



THE  
**ANNIVERSARY**  
COOKBOOK

CELEBRATING **25** YEARS  
OF FOOD SAFETY EDUCATION

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 is used to denote vegetarian recipe (no meat ingredients)

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# WELCOME TO SAFE RECIPES!

We hope you enjoy this collection of recipes that are not only delicious but also rich in food safety steps. These recipes were contributed by passionate food safety advocates from across the nation to help honor the 25th Anniversary of Fight BAC!

The Partnership for Food Safety Education (PFSE) was created in 1997 through a memorandum of understanding with the federal government, food industry, and consumer groups to create consumer-oriented messages and promote safe food handling practices in the United States.

The Partnership's experts settled on the "core four" food safety messages of clean, separate, cook and chill as the cornerstone of a national consumer outreach effort. The campaign — Fight BAC!®, Keep Food Safe from Bacteria — was released in 1998.

These principles of safe food handling and hand hygiene are incorporated in the recipes in this cookbook.

We hope you enjoy these delicious, safe recipes. Please send us photos of the dishes you've made. Bon appétit!

Warm regards,

PFSE Team



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# THE CORE FOUR

## Food Safety Practices

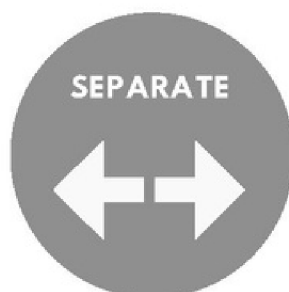


Right now, there may be an invisible enemy ready to strike. He's called BAC (harmful bacteria), and he can make people sick. In fact, even though you can't see, smell or taste BAC, he and millions more like him may already be invading food products, kitchen surfaces and utensils.

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:



Wash hands and  
surfaces often.



Don't cross-  
contaminate.



Cook to the  
safe internal  
temperature.



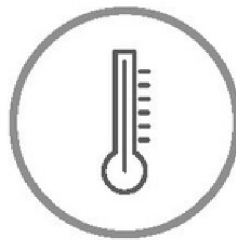
Refrigerate  
promptly.

# SAFE RECIPE

## Style Guide



Launched in 2019, the Safe Recipe Style Guide provides easy edits to any recipe to improve food safety practices. Multiple studies show that when consumers follow recipes that incorporate basic food safety instructions, they significantly increase food safety behaviors.



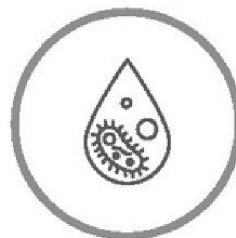
### TEMPERATURE

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 Recipe Style Guide for Video Creators

Everyone's making food videos these days! What's missing in nearly all visual cooking mediums is food safety.

With prompts based on the Safe Recipe Style Guide, PFSE created the Safe Recipe Style Guide for Video Creators for people who develop cooking and recipe videos.

This tool provides the images, text and video clips needed to add food safety prompts to written recipes and cooking videos.

### Temperature



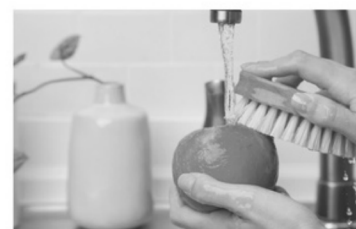
### Hand Washing



### Cross-Contamination



### Produce



[saferecipeguide.org](http://saferecipeguide.org)



Makes 10 Servings

# INGREDIENTS

- ½ cup butter, softened
- ⅔ cup granulated sugar
- ⅓ cup light brown sugar
- 2 eggs, beaten
- 4 ripe bananas
- 1 ½ cups all-purpose flour
- 1 teaspoon baking soda
- ½ teaspoon salt
- ½ teaspoon almond extract
- ¼ cup mini chocolate chips (optional)
- ¼ cup finely-chopped walnuts and/or almonds

# INSTRUCTIONS

1. Wash hands with soap and water.
2. Preheat oven to 340 °F.
3. Scrub bananas with a clean vegetable brush under running water. Peel the bananas. On a small plate, mash bananas with a small fork.
4. In the bowl of a stand mixer, cream together the butter and sugars until well blended. This can also be done in a large bowl with a hand mixer or by hand.
5. Add the mashed bananas and eggs to the butter mixture. Mix well to combine. Wash hands with soap and water after handling raw eggs.
6. In a separate small bowl, sift together flour, baking soda and salt. Add sifted ingredients to the banana mixture. Wash hands with soap and water after handling raw flour.
7. Add almond extract, chocolate chips and nuts. Mix until combined, being careful not to overmix. Do not eat raw batter.
8. Lightly spray sides of silicone or nonstick loaf pan with cooking spray. Pour bread mixture into loaf pan
9. Bake the banana bread until the internal temperature reaches 160 °F on a digital food thermometer, about 45 to 55 minutes. It will have a golden-brown exterior with a firm center, and the edges will pull away from the sides of the pan.
10. Remove from oven and allow to cool slightly before serving.



## Mom's Banana Bread

Switch out the chocolate chips for dried cranberries or try different types of nuts to keep it interesting!

Recipe courtesy of Ann Johnson  
Photo courtesy of Leslie Owens

Nutrition Facts		
10 servings per container		
Serving size	1" slice (115g)	
Amount per serving		
Calories	320	
% Daily Value*		
Total Fat 14g	18%	Dietary Fiber 2g 7%
Saturated Fat 7g	35%	Total Sugars 27g
Trans Fat 0g		Includes 22g Added Sugars 44%
Cholesterol 60mg	20%	Protein 4g
Sodium 260mg	11%	Vitamin D 0mcg 0%
Total Carbohydrate 48g	17%	Calcium 17mg 2%
		Iron 1mg 6%
		Potassium 215mg 4%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		



## Chicken Pita Wrap with Yogurt Sauce

Mediterranean inspiration  
at its tastiest!

Recipe and photo courtesy of  
Tracy Kaifesh, MPH, RDN

Nutrition Facts	
4 servings per container	
<b>Serving size</b>	<b>1 each (416g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>520</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 18g	<b>23%</b>
<b>Saturated Fat</b> 3.5g	<b>18%</b>
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 185mg	<b>62%</b>
<b>Sodium</b> 1100mg	<b>48%</b>
<b>Total Carbohydrate</b> 35g	<b>13%</b>
<b>Dietary Fiber</b> 6g	<b>21%</b>
<b>Total Sugars</b> 7g	
<b>Includes 1g Added Sugars</b>	<b>2%</b>
<b>Protein</b> 56g	
<b>Vitamin D</b> 1mcg	<b>6%</b>
<b>Calcium</b> 212mg	<b>15%</b>
<b>Iron</b> 5mg	<b>30%</b>
<b>Potassium</b> 343mg	<b>8%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Makes 4 Servings

## INGREDIENTS

- 1¼ teaspoon kosher salt, divided
- 1 teaspoon cumin
- 1 teaspoon paprika
- 1 teaspoon turmeric
- 1 teaspoon cinnamon
- 2 Tablespoons olive oil
- 2 pounds boneless, skinless chicken thighs
- 1 cup plain yogurt
- ½ teaspoon dried dill
- ½ teaspoon garlic powder
- ¼ teaspoon onion powder
- 3 cups shredded bagged coleslaw mix
- ½ cup low-sodium chicken broth
- 4 whole wheat pitas

## INSTRUCTIONS

1. Wash hands with soap and water.
2. In a small bowl, mix 1 teaspoon salt, cumin, paprika, turmeric and cinnamon.
3. Heat a large skillet with olive oil over medium-high heat.
4. Sprinkle seasoning blend on both sides of the chicken. Do not rinse raw chicken. Add chicken to skillet. Wash hands with soap and water after handling raw chicken.
5. Cook chicken for 5 minutes on the first side. Flip, reduce heat to medium, and cook until the internal temperature reaches 165 °F on a digital food thermometer, about 8 to 10 minutes.
6. While the chicken cooks, prepare the fixings for pita wraps. In a small bowl combine yogurt, dried dill, garlic powder, onion powder and remaining ¼ teaspoon of salt. Set aside.
7. Rub coleslaw mix under cold running water, pat dry with a clean towel, and set aside.
8. Remove cooked chicken to a plate. Add chicken broth to the hot skillet and stir to scrape up any browned bits. Slice chicken into 1-inch pieces, return to skillet and coat in pan juices. Remove skillet from the heat.
9. To build wraps, spread yogurt sauce on pitas. Layer with coleslaw mix and chicken.

Makes 2 Servings

INGREDIENTS

Sandwich

- 4 uncooked boneless, skinless chicken cutlets
- 4 slices whole wheat bread, toasted
- 1 medium avocado, mashed
- 2 to 4 leaves of lettuce
- 1 medium fresh tomato, sliced
- 2 slices Swiss cheese
- 1 Tablespoon avocado or vegetable oil

Marinade

- ¼ cup olive oil
- ¼ cup water
- 1 packet of mesquite marinade

INSTRUCTIONS

1. Wash hands with soap and water.
2. In a medium bowl, whisk together olive oil, water and the packet of mesquite marinade until well combined.
3. Place the uncooked chicken cutlets in a large, sealable container and add the marinade. Do not rinse raw chicken. Seal the container and refrigerate for 15 minutes or up to 2 hours.
4. Wash counters, utensils and hands with soap and water after handling raw chicken.
5. While the chicken is marinating, prepare the rest of the ingredients. Gently rub the lettuce and tomato under cold running water. Dry on a clean towel. Slice the tomato. Set lettuce and tomato slices aside.
6. Scrub the avocado with a clean vegetable brush under running water. Cut the avocado in half, remove the pit, and scoop out the flesh. Mash the avocado and set aside with the other vegetables.
7. In a large pan or grill pan over medium heat, add the oil and chicken cutlets. Do not reuse marinade used on raw chicken. Wash hands with soap and water after handling raw chicken.
8. Cook the chicken about 10 to 12 minutes, flipping halfway, until it reaches an internal temperature of 165 °F on a digital food thermometer.
9. Make two sandwiches, each with mashed avocado, Swiss cheese, two chicken cutlets, tomato, and lettuce.



