

# THE SAFE RECIPE COOKBOOK

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*2 weeks, 10 meals, 30 minutes*



Partnership for  
Food Safety  
Education

# Welcome to Safe Recipes!

**Hello! Is this the first “safe recipe” cookbook you’ve ever found?**

You’re about to find out that a safe recipe can also be delicious, simple to make, and please everyone at the table!

A safe recipe is one that focuses on the main areas of food safety risk in homes: temperature, handwashing, cross-contamination and produce handling. Research shows that **when food safety instructions are included in a recipe**, proper handwashing increased from 59% to **90%** and food thermometer use increased from 20% to **86%**.

You’ll notice each recipe in this book starts with “Wash hands with soap and water.” Here at the non-profit **Partnership for Food Safety Education**, we’re on a mission to have every recipe start this way because hand hygiene is so important to your family’s good health.

The recipes in this book are the work of people from across the U.S. who want home cooks to have access to recipes that make food safety easy. Our contributors include registered dietitians, food bloggers — and even kids!

As part of the **30-Minute Meals Safe Recipe Contest**, we’re excited to share these ten winning recipes with you!

Be sure to follow us on **Instagram** at @safe.recipes, and check out our website **fightbac.org/saferecipes**. You’ll find many more delicious, simple and safe recipes everyone will love.

Thank you!



**Shelley Feist**  
Executive Director  
Partnership for Food Safety Education



# Safe Recipe Contest Judges

## Sally Squires, MS, MS

Sally specializes in health-related issues management, and spent 24 years as an award-winning health and medical reporter for the *Washington Post*, and was a nationally syndicated columnist. She is a member of two editorial boards, an adjunct professor at Tufts University's Friedman, and an honorary fellow of the Society for Public Health Education. Most recently, she served as Senior Vice President for Weber Shandwick, and has worked with the U.S. Food and Drug Administration, Centers for Disease Control and Prevention, Anschutz Health and Wellness Center at the University of Colorado, American Public Health Association, and many others.



## Thank you to our volunteers!

Lisa Peterson  
Sheri Saskowski  
Jody Vogelzang  
Chef Lynn Ware





## 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.

# GRAND PRIZE WINNER



# Spinach Frittata

with Goat Cheese, Pear & Walnuts

*Good enough for Sunday brunch,  
easy enough for every day!*

## INGREDIENTS (6 Servings)

- 8 large eggs
- ¼ cup 2% reduced fat Milk
- ½ teaspoon kosher salt
- ⅛ teaspoon freshly ground black pepper
- 2 Tablespoons extra virgin olive oil
- 1 medium sweet onion, scrubbed with clean vegetable brush under running water and chopped
- 1 clove garlic, scrubbed with clean vegetable brush under running water and minced
- 6 ounces baby spinach, gently rubbed under cold running water
- 4 ounces goat cheese
- 1 pear, gently rubbed under cold running water and sliced into thin wedges
- ½ cup chopped Walnuts
- Honey, to taste (optional)

## INSTRUCTIONS

1. Wash hands with soap and water.
2. Preheat oven to 375 °F.
3. Whisk eggs to break the yolks. Then add milk, salt and pepper. Whisk to combine and set aside.
4. Wash hands with soap and water after handling raw eggs.
5. Heat a 10-inch oven-safe pan over medium heat.
6. Add olive oil and onions. Cook, stirring occasionally, for approximately 5 minutes or until onions are translucent.
7. Stir in garlic and spinach, and cook until spinach is wilted, approximately 2 to 3 minutes.
8. Add egg mixture to pan and mix until ingredients are evenly combined.
9. Wash hands with soap and water after handling eggs.
10. Crumble goat cheese evenly over the egg mixture.
11. Wash hands with soap and water after handling goat cheese.
12. Cook for 3 to 4 minutes on medium heat, until the edges begin to set.
13. Add pear slices and chopped walnuts on top of the egg mixture.
14. Drizzle honey over the top, if desired.
15. Place skillet in the oven and cook for 10 minutes or until the center of the frittata is set and internal temperature reaches 160 °F on food thermometer.
16. Remove from the oven and allow to cool for 2 to 3 minutes. Cut into 6 even wedges and serve.

