

# Side Dishes

## **Cross Contamination**

### **It Can Be Prevented In Your Kitchen**

Cross contamination is a common mistake made in many household kitchens. It occurs when harmful bacteria from a contaminated source (e.g. raw meat, poultry, seafood) are transferred to a non-contaminated source (e.g. fresh fruit, clean refrigerator shelf, properly cooked foods). Below you will find some simple steps to follow in order to prevent cross contamination from happening in your kitchen.

- Hand washing is extremely important in preventing cross contamination in your kitchen. Always wash your hands before and after meal preparation. You should also wash your hands frequently during the preparation process, especially after each time you handle raw meat, poultry, or seafood.



#### **Hand Washing Guide**



- Moisten hands with warm water and apply soap.
- Rub hands together for 20 seconds. Don't forget to use a soft brush to clean your nails and nail beds.
- Rinse hands and dry with a clean towel, preferably paper. Do not dry your hands on the towel used for drying dishes.

- Storing your food correctly will also reduce the risk of cross contamination.
  - Raw meat, poultry, and seafood should be stored on the bottom shelf of the refrigerator. Have a plate or a pan under them to catch any juices that may drip.
  - Place cooked foods, fruits, vegetables, and ready-to-eat foods on separate shelves or bins, away from raw meats, poultry, or seafood.
  - Place all of your leftovers in a clean, preferably airtight storage container or resealable food storage bag.
- Be sure your cutting board is clean before each use. It is a good idea to have one cutting board for fresh produce and a separate one for raw meat, poultry, and seafood.



**Raw meat, poultry  
and seafood**



**Produce and  
bread**

- Discard any marinade sauces that were used on raw meat, poultry, or seafood. It is not a good idea to use the sauce on cooked foods unless you boil it just before using.
- Always use a clean plate when serving cooked foods.

**Do not reuse any plate or cutting board that held raw meat without washing it first.**





## *Green Beans With Bacon And New Potatoes*

4 slices bacon  
1 medium onion  
2 pounds fresh green beans  
8 small new potatoes  
1/8 teaspoon salt  
1/8 teaspoon pepper

1. **Cut bacon into thirds on your clean meat cutting board.** Cook the bacon pieces in a large sauce pan over medium heat for 5 minutes. **Be sure to wash your hands after handling the raw bacon.**
2. Remove the skin from the onion. **Scrub the onion and potatoes with a vegetable brush while holding under cold running water. Finely chop the onion on your produce cutting board.** Add the onion to the sauce pan with the bacon and sauté until translucent, about 5 minutes.
3. **Cut each new potato in half on the produce cutting board.** Place the green beans into a colander. **Run cold water over the green beans while rubbing each bean gently with your finger tips.** Once clean, snap the ends off of the beans.
4. Add the green beans and potatoes to the sauce pan. Add just enough water to cover the beans and potatoes.
5. Bring to a boil, then reduce the heat to low. Add the salt and pepper, then cover the saucepan.
6. Simmer about 1 hour or until the beans are tender. Stir occasionally and add more water if necessary to keep the beans covered.



### *Additional Food Safety Notes Related To This Recipe*

- Be sure the refrigerator is no warmer than 40°F.
- Always store raw bacon on the bottom shelf of the refrigerator. Place the raw bacon package on a pan or a plate to catch any juices that may drip.
- When storing in the refrigerator, place fresh produce on separate shelves or in produce bins away from raw meats, poultry, and seafood.
- Clean and sanitize the cutting board before and after each use. It is a good idea to have two separate cutting boards in the kitchen. One can be used for raw meats, poultry, and seafood while the other is used for fresh produce and breads.
- Be sure to have a clean and sanitized sink before you wash your produce.
- Wash hands correctly after handling raw bacon.
  - Moisten hands with warm water and apply soap.
  - Rub hands together for 20 seconds. Don't forget to use a soft brush to clean your nails and nail beds.
  - Rinse hands and dry with a clean towel.
- When storing leftovers, divide into small portions and place into clean, airtight storage containers. Do not forget to label the container with the name and the date before putting in the refrigerator.
- Reheat the beans and potatoes to at least 165°F for at least 15 seconds before eating the leftovers.

