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FOOD SAFETY TIP

The winter holiday season is often a time for cramming leftovers in the fridge. Keep your leftover food safe to eat by making sure the fridge is less than 41F and you store leftovers for fewer than 7 days.



National Handwashing Week

The first week of December is National Hand Washing Awareness Week. Consistent handwashing is one of the best ways to remove germs, avoid getting sick, and prevent spreading illness to others. Here's the right way to wash your hands:



1. Wet your hands with clean, running water, and then apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. Hint—singing the ABC's once or the "Happy Birthday" song twice is about the right amount of time.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.

Here's more on the how and why:

- Touching your face with dirty hands spreads sicknesses including pneumonia, colds, and the flu.
- The most important times to wash your hands are after going to the bathroom, before and after preparing food, and right before eating.
- Be sure to scrub under your fingernails. Most bacteria on our hands is under our fingernails.

Added Sugars

The US Dietary Guidelines for Americans recommends limiting intake of added sugars. Here's a list of some of the common (and not-so-common) names for added sugars.



- | | | |
|---------------------------------|-----------------------------------|--|
| • Anhydrous dextrose | • Fructose | |
| • Brown sugar | • Fruit nectar | • Maltose |
| • Cane juice | • Glucose | • Molasses |
| • Confectioner's powdered sugar | • High-fructose corn syrup (HFCS) | • Nectars (e.g., peach or pear nectar) |
| • Corn sweetener | • Honey | • Pancake syrup |
| • Corn syrup | • Invert sugar | • Raw sugar |
| • Crystal dextrose | • Lactose | • Sucrose |
| • Dextrose | • Liquid fructose | • Sugar cane juice |
| • Evaporated corn sweetener | • Malt syrup | • Trehalose |
| | | • Turbinado sugar |



Mini Meatloaves with Roasted Apples

Ingredients:

- 1 pound lean ground beef or lean ground turkey
- 1 small zucchini, grated
- 1/3 cup seasoned bread crumbs (or plain)
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 2 tablespoons Dijon mustard
- 2 small apples, cored and cut into 8 wedges each
- 1 teaspoon fresh rosemary, chopped (optional)
- 1/4 teaspoon cayenne pepper
- 1 tablespoon extra virgin olive oil

Directions:

1. Preheat oven to 425F. Line a rimmed baking sheet with foil.
2. In large bowl, combine ground meat, zucchini, bread crumbs, and salt and pepper. Form into 4 meatloaves and place on baking sheet; brush with Dijon.
3. In a bowl toss apple wedges, rosemary, cayenne, olive oil, and pinch salt; arrange around meatloaves. Bake for 30 minutes or until loaves are cooked (165F).

Yield: 4 servings

Recipe adapted from Good Housekeeping

Recipe Facts	
Amount Per Serving	
Calories 283	Calories from Fat 117
	% Daily Value*
Total Fat 13g	20%
Saturated Fat 3g	15%
Trans Fat 0g	
Polyunsaturated Fat 3g	
Monounsaturated Fat 6g	
Cholesterol 78mg	26%
Sodium 508mg	21%
Potassium 462mg	13%
Total Carbohydrates 18g	6%
Dietary Fiber 3g	12%
Sugars 9g	
Protein 24g	48%
Vitamin A	3%
Vitamin C	10%
Vitamin D	27%
Calcium	5%
Iron	11%
* Percent Daily Values are based on a 2000 calorie diet.	
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What Can You Do With ... Chickpeas?

Chickpeas, also known as a garbanzo beans, are a part of the legume family.

Shopping: Look for low sodium or no salt added chickpeas. You can also find dry chickpeas which you can cook just like dry beans. Canned and dry beans will last for years so if you see them on sale, stock up if you can.

Storing: Store canned chickpeas in the pantry. Once opened, store any leftover chickpeas in the refrigerator in a different container. Dry chickpeas will store best in an airtight container.

Preparation: Rinse canned chickpeas thoroughly. This will help reduce the sodium content.

Cooking: Canned chickpeas don't need to be cooked. You can eat them cold in a salad, blended into hummus, or mixed into the filling of a sandwich. You can also roast them with some spices or add them into a casserole. To cook dry chickpeas, soak them overnight. Drain. Then add chickpeas to twice as much water and bring to a boil. Cover, reduce heat, and let simmer for about an hour or to your desired consistency.

Nutrition: Like most plant-based proteins, chickpeas are a good source of protein and fiber. They are also a good source of folate and calcium and an excellent source of iron, magnesium, and potassium. They are low in saturated fat and cholesterol.



Pasta with Chickpeas, Tomato, and Spinach

Ingredients:

- 8 ounces whole wheat pasta (rotini or shells)
- 1 onion, diced
- 1 tablespoon vegetable oil
- 2 cloves garlic, minced
- 1 large carrot, diced
- 1 stalk celery, diced
- 1/2 teaspoon rosemary, dried
- 1 15-ounce can chickpeas, low sodium, drained and rinsed
- 1 14.5-ounce can diced tomatoes, low sodium
- 2 cups spinach, chopped
- 1/2 teaspoon red pepper flakes (optional)
- 1/4 cup Parmesan cheese, grated

Yield: 4 servings

Recipe sourced from clickncook.org

Directions:

1. Cook pasta about 2 minutes less than package instructions (it will finish cooking in step 5). Just before draining, reserve 1 ½ cups of the pasta water. Drain the pasta and set aside.
2. Meanwhile, heat oil in a skillet over medium-low heat.
3. Add the garlic, onion, carrots, celery, and rosemary and cook until the garlic is golden, about 10 minutes.
4. Add the chickpeas and using the fork, lightly mash half of them. Add the reserved pasta water and tomatoes and cook 10 minutes.
5. Add the pasta and spinach to the skillet mixture and cook until the spinach is tender and most of the liquid has been absorbed by the pasta, about 5 minutes. Add the red pepper flakes, if desired.
6. Mix well and serve immediately, garnished with Parmesan cheese.



Tips for Eating More Fruit in the Winter

Fruit is usually easier to eat in the summer. It's easy to find, often cheaper, and there is plenty of variety. In the winter, fruit intake can be harder. In the winter, fresh fruit can often be expensive or less tasty but it's still important to get your daily servings of fruit. Here are a few tips to make sure you're getting enough:



- **Look for frozen fruit on sale.** Fruit is frozen at the peak of ripeness so it will still be tasty and nutrient dense. You can defrost frozen fruit and add it to oatmeal or yogurt or use in baked dishes like muffins or pancakes. Frozen fruit is also a good base for smoothies.
- **Try winter fruit options.** Citrus (oranges, grapefruit, clementines) in season in the winter. They're a great source of vitamin C and make a great, self-packaged snack. Pears and apples are also good winter fruit options.
- **Dry fruit counts too.** Look for dried cranberries, mango, pineapple, or raisins without added sugar. Dried fruit is great alone or mixed into granola or oatmeal.



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**Everyone has a role in ending hunger
in our community. SM**

JOIN US ON



December 2019

National Pear Month

National Comfort Food Day
December 5

National Maple Syrup Day
December 17

National Candy Cane Day
December 26