**RECIPE & PHOTO SUBMITTED BY Kerri Watkins**

This recipe was developed using the Safe Recipe Style Guide at [SafeRecipeGuide.org](https://www.SafeRecipeGuide.org).

# BBQ Pizza Muffins

*An easy recipe to adjust for picky eaters!*

**Finalist: Kids Category**



## INGREDIENTS (9 Muffins)

- 1 tube refrigerated pizza dough
- ½ cup barbeque sauce
- 1 ½ cups Rotisserie chicken or pre-cooked chicken breast (cooked until internal temperature reaches 165 °F on food thermometer), diced
- ¼ red pepper, diced
- ¼ green pepper, diced
- ¼ yellow pepper, diced
- 1 2.25 ounce can sliced black olives, diced
- 1 cup shredded cheddar cheese

**RECIPE & PHOTO SUBMITTED  
BY Aidyn**

## INSTRUCTIONS

1. Wash hands with soap and water.
2. Preheat oven to 350 °F.
3. Carefully pop open the tube of pizza dough by applying pressure to the seam with a clean spoon. Stretch or roll out the pizza dough and lay on a clean, lightly floured work surface.
4. Using a pizza cutter, cut the dough into 3-inch squares and place each in the bottom of a greased non-stick muffin tin.
5. With your fingers, push the center of the dough into the muffin cups, making sure the dough covers the sides and reaches the top edge of the cup.
6. Wash hands with soap and water.
7. Spoon 2 teaspoons of barbecue sauce into each and spread to the edges of the dough.
8. Evenly distribute the pre-cooked chicken between the muffin cups.
9. Gently rub peppers under cold running water. Pat dry with paper towel.
10. Cut the peppers into small pieces and sprinkle equal amounts into each cup.
11. Open the can of olives and drain, being careful of the edges of the can lid. Dice the olives and sprinkle over the peppers.
12. Sprinkle shredded cheese on top of each full muffin cup.
13. Place muffin pan on center rack in oven and cook for approximately 15 minutes or until edges of dough are lightly browned (time may vary depending on oven type).
14. Remove pan from oven and let sit for five minutes before serving.

This recipe was developed using the Safe Recipe Style Guide at [SafeRecipeGuide.org](https://www.SafeRecipeGuide.org).



# Turkey Tacos

## with Cilantro Sour Cream

*Keep kids and adults happy by  
mixing up the toppings!*

**Finalist: Food Bloggers Category**

### INGREDIENTS (4 Servings)

- 1 lb. lean ground turkey
- 1 green bell pepper, gently rubbed under cold running water, diced
- 2 jalapenos, gently rubbed under cold running water, finely diced
- 3 green onions, gently rubbed under cold running water, sliced
- 2 cloves garlic, finely minced
- 1 teaspoon onion powder
- 1 teaspoon chili powder
- 1 ½ teaspoons ground coriander
- 1 ½ teaspoons cumin
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- 3 Tablespoons avocado oil or vegetable oil
- ¾ cup sour cream
- 1 Tablespoon fresh cilantro, gently rubbed under cold running water, finely chopped
- 1 Tablespoon fresh lime juice
- Flour or corn tortillas
- 1 ½ cups packaged slaw mix (optional)
- Optional toppings: sliced radishes, fresh lime juice, cheese, shredded lettuce, salsa, diced tomatoes, sliced jalapenos, and extra cilantro

### INSTRUCTIONS

1. Wash hands with soap and water.
2. In a large pan over medium heat, add the 3 Tablespoons of oil.
3. Add green onion, green pepper, minced garlic, diced jalapenos, onion powder, chili powder, ground coriander, cumin, salt and pepper. Cook for 5 minutes.
4. Add in ground turkey, using a spatula to break it into small pieces. Cook until evenly browned and until internal temperature reaches 165 °F on food thermometer.
5. Wash hands with soap and water after handling raw turkey.
6. In a small bowl, add sour cream, cilantro, and 1 Tablespoon of lime juice. Stir to combine.
7. Serve turkey taco filling in warm tortillas with a dollop of the cilantro sour cream and garnish as desired.

