

NUTRITION TO GO



Food Safety 101

Following important food safety measures can help keep you healthy by preventing food-borne illness. By paying attention to how you store and prepare foods at home, you can keep your food safe.

Cross Contamination

Some foods, like raw meats and unwashed fruits and vegetables, can carry bacteria that can make you sick. When bacteria from one food touches another surface (for example, another food, cooking utensils, counter), it is called cross-contamination.

Never put hot foods right into the refrigerator.

This will bring down the temperature in the refrigerator and put all other foods at risk! Divide leftovers into many shallow containers to cool quickly.

Defrost your frozen foods safely.

Do not thaw frozen foods on counter top. Try one of these three methods to defrost safely:

1. Move the frozen food to the refrigerator the day before you plan to use it.
2. Put the frozen food in a bowl in the sink, and fill with cold water. Change water every 30 minutes until defrosted.
3. Defrost in the microwave. Be sure to cook the food right away since parts of it may begin cooking in the microwave.



Tips For the Refrigerator and Freezer

1. Check your temperatures. Keeping your refrigerator and freezer at the correct temperature is very important for food safety. Make sure your refrigerator temperature is set to 40°F or below and your freezer to 0°F or below.

2. How you organize your refrigerator counts. Different locations in your refrigerator have different temperatures. Store condiments and non-sensitive foods in the refrigerator door since it has the lowest temperature. Prevent cross-contamination by storing ready-to-eat and leftover foods on higher shelves, and raw meats on the lowest shelf.

3. Put away, right away! All meat, eggs, fish, ready-to-eat and leftover foods should be put away within 2 hours.

4. Less can be more. Do not overpack your refrigerator or freezer. Cold air needs to be able to travel to keep the correct temperature.

5. Use it, or move it. Do not store any raw poultry or fish in the refrigerator for longer than 2 days. Other meats, such as beef, lamb and pork should not be in the refrigerator for more than 3 to 5 days. If you are not able to cook the item, move it to your freezer for later use!

Skillet
Lasagna

Prep time: 5 minutes
Cook time: 35 minutes
Servings per recipe: 8

Serving size: 1 cup

Nutrition Facts	
8 servings per container	
Serving size	1 cup
Amount per serving	
Calories	270
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 340mg	15%
Total Carbohydrate 33g	12%
Dietary Fiber 3g	11%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 19g	
Vitamin D 0mcg	0%
Calcium 223mg	15%
Iron 3mg	15%
Potassium 112mg	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.	

Ingredients

- 2 tablespoons olive oil
1 onion, chopped
2 cloves garlic, minced
½ pound lean ground beef
1 (14.5 oz) can petite diced tomatoes, no salt added
8 oz lasagna noodles, uncooked broken into 2-inch pieces
1 (15 oz) can tomato sauce, no salt added
- ½ teaspoon dried oregano
½ teaspoon dried basil
1 (10 oz) package frozen spinach, partially thawed
1 cup low-fat cottage cheese
¼ cup grated parmesan cheese
½ cup reduced fat, shredded part-skim mozzarella

1. Heat oil in a large skillet over high heat. Add onion and cook, stirring, for 2 minutes. Add garlic and ground beef. Cook, stirring until the beef is browned (about 4 minutes).
2. Spread diced tomatoes and uncooked noodles on top. Cover noodles with tomato sauce, oregano, basil and spinach.
3. Reduce heat to low. Cover and simmer for 20 minutes, stirring once in a while to prevent burning and to make noodles cook through.
4. Top off with cottage cheese, parmesan, and mozzarella cheese. Cover and simmer for 5 minutes.
5. Remove the cover and let sit for 5 minutes before serving.



Skillet Lasagna
Food Safety

When preparing a meal, there are certain steps that you can do to make sure that you are keeping your food safe! Look at the tips below for how to be food safe while making our Skillet Lasagna recipe.

Raw Meat

- Never cook raw meat from frozen. Always defrost using one of the three safe methods on the front page.
- Take extra care to wash your hands or any utensils that touch raw meat. This helps prevent spreading bacteria to other surfaces.
- When cooking with raw meat, it is important to thoroughly sanitize the area after you finish to prevent spreading bacteria to other surfaces.

Leftovers

- At the end of the meal, put leftovers in a many shallow containers. If you do not think you will eat leftovers in the next three days, put the containers in the freezer to enjoy another time.