Mesquite Chicken  
Avocado Sandwich

Smoky mesquite flavor upgrades the chicken sandwich!

Recipe and photo courtesy of Evan Casey

Nutrition Facts	
2 servings per container	
Serving size 1 sandwich (402g)	
Amount per serving	
Calories	610
% Daily Value*	
Total Fat 32g	41%
Saturated Fat 1g	35%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 580mg	25%
Total Carbohydrate 59g	19%
Dietary Fiber 6g	29%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 30g	
Vitamin D 0mcg	0%
Calcium 252mg	20%
Iron 4mg	20%
Potassium 725mg	15%
*The % Daily Value is shown next to each nutrient in a serving of food contributed to a daily diet. 2,000 calories a day is used for general nutrition advice.	





# 🌿 Healthy Oatmeal with Fruit & Nuts

Use your favorite nuts, seeds, dried fruits or even chocolate chips!

Makes 1 Serving

## INGREDIENTS

- 1 cup almond milk
- ½ cup whole grain oats
- 2 teaspoons honey
- 2 Tablespoons assorted nuts, chopped
- 1 Tablespoon dried cranberries or dried cherries

## INSTRUCTIONS

1. Wash hands with soap and water.
2. In a small pot over medium-low heat, bring the almond milk to a boil.
3. Stir in the oatmeal and cook for 1 to 2 minutes, until almond milk is absorbed and the oatmeal is softened.
4. Remove from heat and stir in the honey.
5. Transfer to a serving bowl, and top with nuts and dried fruit.
6. Drizzle with additional honey, if desired.

## Nutrition Facts

1 servings per container

**Serving size** (328g)

Amount per serving

**Calories** **430**

% Daily Value\*

**Total Fat** 15g **19%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 170mg **7%**

**Total Carbohydrate** 66g **24%**

Dietary Fiber 7g **25%**

Total Sugars 30g

Includes 26g Added Sugars **52%**

**Protein** 9g

Vitamin D 2mcg 10%

Calcium 462mg 35%

Iron 3mg 15%

Potassium 381mg 8%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe and photo courtesy of Breana J.

# Grilled BBQ Tempeh Wrap

A quick, grab and go plant-based meal!

Makes 1 Serving

## INGREDIENTS

- 4 ounces Tempeh
- 1 whole wheat tortilla
- ½ medium avocado, mashed
- Pinch of salt
- 1 Tablespoon low sugar barbecue sauce
- ⅓ red onion, thinly sliced (optional)
- Small handful mixed greens (optional)

## INSTRUCTIONS

1. Wash hands with soap and water.
2. In a grill pan over medium-high heat, cook tempeh on both sides to create grill marks. Remove from grill pan, allow to cool, and cut into slices.
3. Scrub the avocado with a clean vegetable brush under running water. Dry with a clean towel.
4. Cut open the avocado and scoop half onto the whole wheat tortilla. Gently mash the avocado with a fork. Salt the avocado lightly.
5. On top of the avocado, add the sliced tempeh and drizzle with barbecue sauce.
6. Gently rub mixed greens under cold running water. Dry with a clean towel. Scrub the red onion with a clean vegetable brush under running water and slice.
7. Top the wrap with the mixed greens and red onion. Fold in the ends, roll the wrap, and serve.

Recipe courtesy of Greg Fesz  
Photo courtesy of Leslie Owens



## Nutrition Facts

1 servings per container  
**Serving size** 1 Sandwich  
(331g)

Amount per serving  
**Calories** 510

	% Daily Value*
<b>Total Fat</b> 28g	36%
Saturated Fat 5g	25%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 330mg	14%
<b>Total Carbohydrate</b> 45g	16%
Dietary Fiber 8g	29%
Total Sugars 3g	
Includes 0g Added Sugars	0%
<b>Protein</b> 30g	
<b>Vitamin D</b> 0mcg	0%
<b>Calcium</b> 198mg	15%
<b>Iron</b> 5mg	30%
<b>Potassium</b> 1077mg	25%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# MEET THE CHEFS

## Mom's Banana Bread

**Ann Johnson** has been in food safety for over 26 years in state regulatory affairs. As a mother of four and grandmother of five, food safety became a passion when her daughter was a transplant recipient and immunocompromised. Ann created this recipe for her dad who insisted on banana bread at Thanksgiving every year.

## Healthy Oatmeal with Fruit and Nuts

**Breana J.** created this recipe for the 2021 Young Cooks Recipe Challenge.

## Grilled BBQ Tempeh Wrap

**Greg Fesz** currently works as a dietetic technician in Ohio. He enjoys a plant-based diet. His interests include sustainability, music, comedy and tennis.

## Chicken Pita Wrap with Yogurt Sauce

**Tracy Kaifesh, MPH, RDN**, is a registered dietitian nutritionist. She is passionate about developing recipes with a healthy twist and finding creative ways to share them in fun recipe videos and photos. This recipe is a family favorite that Tracy frequently makes for a quick weeknight dinner for her husband and daughter.

## Mesquite Chicken Avocado Sandwich

**Evan Casey** has a wide range of interests, including cooking, playing video games, caring for his guinea pig, hiking, and making people laugh.

Makes 6 Servings

INGREDIENTS

- 2 teaspoons vegetable oil
- 1 pound lean ground beef
- 2 cups small gold or red potatoes, cut into bite-sized pieces (about 4 to 6 small potatoes)
- 1 large onion, diced
- 2 (12 to 16 ounce) bags of mixed vegetables\*
- 1 (46-ounce) container of vegetable juice
- 2 teaspoons salt
- 1 teaspoon ground black pepper
- ½ to 1 teaspoon hot sauce, to taste (optional)

\*Use whatever frozen vegetables you have on hand like carrots, green beans, okra, corn, peas, etc.

INSTRUCTIONS

1. Wash hands with soap and water.
2. In a large pot over medium heat, add the vegetable oil and ground beef. Crumble the ground beef and mix in 1 teaspoon of salt and ½ teaspoon of black pepper. Cook the ground beef until the internal temperature reaches 155 °F on a digital food thermometer. Wash hands with soap and water after handling raw beef.
3. While the beef cooks, scrub the potatoes with a clean vegetable brush under running water, cut, and place in a microwave-safe container. Microwave on high for 5 to 7 minutes until the potatoes are cooked through.
4. Scrub the onion with a clean vegetable brush under running water. Dice the onion.
5. Once the beef is cooked, drain the excess liquid and return the beef to the pot over medium heat. Add the onions and sauté until they begin to soften.
6. Add the vegetable juice, frozen vegetables and partially cooked potatoes. Add the remaining salt, pepper and the hot sauce. Bring to a boil, lower the heat, and let it simmer for 10 to 15 minutes, until the potatoes are tender and cooked through.
7. Divide into bowls and serve.
8. Store leftovers in an airtight container in the refrigerator for up to 3 to 4 days. Reheat leftovers to 165 °F on a digital food thermometer.
- 9.



Beef Vegetable Soup

This delicious soup is quick and easy to make. It can be made with things you keep on hand — and it's budget-friendly!

Nutrition Facts	
6 servings per container	
Serving size	1 cup (510g)
Amount per serving	
Calories	270
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 940mg	41%
Total Carbohydrate 29g	11%
Dietary Fiber 1g	4%
Total Sugars 9g	
Includes 1g Added Sugars	2%
Protein 20g	
Vitamin D 0mcg	0%
Calcium 21mg	2%
Iron 3mg	15%
Potassium 548mg	10%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Recipe courtesy of John Weaver  
Photo courtesy of Leslie Owens





 Flavorful and plant-based!

Nutrition Facts	
4 servings per container	
Serving size	1.5 cups (609g)
Amount per serving	
<b>Calories</b>	<b>360</b>
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1170mg	51%
Total Carbohydrate 61g	22%
Dietary Fiber 22g	79%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 195mg	15%
Iron 7mg	40%
Potassium 1505mg	30%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

# Easy Three-Bean Chili

Makes 4 Servings

## INGREDIENTS

- 1 Tablespoon olive oil
- 1 red bell pepper, diced
- ½ sweet onion, diced
- ¼ teaspoon + 1 teaspoon salt
- ¼ teaspoon + 1 teaspoon garlic powder
- 1 (15-ounce) can black beans (no salt), drained and rinsed
- 1 (15-ounce) can kidney beans (no salt), drained and rinsed
- 1 (15-ounce) can cannellini beans (no salt), drained and rinsed
- 1 (28-ounce) can diced tomatoes
- 2 Tablespoons cocoa powder
- 2 Tablespoons chili powder
- 1 teaspoon paprika powder

## INSTRUCTIONS

1. Wash hands with soap and water.
2. Scrub the onion and bell pepper with a clean vegetable brush under running water. Dice the onion and bell pepper.
3. In a large pot over medium heat, add the olive oil, bell pepper, and onion. Add ¼ teaspoon salt and ¼ teaspoon garlic powder. Sauté bell pepper and onion until tender and translucent, about 5 to 7 minutes.
4. Add the beans, tomatoes, cocoa powder, chili powder, paprika, and remaining salt and garlic. Bring to boil, reduce heat, and simmer for 15 to 20 minutes, stirring occasionally.
5. Serve with toppings of choice.

