

Want to learn more about food safety??

Should I use a wooden cutting board or a plastic one?

You can choose either wood or a nonporous surface cutting board. Research shows that nonporous surfaces, such as plastic, marble, tempered glass, and pyroceramic are easier to clean than wood. Wood surfaces are considered porous. Once cutting boards become excessively worn or develop hard-to-clean grooves, you should replace them. Even plastic boards wear out over time.

(Source: [Cutting Boards and Food Safety](#))

Is it safe to cook in a slow cooker, since it cooks at such a low temperature?

Yes, the slow cooker, a countertop appliance, cooks foods slowly at a low temperature -- generally between 170° and 280 °F. The low heat helps less expensive, leaner cuts of meat become tender and shrink less.

The direct heat from the pot, lengthy cooking and steam created within the tightly-covered container combine to destroy bacteria and make the slow cooker a safe process for cooking foods.

(Source: [Slow Cookers and Food Safety](#))

REMEMBER!

In hot weather (above 90°F), food should never sit out for more than 1 hour. Discard any food left out more than 2 hours (1 hour if temperatures are above 90°F).

Plan Ahead...

If you are traveling with perishable food, place it in a cooler with ice or freezer packs. When carrying drinks,

consider packing them in a separate cooler so the food cooler is not opened frequently. Have plenty of ice or frozen gel-packs on hand before starting to pack food. If you take perishable foods along (for example, meat, poultry, eggs, and salads) for eating on the road or to cook at your vacation spot, plan to keep everything on ice in your cooler.

When Camping...

Remember to keep the cooler in a shady spot. Keep it covered with a blanket, tarp or poncho, preferably one that is light in color to reflect heat.

Bring along bottled water or other canned or bottled drinks. Always assume that streams and rivers are not safe for drinking. If camping in a remote area, bring along water purification tablets or equipment. These are available at camping supply stores.

Keep hands and all utensils clean when preparing food. Use disposable moist towelettes to clean hands. When planning meals, think about buying and using shelf-stable food to ensure food safety.

Be Safe – Don't Cross Contaminate

Keep raw meat, poultry, fish, and their juices away from other food. After cutting raw meats, wash hands, cutting board, knife, and countertops with hot, soapy water.

Shopping Purchase refrigerated or frozen items after selecting your non-perishables. Never choose meat or poultry in packaging that is torn or leaking. Do not buy food past "Sell-By," "Use-By," or other expiration dates.

*Source:

http://www.fsis.usda.gov/factsheets/FS_IS_Food_Recalls/index.asp

Recipe Corner



BBQ Ranch Quesadilla Wedges

Makes 8 servings
Prep Time: 10 min
Cook Time: 15 min

Ingredients:

- 1 bag (16-ounce) frozen pepper stir-fry blend (green, red and yellow peppers and onions)
- 1/4 cup barbecue sauce
- 1/2 cup light ranch dressing
- 1 tablespoon butter, softened
- 8 (8-inch) flour tortillas
- 1 cup prepared barbecue shredded beef
- 3/4 cup Mild Cheddar Shredded Cheese

Directions:

1. Prepare stir-fry pepper blend according to package directions.
2. Mix barbecue sauce and ranch dressing and set aside.
3. Spread butter evenly on 1 side of each tortilla and layer barbecue beef, stir-fry blend, and cheese evenly on unbuttered side of 4 tortillas and cover with remaining tortillas, butter side up.
4. Grill each quesadilla in large skillet over medium heat for 3 minutes on each side or until golden and cheese melts.
5. Cut into wedges and serve with barbecue ranch dipping sauce.

*Recipe created by Borden