

Food Bytes

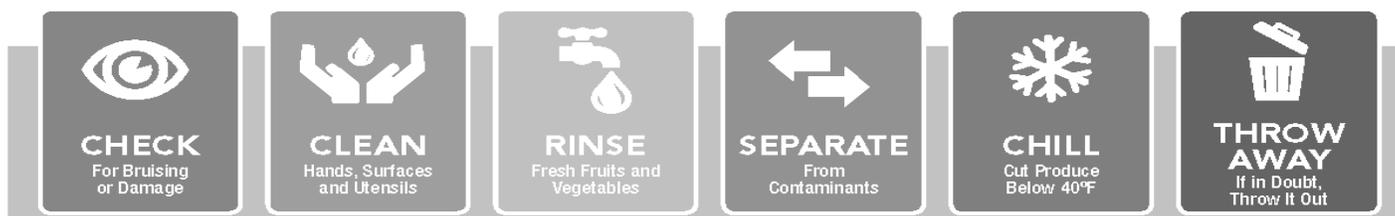
HEALTH & NUTRITION PROGRAM, SNAP EDUCATION



August 2015

FIGHT BAC!® like a producepro

As you enjoy fresh fruits and vegetables at home, follow these safe handling tips to help protect yourself and your family from food poisoning. For more information go to www.fightbac.org.



Check

- Check that the fresh fruits and vegetables you buy are not bruised or damaged.
- When choosing pre-cut fruits and vegetables like packaged salads and sliced melons, check that the product is refrigerated or on ice.

Clean

- Wash hands with warm water and soap for at least 20 seconds before and after handling fresh fruits and vegetables.
- Clean all surfaces and utensils with hot water and soap, including cutting boards and knives, before and after preparing fresh fruits and vegetables.

Rinse

- Just before use, rinse under running water only the fruits and vegetables you plan to eat, including those with skins or rinds that are not eaten.

- Firm-skinned fruits and vegetables should be rubbed by hand or scrubbed with a clean brush while rinsing under running tap water.
- Packaged fruits and vegetables labeled “ready-to-eat,” “washed” or “triple washed” should not be washed.
- Dry fruits and vegetables with a clean cloth or paper towel.
- Do not use soap or bleach to wash fresh fruits or vegetables. These products are not intended for consumption.

Separate

- In your shopping cart and in bags at checkout, separate fresh fruits and vegetables from household chemicals and raw meat, poultry, seafood and eggs.
- When preparing food, keep fresh fruits and vegetables separate from raw meat, poultry, seafood and eggs. Do not use the same cutting board or utensils without cleaning with hot water and soap before

and after preparing fresh fruits and vegetables.

Chill

- Keep your refrigerator at or below 40 ° F.
- Refrigerate all cut, peeled or cooked fresh fruits and vegetables within two hours of preparing.

Throw away

- Throw away any fresh fruit and vegetables that have not been refrigerated within two hours of cutting, peeling or cooking.
- Remove and throw away bruised or damaged portions of fruits and vegetables when preparing to cook them or before eating them raw.
- Throw away any fruit or vegetables that have touched raw meat, poultry, seafood or eggs.
- If in doubt, throw it out!

Source: Partnership for Food Safety Education www.fightbac.org



Spaghetti Squash

Spaghetti squash can be a good alternative to pasta, potatoes, or rice. When cooked, the flesh shreds into strands resembling spaghetti. Cooking the squash is very simple:

- Preheat oven to 375 °F. Pierce squash a few times with sharp paring knife to let steam escape. Place spaghetti squash on a baking sheet and bake for 60 minutes or until a paring knife pierces easily through skin. Let squash cool for 10 minutes.
- Cut squash in half, lengthwise. Use a fork to remove and discard the seeds. Continue using fork to scrape the squash to get long strands (should look like spaghetti). If the squash seems difficult to scrape, return the squash to bake for an additional 10 minutes.

BAKED SPAGHETTI SQUASH BUTTER

1 small spaghetti squash (about 3-4 pounds) - baked	1/4 cup finely minced parsley (or basil)
2 tablespoons butter	1/2 teaspoon salt (or to taste)
2 cloves garlic, finely minced	1/4 cup shredded parmesan cheese

Heat a large skillet with the butter and the garlic over medium-low heat. When garlic becomes fragrant, add parsley, salt and spaghetti squash strands from 1 baked squash. Toss well, sprinkle in the parmesan cheese. The spaghetti squash should have a slight crunch, but if you like it softer, cover the pan and cook 2 more minutes.

<http://steamykitchen.com/11285-baked-spaghetti-squash-with-garlic-and-butter.html>

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For more health and nutrition information visit our website:
<http://www.extension.umn.edu/family/health-and-nutrition/>