**RECIPE & PHOTO SUBMITTED BY**  
**Amanda Townsend**

This recipe was developed using the Safe Recipe Style Guide at [SafeRecipeGuide.org](http://SafeRecipeGuide.org).



# Finalists' Bios

## Spinach Frittata with Goat Cheese, Pear & Walnuts



**Kerri Watkins** is a New Jersey native currently studying nutrition and dietetics with the goal of becoming a Registered Dietitian. She enjoys making fun, creative recipes for friends and family.

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## BBQ Pizza Muffins

**Aidyn** is an honors student in her sophomore year of high school. Active in school and her community, she created this recipe for a themed birthday party when she was eleven years old!



## Turkey Tacos with Cilantro Sour Cream

**Amanda Townsend** is a food blogger and Nutrition Operations Manager. Her passions are food and travel.



# The Core Four Practices



Right now, there may be an invisible enemy ready to strike. He's called BAC (harmful bacteria), and he can make people sick. In fact, even though you can't see, smell or taste BAC, he and millions more like him may already be invading food products, kitchen surfaces, and utensils.

But you have the power to Fight BAC!® and to reduce your risk of food poisoning. It's as easy as following these core four practices for food safety:



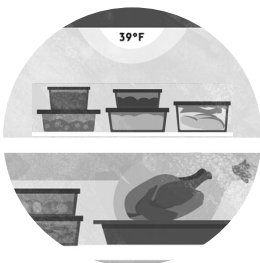
**Clean:** wash hands and surfaces often



**Separate:** don't cross-contaminate



**Cook:** cook to the safe internal temperature



**Chill:** refrigerate promptly

Learn more about food safety at [www.fightbac.org](http://www.fightbac.org).

# Cowboy Beans

*This is an easy, inexpensive way  
to feed a crowd in a hurry!*

Runner-Up: BAC Fighter Category



## INGREDIENTS (5 Servings)

- 1 lb. lean ground beef
- 1 medium onion
- 1 bell pepper
- 1 15 ounce can baked beans
- 8 ounces frozen corn
- ½ cup ketchup
- ¼ cup mustard
- Bread for serving (optional)

**RECIPE & PHOTO SUBMITTED BY**  
**Christine McKinnon**

This recipe was developed using the Safe  
Recipe Style Guide at [SafeRecipeGuide.org](http://SafeRecipeGuide.org).

## INSTRUCTIONS

1. Wash hands with soap and water.
2. Gently rub pepper and onion under cold running water. Dice the pepper and onions.
3. Place a large skillet over medium heat. Add the beef, onion and bell pepper.
4. Wash the counter and whatever utensils that touched the raw meat. Wash hands with soap and water after handling raw meat.
5. Crumble the ground meat and cook with onion, and bell pepper until the meat reaches an internal temperature of 160 °F on food thermometer.
6. Add corn, beans, ketchup, and mustard. Stir and cook until the internal temperature reaches 165 °F on food thermometer.
7. Serve with bread.

# Chicken with Sun-dried Tomato Cream

*Serve this with roasted potatoes  
or brown rice!*

Runner-Up: Food Bloggers Category

## INGREDIENTS (4 Servings)

- 4 boneless, skinless chicken breasts
- 4 shallots
- 1 cup heavy cream\*
- 1/3 cup jarred sun-dried tomatoes
- 2 Tablespoons sun-dried tomato oil from the jar
- 3 Tablespoons champagne vinegar or white wine vinegar
- 1 Tablespoon grainy Dijon mustard
- 2 Tablespoons tomato paste
- 1 package fresh spinach
- 1 teaspoon dried oregano
- Salt and black pepper

*\*To lighten this dish, you can substitute coconut milk for the heavy cream or use any milk product of your choice!*



