

WELLNESS



UNIVERSITY OF ILLINOIS
EXTENSION

College of Agricultural, Consumer and Environmental Sciences

WAYS

Ideas For Eating Better For Less



Food Safety Starts With Food Shopping

- ✓ Do not buy food if the package has been opened, damaged or the “sell-by” or expiration date has expired.
- ✓ Check canned food, do not buy cans that have dents, cracks, rust or bulging lids.
- ✓ Do not purchase or cook with cracked eggs.
- ✓ Put raw meats, poultry and seafood in plastic bags before they go into your grocery cart.
- ✓ It is best to store perishable foods within one hour of shopping. On hot days, you may want to put your meats and frozen foods in a cooler, if you have a long ride home.

Veggie Burritos Serves 4

1/2 cup shredded carrots	1/4 cup nonfat ranch salad dressing
1/2 cup chopped broccoli	1/2 teaspoon chili powder
1/2 cup chopped cauliflower	4 (7-inch) flour tortillas
2 green onions, thinly sliced	1 cup torn iceberg lettuce, bite-size pieces
4 ounces shredded low fat cheddar cheese	

1. In a mixing bowl, combine carrots, broccoli, cauliflower and onions with cheese, dressing and chili powder.
2. Lay tortillas flat on a cutting board and spoon about 1/2 cup vegetable mixture and 1/4 cup lettuce down the center.
3. Wrap each tortilla around the vegetable mixture.

NUTRITION FACTS (per serving) - Calories 230 ~ fat 5 g ~ calories from fat 45 ~ sodium 570 mg ~ total carbohydrate 34 g

Fried Rice Serves 8

2 cups uncooked rice	1 can (14 1/2 oz.) reduced sodium chicken broth
3 Tbsp. vegetable oil	1 medium tomato, diced
1 medium green pepper, diced	1 tsp. salt, optional
1 small onion, chopped	1/2 tsp. ground pepper
1 celery stalk, thinly sliced	1 cup cooked or canned peas
2 1/4 cups water	1 cup cooked chicken or pork, cubed

1. In a large skillet, sauté rice in oil until lightly browned.
2. Add green pepper, onion, celery; sauté for 2-3 minutes.
3. Stir in water, broth, tomato, salt if desired, cumin and pepper.
4. Bring to a boil.
5. Reduce heat; cover and simmer for 18 – 20 minutes or until rice is tender. Stir in chicken or pork and peas; heat thoroughly.

NUTRITION FACTS (per serving with chicken, no salt added) - Calories 260 ~ fat 6 g ~ calories from fat 60 ~ sodium 135 mg ~ total carbohydrate 42 g ~ fiber 2 g

FOOD PREPARATION AND COOKING

- ◆ Always wash your hands with soap and water before preparing or cooking food.
- ◆ After handling raw meats, poultry (eggs) or seafood, wash hands, clean work area and utensils before preparing other foods.
- ◆ **Thoroughly** clean cutting boards after each use.
- ◆ Thaw and marinate foods in the refrigerator. If you use the microwave to thaw, cook the food immediately.
- ◆ Cook meats thoroughly. Use a meat thermometer.
- ◆ Serve cooked food/meat on a clean plate. Never put cooked foods on a dish that had raw meat, poultry, seafood or egg products unless the dish has been washed with soap and hot water.
- ◆ Keep hot foods hot and cold foods cold and always refrigerate leftovers immediately.



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FAMILY NUTRITION PROGRAM
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