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Simplify meal preparation with a hearty pasta main dish salad. Enjoy hot pasta one night and a day or two later, a cold pasta salad. Cook up a double batch of pasta. Some bite-size types that work well BOTH as a hot dish covered with a sauce and as a cold main dish salad include: bowtie (farfalle, butterflies), macaroni, medium shells, penne, radiatore, spiral pasta (rotini), wagon wheels and ziti. Enjoy this cold pasta recipe from the National Pasta Association. For more pasta recipes, check www.ilovepasta.org.

Curried Pasta with Chicken and Fruit

Serves 4

- 1 pound Elbow Macaroni, Medium Shells or other medium pasta shape, uncooked
- 12 ounces cooked chicken or turkey, cut into 1/2-inch pieces
- 3 cups seedless red grapes
- 1 20-ounce can pineapple chunks packed in water, drained
- 1/2 cup non-fat mayonnaise
- 2 tablespoons lemon juice
- 1/4 cup frozen orange juice concentrate, thawed
- 1 tablespoon curry powder
- 1 bunch scallions, sliced

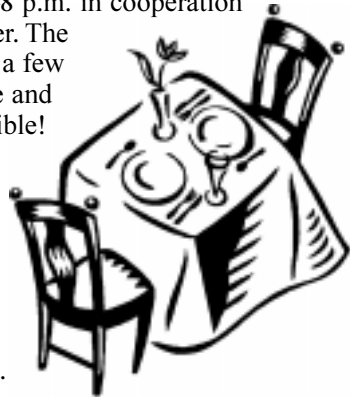
Prepare pasta according to package directions. While pasta is cooking, toss chicken, grapes and pineapple together in a large bowl.

In a medium bowl, stir together mayonnaise, lemon juice, orange juice concentrate and curry powder. When pasta is cooked, drain well and stir into fruit mixture. Stir dressing into pasta and fruit and mix well. Sprinkle scallions over salad and serve.

Each serving provides: 654 Calories, 36.3 g Protein, 109 g Carbohydrates, 8.9 g Fat, 71.4 mg Cholesterol, 406 mg Sodium, Calories from Fat 12%

FREE "Healthy Cooking for 1 or 2" Class Nov. 4

Learn how to put some fun into cooking for just you or for two. Alice Henneman, Lancaster Extension registered dietitian and extension educator will help you learn how to prepare quick, delicious and nutritious meals for one or two people on Tuesday, Nov. 4, 7-8 p.m. in cooperation with BryanLGH Medical Center. The emphasis will be on using just a few common ingredients per recipe and as few dishes to wash as possible! Participants will receive an extensive handout which includes tips and recipes. Register by calling BryanLGH at 481-8886. The class will be held at the Plaza Conference Center, BryanLGH Medical Center East, 1600 S. 48 Street.



Web Resources of the Month

With cooler weather ahead, check our tips on "Walk Your Way to Health" at lancaster.unl.edu/food/WALK.htm

Check directions and MUCH MORE for canning and freezing summer produce at lancaster.unl.edu/food/foodpres.htm

September is National Food Safety Education MonthSM. Download FREE posters and table tents you can use to promote food safety at work and community sites at lancaster.unl.edu/food/worksite-foodsafety.htm

To keep up-to-date on new tips, resources and recipe ideas to help you prepare healthy foods in a hurry, sign up for our monthly Cook It Quick e-mail messages at lancaster.unl.edu/food/ciupdat.htm



Store It, Don't Ignore It!

September marks the ninth annual National Food Safety Education MonthSM. This year's theme is "Store It, Don't Ignore It!"

Here's some food storage information adapted from materials provided by the USDA

Food Safety and Inspection Service and the FDA Center for Food Safety and Applied Nutrition.

- Purchase the product before "sell-by" or expiration dates.
- Follow handling recommendations on product.
- Keep meat and poultry in its

- package until just before using.
- If freezing meat and poultry in its original package longer than two months, overwrap these packages with airtight heavy-duty foil, plastic wrap, or freezer paper, or place the package inside a plastic bag.