## INSTRUCTIONS

1. Wash hands with soap and water.
2. Preheat oven to 170 °F.
3. In a large skillet over medium heat, add the sun-dried tomato oil.
4. Season the chicken breasts with salt and pepper and add to skillet.
5. Wash hands with soap and water after touching raw poultry.
6. Cook the chicken for 5 to 6 minutes until lightly golden on one side and flip the chicken. Cook the chicken until internal temperature reaches 165 °F on food thermometer.
7. Remove the chicken from the pan and place on foil in oven to keep it warm.
8. In the same skillet over medium heat, add the shallots and vinegar. Sauté for 1 minute.
9. Add the cream and mustard. Let simmer for 2 minutes.
10. Add the sun-dried tomatoes and tomato paste.
11. Stir and let simmer over medium-low heat for 4 to 5 minutes to reduce the sauce. Add more tomato paste, if needed. (Cream should be light red.)
12. Gently rub spinach under cold running water and gently dry with paper towel.
13. Add spinach to sauce and stir to combine. Cook until spinach is slightly wilted.
14. Season with salt and pepper.
15. Spoon the sauce on the bottom of shallow bowls. Place the chicken on the sauce and top with more sauce and oregano.

RECIPE & PHOTO SUBMITTED BY Grace Vallo

This recipe was developed using the Safe Recipe Style Guide at [SafeRecipeGuide.org](http://SafeRecipeGuide.org).



# Spaghetti Squash Pasta

***Delicious and vegetarian. Serve with steamed broccoli — you won't miss the pasta!***

**Runner-Up: Kids Category**

## INGREDIENTS

- 1 spaghetti squash, scrubbed with clean vegetable brush under running water
- 1 red bell pepper, gently rubbed under cold running water and diced
- 1 sweet onion, scrubbed with clean vegetable brush under running water and diced
- ½ Tablespoon + 2 Tablespoons olive oil
- ¼ teaspoon + ¼ teaspoon salt
- ¼ teaspoon + ¼ teaspoon garlic powder
- 1 shallot, scrubbed with clean vegetable brush under running water and diced
- 2 lemons, scrubbed with clean vegetable brush under running water and juiced
- 4 ounces grated Parmesan cheese\*
- 6 large basil leaves, gently rubbed under cold running water and finely diced

**RECIPE & PHOTO SUBMITTED BY Greg**

## INSTRUCTIONS

1. Wash hands with soap and water.
2. Cut the spaghetti squash in half, remove the seeds and place in the microwave and cook for 6 to 8 minutes until tender. Remove from the microwave and allow to cool.
3. In a large pan over medium-high heat, add ½ Tablespoon olive oil, diced bell pepper and onion.
4. Stir and add ¼ teaspoon salt and ¼ teaspoon garlic powder. Cook until the onion and peppers are tender, approximately 5 minutes.
5. While the onions cook, scrape the squash with a fork to make “spaghetti” and add to the pan when the onions are cooked.
6. In a small bowl, combine the shallot, lemon juice, 2 Tablespoons olive oil, ¼ teaspoon salt, and ¼ teaspoon garlic powder. Add to the pan and stir to combine.
7. Remove from the heat and stir in the Parmesan cheese and fresh basil.

*\*To make this recipe vegan, use nutritional yeast instead of Parmesan cheese.*

This recipe was developed using the Safe Recipe Style Guide at [SafeRecipeGuide.org](https://SafeRecipeGuide.org).

# Runners-Up Bios



## Cowboy Beans

**Christine McKinnon** has been an extension volunteer Master Food Preserver for more than 10 years. She has a master's degree in education and is a mother to four hungry children.

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## Chicken with Sundried Tomato Cream

**Grace Vallo** is a recipe creator, home chef and food blogger. She focuses on creating seasonal recipes that showcase ingredients from her home in southern New England.



## Spaghetti Squash Pasta

When not cooking up delicious meals with his family, **Greg** can be found writing and illustrating comic books. He is an avid reader and plans to travel to the United Kingdom one day.

