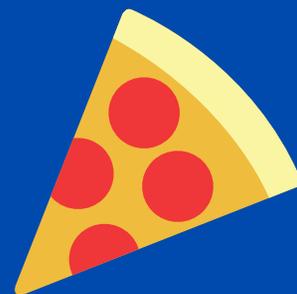
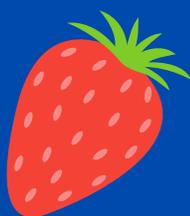
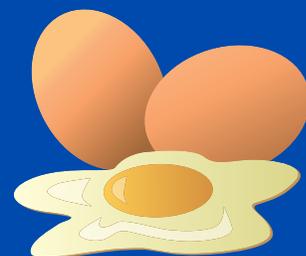
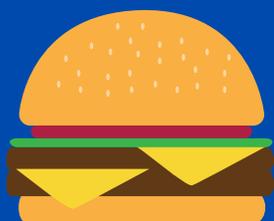


Safe Recipe

LESSON & GUIDE



For Students





Build a Safe Recipe

Think about your favorite food. Now imagine you could make it safely any time you want! This activity will teach you how to edit recipes so that you can safely make any food. Let's get started!



1

Review the Safe Recipe Style Guide on the following page to learn all you can about safe cooking.

2

Choose one of the five basic recipes from this packet. These recipes are correct, but do not tell you how to be safe in the kitchen.



3

Improve the basic recipes by adding specific food safety information wherever you are at risk of unsafe food practices.

4

Take this quiz to put your food safety skills to the test! Make any edits you may need and save your recipe for future cooking.



Congrats, chef!

<https://quiz.tryinteract.com/#/5ee27ca16f72bd0014cab5d8>



Writing Recipes to Improve Home Food Safety



TEMPERATURE

Cook until internal temperature reaches XX *(fill in the blank and include chart with specific foods)* on food thermometer.



HAND WASHING

Wash hands with soap and water. *(Include this at beginning of recipe and after each touch of raw meats, poultry, seafood or eggs).*



CROSS-CONTAMINATION

Wash *(insert cutting board, counter, utensil, serving plate)* after touching raw meats, poultry, seafood or eggs).

Do not reuse marinades used on raw foods.

Do not rinse raw poultry or meat.



PRODUCE

Gently rub produce under cold running water.

Scrub firm produce with a clean vegetable brush under running water.

Safe Minimum Internal Temperatures

as measured with a food thermometer

Beef, pork, veal and lamb
(*roasts, steaks, and chops*)

145 °F with a three-minute “rest time”
after removal from the heat source

Beef, pork, veal and lamb
(*ground*)

160 °F

Poultry
(*whole, parts, or ground*)

165 °F

Eggs and egg dishes

160 °F – Cook eggs until both the yolk
and the white are firm; scrambled eggs
should not be runny

Leftovers

165 °F

Finfish

145 °F

Shrimp, lobster and crabs

Flesh pearly and opaque

Scallops

Milky white, opaque and firm

Clams, oysters and mussels

Shells open during cooking



Basic Recipe #1: Vegetarian Lasagna

Creating Safe Recipes Activity

Ingredients (makes 8 to 10 servings)

- 2 packs of frozen meatless ground crumbles
- 8 ounces lasagna noodles, uncooked
- 2 jars of pasta sauce (24 oz.)
- 1 medium onion
- 1 medium green, red, or yellow pepper
- 1 or 2 packs of shredded cheese
- 2 Tbsp of extra virgin olive oil
- 1 Tbsp basil
- 1 Tbsp oregano
- 1 Tbsp garlic powder
- 1 Tbsp Jamaican Jerk seasoning (optional)



Instructions

1. Preheat oven to 350 °F.
2. Chop the onion and pepper into small chunks.
3. Add 2 tbsp of oil to skillet at medium high heat. Pour the frozen crumbles into the skillet.
4. Cover skillet with a lid. Heat at medium high for 3 to 4 minutes. Stir occasionally.
5. Remove lid. Heat an additional 4 to 5 minutes, stirring constantly.
6. Pour all the sauce into the skillet with the browned crumbles. Add the chopped onions, peppers, and spices.
7. Cook sauce for 4 to 5 minutes, until the onions are translucent, and the peppers softened. Remove from heat.
8. Spread a little sauce in bottom of casserole or lasagna dish. Arrange one layer of uncooked lasagna noodles lengthwise (about 3 long noodles, edge may overlap, depending on your pan) over the sauce. Ladle a third of the remaining sauce over the noodles. Sprinkle a layer of a third of the shredded cheese on top of the lasagna sauce.
9. Apply second layer of noodles, top it with half of the remaining sauce. Add half of the remaining shredded cheese.
10. Finish with another layer of noodles. Spread the remaining sauce over the top layer of noodles and sprinkle with the remaining shredded cheese.
11. Cover with aluminum foil. Bake at 350 °F for 45 to 50 minutes.
12. Uncover and return to oven uncovered for 5 minutes to melt cheese on top (if needed).
13. Let stand for 10 minutes and serve.