REFRIGERATOR & FREEZER STORAGE CHART

Adapted from the USDA Food Safety and Inspection Service and the FDA Center for Food Safety and Applied Nutrition at www.foodsafety.gov/~fsg/f01chart.html

PRODUCT	REFRIGERATOR (40° F / 4° C) These short but safe time limits will help keep refrigerated food from spoiling or becoming dangerous.	FREEZER (0° F / -18° C) Because freezing keeps food safe indefinitely, the following recommended storage times are for quality only.
Eggs		
Fresh, in shell	3 to 5 weeks	Don't freeze
Hardcooked	1 week	Don't freeze well
Mayonnaise		
commercial — refrigerate after opening	2 months	Doesn't freeze
Hot Dogs & Luncheon Meats		
Hot dogs, opened package	1 week	1 to 2 months
Luncheon meats, opened package	3 to 5 days	1 to 2 months
Bacon & Sausage		
Bacon	7 days	1 month
Sausage, raw from chicken, turkey, pork, beef	1 to 2 days	1 to 2 months
Ham		
Ham, fully cooked, whole	7 days	1 to 2 months
Ham, fully cooked, half	3 to 5 days	1 to 2 months
Ham, fully cooked, slices	3 to 4 days	1 to 2 months
Hamburger, Ground & Stew Meat		
Hamburger & stew meat	1 to 2 days	3 to 4 months
Ground turkey, veal, pork, lamb & mixtures of them	1 to 2 days	3 to 4 months
Fresh Beef, Veal, Lamb, Pork		
Steaks	3 to 5 days	6 to 12 months
Chops	3 to 5 days	4 to 6 months
Roasts	3 to 5 days	4 to 12 months
Variety meats — tongue, liver, heart, kidneys, chitterlings	1 to 2 days	3 to 4 months
Pre-stuffed, uncooked port chops, lamb chops or chicken breast stuffed with dressing	1 day	Don't freeze well
Meat Leftovers		
Cooked meat and meat casseroles	3 to 4 days	2 to 3 months
Gravy and meat broth	1 to 2 days	2 to 3 months
Fresh Poultry		
Chicken or turkey, whole	1 to 2 days	1 year
Chicken or turkey, pieces	1 to 2 days	9 months
Giblets	1 to 2 days	3 to 4 months
Cooked Poultry		
Fried chicken	3 to 4 days	4 months
Cooked poultry casseroles	3 to 4 days	4 to 6 months
Pieces, plain	3 to 4 days	4 months
Pieces covered with broth, gravy	1 to 2 days	6 months
Chicken nuggets, patties	1 to 2 days	1 to 3 months
Pizza		
Pizza	3 to 4 days	1 to 2 months
Stuffing		
Stuffing — cooked	3 to 4 days	1 month
Dairy		
Butter	1 to 3 months	6 to 9 months
Cheese, hard (such as Cheddar, Swiss)	6 months, unopened; 3 to 4 weeks, opened	6 months
Cheese, soft (such as Brie, Bel Paese)	1 week	6 months
Cottage cheese, Ricotta	1 week	Doesn't freeze well
Milk	7 days	3 months
Sour Cream	7 to 21 days	Doesn't freeze
Yogurt	7 to 14 days	1 to 2 months
Fish		
Lean fish (cod, flounder, haddock, sole, etc.)	1 to 2 days	6 months
Fatty fish (bluefish, mackerel, salmon, etc.)	1 to 2 days	2 to 3 months
Cooked fish	3 to 4 days	4 to 6 months
Shellfish		
Shrimp, scallops, crayfish, squid, shucked clams, mussels	1 to 2 days	3 to 6 months
Live clams, mussels, crab, lobster and oysters	2 to 3 days	2 to 3 months
Cooked shellfish	3 to 4 days	3 months