#### Recipe Source

<http://www.foodnetwork.com/recipes/emeric-lagasse/southern-style-green-beans-with-bacon-and-new-potatoes-recipe/>



## *Zucchini And Yellow Squash Medley*

3 yellow squash

3 zucchini squash

1/2 onion

1 (10 ounce) can diced tomatoes with green chile peppers

1/8 teaspoon salt

1/8 teaspoon garlic powder

1. If you begin with a whole onion, remove the skin. Scrub the yellow squash, zucchini, and onion with a vegetable brush while holding under cold running water. Cut the onion in half. **Store the unused half in a tightly sealed container or aluminum foil in the produce bin of the refrigerator.**
2. Finely chop the other half of the onion on your **produce cutting board**. Cube the yellow squash and zucchini on the same cutting board.
3. In a large sauce pan, combine the yellow squash, zucchini, onion, tomatoes with chilies, salt, and garlic powder. Bring to a boil over medium high heat.
4. Reduce heat to low and cook until tender.



### *Additional Food Safety Notes Related To This Recipe*

- When storing in the refrigerator, place fresh produce on separate shelves or in produce bins away from raw meats, poultry, and seafood.
- Clean and sanitize the cutting board before and after each use. It is a good idea to have two separate cutting boards in the kitchen. One can be used for raw meats, poultry, and seafood while the other is used for fresh produce and breads.
- Be sure to have a clean and sanitized sink before you wash your produce.
- Wash hands correctly
  - Moisten hands with warm water and apply soap.
  - Rub hands together for 20 seconds. Don't forget to use a soft brush to clean your nails and nail beds.
  - Rinse hands and dry with a clean towel.
- Keep food out of the "Danger Zone".
  - Fresh produce should not be out of the refrigerator for longer than 2 hours.
  - It is best to put any leftovers into the refrigerator within 1 hour.
- When storing leftovers, divide into small portions and place into a clean airtight storage container. Do not forget to label the container with the name and the date before placing in a refrigerator that is 40°F or colder.

#### Recipe Source

<http://allrecipes.com/recipe/zesty-zucchini-and-squash/detail.aspx>



## *Maple Orange Glazed Carrots Recipe*

1 pound carrots  
2 tablespoons unsalted butter  
1/2 teaspoon salt  
1/4 cup maple syrup  
1/3 cup orange juice  
1/8 teaspoon cinnamon

1. **Scrub the carrots with a vegetable brush while holding under cold running water.** Peel the carrots and place into a colander. **Slice carrots into ¼ inch thick pieces on your produce cutting board.**
2. In a large, wide sauté pan, heat the butter over medium heat until melted. Add the carrots and toss to coat; cook for 3-4 minutes.
3. Add the maple syrup and cook for 1 minute. Add the orange juice; cover the pan and cook for 3 more minutes.
4. Uncover the pan and increase the heat to medium high. Stir the carrots occasionally and cook until almost all of the liquid has evaporated. Watch carefully so they don't run out of liquid and scorch. If they are not tender enough and run out of liquid, add more orange juice as needed.
5. Remove from heat and sprinkle cinnamon over the carrots.



**Yum. I love carrots!**

### *Additional Food Safety Notes Related To This Recipe*

- When buying carrots in the grocery store, be sure that they are firm, bright colored, smooth, and clean. Avoid those that are rough, cracked, or have a green tinge.
- When storing in the refrigerator, place fresh produce on separate shelves or in produce bins away from raw meats, poultry, and seafood.
- Be sure to clean and sanitize the sink before you wash your produce. Use a clean small brush to scrub around and in the drain to get rid of dirt and grime. A toothbrush works well for cleaning your drain (just do not use the tooth brush to brush your teeth afterwards).
- Clean and sanitize the cutting board before and after each use. It is a good idea to have two separate cutting boards in the kitchen. One can be used for raw meats, poultry, and seafood while the other is used for fresh produce and breads.
- Keeping food out of the “Danger Zone”.
  - Fresh produce should not be out of the refrigerator for longer than 2 hours.
  - Put any leftovers into the refrigerator within 1 hour on a hot day.
- When storing leftovers, divide into small portions and place into a clean airtight storage containers. Do not forget to label the containers with the name and the date.

