

EATING SMART AT HOME



Fix It Safe



CLEAN

- Wash hands and all equipment, counters, cutting boards, dishes and utensils with hot soapy water.
- Cleaning or washing surfaces first allows sanitizer to work properly. Sanitize all kitchen surfaces after cleaning.
- Make sanitizing solution by mixing 1 tablespoon unscented liquid chlorine bleach in 1 gallon warm (not hot) water.

SEPARATE

- Keep meat separate from other foods when shopping.
- Use separate cutting boards for meats and vegetables or clean and sanitize between cutting meats and vegetables.
- Wash hands, cutting boards and all utensils after coming in contact with raw meat, poultry or fish. Cutting boards and utensils should also be sanitized.

COOK

- Cook meats, poultry, eggs, fish and shellfish thoroughly.
- Reheat leftovers to 165° F.
- Bring sauces, soups and gravies to a boil when reheating.

CHILL

- Refrigerate foods quickly. Do not leave food out more than two hours.
- Thaw meats on the bottom shelf on a plate (to catch juices) in the refrigerator. Never thaw meats on the counter.



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MINI MEATLOAVES

Makes 5 servings

Serving Size: 1 mini loaf

COOK— Temperature is important.

Be sure to use a thermometer to check that temperature has reached 160° F for ground beef or 165° F for ground turkey. Insert thermometer into each mini meatloaf in several places to check.



Eat Smart



Ingredients

- 1 pound lean or extra-lean ground beef or ground turkey
- 1½ cups salsa, divided in half
- 1 egg, lightly beaten
- 1/4 cup dried bread crumbs
- 1/4 cup finely chopped onion
- Dash of black pepper
- Non-stick vegetable cooking spray

Directions

1. Heat oven to 350° F.
2. Combine all ingredients, saving half of the salsa for topping.
3. Divide into 5 equal portions. Shape into flattened loaves.
4. Spray baking dish with vegetable cooking spray.
5. Place loaves in dish.
6. Spoon half of the remaining salsa on top of loaves.
7. Bake at 350° F for 20 minutes. Check temperature with a thermometer to be sure it reaches 160° F for ground beef or 165° F for ground turkey.
8. Take out of oven, spoon remaining salsa over top, and bake an additional 10 minutes.

Nutrition information Per Serving

| | | | |
|---------------|--------------------|---|---|
| 150 calories | Total Carbohydrate | 7 g |  Excellent Source of Vitamin C |
| Total Fat | 4.5 g | Dietary Fiber | 1 g |
| Saturated Fat | 1.5 g | Sodium | 170 mg |
| Protein | 22 g |  Good Source of Iron | |

Analyzed using Fresh-Made Salsa.

Hint: Use Fresh-Made Salsa or Black Bean and Corn Salsa for added flavor and nutrients. Recipes are in *Cooking with EFNEP*.

CHECK IT OUT!

Visit your local library and check out a book on exercise. Or better yet, check out a video and follow along. Choose a video that the whole family will enjoy. *What day this week could you go to the library to see what they have to choose from?*