# 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**



# Common Measurements

American Standard	American Standard	American Standard (Ounces)	Volume	Weight
pinch	1/16 teaspoon			
dash	1/8 teaspoon			
1 teaspoon	1 teaspoon		5 milliliters	
1 Tablespoon	3 teaspoons	1/2 ounce	15 milliliters	14.3 grams
1/8 cup	2 Tablespoons	1 ounce	30 milliliters	28.3 grams
1/4 cup	4 Tablespoons	2 ounces	60 milliliters	56.7 grams
1/2 cup	8 Tablespoons	4 ounces	120 milliliters	113.4 grams 1/4 pound
3/4 cup	12 Tablespoons	6 ounces	180 milliliters	
1 cup	16 Tablespoons	8 ounces	240 milliliters	225 grams 1/2 pound
1 pint	32 Tablespoons 2 cups	16 ounces	500 milliliters	450 grams 1 pound
1 quart	4 cups 2 pints	32 ounces	0.95 liter	
1 gallon	16 cups 4 quarts	128 ounces	3.79 liters	





# Korean Beef Lettuce Wraps

*Serve over brown rice to make it more kid-friendly! Also pairs well with sautéed cabbage or kale.*

## Honorable Mention



## INGREDIENTS (4 Servings)

- 1 lb. ground beef
- 1 cup pre-shredded cabbage
- 1 Tablespoon fresh ginger
- 1 clove garlic
- 1 Tablespoon sesame oil
- Salt and pepper
- ¼ cup low-sodium soy sauce
- ¼ cup honey
- ½ teaspoon red pepper flakes
- Lettuce leaves for wrap
- 2 carrots
- Fresh chives for garnish
- Fresh cilantro (optional)

**RECIPE & PHOTO SUBMITTED BY**  
**Lori Fernandez**

## INSTRUCTIONS

1. Wash hands with soap and water.
2. Gently rub lettuce, cabbage, garlic, ginger and chives under cold running water.
3. Dry on paper towel, set the lettuce leaves aside.
4. Scrub carrots with a clean vegetable brush under running water and cut into strips.
5. Mince the garlic and ginger.
6. In a large skillet, cook the ground beef over medium heat until internal temperature reaches 160 °F on food thermometer.
7. Wash hands with soap and water after handling raw ground beef.
8. Add fresh ginger, shredded cabbage, minced garlic, sesame oil, salt and pepper to taste.
9. In a separate bowl, combine soy sauce, honey, red pepper flakes.
10. Add the sauce to the browned beef and cook on medium heat to thicken sauce until temperature reaches 165 °F on food thermometer.
11. Serve beef mixture in lettuce leaves and top with carrots, chives and cilantro.



# Cheesy Sausage, Bacon & Apple Bagel

*Easy enough for kids to  
make themselves!*

**Honorable Mention**

## INGREDIENTS (1 Serving)

- 1 frozen, fully-cooked breakfast sausage patty
- 1 cinnamon raisin bagel, split
- 4 Tablespoons soft cream cheese
- ¼ cup + 2 Tablespoons shredded cheddar cheese (divided)
- 2 slices Canadian bacon
- 1 crisp apple, gently rubbed under cold running water, cored and sliced

## INSTRUCTIONS

1. Wash hands with soap and water.
2. Cook the sausage patty in the microwave (35 to 70 seconds) or in a pan over medium heat (6 to 9 minutes) according to package directions, until the internal temperature reaches 160 °F on food thermometer.
3. Drain the patty on a paper towel and set aside.
4. Spread 2 Tablespoons of cream cheese on each side of the bagel.
5. Place the bottom of the bagel on a microwave-safe plate and top with ¼ cup cheddar cheese.
6. Microwave for 15 to 20 seconds to slightly melt the cheese.
7. Remove from the microwave and top with 1 slice Canadian bacon, sausage, apple ring, 1 slice of Canadian bacon and top with 2 Tablespoons cheddar cheese.
8. Top with the other half of the bagel and microwave for 7 to 10 seconds to warm and serve.

**RECIPE & PHOTO SUBMITTED BY Cole**

This recipe was developed using the Safe Recipe Style Guide at [SafeRecipeGuide.org](https://www.SafeRecipeGuide.org).



# Roasted Salmon

*A simple, delicious way to enjoy fish!*

**Honorable Mention**

## INGREDIENTS (4 Servings)

- Four pieces of salmon (4 to 5 ounces)
- ¼ cup low-sodium soy sauce
- 2 limes
- 4 Tablespoons sweet white wine
- 1 Tablespoon dry mustard powder
- Fresh basil leaves, for garnish

**RECIPE SUBMITTED BY**  
**Shari Portnoy, RD**

**PHOTO FROM PFSE**

This recipe was developed using the Safe Recipe Style Guide at [SafeRecipeGuide.org](http://SafeRecipeGuide.org).