#### Recipe Source

[http://www.simplyrecipes.com/recipes/maple\\_orange\\_glazed\\_carrots/](http://www.simplyrecipes.com/recipes/maple_orange_glazed_carrots/)



## *Cranberry Applesauce Recipe*

3 to 4 pounds of Granny Smith apples (or other good cooking apple such as Golden Delicious, Fuji, Jonathan, McIntosh, or Gravenstein)

1 1/2 cups fresh cranberries

2 tablespoons lemon juice

1/2 teaspoon ground cinnamon

1/4 cup of brown sugar

1/2 cup white sugar

1 cup water

1/2 teaspoon salt

1. Hold apples under cold running water. **Rub with both palms while turning continuously. Use a vegetable brush to scrub around the stem area.** Peel and core the apples. **Cube the apples on your produce cutting board.**
2. **Place the fresh cranberries into a colander. Run cold water over the cranberries while rubbing each berry with your finger tips.**
3. Place all of the ingredients into a large (5-quart) pot. Bring to a boil, then lower heat to a simmer and cover. Cook until the apples can easily be mashed, about 20-30 minutes.
4. Remove pot from heat and mash the apples and cranberries with a potato masher to the consistency you want.



### *Additional Food Safety Notes Related To This Recipe*

- When buying apples in the grocery store, be sure that they have good color and are firm to the touch. Avoid those that are soft and have spots. Cranberries should be firm with a full colored, bright, and fresh appearance.
- When storing in the refrigerator, place fresh produce on separate shelves or in produce bins away from raw meats, poultry, and seafood.
- Be sure to clean and sanitize the sink before you wash your produce. Use a clean small brush to scrub around and in the drain to get rid of dirt and grime.
- Clean and sanitize the cutting board before and after each use. It is a good idea to have two separate cutting boards in the kitchen. One can be used for raw meats, poultry, and seafood while the other is used for fresh produce and breads.
- If any applesauce is leftover divide it into small portions and place into clean airtight storage containers. Do not forget to label the containers with the name and the date.
- Keeping food out of the “Danger Zone”.
  - Put any leftovers into the refrigerator within 1 hour of serving.
  - Check the temperature of the refrigerator to be sure it is between 35 and 40 degrees F.

#### Recipe Source

[http://www.simplyrecipes.com/recipes/cranberry\\_applesauce/](http://www.simplyrecipes.com/recipes/cranberry_applesauce/)



## *Buttered Steamed Asparagus And Bean Sprouts*

16 to 20 asparagus spears  
2 tablespoons green onions  
3/4 cup fresh bean sprouts  
1/4 cup sliced almonds  
1/3 cup butter  
1/4 teaspoon salt  
1/4 teaspoon garlic powder  
1/4 teaspoon ginger

- 1. Place asparagus and green onion into a colander. Run cold water over them while rubbing each asparagus spear and onion. Be sure to wash the bean sprouts separately from the asparagus and green onion. Wash your hands with soap and water after handling the produce. Using the produce cutting board slice the asparagus into 2 inch pieces and cut the green onions into 1/4 inch pieces.**
2. In a 10 inch skillet over medium heat, toast almonds for 5 to 8 minutes, stirring frequently.
3. Add butter, asparagus, green onions, salt, garlic powder, and ginger to the almonds and stir. Cover and cook over medium heat for 10 minutes or until asparagus is tender, stirring frequently.
- 4. Stir in bean sprouts and continue to cook until sprouts are heated through and steaming.** Once heated serve immediately.