**Recipe courtesy of Norah Blick**  
**Photo courtesy of Christina Blick**

Makes 5 Servings

INGREDIENTS

- 1 unbaked pie crust
- 1 Tablespoon vegetable oil
- 1 cup Parmesan cheese, grated
- 2 cups sharp cheddar cheese, shredded
- 4 ripe tomatoes, sliced
- ½ onion, diced
- 3 teaspoons fresh basil
- 1 teaspoon salt
- 1 teaspoon ground black pepper

INSTRUCTIONS

1. Wash hands with soap and water.
2. Preheat oven to 375 °F.
3. Gently rub tomatoes under cold running water. Slice the tomatoes and pat them dry with clean paper towels to remove excess moisture. Set aside.
4. Scrub onion with a clean vegetable brush under running water. Dry with a clean paper towel. Cut the onion into small pieces. Set aside.
5. Gently rub fresh basil under cold running water. Dry on a clean paper towel and set aside.
6. Brush the bottom of the pie crust with oil, and sprinkle with ¾ cup of Parmesan cheese and ½ cup of cheddar cheese.
7. Top with one-third of the sliced tomatoes, one-third of the chopped onions, one-third of fresh basil, and one-third of the salt and pepper.
8. Repeat layers two more times or until the pie crust is filled, keeping three tomato slices for the top.
9. Top the pie with the remaining Parmesan and cheddar cheeses. Use the remaining three slices of tomato for the top.
10. Bake the pie for about 30 minutes until the pie is bubbling and the top is golden brown.
11. Remove the pie from the oven and allow to cool before serving.

Recipe courtesy of Susan Hill  
Photo courtesy of Leslie Owens



Tomato Pie

This recipe is the most tasty when tomatoes are in season!

Nutrition Facts	
5 servings per container	
Serving size	1/5 slice of pie (223g)
Amount per serving	
Calories	420
% Daily Value*	
Total Fat 29g	37%
Saturated Fat 14g	70%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 1090mg	47%
Total Carbohydrate 22g	8%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 18g	
Vitamin D 0mcg	0%
Calcium 476mg	35%
Iron 1mg	6%
Potassium 318mg	6%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



# Pecan Chicken Salad

This super simple pecan chicken salad is colorful, easy to make and delicious!

Nutrition Facts	
4 servings per container	
Serving size	1/4 recipe (366g)
Amount per serving	
<b>Calories</b>	<b>640</b>
	% Daily Value*
<b>Total Fat</b> 52g	<b>67%</b>
Saturated Fat 8g	<b>40%</b>
Trans Fat 0g	
<b>Cholesterol</b> 75mg	<b>25%</b>
<b>Sodium</b> 700mg	<b>30%</b>
<b>Total Carbohydrate</b> 27g	<b>10%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 19g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 20g	
Vitamin D 0mcg	0%
Calcium 67mg	6%
Iron 1mg	6%
Potassium 524mg	10%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Recipe and photo courtesy of Geneva McCloud, MPH, BSHW

Makes 4 Servings

## INGREDIENTS

### Chicken Salad

- 2 cups precooked rotisserie chicken, shredded
- 1 cup mayonnaise
- 2 Tablespoons ranch dressing
- 2 stalks celery, cut into ¼-inch pieces
- ¾ cup red onions, cut into ¼-inch pieces (about ¼ small red onion)
- 2 teaspoons celery salt
- 2 teaspoon onion powder
- 1 teaspoon Dijon mustard
- ¾ cup dried cranberries
- ¾ cup pecans, chopped
- Ground black pepper

### Salad

- 1 (5-ounce) package spring mix
- 1 large cucumber, sliced (reserve 4 slices)
- 1 cup cherry tomato
- 1 cup blueberries
- ½ cup strawberries, cut in half

## INSTRUCTIONS

1. Wash hands with soap and water.
2. Gently scrub celery stalks and red onion with a clean vegetable brush under running water. Dry with a clean paper towel.
3. In a medium bowl, combine chicken, mayonnaise, ranch dressing, celery, red onion, celery salt, onion powder, Dijon mustard, dried cranberries and ground black pepper.
4. Chop pecans and sprinkle evenly over the chicken salad mixture. Stir to combine.
5. Scrub cucumber with a clean vegetable brush under running water. Dry with a clean paper towel and slice.
6. Gently rub cherry tomatoes under cold running water. Dry with a clean paper towel.
7. Gently rub blueberries and strawberries under cold running water. Dry with a clean paper towel. Slice the strawberries.
8. In a large bowl, toss together the spring mix, cucumber, tomato and blueberries. Top with chicken salad and strawberries.
9. Garnish with the remaining cucumber slices and serve immediately.

Makes 8 Servings

INGREDIENTS

- 1 ½ Tablespoons vegetable oil
- ¾ cup diced carrot (about 1 medium carrot)
- 1 cup diced onion (about 1 medium onion)
- 4 cloves garlic, minced
- 2 cups summer or winter squash,\* diced (about 2 zucchini or yellow squash)
- 1 ½ cups fresh corn kernels\* (about 2 ears of corn)
- 1 (15-ounce) canned beans of any kind, drained and rinsed
- 1 (15-ounce) can diced tomatoes or 2 cups fresh tomatoes, diced
- 3 ½ cups low-sodium vegetable broth
- 1 teaspoon cumin
- ¼ teaspoon pepper

\*Substitute fresh squash or corn with frozen vegetables or 1 (15-ounce) can vegetables

INSTRUCTIONS

1. Wash hands with soap and water.
2. Scrub carrot, onion, garlic, and squash with a clean vegetable brush under running water. Dice the carrots, onions and squash. Mince the garlic. Set aside.
3. Gently rub the fresh corn kernels under cold running water. Dry with a clean paper towel.
4. Heat oil in a large pan over medium heat. Add the carrot and onion. Sauté until the onions begin to soften and turn slightly brown, about 8 to 10 minutes.
5. Add garlic, squash and corn. Continue to stir for another 3 to 4 minutes.
6. Add beans, tomatoes, broth, cumin and pepper.
7. Allow soup to come to a boil and then turn heat down to a simmer until all vegetables are tender to taste, between 15 to 30 minutes.

Recipe and photo courtesy of FoodHero.org



Three Sisters Soup

This easy-to-make soup is hearty and packed with delicious veggies.

Nutrition Facts	
8 servings per container	
Serving size	1 cup (307g)
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 20g	7%
Dietary Fiber 4g	14%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 43mg	4%
Iron 1mg	6%
Potassium 425mg	10%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



# MEET THE CHEFS

## Beef Vegetable Soup

**John Weaver** has been in the food industry for 40 years, working as a butcher/meat cutter, seafood manager, deli manager and meat market manager. In 2002, he joined the Florida Department of Agriculture and Consumer Services working in the field as a senior sanitation inspector, and currently as an environmental specialist. John enjoys cooking and playing the guitar.

## Easy Three-Bean Chili

**Norah Blick** is kind and spunky. She resides in the Lone Star state with her family and bunny, Smokey. When Norah is not creating her “next best recipe,” you can find her dancing her heart out to Broadway musicals.

## Tomato Pie

**Susan Hill** is a cooperative extension agent for Auburn University.

## Pecan Chicken Salad

Detroit native **Geneva McCloud, MPH, BSHW**, is a wellness coach, entrepreneur, and owner of Favorable Well-Being, LLC and co-founder of JR Organics, LLC. She enjoys educating and motivating others to live their best life, with a focus on two simple things: healthy eating habits and exercise. She aims to inspire, empower and encourage others to live a life they are proud of.

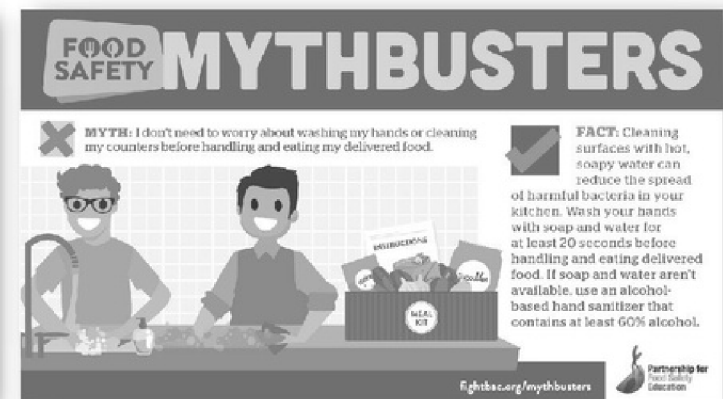
## Three Sisters Soup

This recipe was developed by the **Food Hero Indigenous Peoples** work group for Oregon State University Extension Service. Food Hero is an initiative of the Oregon Supplemental Nutrition Assistance Program Education (SNAP-Ed) program developed by the OSU Extension.

# MYTHBUSTERS

Common food safety myths originate from the misapplication of science, family tradition or misinformation on social media. The Partnership created these social media graphics in English and Spanish language for consumers and educators to help debunk common home food safety myths.

[fightbac.org/mythbusters](http://fightbac.org/mythbusters)



# COMMON COOKING WORDS

Looking through this book, you might come across some new words. They might be ones you haven't heard before or aren't quite sure what they mean. Lots of them are action words that tell you what to do with ingredients.

Here is a list of common cooking words and what they mean:

**Bake/Roast:** When you turn on your oven and preheat it to a certain temperature, the air inside the oven gets hot. Cooking food in a hot oven is called baking or roasting. Usually "baking" refers to bread or dessert, while "roasting" is used when talking about meat or vegetables.