## INSTRUCTIONS

1. Wash hands with soap and water.
2. Scrub limes with a clean vegetable brush under running water.
3. Slice one lime into thin slices and quarter the second lime.
4. Line a rimmed baking sheet with parchment paper or aluminum foil.
5. Set slices of lime on the baking sheet, topping with a piece of salmon.
6. Wash hands with soap and water after handling raw fish.
7. In a separate bowl, whisk the dry mustard powder, wine and soy sauce, and gently pour over the salmon.
8. Cover with plastic wrap and refrigerate.
9. Marinate for 15 minutes. While the salmon is marinating, preheat oven to 425 °F
10. Remove plastic wrap, squeeze each piece of salmon with lime wedge.
11. Bake for 15 to 20 minutes or until internal temperature reaches 145 °F on food thermometer.
12. Rub basil leaves gently under cold water and dry on paper towel.
13. Garnish salmon with basil.



# Soba Rainbow Pesto Bowl

*Flavor, fiber, flavonoids and fun!*

**Honorable Mention**

## INGREDIENTS (2 Servings)

### Pesto:

- 1 bunch sorrel\*
- 1/3 cup raw onions
- 2 cloves garlic
- 2 Tablespoons grated parmesan
- 1 Tablespoon fresh lemon juice
- 2 Tablespoons olive oil
- ½ teaspoon cayenne pepper
- Salt and black pepper, to taste

### Bowl:

- 1 bundle (345 g) buckwheat soba noodles
- 1 Tablespoon olive oil
- 1 cup zucchini, scrubbed with a clean vegetable brush under running water and sliced into 1-inch pieces
- 1 cup red bell pepper, scrubbed with a clean vegetable brush under running water and diced
- 8-10 cherry tomatoes, rubbed under cold running water and quartered
- 2 large eggs
- 1 cup black beans, rinsed and drained
- 1 green onion, thinly sliced

*\*Substitute with spinach, basil, parsley or a combination for the sorrel.*

## INSTRUCTIONS

1. Wash hands with soap and water.
2. Gently rub sorrel under cold running water. Tear into bite-sized pieces and place in a food processor.
3. Add the remaining pesto ingredients and run 5 to 10 minutes or until combined into a paste, adding more oil, as needed.
4. While the food processor is running, bring 6 cups of water to boil over high heat.
5. In a separate pan, bring 4 cups of water to a boil over high heat.
6. Turn off the food processor and taste pesto. Season with salt and pepper as needed, processing well after each addition. Cover and transfer to the refrigerator.
7. Heat the olive oil in a skillet over medium-high heat. Add the zucchini and red bell pepper. Sauté for 2-3 minutes.
8. Add cherry tomatoes and black beans. Cook until the vegetables are fork tender and slightly browned.
9. Once the large pot of water reaches a boil, add buckwheat soba noodles. Stir occasionally, cooking for 8-10 minutes or according to package directions.
10. Drain and rinse the buckwheat noodles, rubbing them between your hands. Change the water up to three times, as needed, until mostly clear.
11. To the small pot of boiling water, add both eggs in shell, cover and reduce heat to medium-high.
12. Wash hands with soap and water after handling raw eggs.
13. Cook eggs for 6 minutes to an internal temperature of 145 °F on food thermometer.
14. Transfer eggs to a bowl of ice water and peel.
15. Assemble by dividing the soba noodles between two bowls.
16. Top each bowl with half of the vegetable mixture, 1 Tablespoon pesto, an egg, and garnish with thinly sliced green onions.

## RECIPE & PHOTO

### SUBMITTED BY

**Elizabeth Tedeschi, RD**

This recipe was developed using the Safe Recipe Style Guide at [SafeRecipeGuide.org](http://SafeRecipeGuide.org).