### *Additional Food Safety Notes Related To This Recipe*

- Older adults, people with weakened immune systems, and people with chronic illnesses need to cook bean sprouts thoroughly.
- Request that raw sprouts not be added to your food. If you purchase a sandwich or a salad at a restaurant or delicatessen, check to make sure that raw sprouts have not been added.
- When shopping in the grocery store, bean sprouts should be the last items to go into your cart. Be sure they are packaged separately. Go straight home after leaving the grocery store. If you need more time, pack a cooler with ice packs in your car to keep your cold food cold.
- Ask the bagger in the grocery store to bag your bean sprouts in a separate bag from your other groceries. If you are using a tote bag, place the bean sprouts into a separate plastic bag before placing it in your tote bag.
- Wash your hands correctly after handling bean sprouts.
  - Moisten hands with warm water and apply soap.
  - Rub hands together for 20 seconds. Don't forget to use a soft brush to clean your nails and nail beds.
  - Rinse hands and dry with a clean towel.
- Keep bean sprouts out of the "Danger Zone"
  - Raw sprouts should not be out of the refrigerator for longer than 2 hours.
  - It is best to put any leftovers into the refrigerator within 1 hour.

#### Recipe Source

<http://www.cooks.com/rec/view/0,1850,154178-224196,00.html>



## *Mashed Potatoes With Goat Cheese*

1.5 lbs. Yukon gold potatoes, peeled and quartered  
1/2 teaspoon of salt  
3 tablespoons of butter  
1 teaspoon of sage  
3 tablespoons of milk  
4 ounces of pasteurized goat cheese

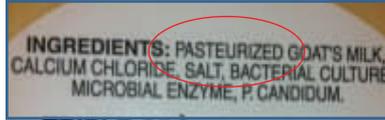
1. **Scrub the potatoes with a vegetable brush while holding under cold running water. Once clean, peel them, then cube the potatoes on your produce cutting board.**
2. Place the potatoes into a cooking pot and add salt. Fill with enough water to cover. Bring to a boil. Cook until easily pierced with a fork, about 10 minutes. Drain potatoes, and set aside.
3. In a small sauce pan, brown the butter over low heat. The butter will foam for a bit before calming down. When the butter turns a nutty brown color remove from heat. Add sage to the butter and pour over the potatoes.
4. **Add the pasteurized goat cheese and milk to the potatoes.** Mash potatoes with a potato masher until smooth and all ingredients are well incorporated.



These mashed  
potatoes sound  
good!

### *Additional Food Safety Notes Related To This Recipe*

- Read the label of all mold ripened, blue veined, or soft cheeses (such as Blue, feta, Camembert, Brie, or queso fresco cheeses) making sure they are made from pasteurized milk. If you cannot find pasteurized on the label, the cheese is not safe to eat.



- When shopping in the grocery store, pasteurized goat cheese and other dairy products should be the last items to go into your cart. Go straight home after leaving the grocery store. If you need more time, pack a cooler with ice packs in your car to keep your cold food cold.
- When storing in the refrigerator, place cheese on a separate shelf or in a refrigerator bin away from raw meat, poultry, and seafood.
- Follow the 2 hour rule. The 2 hour rule states that refrigerated or cooked foods left in the danger zone for longer than 2 hours when the air temperature is 40-80°F must be thrown into the trash. If the air temperature is above 90°F, the food must be thrown into the trash after 1 hour.
- When storing leftovers, divide into small portions and place into a clean, airtight storage container. Do not forget to label the container with the name and date.

### Recipe Source

<http://www.epicurious.com/recipes/food/views/Creamy-Mashed-Potatoes-with-Goat-Cheese-and-Fresh-Sage-231100>



## *Bacon and Blue Brussels Sprouts*

- 1 small red onion
- 1 pound Brussels sprouts
- 4 slices bacon
- 1/4 teaspoon salt
- 3/4 cup water
- 1 teaspoon Dijon mustard
- 1 tablespoon cider vinegar
- 1/2 cup crumbled Gorgonzola cheese

