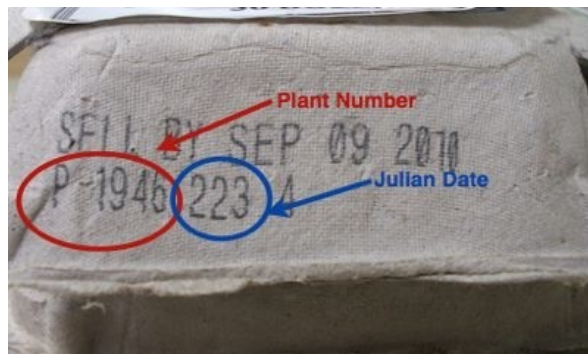


# Egg Safety Tips

**Q: How do I determine what eggs are affected by the recall?**

**A:** Dates and codes can be found stamped on the packaging. The plant number begins with the letter "P", followed by a number (P-1946 in the example above). The Julian date follows the plant number (223 in the example).



Source: [www.foodsafety.gov](http://www.foodsafety.gov)

Specific actions to reduce risk of a *Salmonella* Enteritidis infection

1. Keep eggs refrigerated at  $\leq 45^{\circ}$  F ( $\leq 7^{\circ}$  C) at all times.
2. Discard cracked or dirty eggs.
3. Wash hands, cooking utensils, and food preparation surfaces with soap and water after contact with raw eggs.
4. Eggs should be cooked until both the white and the yolk are firm and eaten promptly after cooking.
5. Do not keep eggs warm or at room temperature for more than 2 hours.
6. Refrigerate unused or leftover egg-containing foods promptly.
7. Avoid eating raw eggs.
8. Avoid restaurant dishes made with raw or undercooked, unpasteurized eggs. Restaurants should use pasteurized eggs in any recipe (such as Hollandaise sauce or Caesar salad dressing) that calls for raw eggs.
9. Consumption of raw or undercooked eggs should be avoided, especially by young children, elderly persons, and persons with weakened immune systems or debilitating illness.
10. When stored in the refrigerator, individually and thoroughly cooked, and promptly consumed. The larger the number of *Salmonella* present in the egg, the more likely it is to cause illness. Keeping eggs adequately [refrigerated](#) prevents any *Salmonella* present in the eggs from growing to higher numbers, so eggs should be kept refrigerated until they are used. Cooking reduces the number of bacteria present in an egg; however, an egg with a runny yolk still poses a greater risk than a completely cooked egg. Undercooked egg whites and yolks have been associated with outbreaks of *Salmonella* Enteritidis infections. Both should be consumed promptly and not be kept warm or at room temperature for more than 2 hours.

Source: Center for Disease Control

## Fabulous Fall Foods

### Master marinade

- 2/3 cup sugar
- 2 cups cider vinegar
- 2 teaspoon salt
- 2 teaspoon garlic powder
- 1 teaspoon pepper

Combine ingredients in a saucepan. Bring mixture to a boil, stirring constantly until sugar dissolves. Let cool. Cover; store in refrigerator up to 2 weeks. Stir before adding to vegetables

### Corn Salad

Combine 1 cup whole kernel corn, 1 cup garden peas, 1 cup cooked rice with 1 medium finely chopped onion. Add 1/3 cup vegetable salad marinade, stir well. Cover and marinate in refrigerator at least 4 hours or overnight. Stir occasionally. Serve with a slotted spoon. Great side dish with grilled pork chops.

### Green Bean Salad

- 1 half package frozen green beans
- 1 cup cooked kidney beans, rinsed and drained
- 1/2 cup chopped onion
- 1/2 cup grated carrots
- 1/2 cup vegetable salad marinade

Combine ingredients and marinate as least 4 hours or overnight. Stir occasionally. Serve with baked split chicken breast.

Source: Cooking Light, 5 ingredients and 15 minutes, pg 217

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**One Dish Meal  
in a Hurry**

### Spicy Rice Casserole

- 1 lb ground meat
- 1/2 cup chopped onion
- 1 package taco seasoning mix
- 1 15-oz can tomatoes and green chilies
- 3 cups cooked rice
- 1/2 cup shredded cheese

In a large skillet or cooking pot, brown ground meat and cook onion; when done drain off any grease or use a paper towel to soak up grease.

Add remaining ingredients except cheese. Mix well. Heat until very hot. Top with cheese before serving. For a meal on the go, place mixture in a flour tortilla.

### Storing and Cooking with Rice

You can store uncooked white and wild rice in an airtight container indefinitely. Brown rice can only be stored for up to 6 months at room temperature; refrigerate or freeze to extend its storage life.

Always rinse rice before cooking to remove any debris. It is not necessary to rinse other grains. Wild rice may become tender without absorbing all the cooking liquid. If necessary, drain before serving or combining with other recipe ingredients.

For fluffier rice, remove the saucepan from the heat after the cooking time is complete and let stand for 5 - 10 minutes. Fluff with a fork and serve.

**Convenient  
for  
one or two!**

### Cheese and Sausage Balls

Make ahead and freeze for more convenience.

- 1 pound sausage, room temperature
- 2 1/5 cups dry pancake (or biscuit) mix
- 2 cups cheddar cheese (low fat is best)

Using a medium bowl, mix all ingredients together until well blended. Once the mixture is blended, make into balls about 1 inch in diameter. Place on a baking sheet at 350°F for 15 - 20 minutes or until lightly browned.

Freeze for future use or serve hot. Great for breakfast, appetizers, or anytime.

### Skillet Spaghetti

- 1 lb ground beef or sausage
- 1 medium chopped onion
- 1 teaspoon garlic powder
- 1 Tablespoon Italian seasoning (dried)
- 1 25 oz container pasta sauce
- 1 package pasta, break into pieces

Brown meat in a large skillet. Add onion and brown until transparent. Add garlic and Italian Seasoning. Add one cup water for each cup of pasta. Add pasta and pasta sauce. Cook on low heat, stirring occasionally. Serve when pasta is cooked. Serve with garlic bread.

### TEX-MEX CHICKEN FINGERS

Ingredients:

- 1 1/2 pound breaded chicken breast nuggets
- 1 teaspoon grated lime zest
- 1 Tablespoons snipped fresh cilantro (or parsley)
- 1/2 teaspoon chili powder 1/2 teaspoon cumin
- 1/2 teaspoon dried oregano
- Pepper to taste
- Vegetable oil spray

Preheat oven to 400°F.

In a shallow dish, stir together the cilantro, chili powder, cumin, oregano, and pepper.

Lightly spray and 11 x 7 x 2 inch baking pan with vegetable oil spray. Toss the chicken nuggets in the seasoning.

Place in a single layer on the baking dish. Lightly spray the top of the chicken with vegetable oil spray.

Bake uncovered for 20 - 25 minutes or until the chicken is no longer pink and the top coating is slightly crisp.

Source: adapted from Diabetes & Heart Cookbook, pg 85