

WELLNESS WAYS



UNIVERSITY OF ILLINOIS
EXTENSION

College of Agricultural, Consumer and Environmental Sciences



Ideas For Eating Better For Less

Prevent spreading bacteria from one food to another.

- **Raw meat, poultry, fish and seafood:**
 - should be separated from other foods in your grocery store shopping cart, grocery bag, and in your refrigerator.
 - should be stored in sealed containers or plastic bags on the bottom shelf of your refrigerator.
 - should be prepared on a cutting board that is not used for preparing fresh fruits and vegetables.
- **Hands, cutting boards, dishes, and utensils that come into contact with raw meat, poultry, fish and seafood should be washed in hot, soapy water.**
- **Place cooked food on a clean plate.**
- **Do not rinse meat and poultry.** This may spread bacteria to other foods and surfaces. Cooking will destroy bacteria present on the food.
- **Marinades used on raw meat, poultry, fish and seafood should not be tasted or reused on cooked foods.**

Basic Marinade for Beef Makes about 2 2/3 cups

Garlic powder	1/3 cup salad oil
Pepper	1 cup water or tomato juice
1 cup vinegar	2 tablespoons lemon juice
1/4 cup soy sauce	1 bay leaf



1. Sprinkle meat with garlic powder and pepper.
2. Prick meat with fork to help tenderize. Least tender cuts of meat – round, chuck, brisket and flank
3. Mix vinegar, soy sauce, salad oil, tomato juice, lemon juice and bay leaf in a bowl.
4. Place meat in a nonmetal container, cover with marinade and cover with lid. Refrigerate 6-8 hours or overnight.
5. When ready to cook the beef, pour off marinade. Do not reuse marinade.

Chicken Cacciatore Serves 6

1/2 cup chopped onion	1 tsp. oregano leaves
1/4 cup water	1/2 tsp. garlic powder
1 can (14 1/2 oz.) diced tomatoes	1/8 tsp. black pepper
1 can (8 oz.) tomato sauce	1 broiler/fryer chicken, cut into pieces

1. In a medium saucepan, bring chopped onion and water to a boil and cook until tender.
2. Add canned tomatoes, tomato sauce, oregano, garlic powder and pepper. Simmer 10 minutes.
3. Place chicken pieces in a frying pan and pour tomato mixture over chicken.
4. Cover pan and cook on low heat until chicken is done, about 45 minutes.
5. Uncover and cook 15 minutes more to thicken sauce.

NUTRITION FACTS (per serving with skin) - Calories 360 ~ fat 23 g ~ calories from fat 210 ~ sodium 360 mg ~ total carbohydrate 7 g ~ fiber 2 g

NUTRITION FACTS (per serving without skin) - Calories 160 ~ fat 3.5 g ~ calories from fat 30 ~ sodium 330 mg ~ total carbohydrate 7 g ~ fiber 2 g

Chicken Tips

- One pound of raw chicken with bone and skin, when cooked, serves 2 -3 people. One pound of raw, boneless, skinless breasts or thighs, when cooked, serves 4 people.
- Purchase chicken before “sell by” date and cook within 2 to 3 days of purchase.
- Check chicken for doneness by using a meat thermometer. Internal temperature should reach 165 degrees.
- Chicken thawed in the microwave needs to be cooked immediately.
- Removing the skin after cooking keeps chicken moister than if removed before cooking.
- Cooked chicken, stored in the refrigerator, should be eaten within 3 to 4 days.



Tip of the Month: *National Eat Your Vegetable Day* – June 17. Eat more dark green and orange vegetables like broccoli, kale, carrots and sweet potatoes.



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FAMILY NUTRITION PROGRAM
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