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Food Safety

Food is what truly brings people together. Whether it be to celebrate or spend time together with family and friends, while for many, the taste of the food is the most important thing, food safety should also be a high priority. Keeping food safe may sound like a lot of work at first. The more you practice the steps to keep food safe in everyday cooking, the easier it will be. Below are some simple steps and tricks to help make your cooking as safe as possible.



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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://www.choosemyplate.gov/myplatekitchen/recipes>

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Food Safety Guidelines

Keep your kitchen clean as you prepare food

Make sure to wash your hands before and after preparing food. Wash them with hot and soapy water for at least 20 seconds to kill germs that can cause foodborne illness. Wash countertops, dishes, and utensils with hot soapy water and clean up spills with a hot soapy towel.

Always cook to a safe internal temperature

Whether it is poultry, meat, or egg dishes, there are safe temperatures to maintain. Do not partially cook the dish. A general rule of thumb is that all food (meats, casseroles, etc.) is heated to a temperature of at least 165° F. Use a food thermometer to be sure that your dish reaches the correct temperatures. You cannot rely on color or texture to tell if it is cooked thoroughly. Remember to keep food out of the danger zone. The danger zone is 40° to 140° F, the temperatures that bacteria could grow and cause foodborne illnesses.



Keep your hot dishes hot and your cold dishes cold

If your dish is meant to be kept hot, wrap it and seal it well. Then place it in an insulated container or bag to keep it hot until it is time to be served. If your dish is meant to be cold, keep it in the fridge or on ice until it is time to be served. If you are not able to keep the dish out of the danger zone until it is time to serve, you may need to wait to make it until its closer to the time to eat. Always wash hands with soap and water for at least 20 seconds before and after handling food.

Always remember to safely handle and store leftovers

Any foods that have not been in the danger zone for more than two hours can be safely refrigerated to be eaten later. It is always helpful to put them into several smaller containers to reach a safe temperature quicker. Once they have been divided into smaller containers, put them in the refrigerator (or freezer) immediately. Cooked leftovers must be eaten within 3 to 4 days of being stored away.



Squash Soup

Makes 6 Servings

Ingredients:

- 1 tablespoon olive oil
- 2 onions (medium, chopped)
- 2 carrots (medium, chopped)
- 2 garlic cloves (minced)
- 1 cup tomato puree (canned)
- 5 cups chicken or vegetable broth, low-sodium
- 4 cups winter squash (cooked)
- 1 ½ tablespoons oregano (dried)
- 1 ½ tablespoons basil (dried)

Directions:

In a large saucepan, warm oil over medium heat. Stir in onions, carrots and garlic. Cook for about 5 minutes, covered. Stir in the tomato puree, chicken broth, cooked squash, and herbs. Bring soup to a simmer and cook, covered, for 30 minutes.

Nutritional Information per serving: Total Calories 127; Total Fat 4g; Saturated Fat 1g; Protein 6g; Carbohydrates 19g; Dietary Fiber 4g; Sodium 251mg

Try this delicious soup with acorn squash, pumpkin, butternut squash, crookneck, or a unique variety of winter squash that you grow in your garden or can find at a local farmers market.



Grandma's Stuffing

Makes 8 Servings

Ingredients:

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| 10 cups whole wheat bread cubes (or white bread or buns, dry) | ¼ teaspoon black pepper |
| ⅓ cup water | 1 ½ cups milk |
| ½ cup onion (chopped) | 1 egg (lightly beaten) |
| ½ cup celery (chopped) | 2 apples (optional - medium, pared, cored and chopped, or ¼ cup raisins) |
| 1 teaspoon parsley, dried (or 1 Tbsp fresh parsley chopped) | raisins |
| ¼ teaspoon salt | |

Directions:

Preheat oven to 350 degrees. Put cubes in a large bowl. Set aside. Put water in medium saucepan. Add onion, celery, parsley, salt and pepper. Cook for 5 minutes. Do not drain. Pour over bread cubes. Stir in milk and egg. Gently stir in apples, and raisins, if desired. Spoon into a greased 2-quart baking dish. Bake at 350 degrees for 1 hour.

Nutritional Information per serving: Total Calories 140; Total Fat 2g; Saturated Fat 1g; Protein 8g; Carbohydrates 22g; Dietary Fiber 3g; Sodium 306mg

This stuffing has lots of crunch and flavor from the apples, celery, and onions. Whole wheat bread gives this recipe a boost of whole grains.



Chicken Mole

Makes 6 Servings

Ingredients:

1 chicken (fryer, cut into pieces, skin and fat removed)	10 tablespoons flour
¼ cup water	1 teaspoon pepper
4 tablespoons chili powder	1 teaspoon garlic powder
1 teaspoon oregano	1 cup water
1 teaspoon cocoa	1 tablespoon peanut butter (creamy)
	5 cups water

Directions:

Place chicken in a large pot with the ¼ cup of water. Cover and simmer until tender, about 45 minutes. In a medium bowl, mix chili powder, oregano, cocoa, flour (½ cup plus 2 Tablespoons), pepper, and garlic powder along with 1 cup of water. Add mixture from step 2 to chicken in pot, mix well. Add peanut butter and 5 cups of water to chicken in pot; mix well. Bring to a boil. Reduce heat to medium. Cook for 10-15 minutes. Stir and serve immediately.

Chili powder, cocoa, garlic powder, and peanut butter make a traditional Mexican chicken dish. Serve it with brown rice for a mid-week dinner.

Nutritional Information per serving: Total Calories 425; Total Fat 29g; Saturated Fat 8g; Protein 26g; Carbohydrates 14g; Dietary Fiber 3g; Sodium 328mg



Winter Crisp

Makes 6 Servings

Ingredients:

2 tablespoons cinnamon	5 cups apple (unpeeled, sliced)
3 tablespoons margarine	1 cup cranberries (fresh)
½ cup sugar	⅔ cup rolled oats
3 tablespoons flour (all purpose)	⅓ cup brown sugar (packed)
1 teaspoon lemon peel (grated)	¼ cup whole wheat flour

Directions:

Filling:

Combine sugar, flour, and lemon peel in a medium bowl and mix well. Stir in apples and cranberries. Spoon into a 6-cup baking dish.

Topping:

Combine oats, brown sugar, flour, and cinnamon in a small bowl. Stir in melted margarine. Sprinkle topping over filling. Bake at 375 degrees for 40 minutes or until filling is bubbly and top is brown. Serve warm or at room temperature.

What is that sweet cinnamon scent, wafting from your kitchen? It's this apple and cranberry winter crisp.

Nutritional Information per serving: Total Calories 289; Total Fat 7g; Saturated Fat 1g; Protein 3g; Carbohydrates 58g; Dietary Fiber 6g; Sodium 54mg