

In this issue:

- Food Safety – Storage
- Power Outages – Keep Food Safe

Recipes:

- Sure to Please Baked Eggs and Cheese
- Anytime Pizza
- Full of Beans Hot Dish
- Honey Milk Balls



Food Safety – Storage

We all know that we need to keep our food safe to keep us healthy. Food safety is not just when we are making a recipe but also when you store food. Below are several tips and tricks to keep your food safe when storing.

- When making leftovers, place in refrigerator or freezer without a lid on. Once it cools then place on a lid and cool or freeze as desired.
- Store food safely in the refrigerator. This will keep juices from these foods from contaminate other food items.
 - o Top shelf – Ready to eat foods (vegetables, milk)
 - o Next shelf – No leg foods (fish)
 - o Next shelf – 4 legs food (pork, beef)
 - o Bottom shelf – 2 legs (chicken, turkey)
- Store dry foods in airtight containers so moisture cannot get in.
- Dry foods should also be stored at least 6 inches off the ground. This helps keep animals and moisture out.



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For more information on stretching your food dollars, contact your local SDSU Extension office or the State office at 605-688-4440.

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Recipes from: <https://whatscooking.fns.usda.gov/>

Content from: <http://www.extension.org/>; <http://doe.sd.gov/cans/sfsp.aspx>; <https://choosemyplate.gov/>

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Power Outages – Keep Food Safe

Power outages can be stressful. If you have a power outage, follow these suggestions to help keep you from getting sick from food that has gone bad.

- Think about what you need to grab. Only open the refrigerator or freezer door ONCE. The refrigerator and freezer are insulated and will remain cold for quite some time, as long as it stays closed. After you know what you want, quickly open the door, grab everything and close it firmly when finished. If you have children, make sure that they talk to you before grabbing food from the refrigerator or freezer.
- Be aware of canned products before eating without heating. Canned fruits and vegetables can be eaten straight from the can. Anything with a meat, such as ravioli or a specialty soup, needs to be heated before eating.
- If you take items out of the refrigerator and do not eat the whole thing (milk, cheese, lunch meats, etc.) do not put the item back in the refrigerator. It is best to throw the items away to prevent food poisoning.



These ideas will help keep your food safe if you have a power outage at your home.





Add your favorite veggies to dress up this cheese and egg dish, or serve with fresh salsa.



Have fun with this recipe and experiment with different fruit and vegetable toppings.

Sure to Please Baked Eggs and Cheese

Makes 4 Servings

Ingredients:

1 tablespoon oil
6 eggs
1/2 cup non-fat milk
1/2 cup low-fat cheese (grated)
1 teaspoon garlic powder
1 1/2 teaspoon oregano

Directions:

Preheat oven to 350 degrees. Put oil in a medium baking dish or small cake pan and heat in the oven for a few minutes. In a bowl, beat eggs. Mix in remaining ingredients. Pour into hot pan. Bake 20 minutes or until eggs are firm. Serve immediately.

*4 eggs and 4 egg whites may be used instead of 6 eggs to reduce fat and cholesterol (nutrient analysis reflects this modification).

Nutritional Information per serving:
Total Calories 163; Total Fat 11 g; Protein 13 g; Carbohydrates 3 g; Dietary Fiber 0 g; Saturated Fat 3 g; Sodium 194 mg

Anytime Pizza

Makes 2 Servings

Ingredients:

1/4 mini baguette or Italian bread (split lengthwise, or 2 split English muffins)
1/2 cup pizza sauce
1/2 cup mozzarella or cheddar cheese (part-skim, shredded)
1/4 cup green pepper (chopped)
1/4 cup mushrooms (fresh or canned, sliced)

Directions:

Toast the bread or English muffin until slightly brown. Top bread or muffin with pizza sauce, vegetables and low-fat cheese. Sprinkle with seasonings as desired. Return bread to toaster oven (or regular oven preheated to 350 degrees). Heat until cheese melts.

Nutritional Information per serving:
Total Calories 180; Total Fat 7 g; Protein 11 g; Carbohydrates 18 g; Dietary Fiber 2 g; Saturated Fat 3 g; Sodium 502 mg



Beans can be counted as either
a vegetable or a protein!
Be sure to sort and soak dry
beans or use canned beans.

Full of Beans Hot Dish

Makes 8 Servings

Ingredients:

1 pound ground beef
1 onion (large, chopped)
1/4 cup brown sugar
1/2 cup catsup
2 tablespoon vinegar
1/2 teaspoon black pepper
2 cup kidney beans (cooked, or 15 ounce can)
1 can pork and beans (15 ounce)
2 cup great northern beans (cooked, or a 15 ounce can great northern beans, lima beans or butter beans, low sodium)

Instructions:

Cook ground beef and onion, drain fat. Add remaining ingredients and mix. Place in casserole dish and bake in the oven at 350 degrees for 1 hour.

Nutritional Information per serving:
Total Calories 304; Total Fat 6 g; Protein 21 g; Carbohydrates 43 g; Dietary Fiber 8 g; Saturated Fat 2 g; Sodium 441 mg



Great snack packed with
protein and calcium.

Honey Milk Balls

Makes 20 servings

Ingredients:

1/4 cup honey
1/4 cup peanut butter
1/2 cup dry milk, non-fat
1/2 cup cereal (crushed)

Instructions:

Mix honey and peanut butter. Gradually add dry milk and mix well. Chill for easier handling. With greased hands, form into small balls and roll in crushed cereal flaked. Chill until firm and refrigerate leftovers within 2 hours.

Nutritional Information per serving:
Total Calories 41; Total Fat 2 g; Protein 1 g; Carbohydrates 5 g; Dietary Fiber 0 g; Saturated Fat 0 g; Sodium 25 mg