

Fix It Safe



Clean

- Wash hands with warm water and soap for at least 20 seconds.
- Wash cutting boards, dishes, utensils, and counters with hot soapy water after preparing each food item and before you go on to the next food.
- Consider using paper towels to clean kitchen surfaces.
- Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten. For firm-skin produce, use a vegetable brush to remove stubborn dirt.
- Sanitize all kitchen surfaces after cleaning.

Make sanitizing solution by mixing 1/4 teaspoon unscented liquid chlorine bleach in 2 cups warm (not hot) water.



Separate

- Separate raw meat, poultry, seafood, and eggs from other foods in your grocery shopping cart, grocery bags, and refrigerator.
- Use separate cutting boards for meats and vegetables, or clean and sanitize between cutting meats and vegetables.
- Never place cooked food on a plate that was used for raw meat, poultry, seafood, or eggs.



Cook

- Cook meats, poultry, eggs, fish, and shellfish to safe temperature. (See below.)
- Reheat leftovers to an internal temperature of 165°F.
- Bring sauces, soups, and gravies to a boil when reheating.

Fish and seafood: 145°F
Beef and pork: 145°F
Ground beef: 160°F
Poultry: 165°F
Ground turkey and chicken: 165°F
Casseroles: 165°F
All leftovers: Reheat to 165°F



Chill

- Refrigerate and/or freeze foods quickly. Do not leave food out more than two hours.
- Thaw meats on the bottom shelf of the refrigerator on a plate, in a pan, or in a sealed plastic bag (to catch juices). Never thaw meats on the counter or in the sink.
- Divide large amounts of leftovers into shallow containers for quicker cooling in the refrigerator.

Quinoa Pinto Bean Burgers



Makes 8-10 servings | Serving Size: 1 patty

Cook

TEMPERATURE IS IMPORTANT.

Be sure to use a thermometer to check that the internal temperature has reached 165°F. Insert the thermometer into each burger in several places to check.



Hint: Use Fresh-Made Salsa or Black Bean and Corn Salsa for added flavor and nutrients. Recipes are in *Cooking with EFNEP*.

Try adding leftover diced veggies to boost the veggie content even more.

Nutrition Information

Per Serving

141 calories	
Total Fat	5 g
Protein	5 g
Total Carbohydrate	19 g
Dietary Fiber	4 g

Ingredients

- Non-stick cooking spray
- 2 (16-ounce) cans pinto beans
- 1 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/4 teaspoon cayenne
- 1 carrot, peeled and grated
- 1/2 cup onion, minced
- 1 egg
- 1 teaspoon salt
- 1/2 teaspoon fresh ground pepper
- 1 tablespoon whole-wheat flour
- 1/2 cup whole-wheat bread crumbs
- 1 cup cooked quinoa (you can use any type of quinoa)
- 1 1/2 cups salsa (optional)

Directions

1. Preheat oven to 350°F.
2. Spray a regular size muffin tin with non-stick cooking spray.
3. Drain and rinse the canned beans.
4. Cook the canned beans in water over medium heat for 10-15 minutes. Drain well.
5. Place 1/2 of the beans in a large bowl and using a fork or potato masher, mash beans to a coarse texture.
6. Add spices to mashed beans and combine well, mashing further.
7. Add carrot, onion, and egg and mix well.
8. Add salt, pepper, flour, breadcrumbs, quinoa, and remaining beans. Mix well.
9. Divide mixture into 8–10 equal portions. Roll into balls. Press gently into muffin tin. (Refrigerating for 1 hour will help burgers stay together better.)
10. Bake for 20 minutes or until internal temperature reaches 165°F.
11. Allow burgers to rest on counter for 10 minutes, then gently run a knife around the edges to loosen. Serve with Fresh-Made Salsa if desired.

165°F



Check It Out!

Check out a YouTube exercise video or several. Find routines that look fun and don't need any equipment. Let family members take turns selecting a workout you can enjoy doing together. Make a family chart to track your progress.