**Boil:** When water is heated to 212 °F (degrees Fahrenheit), it creates lots of bubbles, and the water moves quickly in the pot. A "rolling boil" means lots of fast, big bubbles. A "low boil" means smaller, slower bubbles.

**Broil:** Similar to baking, but the food is cooked in the oven at very high heat. It's close to the heat source which is usually above the food. Food can burn easily when broiled, so be sure to keep an eye on it in the oven.

**Chop:** In general, this means to cut food into bite-sized pieces that are all about the same shape and ½-inch in size.

**Dice:** To cut food into a square shape. A small dice is ⅛-inch, a medium dice is ¼-inch, and a large dice is ½-inch. A commonly diced ingredient is onions.

**Drizzle:** Pour a liquid, like dressing or melted butter, in a very thin stream.

**Mince:** To cut something into very tiny pieces. Ingredients often minced are garlic, ginger and fresh herbs.

**Puree:** To grind food until completely smooth, usually in a blender or food processor.

**Slice:** Ingredient are cut into large, flat pieces, like potatoes, onions or tomatoes.

**Whisk:** To beat ingredients together very quickly, usually with a whisk or fork, to blend or add air.

What other cooking words do you know?

by Chef Leslie Owens



Makes 4 Servings

## INGREDIENTS

### Marinade

- 1 orange, zested
- 2 oranges, juiced
- 3 stalks green onion, thinly sliced
- 1 ½ teaspoons fresh ginger, minced
- 1 Tablespoon fresh cilantro, chopped
- 1 teaspoon rice wine vinegar
- 2 teaspoons tamari sauce
- 1 Tablespoon avocado oil or vegetable oil
- 1 serrano pepper, thinly sliced
- 1 teaspoon fresh ground pepper

### Kabobs

- 16 jumbo shrimp, deveined and shells removed
- 4 cremini mushrooms, cut in half
- 1 red bell pepper, cut into 1-inch pieces
- 6 cherry or grape tomatoes
- 2 Tablespoons avocado oil or vegetable oil
- ½ teaspoon salt
- ¾ teaspoon pepper
- 4 to 6 metal or bamboo skewers (if using bamboo, soak in water for 10 minutes)

## INSTRUCTIONS

1. Wash hands with soap and water.
2. Peel and devein shrimp. Pat the shrimp dry with a clean paper towel. Wash knife, cutting board, and hands with soap and water after handling raw shrimp.
3. Scrub oranges and fresh ginger with a clean vegetable brush under running water. Zest one orange and juice both oranges.
4. Gently rub green onion, fresh cilantro, mushrooms, bell pepper and tomatoes under cold running water. Slice the green onion and chop cilantro. Cut the mushrooms and bell pepper. Set aside.
5. In a medium bowl, whisk together the marinade ingredients.
6. Toss shrimp with the marinade ingredients to coat. Cover the bowl with plastic wrap and place in the fridge to marinate for 15 minutes. Do not reuse marinade used on raw shrimp.
7. Wash hands with soap and water after handling raw shrimp.
8. Drizzle 1 Tablespoon of oil over the red bell pepper and mushrooms.
9. Skewer vegetables and marinated shrimp alternating between the two. Each skewer should have 3 to 4 shrimp and 1 to 2 pieces of each vegetable. Season with salt and pepper.
10. Wash hands with soap and water after handling raw shrimp.
11. Brush 1 Tablespoon of oil onto a grill or grill pan.
12. Over medium-high heat, grill kabobs for 2 minutes. Flip and cook another 2 minutes until the internal temperature reaches 145 °F on a digital food thermometer.



## Citrus Shrimp Kabobs

The perfect summertime dinner on the grill!

Nutrition Facts	
4 servings per container	
Serving size	4 Shrimp (258g)
Amount per serving	
<b>Calories</b>	<b>210</b>
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 150mg	50%
Sodium 920mg	40%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	7%
Total Sugars 6g	
Includes 0g Added Sugars	0%
<b>Protein 18g</b>	
Vitamin D 0mcg	0%
Calcium 49mg	4%
Iron 1mg	6%
Potassium 467mg	10%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Recipe and photo courtesy  
of Amanda Townsend at  
AmandaFindsHealth.com



## Caesar's Oven-Fried Chicken

This five-ingredient dinner is a quick and easy weeknight dish!

Nutrition Facts	
4 servings per container	
Serving size	1 chicken breast (160g)
Amount per serving	
Calories	770
% Daily Value*	
Total Fat 70g	90%
Saturated Fat 11g	55%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 1660mg	72%
Total Carbohydrate 26g	9%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 1g Added Sugars	2%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 118mg	10%
Iron 1mg	6%
Potassium 97mg	2%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Makes 4 Servings

## INGREDIENTS

- 1 (16-ounce) bottle creamy Caesar salad dressing
- 4 boneless skinned chicken breasts, cut in half
- 1 cup plain Panko breadcrumbs
- $\frac{1}{3}$  cup grated Parmesan cheese
- Olive oil spray

## INSTRUCTIONS

1. Wash hands with soap and water.
2. Cut the chicken breasts in half. Do not rinse raw chicken.
3. Place the chicken breasts in a shallow bowl or container. Pour the bottled dressing over the chicken, covering it completely. Turn the chicken to coat thoroughly. Cover and refrigerate for 15 minutes or up to overnight.
4. Wash cutting board, knife, counters and hands with soap and water after handling raw chicken.
5. When ready to cook chicken, preheat oven to 375 °F. Spray a baking sheet or pan with cooking spray.
6. Mix the breadcrumbs and Parmesan cheese in a shallow dish. Dredge each piece of chicken in the breadcrumb mix, patting it to make sure it sticks to the chicken. Place chicken in a single layer in the baking pan. Do not reuse Caesar dressing marinade or breadcrumb mixture used on raw chicken.
7. Lightly spray the chicken with cooking spray to help with browning.
8. Wash dishes, utensils, counters and hands with soap and water after handling raw chicken.
9. Bake chicken until the internal temperature reaches 165 °F on a digital food thermometer, flipping over halfway through.

Recipe courtesy of Andrea Greene

Photo courtesy of Leslie Owens



Makes 4 Servings

## INGREDIENTS

### Rice

1 cup brown rice  
1 ¾ cup water

### Salsa

2 Roma tomatoes, diced  
1 red onion, some thinly sliced  
and some finely chopped  
2 limes, zested and quartered  
1 jalapeño pepper, finely  
chopped  
2 cloves garlic, minced

### Bowl

1 to 2 Tablespoons olive oil  
1 ½ pounds lean ground beef (or ground  
chicken, turkey or one 15-ounce can black  
beans)  
½ teaspoon garlic powder  
¼ teaspoon cumin  
¼ teaspoon chili powder  
5 Tablespoons ketchup  
¼ cup beef stock  
⅓ cup, plus several teaspoons water  
Salt  
Ground black pepper  
1 Tablespoon + 2 Tablespoons butter  
4 Tablespoons plain, nonfat Greek yogurt  
½ cup Monterey Jack cheese

## INSTRUCTIONS

1. Wash hands with soap and water.
2. Gently rub tomatoes under cold running water. Scrub onion, limes, pepper and garlic with a clean vegetable brush under running water. Set produce aside.
3. Rinse brown rice in a fine mesh strainer over the large bowl until the water in the bowl runs clear.
4. In a small pot over medium-high heat, combine rice, 1 ¾ cup water and a large pinch of salt. Bring to a boil, cover and reduce heat to low. Cook until the rice is tender, about 40 minutes. Leave covered and remove from heat.
5. While the rice is cooking, finely dice the tomatoes. Cut the onion in half and thinly slice. Finely chop about 2 Tablespoons of onion.
6. Zest one lime. Cut both limes into quarters. Halve, deseed, and finely chop the jalapeño. Peel and mince the garlic.
7. In a small bowl, combine tomatoes, 2 Tablespoons chopped onion, half the lime zest, squeeze of lime juice, drizzle of olive oil and jalapeño. Season with salt and pepper. Mix together, taste and adjust seasoning, then set aside.
8. In a large skillet over medium-high heat, add 1 Tablespoon olive oil. Add sliced onion and a pinch of salt. Cook until slightly softened, about 2 to 3 minutes.
9. Add beef, garlic powder, cumin, chili powder and a pinch of salt. Add any remaining jalapeño to the beef mixture. Break the meat up into small pieces. Cook until browned and the internal temperature reaches 160 °F on a digital food thermometer, about 3 to 4 minutes.
10. Stir in ketchup and beef stock. Add ⅓ cup water. Cook until slightly thickened, 1 to 2 minutes. Stir in 1 Tablespoon butter until melted. Turn off heat.
11. In a small bowl, combine yogurt, squeeze of lime juice, salt and pepper to taste. Then add water a teaspoon at a time until the mixture reaches a drizzling consistency. Set aside.
12. Fluff the rice with a fork. Stir in 2 Tablespoons butter and remaining lime zest. Season with salt and pepper to taste.
13. Divide the rice between 4 bowls, top with beef mixture, cheese, salsa, lime and yogurt. Serve with remaining lime wedges on the side.



## Southwest-Inspired Beef & Rice Bowls

Try ground chicken, ground turkey, or even black beans instead of ground beef!