**Recipe by Shawnte Loeri, PFSE Communications Associate*



Basic Recipe #2: Breakfast Quiche

Creating Safe Recipes Activity

Ingredients (makes 6 to 8 servings)

- 1 frozen pie crust, thawed according to directions on box
- 4 eggs
- $\frac{3}{4}$ cup whole milk
- 1 cup shredded cheddar cheese
- 8 strips of bacon
- $\frac{1}{2}$ green bell pepper, diced
- 5 green onions, chopped
- $\frac{1}{4}$ tsp each of salt and pepper

Instructions

1. Dice and chop the bell pepper and green onions.
2. Line a baking sheet with tin foil. Place strips of bacon flat on the foil; do not overlap them. Prior to preheating, place in the oven, then set oven to 400 °F and bake for 12 to 17 minutes. Check every couple of minutes starting at 10 minutes to ensure it does not burn. When done cooking, remove the bacon from the oven and use tongs to place on a paper towel to absorb excess grease. Cut or crumble the bacon into small pieces.
3. Reduce temperature of the oven to 350 °F.
4. In a medium mixing bowl, mix eggs, milk, cheese, crumbled bacon, green pepper, green onion, salt, and pepper. Pour into the thawed pie crust.
5. Bake 40 to 50 minutes.



**Recipe adapted from Pillsbury Kitchens "Bacon and Cheese Quiche"*

Basic Recipe #3: Turkey Burgers

Creating Safe Recipes Activity

Ingredients (makes 4 burgers)

- 1 pound 93% lean ground turkey
- 1 Tbsp plain dry breadcrumbs
- ½ tsp salt
- ¼ tsp coarse ground black pepper
- ¼ tsp (heaping) garlic powder
- ¼ tsp (heaping) onion powder
- 2 Tbsp mayonnaise
- 2 tsp Worcestershire sauce
- 1 Tbsp olive oil
- 1 large tomato, sliced
- 4 to 8 slices of lettuce
- Ketchup and mustard to taste
- 4 hamburger buns



Instructions

1. Slice tomatoes and lettuce.
2. Add ground turkey to a medium mixing bowl. Sprinkle in breadcrumbs, salt, pepper, garlic powder, and onion powder. Add mayonnaise and drizzle in Worcestershire sauce.
3. Gently toss and break up meat mixture to evenly blend. Divide into 4 equal portions and shape into patties about 1/2-inch thick.
4. Preheat olive oil in a 12-inch non-stick skillet over medium-high heat for a few minutes.
5. Add turkey patties and sear until golden brown on bottom, about 4 to 5 minutes, flip and continue to cook until cooked through, about 4 to 5 minutes longer.
6. Serve warm in hamburger buns with toppings of choice.

**Recipe adapted from Cooking Classy's "Turkey Burgers"*

Basic Recipe #4: Chicken Pepper Bake

Creating Safe Recipes Activity

Ingredients (makes 5 servings)

- 1 pound boneless chicken breast
- 2 red or green bell peppers
- 3 cups small potatoes
- 2 Tbsp oil
- 1 tsp Cajun seasoning
- 1 tsp dry Italian herbs
- Salt and pepper to taste



Instructions

1. Cut the peppers and potatoes into bite-sized chunks.
2. Cut the chicken into bite-sized chunks.
3. Place the meat and vegetables into a large bowl. Sprinkle with oil, Cajun seasoning, Italian herbs, salt and black pepper. Toss to coat evenly.
4. Place the chicken and vegetables on a metal baking pan.
5. Roast in a 425 °F oven for 35 to 45 minutes. Toss a couple times while roasting.

**Recipe adapted from Oregon State University Food Hero's "Chicken Pepper Bake"*

Basic Recipe #5: Pesto Salmon & Veggies

Creating Safe Recipes Activity

Ingredients (makes 4 servings)

- 1 pound salmon, skin and bones removed
- 1 pound zucchini or summer squash
- ½ pound cherry tomatoes
- 1 cup spinach leaves
- 1 cup fresh basil leaves
- ½ cup pine nuts
- ⅔ cup grated Parmesan cheese
- 3 Tbsp olive oil
- 2 cloves minced garlic



Instructions

1. Cut the zucchini and cherry tomatoes.
2. Preheat oven to 400 °F.
3. On a sheet pan, arrange the salmon in the middle with the cut veggies and cherry tomatoes in a circle around it. Set aside.
4. In a food processor combine the spinach, basil, Parmesan, pine nuts, olive oil and garlic. Blend until smooth. Spread the pesto on top of the salmon and spoon the remainder on top of the veggies.
5. Bake until the salmon is done and the zucchini/squash can easily be pierced with a fork, about 18 to 20 minutes. Serve warm and enjoy.

**Recipe adapted from 100 Days of Real Food's "Pesto Salmon Sheet Pan Dinner"*