*Note: Extra pesto will keep tightly covered in the refrigerator for seven days or the freezer for up to three months.*

# Honorable Mentions' Bios



## Korean Beef Lettuce Wraps

**Lori Fernandez** is a Nutrition Program Specialist, Certified Dietary Manager, and holds a degree in Culinary Arts. She loves to work with and help others learn about local whole foods.

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## Cheesy Sausage, Bacon & Apple Bagel

**Cole** lives with his family, including brother Clayton and cats Ava and Trixie. He enjoys playing sports and video games, as well as cooking and baking with his great grandma Barb.



## Roasted Salmon

**Shari Portnoy** is a Registered Dietitian, and a food safety and labeling expert. She loves that healthy food can taste great and enjoys making recipes with unusual ingredients.

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## Soba Rainbow Pesto Bowl

**Elizabeth Tedeschi, RD** is passionate about sustainable food systems as well as traveling and eating delicious food. She lives in Michigan with her domestic partner, two dogs and two cats.



# Additional Resources

Click on each image below to download. Find more food safety resources at [www.fightbac.org](http://www.fightbac.org).

## Fight BAC! Fight Foodborne Bacteria

**Apply the heat... and Fight BAC!**

Cooking food to the safe internal temperature kills harmful bacteria. So Fight BAC! by thoroughly cooking your food as follows:

FOOD	SAFE INTERNAL TEMPERATURE	HOW TO CHECK
Beef, pork, veal, lamb, ground meats	160°F	Use a meat thermometer
Poultry	165°F	Use a meat thermometer
Eggs	160°F	Use a thermometer
Finfish	145°F	Use a thermometer
Shellfish	145°F	Use a thermometer
Ground meats	160°F	Use a thermometer
Whole meats	160°F	Use a thermometer
Vegetables	145°F	Use a thermometer

**ADDITIONAL RESOURCES**

For more information on food safety, visit [www.fightbac.org](http://www.fightbac.org) or call 1-888-362-2020. For more information on food safety, visit [www.fightbac.org](http://www.fightbac.org) or call 1-888-362-2020.

## FOOD SAFETY TIPS

This holiday season and throughout the year, follow these 11 tips to reduce your risk of foodborne illness.

- Suds up for 20 seconds.** Wash hands with soap under warm, running water before and after handling food to fight bacteria.
- Keep foods separate.** Separate raw meat, seafood and eggs from other foods in your grocery shopping cart, grocery bags and in your refrigerator.
- Don't rinse meat or poultry.** It is not a safety step and can spread germs around your kitchen.
- Start with a clean scene.** Wash cutting boards, dishes, counter tops and utensils with hot water and soap.
- Keep your refrigerator at 40°F or below.** Refrigerate leftovers in shallow containers within two hours.

## FOOD SAFETY BASICS FOR BAKING

Follow these food safety steps when baking at home to keep your family safe and happy.

**WASH HANDS, BAKING TOOLS AND SURFACES WITH SOAP AND WATER** before and after handling raw flour and eggs.

**97 percent of consumers failed to wash their hands properly when preparing a meal.**

\* According to a 2018 study by the Department of Agriculture

## Holiday Party Plans!

OPTIONS FROM THE FROZEN FOOD AISLE

Save time while providing guests with a variety of delicious options! Serve them safely!

**REMEMBER...**

1. Always follow the package cooking or preparation instructions for safety!

2. You can't see, smell or taste the bacteria that cause food poisoning.

3. **KEEP FROZEN**

Partnership for Food Safety Education

## FIGHT BAC! BUFFETS & PARTIES

SAFE SERVING GUIDE

Guests should expect delicious food at parties and buffets, not food poisoning!

**KEEP HOT FOODS HOT**  
Place hot foods in chafing dishes, crock pots or warming trays at 140°F or warmer.

**KEEP COLD FOODS COLD**  
Arrange and serve food on several small platters rather than on one large platter. Put one platter on the buffet table and store the rest in the fridge, and swap every two hours. Place cold foods in bowls of ice on the buffet table.

**WATCH THE CLOCK!** Hot leftovers in chafing dishes should be served within 2 hours.

**LOTS OF LEFTOVERS!** Store leftovers in shallow containers. Get leftovers within 3-4 days.

**REHEAT SAFELY!** Reheat and reheat to 165°F or higher for a food thermometer to verify heat.

Learn more about food safety at [StoryOfYourDinner.org](http://StoryOfYourDinner.org).