Recipe courtesy of Gayle Patterson  
Photo courtesy of Leslie Owens

### Nutrition Facts

4 servings per container  
Serving size 1/4 of Recipe  
(383g)

Amount per serving  
Calories 630

	% Daily Value*
Total Fat 30g	38%
Saturated Fat 13g	65%
Trans Fat 0.5g	
Cholesterol 145mg	48%
Sodium 530mg	23%
Total Carbohydrate 50g	18%
Dietary Fiber 5g	18%
Total Sugars 8g	
Includes 5g Added Sugars	10%
Protein 44g	
Vitamin D 0mcg	0%
Calcium 160mg	10%
Iron 5mg	30%
Potassium 756mg	15%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



# Farro Bowl with Turkey Sausage & Sundried Tomatoes

Brown rice or barley make good substitutes if you can't find farro.

Nutrition Facts	
4 servings per container	
Serving size	1/4 of Recipe (330g)
Amount per serving	
<b>Calories</b>	<b>550</b>
% Daily Value*	
<b>Total Fat</b> 21g	<b>27%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 0g	
<b>Cholesterol</b> 115mg	<b>38%</b>
<b>Sodium</b> 1090mg	<b>47%</b>
<b>Total Carbohydrate</b> 55g	<b>20%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 37g	
Vitamin D 1mcg	6%
Calcium 218mg	15%
Iron 4mg	20%
Potassium 925mg	20%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Makes 4 Servings

## INGREDIENTS

- 1 ½ cups dried farro (or brown rice or barley)
- 2 cups low-sodium chicken broth
- 1 ½ cups water
- 1 Tablespoon olive oil
- 1 pound turkey sausage
- 3 cups chopped kale leaves, roughly chopped
- ¾ cup sliced sundried tomatoes packed in oil, drained (reserve oil)
- ½ cup Parmesan cheese, shredded

## INSTRUCTIONS

1. Wash hands with soap and water.
2. Rinse farro under cold water and drain.
3. In a medium saucepan, combine farro, chicken broth and water. Bring to a boil over high heat. Cover and reduce the heat to medium-low, letting it simmer for 15 to 20 minutes until farro is tender. Drain and set the farro aside.
4. While the farro is cooking, heat olive oil in a large skillet over medium heat. Remove sausage from casings and add to the pan. Wash hands with soap and water after handling uncooked turkey sausage.
5. Break up sausage into bite-size pieces with a spoon, stirring occasionally. Cook sausage until browned and internal temperature reaches 165 °F on a digital food thermometer, about 10 to 12 minutes.
6. Gently rub kale under cold running water. Chop the kale and add to the pan with cooked sausage. Reduce heat to medium-low, stirring and cooking until kale leaves begin to wilt, about 2 to 3 minutes.
7. Add sundried tomatoes and 2 Tablespoons of reserved tomato oil to the pan. Stir to combine.
8. Remove pan from the heat. Add farro and Parmesan cheese. Toss to combine. Serve warm.

Recipe and photo courtesy  
Tracy Kaifesh, MPH, RDN

Makes 2 Servings

# INGREDIENTS

- ½ cup chopped onion (about half a medium onion)
- ½ cup chopped bell pepper, any color (about half a medium bell pepper)
- ¼ teaspoon garlic powder or 1 clove garlic, minced
- 1 teaspoon vegetable oil
- ½ cup dried lentils, rinsed
- 4 ½ teaspoons chili powder
- 1 teaspoon cumin
- ½ teaspoon oregano (optional)
- 1 ¼ cups low-sodium vegetable broth

# INSTRUCTIONS

1. Wash hands with soap and water.
2. Scrub onion and bell pepper with a clean vegetable brush under running water. Dry with a clean paper towel and dice.
3. In a large skillet over medium heat, sauté the onion, bell pepper and garlic in oil until tender, about 3 minutes.
4. Stir in the lentils, chili powder, cumin and oregano. Cook and stir for 1 minute.
5. Add broth and bring to a boil. Reduce heat, cover and simmer until the lentils are tender, according to package directions. Add water if necessary to keep the lentils just covered with liquid.
6. Uncover and cook until mixture thickens and most of the water is gone, 5 to 10 minutes.
7. Use for tacos, wraps, or salad.

Recipe and photo courtesy of FoodHero.org



## Lentil Taco Filling

Use this versatile filling for tacos, burritos, and tortillas, or enjoy it with salads!

Nutrition Facts	
2 servings per container	
Serving size	1 cup (270g)
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 570mg	25%
Total Carbohydrate 41g	15%
Dietary Fiber 8g	29%
Total Sugars 6g	
Includes 1g Added Sugars	2%
Protein 13g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 4mg	20%
Potassium 558mg	10%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

# MEET THE CHEFS

## Citrus Shrimp Kebabs

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

## Caesar's Oven Fried Chicken

**Andrea Greene** submitted this recipe for the 30-Minute Meals Safe Recipe Contest.

## Southwest Inspired Beef & Rice Bowls

**Gayle Patterson** is a nutrition educator who loves connecting with people through healthy, tasty food. She collects recipes like some people collect baseball cards, always looking for something new to try.

## Farro Bowl with Turkey Sausage & Sundried Tomatoes

**Tracy Kaifesh, MPH, RDN**, is a registered dietitian nutritionist. She is passionate about developing recipes with a healthy twist and finding creative ways to share them in fun recipe videos and photos. This recipe is a favorite, quick weeknight dinner that Tracy frequently makes for her husband and daughter.

## Lentil Taco Filling

**Food Hero** is an initiative of the Oregon Supplemental Nutrition Assistance Program Education (SNAP-Ed) program developed by the Oregon State University Extension Service.

# DON'T WASH YOUR CHICKEN!

[fightbac.org/poultry](http://fightbac.org/poultry)



Don't Wash your Chicken! is a national campaign aimed at households preparing and cooking raw chicken at home and informed by research from Drexel University in partnership with New Mexico State University.

This program features four animated videos to help home cooks stay healthy while preparing and cooking raw chicken.



A special toolkit created for educators contains the animated videos, social media messages, and social media graphics. Share these items on your social networks!



*Don't Wash Your Chicken is based upon work that is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, Agriculture and Food Research Initiative Competitive Grant No. 2019-68008-29908. Any opinions, findings, conclusions, or recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the view of the U.S. Department of Agriculture.*

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# PREP YOURSELF: FOOD IS ON THE WAY!

Whether it's meal kits, restaurant delivery or grocery delivery, home food delivery provides great food options! With so many ways to bring food into our homes, our role in keeping food safe has never been more important.

PFSE launched *Prep Yourself* which features educational messages to help food delivery users ensure the safety of their delivered foods.

Aimed at consumers at home, this program encourages safe food handling of meal kits, groceries, and prepared food deliveries.

## Digital Ads



## Social Media Content



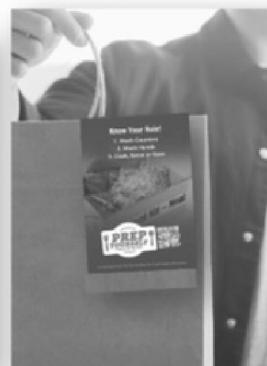
## Receipt Image



## Flyer



## Bag Tags



## Pamphlets



[fightbac.org/prep-yourself](https://fightbac.org/prep-yourself)

Makes 4 Servings

## INGREDIENTS

- ½ cup low-fat buttermilk
- 2 Tablespoons Dijon mustard
- 2 Tablespoons honey
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- ¼ teaspoon dried rosemary
- ½ cup dry breadcrumbs
- 3 Tablespoons Parmesan cheese
- 4 Bone-in chicken thighs, skins removed
- Cooking spray

## INSTRUCTIONS

1. Wash hands with soap and water.
2. Preheat oven to 425 °F degrees. Coat baking sheet or pan with cooking spray.
3. In a shallow bowl, mix the buttermilk, Dijon mustard, honey, salt, pepper, and rosemary. Pour half of the mixture into a microwave-safe bowl and set aside.
4. In a separate small bowl, combine the breadcrumbs and Parmesan cheese.
5. Remove chicken thighs from the package. Do not rinse raw chicken. Dip chicken into buttermilk mixture and coat completely.
6. Next, coat chicken with breadcrumb mixture and turn until well covered. Do not reuse buttermilk or breadcrumb mix used on raw chicken.
7. Place chicken thighs on the prepared baking sheet.
8. Wash hands with soap and water after handling raw chicken.
9. Bake until chicken reaches an internal temperature of 165 °F on a digital food thermometer and thighs are golden brown, about 25 minutes.
10. Place the reserved bowl of buttermilk mixture (not used to coat the chicken) in the microwave and heat for 20 seconds. If the mixture separates while heating, stir until it is smooth.
11. Plate chicken thighs and drizzle with the sauce.

Recipe and photo courtesy of Lisa Gibson



## Chicken Thighs with Buttermilk Mustard Sauce

This healthy version of fried chicken and gravy is delicious — and it's just as comforting!

### Nutrition Facts

4 servings per container  
Serving size 1 Chicken Thigh  
(170g)

Amount per serving  
**Calories 310**

	% Daily Value*
<b>Total Fat</b> 11g	<b>14%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 160mg	<b>53%</b>
<b>Sodium</b> 590mg	<b>26%</b>
<b>Total Carbohydrate</b> 18g	<b>7%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 10g	
Includes 9g Added Sugars	<b>18%</b>
<b>Protein</b> 32g	
<b>Vitamin D</b> 0mcg	<b>0%</b>
<b>Calcium</b> 85mg	<b>6%</b>
<b>Iron</b> 2mg	<b>10%</b>
<b>Potassium</b> 379mg	<b>8%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Try spinach or other green vegetables in place of asparagus. Top with nutritional yeast for a cheesy flavor!

