



Alice Henneman, RD, UNL Extension Educator

One-Dish Rosemary Chicken and White Beans

(Makes 4 servings)

2 teaspoons olive oil
 1½ teaspoons dried rosemary
 ¼ teaspoon salt
 ¼ teaspoon black pepper
 8 skinless and boneless chicken thighs (about 1 pound)
 1 (14.5-ounce) can stewed tomatoes, undrained
 1 (15-ounce) can navy beans, rinsed and drained
 ¼ cup pitted kalamata olives, chopped

Heat olive oil in a large skillet over medium-high heat. Combine rosemary, salt and pepper; sprinkle over one side of chicken. Place chicken in pan with seasoned side down, cook 3 minutes. Reduce heat to medium and turn chicken. Add tomatoes and beans, cover and simmer 10 minutes or until chicken is done. Stir in olives.

NUTRITION FACTS. Serving Size: 2 thighs and ¼ cup bean mixture. Amount per serving: calories, 316; calories from fat, 23; total fat, 8.1 g; cholesterol, 94 mg; sodium, 978 mg; total carbohydrates 30.2 g; dietary fiber, 6.8 g; sugars, not applicable; protein, 31.2 g.

SOURCE: Courtesy of the Idaho Bean Commission, P.O. Box 2556, Boise, ID 83701. For more information about cooking with beans, visit <http://www2.state.id.us/bean>

ALICE'S TIPS:

- To lower the sodium, use a no-salt-added bean and omit the ¼ teaspoon of salt.
- Sprinkle the seasonings on the side of the chicken thighs that will be the "presentation" side when this dish is served. Note: The seasoned side will first be placed down in the pan, then turned and become the presentation side after it is browned.
- Olives combine well with white beans and only add about 10 calories per olive!
- You can use an instant-read thermometer to test if the chicken is done. The recommended temperature for chicken thighs is 170° F.



Food Safety 101: USDA Offers Tips for College Students

When students pack up for college, they make sure to take along the basics — TV, laptop, MP3 player and cell phone. Many students will also arrive at school with a microwave oven, tabletop grill, mini-fridge and toaster-oven in tow. Most students, however, don't know there are food safety considerations that need to be taken into account when cooking with these appliances.

"Students face many rigors while studying for a college education and they often eat whenever and wherever it is convenient," said USDA Under Secretary for Food Safety Dr. Richard Raymond. "But when it comes to safely preparing meals, many college kids simply don't know what it takes to make the grade in food safety and far too many could end up with a foodborne illness."

USDA's Food Safety and Inspection Service offers tips to students and consumers on how to prevent foodborne illness. The USDA Meat and Poultry Hotline regularly responds to calls from students with questions about how to safely cook and prepare foods while away at school.

Here is a sampling of those questions:

Q. Several slices of pizza have been left out overnight, is the pizza still safe to eat?

A. No. Perishable food should never be away from refrigeration more than two hours. This is true even if there are no meat products on the pizza. Foodborne bacteria that may be present on these foods grow fastest at temperatures between 40–140° F and can double every 20 minutes.

Q. I frequently send "care packages" to my son at college. What other foods besides cookies, crackers and candy can I mail?

A. Shelf-stable, microwavable entrees are one option. These foods are not frozen and will stay fresh without refrigeration for about 18 months. Canned meats and fish as well as dried meat and poultry, such as beef and turkey jerky, are safe to mail. Bacteria can't grow in foods preserved by removing moisture.

Q. My daughter's college is only a four-hour drive away, so she comes home often. How can I safely pack leftovers for her to take back to school?

A. For a four-hour drive,

food must be handled properly to keep it safe from spoilage and pathogenic bacteria. Leftovers should be divided into shallow containers and cooled in the refrigerator prior to the trip. Pack the food in an insulated cooler packed with several inches of ice or frozen gel packs. The temperature inside these containers should be at or below 40° F. Return the food to the refrigerator as soon as possible.

Source: Adapted from an article by the U.S. Department of Agriculture. To read the entire article: http://www.fsis.usda.gov/News_&_Events/NR_082405_01/index.asp



USDA's Meat and Poultry Hotline, in conjunction with the Partnership for Food Safety Education's Fight BAC!® campaign, advises all consumers to keep these four basic tips in mind when cooking and preparing foods:

- **Clean.** Wash hands and surfaces often.
- **Separate.** Separate raw meat, poultry and egg products from cooked foods to avoid cross-contamination.
- **Cook.** Raw meat, poultry and egg products need to be cooked thoroughly. Use a food thermometer to ensure foods have reached a high enough temperature to kill any harmful bacteria that might be present.
- **Chill.** Refrigerate promptly.

Healthy Desserts Presentation, Nov. 15

"Fast & Healthy Everyday Desserts" — part of BryanLGH Medical Center's "Eating Well" series — will be presented Tuesday, Nov. 15 from 7–8:30 p.m. at the Plaza Conference Center, BryanLGH Medical Center East, 1600 S. 48th Street in Lincoln.

Alice Henneman, registered dietitian and UNL Extension Educator, will show you how to quickly make "everyday desserts" for a sweet and healthy ending to meals!

Participants will receive an extensive hand-out which includes tips and recipes.

No cost to attend. Register by calling BryanLGH at 481-8886.



Breakfast Power

a crucial role in you and your child's health. Parents and kids often skip the meal altogether due to the lack of time or other commitments.

Unfortunately, the United States has seen a steady decrease in the number of children who eat breakfast. The Centers for Disease Control and Prevention estimate the percentage of young people who eat breakfast decreases with age — 92% of children ages 6–11 reported eating breakfast regularly while only 75–78 percent of adolescents age 12–19 reported eating breakfast on a regular basis.

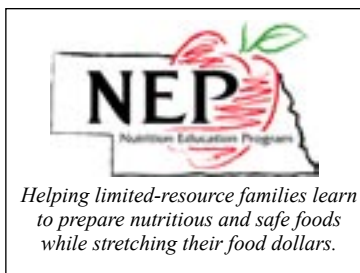
According to the American Dietetic Association, kids who regularly eat breakfast tend to perform better in school, score higher on tests, keep their weight under control, attend school more frequently and make fewer trips to the school

nurse complaining of tummy aches. They often behave better, too.

So when you're in a hurry, wake up your family's appetite with quick breakfast options, like:

- Instant oatmeal with milk and dried fruit.
- Breakfast tortilla. Sprinkle cheese over a tortilla; fold in half and microwave for 20 seconds. Top with salsa.
- A cup of yogurt mixed with whole grain cereal.
- Leftover veggie pizza with a glass of milk.

If your child still doesn't have time for breakfast, check to see if their school offers a breakfast program. Remember, kids who see their parents eat breakfast are more likely to eat breakfast, too. Model the importance of breakfast and help them have a great day of learning.



Helping limited-resource families learn to prepare nutritious and safe foods while stretching their food dollars.

Dana Willeford
 UNL Extension Assistant

Beep, beep, beep....Rise and shine! It's time to get out of bed and get going. As you begin your morning routine, packing lunches and getting yourself and your kids out the door, be sure to make breakfast a priority. Breakfast skippers miss a valuable part of family life. Food and some friendly words can make a great difference in the way your day begins. Breakfast also plays