle of honey.

Enjoy!

Nutrition Info:

- Serving size: 2 slices
- Calories: 110
- Total fat: 6g
- Saturated fat: 2g
- Sodium: 120mg
- Carbohydrates: 13g
- Fiber: 2g
- Sugar: 8g
- Protein: 3g



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