Nutrition Facts	
4 servings per container	
Serving size	1 cup (271g)
Amount per serving	
<b>Calories</b>	<b>230</b>
	% Daily Value*
<b>Total Fat</b> 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 260mg	11%
<b>Total Carbohydrate</b> 40g	15%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 0g Added Sugars	0%
<b>Protein</b> 9g	
<b>Vitamin D</b> 0mcg	0%
<b>Calcium</b> 48mg	4%
<b>Iron</b> 3mg	15%
<b>Potassium</b> 399mg	8%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

# One-Pan Pasta with Chickpeas & Tomatoes

Makes 4 Servings

## INGREDIENTS

- 1 Tablespoon extra virgin olive oil
- ¼ large onion, chopped
- 1 clove garlic, minced
- 1 cup water
- 1 cup vegetable broth
- 1 ½ cups uncooked whole wheat rotini pasta
- Dash salt
- Dash ground black pepper
- ½ cup canned diced tomatoes with juice
- ½ teaspoon dried basil
- 1 teaspoon fresh rosemary, chopped
- ½ cup low-sodium canned chickpeas
- 8 spears asparagus, sliced into thirds
- Nutritional yeast, optional

## INSTRUCTIONS

1. Wash hands with soap and water.
2. Scrub onion and garlic with a clean vegetable brush under running water. Chop the onion and mince the garlic. Gently rub rosemary and asparagus under cold running water.
3. In a large skillet, heat oil over medium heat. Add onions and garlic and sauté for 2 minutes.
4. Add the water, vegetable broth, rotini, tomatoes, salt, pepper, rosemary and basil. Cover pan with lid and reduce the heat to a simmer. Cook for 15 minutes.
5. Remove the lid and stir mixture. Add chickpeas and asparagus. Cover again and cook for another 5 minutes.
6. Top with nutritional yeast for a cheesy flavor.

Recipe and photo courtesy of  
Melissa Altman-Traub, MS, RDN, LDN

# Sweet Soy Beef Stir Fry

Makes 8 Servings

## INGREDIENTS

2 pounds ground beef  
8 cloves garlic, minced  
2 Tablespoons fresh ginger, minced  
¼ cup soy sauce  
½ cup brown sugar  
½ teaspoon red pepper flakes  
1 ½ Tablespoon toasted sesame oil

### Garnish

2 Tablespoons sesame seeds  
8 green onions, sliced

## INSTRUCTIONS

1. Wash hands with soap and water.
2. In a large skillet over medium-high heat, add the beef. Cook until browned and the internal temperature reaches 160 °F on a digital food thermometer. Wash hands with soap and water after handling raw ground beef.
3. While the beef cooks, scrub garlic and ginger with a clean vegetable brush under running water. Mince the garlic and ginger.
4. Drain the beef and reduce the heat to medium. Stir in the garlic and ginger, and cook until fragrant, about 30 seconds.
5. Stirring constantly, add the soy sauce, brown sugar and red pepper. Cook to reduce the sauce slightly, about 5 to 7 minutes.
6. While the stir fry cooks, gently rub the green onions under cold running water. Dry with a clean towel and slice.
7. At the last minute, add the toasted sesame oil and stir until fragrant. Remove from the heat. Garnish with sesame seeds and green onions. Service over brown or white rice.

Recipe courtesy of Chinwendu Ilonzo

Photo courtesy of Leslie Owens



Quick and easy to prepare! You can add whatever vegetables you have on hand such as onions, bell broccoli, peppers or zucchini.

## Nutrition Facts

8 servings per container

Serving size 3/4 Cup (149g)

Amount per serving

Calories 270

% Daily Value\*

Total Fat 12g 15%

Saturated Fat 4g 20%

Trans Fat 0g

Cholesterol 70mg 23%

Sodium 370mg 16%

Total Carbohydrate 15g 5%

Dietary Fiber 1g 4%

Total Sugars 13g

Includes 12g Added Sugars 24%

Protein 25g

Vitamin D 0mcg 0%

Calcium 40mg 4%

Iron 4mg 20%

Potassium 471mg 10%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.





## Whole Wheat Pasta with Lemon Kale Chicken

This tender whole wheat pasta is made with juicy chicken, earthy kale, tangy lemon zest and juice, for a richer, healthier meal!

### Nutrition Facts

4 servings per container  
**Serving size** 1 Cup (148g)

**Amount per serving**

**Calories** **370**

% Daily Value\*

**Total Fat** 13g **17%**

Saturated Fat 2g **10%**

Trans Fat 0g

**Cholesterol** 40mg **13%**

**Sodium** 35mg **2%**

**Total Carbohydrate** 44g **16%**

Dietary Fiber 6g **21%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

**Protein** 21g

Vitamin D 0mcg **0%**

Calcium 48mg **4%**

Iron 3mg **15%**

Potassium 531mg **10%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Makes 4 Servings

## INGREDIENTS

8 ounces (by weight) whole wheat pasta

3 Tablespoons olive oil, divided

8 ounces boneless, skinless chicken breasts, cubed

¼ teaspoon ground black pepper, to taste

3 cloves garlic, minced

½ teaspoon red pepper flakes

4 cups curly kale, ribs removed and leaves chopped

2 Tablespoons fresh lemon juice (about half a lemon)

## INSTRUCTIONS

1. Wash hands with soap and water.
2. In a large pot, boil water and cook pasta according to package directions. When finished cooking, reserve ½ cup of pasta water.
3. Scrub the garlic with a clean vegetable brush under running water. Mince the garlic and set aside.
4. Gently rub the kale under cold running water. Dry with a clean towel. Remove the stems and chop the leaves. Set chopped leaves aside.
5. Heat 1 Tablespoon of olive oil in a large skillet over medium heat. Season the cubed chicken with pepper and add to the pan. Do not rinse raw chicken. Wash cutting board, knife, counters, hands with soap and water after handling raw chicken.
6. Cook chicken until the internal temperature reaches 165 °F on a digital food thermometer. Remove from the skillet and set aside.
7. Heat the remaining 2 Tablespoons of olive oil in the skillet over medium heat. Add the garlic and red pepper flakes. Cook until fragrant, about 1 minute. Be careful not to burn the garlic.
8. Add the kale, lemon juice and reserved pasta water. Cook until the kale is tender, about 3 to 5 minutes.
9. Stir in the chicken and pasta, and mix until well combined. Serve immediately.

Recipe courtesy Penn State Extension

Photo courtesy of Dron-M/bigstockphoto.com



Makes 8 Servings

## INGREDIENTS

- ¼ cup butter
- 1 large sweet onion, thinly slices
- 2 pounds yellow summer squash and/or zucchini, cut into ¼-inch slices (about 8 cups)
- ¼ cup water
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 1 (6-ounce) package cornbread mix (white or yellow)
- ⅔ cup milk
- 2 ounces shredded cheddar cheese (about ½ cup)

## INSTRUCTIONS

1. Wash hands with soap and water.
2. Preheat oven to 450 °F.
3. Gently rub squash under cold running water. Cut into ¼-inch slices.
4. Scrub onion with a clean vegetable brush under running water. Cut into ¼-inch slices.
5. In a 10-inch cast iron skillet, melt butter over medium-high heat.
6. Add onion to the pan and cook until tender, stirring occasionally.
7. Add squash, water, salt and pepper. Reduce the heat, cover, and cook for about 15 minutes or until squash is tender. Using a fork, gently mash to break up large pieces.
8. Cook uncovered for 5 more minutes or until slightly thickened and creamy.
9. In a medium bowl, combine cornbread mix and milk, and mix well. Stir in the cheese. Spoon batter around the edge of squash mixture.
10. Bake at 450 °F for 15 to 18 minutes or until cornbread is golden brown.
11. Let stand for 5 minutes before serving.

Recipe and photo courtesy of Drucilla Ray



## 🍂 Squash & Cornbread Casserole

This recipe can be made with yellow squash, zucchini or a combination of both.

### Nutrition Facts

8 servings per container  
**Serving size** 1/8 of Recipe  
(211g)

Amount per serving

**Calories** 190

% Daily Value\*

**Total Fat** 9g 12%

Saturated Fat 5g 25%

Trans Fat 0g

**Cholesterol** 20mg 7%

**Sodium** 420mg 18%

**Total Carbohydrate** 23g 8%

Dietary Fiber 0g 0%

Total Sugars 10g

Includes 6g Added Sugars 12%

**Protein** 5g

Vitamin D 0mcg 0%

Calcium 117mg 10%

Iron 1mg 6%

Potassium 106mg 2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# MEET THE CHEFS

## Chicken Thighs with Buttermilk Mustard Sauce

**Lisa Gibson** is a registered dietitian nutritionist with her master's degree in clinical nutrition. Most of her career has been devoted to nutrition for adults aged 65+ as she has worked with a Meals on Wheels program for over a decade. Currently, Lisa focuses her time on her private practice and teaches the Diabetes Prevention Program. She loves to cook and recently taught Zoom cooking classes with a focus on cuisines from various countries.

## One-Pan Pasta with Chickpeas and Tomatoes

**Melissa Altman-Traub, MS, RDN, LDN**, is a Registered Dietitian Nutritionist in Pennsylvania. She helps people learn to make easy, delicious plant-based recipes on her website [www.melissatraub.com](http://www.melissatraub.com).

## Sweet Soy Beef Stir Fry

**Chinwendu Ilonzo** served as PFSE's Evaluation Fellow in 2022. In this role, she developed a plan for executing a needs-based assessment, program evaluation, list segmentation of stakeholders, and general metrics reporting for impact assessment to ultimately advance PFSE's mission in preventing future foodborne illnesses. She is currently an MPH student at the University of South Florida, focusing on Epidemiology and Maternal and Child Health.

