

NUTRITION NEWS

a fresh perspective on health and wellness



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WHEN GROCERY SHOPPING:

- Check eggs before buying them to make sure none of them are cracked and that they are all clean.
- Check the expiration date on packaged meat. Don't buy a food if it has expired or will before you plan to use it.
- Place meats in plastic bags so that any juices do not leak onto other foods in your cart.
- Avoid buying fruit with broken skin, unpasteurized milk, and pre-stuffed fresh turkeys or chickens.

Food Safety

Food safety involves more than not touching the hot stove burner. It includes everything from hand washing, to safe shopping to how to properly store leftovers. Food that hasn't been prepared safely may contain bacteria (like E. coli) or spread food-borne illnesses (like salmonellosis). However, there are many ways to stop the spread of bacteria and food-borne illness.

When you're ready to begin cooking a meal, use these tips to keep you, your food and your kitchen safe:

- Wash your hands with warm soapy before beginning any food prep or cooking. Wash in between handling raw foods and ready to eat foods.
- Thaw frozen meat in the refrigerator or microwave, never at room temperature.
- Keep raw meats and their juices away from other foods in the refrigerator and countertops. Always wash your hands immediately after working with raw meats.
- Use a food thermometer when cooking meat or poultry. Check out this website for more info on temperatures and thermometers:

http://www.foodsafety.gov/blog/meat_temperatures.html

Ingredients

10 ½ oz trimmed curly kale, torn into 2-inch pieces (about 14 cups)

1 tablespoon olive oil

¼ teaspoon kosher salt

Directions:

1. Preheat oven to 350°.
2. Rinse kale; drain well, and pat dry with paper towels. Place in a large bowl. Drizzle with olive oil, and sprinkle with salt. Toss well. Place kale in a single layer on 3 (16 x 13inch) baking sheets.
3. Bake at 350° for 15 minutes. (Watch closely to prevent leaves from burning.) Cool completely. Store in an airtight container.

Kale Chips

Makes 4 servings



Nutrition information for 1 serving: Calories 67; Total fat 4g; Saturated fat 0.5g; Cholesterol 0mg; Sodium 152mg; Carbohydrates 7.5g; Fiber 1.5g; Protein 2.5g.

Once you've finished all food prep and cooking, it's time to clean up. Make sure to wash the countertops, wash any dishes you used and wash your hands.

Make sure to refrigerate any leftovers as soon as possible. Bacteria will start growing on leftovers that are at room temperature too long. Store leftovers in plastic containers, plastic bags or aluminum foil that are labeled with what's inside and a date. Eat any leftovers within 3 to 4 days or freeze them. Eat frozen leftovers within two months

Sources:

http://kidshealth.org/teen/food_fitness/nutrition/food_safety.html#

<http://www.myrecipes.com/recipe/kale-chips-50400000123283/>

ELIOR NORTH AMERICA