## Enjoy a Safe and Healthy Holiday Meal!

HERE ARE SOME TIPS TO HELP YOU STAGE A SAFE AND DELICIOUS HOLIDAY DINNER FROM YOUR KITCHEN!

**STEP 1: CLEAN**

Frequent cleaning and sanitizing throughout the kitchen and counter tops.

Use a dilute bleach solution (1/2 cup of bleach to 1 gallon of water) to sanitize all surfaces. Rinse with clean water. Wipe the surface with a clean paper towel.

**STEP 2: SEPARATE**

Bacteria and viruses spread when raw meat, poultry, seafood, and eggs or their juices come into contact with other foods.

Don't cross-contaminate. Keep raw meat and poultry apart from foods that won't be cooked.

**STEP 3: COOK**

Refrigerate or cook with a fork to check for doneness in ground meat and poultry and your family at risk. Cook to safe temperature. Use a food thermometer - you can't tell food is cooked safely by how it looks.

**SAFE MINIMUM INTERNAL TEMPERATURES**

FOOD	SAFE MINIMUM INTERNAL TEMPERATURE
Beef, pork, veal and lamb	160°F
Poultry	165°F
Eggs	160°F
Finfish	145°F
Shellfish	145°F
Ground meats	160°F
Whole meats	160°F
Vegetables	145°F

**STEP 4: CHILL**

Bacteria multiply fastest between 40°F - 140°F (4°C - 60°C) which is known as the "Danger Zone". Chill leftovers and leftover foods within 2 hours. Keep fridge at 40°F or below.

## CHILL

Storage Times for the Refrigerator and Freezer

These short but safe time limits for home-refrigerated foods will keep them from spoiling or becoming dangerous to eat. The guidelines for freezer storage are for quality only. Frozen foods remain safe indefinitely.

CATEGORY	FOOD	REFRIGERATOR (at 40°F)	FREEZER (at 0°F)
Salads	Hot chicken, beef, pork, and vegetable salads	5-7 days	Does not freeze well
	Hot dressings	1 week	3-6 months
Leftovers	Hot leftovers	3-4 days	3-6 months
	Cold leftovers	3-4 days	3-6 months
Bacon and sausage	Bacon	1 day	1 month
	Sausage (raw - from deli)	12 days	3-6 months
Hamburger and other ground meats	Hamburger, ground beef, turkey, veal, pork, lamb and chicken (3 lbs.)	3-4 days	3-6 months
	Hot beef, pork, lamb and poultry	3-4 days	3-6 months
Fresh poultry	Chicken or turkey, whole	1-2 days	1 year
	Chicken or turkey, pieces	1-2 days	9 months
Vegetables and fruits	Vegetables (raw)	3-4 days	3-6 months
	Fruits	3-4 days	3-6 months

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## School Lunch FOOD SAFETY TIPS For Parents

97% of consumers failed to wash their hands properly when preparing a meal.

1 in 6 Americans get a foodborne illness a year.

1 in 10 hospitalizations for foodborne illness in the United States are in children.

**Before preparing lunch, wash your hands with warm water and soap for 20 seconds.** Wash your cutting boards, utensils and counter tops with hot, soapy water. Rinse fresh fruits and vegetables under running water, including those with skins and rinds that are not eaten. Make sure reusable lunch bags and coolers are clean before packing.

**Use one cutting board for fresh produce and a different one for meat and poultry.** This will help you avoid cross-contamination or spreading bacteria from one food product to another.

**Use an insulated lunch bag or cooler and at least two cold sources, such as freezer packs, for lunches that contain perishable food items like lunch meats, eggs, cheese or yogurt.** This will help keep food chilled until lunchtime.

Get more food safety tips at [www.fightbac.org](http://www.fightbac.org)

## Safe Recipe LESSON & GUIDE For Students

Partnership for Food Safety Education

www.fightbac.org

We would like to give a huge thanks to the sponsors  
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Meals Safe Recipe Contest:



The Partnership for Food Safety Education develops and  
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