## Whole Wheat Pasta with Lemon Kale Chicken

**Penn State Extension** offers key health and food safety content. Topics include recipes, resources for healthy eating, home food preservation, and food safety training and technical support that reaches all segments of the food supply chain. Learn more and connect at [extension.psu.edu](http://extension.psu.edu).

## Squash and Cornbread Casserole

**Drucilla Ray** is a retired TNCEP and EFNEP nutrition programs instructor, having worked for the University of Tennessee Extension for 30 years. She's also written a food column for a local newspaper for 25 years.

# SAFE MINIMUM TEMPERATURES

as measured with a food thermometer

<b>Beef, pork, veal and lamb</b> ( <i>roasts, steaks, and chops</i> )	<b>145 °F</b> with a three-minute “rest time” after removal from the heat source
---	--

<b>Beef, pork, veal and lamb</b> ( <i>ground</i> )	<b>160 °F</b>
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<b>Poultry</b> ( <i>whole, parts, or ground</i> )	<b>165 °F</b>
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<b>Eggs and egg dishes</b>	<b>160 °F</b> – Cook eggs until both the yolk and the white are firm; scrambled eggs should not be runny
----------------------------	--

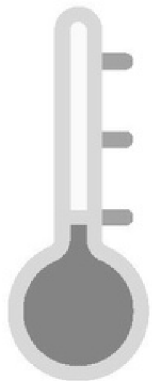
<b>Leftovers</b>	<b>165 °F</b>
------------------	---------------

<b>Finfish</b>	<b>145 °F</b>
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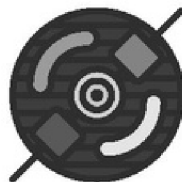
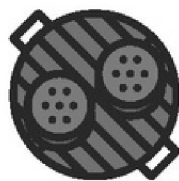
<b>Shrimp, lobster and crabs</b>	<b>Flesh pearly and opaque</b>
----------------------------------	--------------------------------

<b>Scallops</b>	<b>Milky white, opaque and firm</b>
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<b>Clams, oysters and mussels</b>	<b>Shells open during cooking</b>
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Google “how to use a food thermometer” and watch the YouTube video from USDA Food Safety.



# STANDARD 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	



Makes 15 Servings

INGREDIENTS

Meatballs

- 1 pound ground pork, 80 to 90% lean
- 4 green onions, chopped
- 2 cloves garlic, minced
- 1 large egg
- ½ cup Panko breadcrumbs
- 1 Tablespoon reduced-sodium soy sauce

Glaze

- 2 Tablespoons dark sesame oil
- 1 clove garlic, minced
- ¼ cup reduced-sodium soy sauce
- 1 Tablespoon rice vinegar
- 2 Tablespoons honey
- ½ Tablespoon chili paste
- 2 Tablespoons cornstarch
- 2 Tablespoons water

Garnish

- Sesame seeds
- 2 green onions, sliced

INSTRUCTIONS

1. Wash hands with soap and water.
2. Scrub garlic with a clean vegetable brush under running water. Gently rub green onions under cold running water. Dry garlic and onion with a clean paper towel.
3. Mince 3 cloves of garlic. Separate one of the cloves to save for the glaze. Chop 4 of the green onions. Slice the remaining 2 green onions and set aside with reserved garlic.
4. Preheat oven to 425 °F and line a baking sheet with aluminum foil or parchment paper. Spray with non-stick cooking spray.
5. In a large bowl, mix together the pork, green onions, garlic, egg, breadcrumbs, and soy sauce. Take 1 ½ to 2 Tablespoons of the meat mixture and roll into a ball. Repeat with the rest of the mixture and arrange on the prepared baking pan.
6. Wash hands with soap and water after handling raw pork and egg. Wash utensils and counter with soap and water after handling raw pork.
7. Bake meatballs until internal temperature reaches 160 °F on a digital food thermometer, about 15 to 20 minutes, flipping once halfway through.
8. While the meatballs bake, make the glaze. Heat the oil in a large pot over medium-low heat. Add the minced garlic and sauté for 1 minute until fragrant. Stir in the soy sauce, rice vinegar, honey, and chili paste.
9. In a small bowl, whisk together the water and cornstarch. Add to the pot, cook and stir until the sauce is thick. Remove from heat.
10. Once the meatballs are cooked, add them to the pot with the glaze and toss to coat evenly.
11. Serve and garnish with sesame seeds and reserved green onions.



Asian Glazed Meatballs

These meatballs are easy to make, tender and tossed with an amazing sauce!

Nutrition Facts

15 servings per container	
Serving size	1 each (53g)
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 230mg	10%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 2g Added Sugars	4%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 13mg	2%
Iron 0mg	0%
Potassium 116mg	2%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Recipe and photo courtesy of Molly Walcombe





## Watermelon Salad with Balsamic Dressing

With balsamic dressing, this salad has delicious flavor from just a few simple ingredients!

### Nutrition Facts

10 servings per container  
**Serving size** 1/2 cup (143g)

**Amount per serving**

**Calories** **80**

% Daily Value\*

**Total Fat** 1g **1%**

Saturated Fat 1g **5%**

Trans Fat 0g

**Cholesterol** 5mg **2%**

**Sodium** 60mg **3%**

**Total Carbohydrate** 15g **5%**

Dietary Fiber 0g **0%**

Total Sugars 13g

Includes 0g Added Sugars **0%**

**Protein** 1g

Vitamin D 0mcg **0%**

Calcium 49mg **4%**

Iron 1mg **6%**

Potassium 156mg **4%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Makes 10 Servings

## INGREDIENTS

### Salad

5 cups watermelon, cubed

1 heaping cup cucumber, diced

¼ cup red onion, thinly sliced (about ¼ of an onion)

⅓ cup fresh mint or basil leaves, torn into pieces

⅓ cup feta cheese, crumbled

½ jalapeño or serrano pepper, finely chopped (optional)

### Dressing

2 cups balsamic vinegar

¾ cup brown sugar (optional)

## INSTRUCTIONS

1. Wash hands with soap and water.
2. Prepare the dressing first. In a small pan over medium heat, whisk together balsamic vinegar and brown sugar. Bring to a low boil, reduce the heat to medium-low and simmer, stirring occasionally.
3. Let the mixture thicken and reduce to ½ cup for about 8 to 10 minutes.\* Once the mixture is thick enough to coat the back of a spoon, remove from heat and let cool for about 15 minutes.
4. While the dressing cools, prepare the salad.
5. Wash hands with soap and water.
6. Scrub watermelon, cucumber and onion with a clean vegetable brush under running water.
7. Gently rub fresh mint or basil under running cold water. Dry with a clean paper towel.
8. If using the pepper, scrub with a clean vegetable brush under running water.
9. Peel and chop watermelon into 1-inch pieces. Cut the cucumber into ½-inch pieces and slice the red onion.
10. Tear the herbs into pieces, reserving a few pieces as garnish.
11. Deseed and chop pepper into small pieces.
12. In a large bowl, gently toss together the watermelon, cucumber, onion, mint, and pepper.
13. Top with feta cheese and drizzle dressing over the top. Garnish with remaining fresh herbs.
14. Serve immediately.

*\*If using balsamic vinegar without the sugar, it will take about 20 minutes to reduce.*

**Recipe courtesy of Mari Schroeder**

**Photo courtesy of Leslie Owens**

Makes 16 Servings

## INGREDIENTS

- 3 cups all-purpose flour\*
- 1 teaspoon baking powder
- 1 ¼ cup water

*\*Whole wheat flour also works, as does half whole wheat flour and half all-purpose flour.*

## INSTRUCTIONS

1. Wash hands with soap and water.
2. On a clean work surface, mix the flour and baking powder together in a mound.
3. Make a well in the center and pour 1 cup of water into the well. Begin to mix the ingredients with your hands until it begins to form a dough ball. If the dough isn't coming together, slowly add in the remaining ¼ cup of water.
4. Continue to knead the dough until the dough is not sticky.
5. Wash hands with soap and water after handling raw dough.
6. Lightly cover and let the dough rest for 10 minutes to relax the gluten before rolling.
7. Divide the dough into 16 equal pieces. On a lightly floured surface, begin to roll out the dough using a rolling pin, tortilla press, or by hand.
8. Wash hands with soap and water after handling raw dough.
9. Preheat a cast iron or nonstick skillet over medium-high heat.
10. One at a time, cook each tortilla 40 to 60 seconds on one side. Flip and cook another 20 to 30 seconds on the other side.
11. Keep tortillas warm by stacking them on clean paper towel and covering.
12. Wash work surfaces and hands with soap and water after handling raw dough.
13. Fill tortillas with your favorite breakfast, lunch, dinner or snack-time fillings!



## Homemade Flour Tortillas

Fill these delicious tortillas with your favorite taco filling. They're delicious any time of day!

Nutrition Facts	
16 servings per container	
Serving size	1 each (41g)
Amount per serving	
<b>Calories</b>	<b>80</b>
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 39mg	4%
Iron 0mg	0%
Potassium 0mg	0%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Recipe and photos courtesy of Dr. Shauna Henley, Amy Callahan, and Lakeland Elementary/Middle School, Baltimore City, Maryland



Hummus makes the perfect snack when combined with fresh vegetables!