1. Remove the skin from the onion. **Scrub the onion and Brussels sprouts with a vegetable brush while holding under cold running water. Thinly slice the onion on your produce cutting board. Slice the Brussels sprouts in half and then thinly slice each half on your produce cutting board.**
2. In a large deep skillet, cook bacon over medium heat until browned and crisp. **Be sure to wash your hands after handling the raw bacon.** After bacon is browned and crisp remove from the pan and set aside. Once bacon has cooled, crumble into small pieces.
3. Add the onion to the hot bacon drippings and season with salt. Cook over medium heat until tender, about 5 minutes.
4. Add the water and Dijon mustard to the onions. Increase the heat to medium high and stir until the water comes to a boil.
5. Add the Brussels sprouts and vinegar to the skillet. Cook, stirring often, until the Brussels sprouts are tender, about 4 to 6 minutes.
6. Remove skillet from heat and toss Brussels sprout mixture with bacon and Gorgonzola cheese crumbles.



### *Additional Food Safety Notes Related To This Recipe*

- Check your refrigerator thermometer, making sure that the refrigerator is not warmer than 40°F.
- Always store raw bacon on the bottom shelf of the refrigerator. Or in the meat keeper. If stored on the shelf place the raw bacon package on a pan or a plate to catch any juices that may drip. If stored in the meat keeper, be sure no ready-to-eat foods are also in the keeper.
- When storing in the refrigerator, place fresh produce on separate shelves or in produce bins away from raw meats, poultry, and seafood.
- Clean and sanitize the cutting board before and after each use. It is a good idea to have two separate cutting boards in the kitchen. One can be used for raw meats, poultry, and seafood while the other is used for fresh produce and breads.
- Be sure to have a clean and sanitized sink before you wash your produce.
- Read the label of all mold ripened, blue veined, or soft cheeses (such as Blue, feta, Gorgonzola, Brie, or queso fresco cheeses) making sure they are made from pasteurized milk. If you cannot find pasteurized on the label, the cheese is not safe to eat.
- When storing leftovers, divide into small portions and place into a clean airtight storage container. Do not forget to label the container with the name and the date before placing in a refrigerator that is 40°F or colder.

#### Recipe Source

<http://allrecipes.com/recipe/bacon-and-blue-brussels-sprouts/detail.aspx>



## *Roasted Garlic Cauliflower*

- 2 cloves garlic
- 3 tablespoons olive oil
- 1 large head cauliflower
- 1/3 cup grated Parmesan cheese
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper
- 1 tablespoon parsley

1. Remove the skin from garlic. **Scrub the garlic and cauliflower with a vegetable brush while holding under cold running water.** Mince garlic in a food processor. Separate cauliflower head into florets.
2. Grease a large casserole dish.
3. Combine the olive oil and garlic in a large resealable bag. Add cauliflower to the bag and seal. Shake the bag to mix. Pour the cauliflower mixture into the prepared casserole dish. Season with salt and pepper.
4. Heat the oven to 450°F. Bake the cauliflower for 25 minutes, stirring halfway through. After 25 minutes top with Parmesan cheese and parsley and change the oven setting to broil. Broil for 3 to 5 minutes, until the top browns



Did you know that cauliflower is actually a flower?

### *Additional Food Safety Notes Related To This Recipe*

- When storing in the refrigerator, place fresh produce on separate shelves or in produce bins away from raw meats, poultry, and seafood.
- Clean and sanitize the cutting board before and after each use. It is a good idea to have two separate cutting boards in the kitchen. One can be used for raw meats, poultry, and seafood while the other is used for fresh produce and breads.
- Be sure to have a clean and sanitized sink before you wash your produce.
- Wash hands correctly
  - Moisten hands with warm water and apply soap.
  - Rub hands together for 20 seconds. Don't forget to use a soft brush to clean your nails and nail beds.
  - Rinse hands and dry with a clean towel.
- Keep food out of the "Danger Zone".
  - Fresh produce should not be out of the refrigerator for longer than 2 hours.
  - It is best to put any leftovers into the refrigerator within 1 hour.
- When storing leftovers, divide into small portions and place into a clean airtight storage container. Do not forget to label the container with the name and the date before placing in a refrigerator that is 40°F or colder.

#### Recipe Source

<http://allrecipes.com/recipe/roasted-garlic-cauliflower/detail.aspx>