

MINISTRONE SOUP

3 c. reduced-sodium chicken broth
28-oz. can diced tomatoes
15-oz. can white beans
(cannellini or navy), drained
2 celery stalks, chopped
3 c. fresh spinach
½ tsp. each salt and pepper
2 c. uncooked spiral pasta of choice
Parmesan cheese (optional)



Combine chicken broth, tomatoes, beans, celery, salt and pepper in slow cooker. Cover and cook on low heat for six to eight hours or on high for three to four hours. Add spinach during the last 10 minutes of cooking.

Cook pasta in separate pot according to package directions. Drain and add pasta to slow cooker right before serving. When soup is done, dish into bowls and add salt, pepper and parmesan to taste.

Makes six servings. Per serving: 200 calories, 1 g fat, 38 g carbohydrate, 10 g protein, 5 g fiber, 840 mg sodium



HEALTHIER CHICKEN PARMESAN

1 small chicken breast
½ c. dry pasta (1 c. cooked)
½ c. tomato sauce
¼ c. shredded cheese (mozzarella cheese recommended)

Cook one small chicken breast in pan on medium heat (in a small amount of oil or broth, as needed). Boil water with pasta according to package directions. Heat tomato sauce in microwave while chicken is cooking (Note: Thoroughly heating the sauce only takes about 30 seconds.) Cook chicken to 165 F. Place chicken on top of drained, cooked pasta and pour tomato sauce and then shredded cheese on top of chicken. Serve hot.

Makes one serving. Per serving: 380 calories, 4 g fat, 45 g carbohydrate, 8 g fiber, 940 mg sodium

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2M-5-10, 2M-4-11

(Week 2)

FN1473

COOKING 101

Quick and Easy Menus, Recipes and Tips for Singles and Couples

HOT TIPS ABOUT FOOD STORAGE

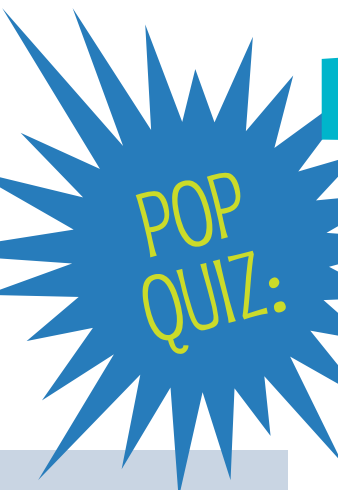


fresh box



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MARCH 2010



WHAT DO YOU KNOW ALREADY?

(The answers are on page 5.)

1. What temperature range is safest for a refrigerator?
 - a. 34 to 40 degrees Fahrenheit
 - b. 41 to 55 degrees Fahrenheit
 - c. 56 to 69 degrees Fahrenheit
2. True or False: Temperatures below 0 degrees Fahrenheit can kill bacteria.
3. Which method is safe for thawing frozen foods?
 - a. Thawing on the counter
 - b. Thawing under cold water

YOUR REFRIGERATOR AND THE COLD TRUTH

What should happen when you realize you didn't put your leftover pizza in the fridge last night?

For safety, throw it out. Unfortunately, you cannot reheat the food and pretend leaving it unrefrigerated never happened. Bacteria grew to dangerous numbers during the

night, and some produce heat-stable toxins. Even boiling will not undo the damage.

If you remembered to put your leftovers in the fridge, did you make sure the temperature was between 34 to 40 degrees Fahrenheit? At this temperature, bacteria grow slowly, so food can last longer. If you don't have a refrigerator thermometer, you need to get one ASAP: preferably get a hanging one that won't get in the way.

CHOOSE YOUR PANTRY STORAGE SPACE WISELY

Do you keep your potatoes under the sink? That is an unsafe habit unless you are trying to grow moldy or sprouted potatoes. If your storage area is moist or warm, food could spoil or decrease in quality. When deciding where to store food, keep these tips in mind:

- Be sure it's a dry, cool and dark place. The ideal temperature of a pantry should be 50 to 70 degrees Fahrenheit.
- Keep food storage away from the oven, range, dishwasher, water heater or any hot pipes.
- Make sure you can see and reach all areas of the pantry easily.

WHAT FREEZES WELL?

- Meats such as beef, poultry, fish
- Leftover casseroles
- Leftover soups
- Breads/grain products
- Berry fruits such as raspberries, strawberries, blackberries and blueberries

WHAT DOES NOT FREEZE WELL?

- Whole eggs
- Raw vegetables (unless you blanch or heat-treat them)
- Dairy products (milk, cheese, yogurt) — these tend to separate and lose quality, but are safe to eat

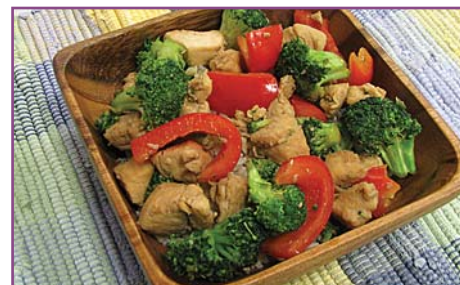


CHICKEN AND BLACK BEAN QUESADILLA

- 2 whole-wheat tortillas
- ½ c. cooked chicken
- ¼ c. canned black beans, drained and rinsed
- ¼ c. shredded cheese
- ¼ c. bell peppers, chopped
- Salsa, sour cream (optional)

Place pan on stove and turn to medium heat. Put one tortilla in pan, add half of the cheese, add the other toppings and sprinkle on the other half of the cheese. Place other tortilla on top of cheese and cover pan for approximately two to four minutes. Flip quesadilla very carefully to heat other side approximately one to two minutes. Cut into six pieces and serve with salsa and sour cream.

Makes two servings. Per serving: 250 calories, 7 g fat, 29 g carbohydrate, 18 g protein, 4 g fiber and 620 mg sodium



ORIENTAL CHICKEN STIR-FRY

- 2 c. pre-chopped, prewashed stir-fry vegetables
- 2 Tbsp. olive oil
- ½ c. precooked chicken
- 2 Tbsp. soy sauce

Heat olive oil in large pan on medium to medium-high. Add vegetables and cook for approximately seven to 10 minutes. Stir every minute and adjust temperature as needed. Add precooked chicken when vegetables are almost done. Remove from heat and add soy sauce.

Makes one serving. Per serving: 420 calories, 29 g fat, 16 g carbohydrate, 4 g fiber, 1,100 mg sodium
*To reduce sodium content, choose reduced-sodium soy sauce.

SCRAMBLED EGG BURRITO

- 1 whole-wheat tortilla
- Cooking spray
- 1 whole egg and 2 egg whites
- 1 c. spinach
- ¼ c. canned black beans, drained and rinsed
- 2 Tbsp. shredded cheese
- 2 Tbsp. salsa
- 1 Tbsp. light sour cream

Spray pan. On stovetop with medium heat, cook eggs and spinach until eggs are completely cooked.

On a heated tortilla, add cooked eggs, black beans and shredded cheese. Roll up tortilla and serve with salsa and sour cream.

Makes one serving.

Per serving: 370 calories, 37 g carbohydrate, 15 g fat, 6 g fiber and 900 mg sodium