Nutrition Facts	
20 servings per container	
Serving size	2 tbsp (58g)
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	10%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 25mg	2%
Iron 1mg	6%
Potassium 100mg	2%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

# Easy Lebanese-Style Hummus

Makes 20 Servings

## INGREDIENTS

2 cans chickpeas, drained  
1 clove garlic  
½ cup tahini  
½ cup fresh lemon juice (from 1 to 2 lemons)  
½ cup water  
1 teaspoon salt

### Traditional Lebanese Toppings

2 Tablespoons olive oil  
1 teaspoon paprika  
2 Tablespoons fresh parsley, finely chopped

## INSTRUCTIONS

1. Wash hands with soap and water.
2. Scrub garlic and lemon with a clean vegetable brush under running water. Cut the lemon in half and squeeze out the juice.
3. In a food processor or high-speed blender, add the drained chickpeas along with the garlic, tahini, lemon juice, water and salt. Blend until creamy and smooth.
4. Adjust flavor by adding more salt, lemon juice, garlic or tahini according to taste.
5. If the hummus is too thick, add water until it reaches a creamy consistency.
6. Gently rub fresh parsley under cold running water.
7. Transfer hummus to a deep bowl and drizzle with olive oil. Sprinkle with paprika and chopped parsley.

Recipe and photo courtesy of Melanie Safi

Makes 6 Servings

INGREDIENTS

- Patties**

  - ½ pound lean ground beef
  - 1 ½ teaspoons Haitian Epis seasoning
  - 3 cloves garlic
  - 1 ½ teaspoon bouillon vegetable base
  - ¼ teaspoon salt
  - ¼ teaspoon ground black pepper
  - 2 Tablespoons green, red, orange or yellow peppers, diced
  - 2 Tablespoons onion, minced
  - 2 teaspoons apple cider vinegar
  - 1 (1.1 pound) package frozen puff pastry sheets, thawed according to packaging
  - 1 Tablespoon all-purpose flour
- Haitian Epis Seasoning**

  - 2 Tablespoons fresh parsley, chopped
  - 1 sprig fresh thyme
  - 1 dried clove (the spice)
  - 2 cloves of garlic, roughly chopped
  - ½ cup onions, roughly chopped
  - ½ cup mix of green, yellow and red peppers, chopped
  - 2 teaspoons fresh basil leaves
  - 1 teaspoon salt
  - ½ teaspoon ground black pepper
  - ½ cup olive oil
  - 1 Tablespoon apple cider vinegar
  - 1 Tablespoon bouillon vegetable paste

INSTRUCTIONS

1. Wash hands with soap and water.
2. Gently rub fresh parsley, thyme and fresh basil leaves under cold running water. Scrub garlic, onions, and peppers with a clean vegetable brush under running water. Dry on a clean paper towel and set aside.
3. Make the Haitian Epis Seasoning by combining all the ingredients in a mini food processor or small blender. Pulse to combine until it's a chunky consistency, similar to pesto sauce. Set aside 1 ½ teaspoons for the Haitian patties. Put the rest in an airtight container and store in the refrigerator.
4. Preheat oven to 400 °F.
5. In a medium skillet over medium-low, brown the ground beef, along with the Haitian Epis Seasoning, vegetable bouillon base, salt, pepper, diced onions and mixed peppers. Stir occasionally. Do not cover. Wash hands with soap and water after handling raw beef.
6. Cook until beef reaches an internal temperature of 160 °F on a digital food thermometer. Stir in the apple cider vinegar. Move the meat mixture to a bowl and set aside to cool slightly.
7. On a clean, lightly-floured work surface, flatten out the first piece of puff pastry slightly to about ⅓-inch thick. Smooth out any marks from being folded.
8. Cut the puff pastry into 2 ½-inch squares. Working one square at a time, place about 1 Tablespoon of the meat mixture on one side of each square, leaving space around the edges for sealing them closed. Fold the squares closed and pinch or seal with a fork. Lay the squares on a baking sheet lined with parchment paper.
9. Wash hands with soap and water after handling raw flour.
10. Once the meat mixture has all been used, whisk an egg in a small bowl. Brush the tops of the patties with the egg mixture. Wash hands with soap and water after handling raw eggs.
11. Bake the patties in the oven for about 25 minutes until golden brown on top. Serve warm.

Recipe courtesy of Stephanie Darilus  
Photo courtesy of Leslie Owens



Haitian Beef Patties

Haitian Epis is used as a base for many Haitian recipes. Any leftovers of this flavorful base could also be used for omelets, pasta, or stews.

Nutrition Facts	
6 servings per container	
Serving size	1 each (177g)
Amount per serving	
Calories	650
% Daily Value*	
Total Fat 50g	64%
Saturated Fat 11g	55%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 550mg	24%
Total Carbohydrate 38g	14%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 14g	
Vitamin D 0mcg	0%
Calcium 27mg	2%
Iron 3mg	15%
Potassium 248mg	6%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

# MEET THE CHEFS

## Asian Glazed Meatballs

**Molly Walcombe** is a food blogger. Her recipes can be found at [mealsbymolly.com](https://mealsbymolly.com).

## Watermelon Salad with Balsamic Dressing

**Mari Schroeder** served as PFSE's Food & Tech Council Fellow in 2022. She developed an action plan for the future of food safety education, helping educators support households with timely, relevant food handling and hand hygiene guidance. She is currently a Food Science Ph.D. student at the University of Florida with a focus on produce safety.

## Homemade Flour Tortillas

**Dr. Shauna Henley** and **Amy Callahan** are senior extension agents with the University of Maryland Extension. Shauna is a family and consumer sciences educator and an affiliate agent in the Department of Nutrition & Food Science who specializes in food safety and food preservation. Amy Callahan is the project leader for the Baltimore project of the MD SNAP-Ed program and focuses on working with students and their families to encourage healthy behaviors.

## Easy Lebanese-Style Hummus

**Melanie Safi** serves as a Marketing Consultant to plan, manage and execute programs related to securing registrations for the 2023 Consumer Food Safety Education Conference and raising awareness of PFSE resources. Melanie is pursuing a bachelor's degree in Health & Nutrition Sciences with a concentration in Foods and Nutrition. She enjoys film photography, cooking and traveling in her free time.

## Haitian Beef Patties

**Stephanie Darilus** serves as Development Manager for PFSE. In this role, she executes and evaluates the Partnership's annual fundraising plan and stewardship activities. Stephanie has worked for non-profit organizations for more than a decade. She earned a bachelor's degree in Political Science at the University of Florida and a master's degree in Public Administration at Barry University. Stephanie loves to learn about different cultures and to connect with others. In her free time, she enjoys reading and traveling.



# HOW TO DEVELOP A SAFE RECIPE

Whether you're writing your own recipe or helping someone else, the steps are the same to create a delicious, safe recipe.

- **Look for inspiration.** This can come from anywhere but can be as easy as adding a new twist on a favorite dish, or using up ingredients in the fridge or pantry.
- **Do some research.** Read other recipes to get an idea of ingredients, amounts, methods, times and temperatures.
- **Decide what makes your recipe different.** Whether it's making a dairy-free creamy potato soup or adding vegetables to traditional shrimp and grits, every cook adds their own special twist.
- **Write it down.** Make a list of the cookware, utensils, and ingredients in the order you'll use them and a basic outline of the steps. Instructions should be clear and begin with action words like chop, stir, whisk, bake, etc.
- **Time to cook!** Test and make changes to the steps as you go. Add cooking signals, like "about X minutes" or "check when it starts to smell like..."
- **Make one change at a time.** Don't make too many changes at once. Edit your recipe one step at a time.
- **Get creative.** A strong finish is important. At the end of the recipe, try a bit of lemon juice, vinegar or fresh herbs to add more flavor.
- **Keep trying!** Cooking takes practice. Don't give up if things didn't turn out the way you wanted the first time.
- **Add food safety prompts.** Be sure to double-check the Safe Recipe Style Guide to make sure you haven't missed anything.
- **Photo finish!** Take a nice photo of your creation so everyone can see your hard work.

by Chef Leslie Owens



# STAY CONNECTED WITH US



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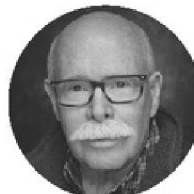
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University of Maryland Extension



**Craig Wilson**  
Costco Wholesale Corporation



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Association of Food and Drug  
Officials

# THANK YOU!

The Partnership for Food Safety Education (PFSE) appreciates all of the participants for helping make the 25th Anniversary Cookbook a success! Thank you to the students, parents, and educators for working so hard on creating these safe recipes. We challenge all of you to continue making delicious, safe meals!

## Additional Resources:

- Fight BAC! website: [fightbac.org](http://fightbac.org).
- ✶ • Safe Recipe Style Guide: [saferecipeguide.org](http://saferecipeguide.org).
- Federal agencies: [FoodSafety.gov](http://FoodSafety.gov)
- Kids activities: [StoryofYourDinner.org](http://StoryofYourDinner.org).
- Safe recipe cookbooks: [fightbac.org/cookbook](http://fightbac.org/cookbook)

If you make a recipe from this cookbook, please snap a photo and send it to us at [info@fightbac.org](mailto:info@fightbac.org).



The Partnership for Food Safety Education (PFSE) develops and promotes effective education programs to reduce food poisoning risk for families. The Partnership is the creator and steward of the popular Fight BAC!® national food safety education campaign. Download free food safety education information from PFSE's website at [www.fightbac.org](http://www.fightbac.org).

Thank you to these special contributors for creating this cookbook:

Shawnte Loeri, PFSE Communications Associate/Cookbook Design Collaborator  
Chef Leslie Owens, Culinary Consultant  
Mallory Fry, Graphic Design Consultant  
The Nutrition Society, Johnson & Wales University

The recipes in this cookbook were developed using the Safe Recipe Style Guide at [SafeRecipeGuide.org](http://SafeRecipeGuide.org).





[fightbac.org](http://fightbac.org) | [saferecipeguide.org](http://saferecipeguide.org)