

A quiz

What do you know about storing and buying meats?

Being knowledgeable about purchasing and storing meat, and understanding meat's nutritional value is of real help in becoming a wise shopper. Here are some questions to test your skills.

How can you be assured that your brown bag lunch sandwich stays at a cool temperature from morning until noon if a refrigerator is not available?

- Place a can of cold beverage into the bag next to the sandwich.
- Freeze sandwich so it can then thaw by noon.
- Put a plastic margarine tub of ice in bag.
- Put commercial freezing gel in bag.
- All of the above.

Answer: e. Bacteria thrive in temperatures between 60 and 125 degrees. Placing cold objects in the bag or freezing the sandwich can help maintain a cool temperature.

As a general rule, when you see ground beef labeled "regular," "lean," and "extra lean," what percent lean ground beef are they?

- | | regular | lean | extra lean |
|----|------------|------------|------------|
| a. | 70 percent | 77 percent | 85 percent |
| b. | 60 percent | 70 percent | 90 percent |
| c. | 75 percent | 80 percent | 85 percent |

Answer: a. This is the general guideline in many retail supermarkets; most states and cities do set standards for ground beef prepared at the retail markets. Thirty percent maximum of fat (70 percent lean) is the most common standard for regular ground beef with levels of leanness increasing to about 85 percent lean.

If the power fails or your freezer breaks down, meat may be refrozen if:

- There are still some crystals in the meat.
- 40 degrees or lower temperature was maintained in the freezer.
- The meats still smell fresh.
- a and b.
- All of the above.

Soup and salad meals can be money-savers

For many, there is the physical necessity of not only eating less, but the economic necessity of eating for less. For these reasons, we are seeing more soup and salad combinations on restaurant dinner menus and serving them often in our homes. Hearty soups — warm, filling and made more toothsome and nutritious by the simple addition of turkey ham.

As you become more familiar with these hearty-type soups, you will find that the flavor and texture are even better the second day. So think ahead. In fact, thinking even further ahead, double the recipe, eat some now and freeze meal-size portions for another day. Slip a clean plastic bag inside a square plastic bag inside a square plastic food storage container, fill, seal and label with the name of soup and date.

When frozen, remove from outer container, and you have a square package that stores neatly in the freezer.

SPLIT PEA SOUP

WITH TURKEY HAM
2 cups (1 lb.) split peas
2 quarts cold water
1 carrot, peeled and diced fine
1 stalk celery with leaves, chopped
1 medium onion, chopped
1 bay leaf
1/4 tsp. thyme
1 lb. turkey ham, cubed
Salt and pepper to taste

Check split peas and rinse thoroughly in strainer with cold water. In large pot, combine split peas, water, carrot, celery, onion, bay leaf and thyme. Bring to a boil, reduce heat and simmer for about 40 minutes. Add turkey ham and continue cooking for additional 20 minutes. Taste and add salt and pepper accordingly.

More hot water can be added if soup gets too thick. Flavor is best if soup is refrigerated overnight, reheated and served the next day. May be frozen. Yield: about 3 quarts.

LIMA BEAN SOUP

WITH TURKEY HAM
2 cups (1 lb.) small or large white lima beans or white Michigan beans
Water to cover
1 large onion, chopped
1 lb. turkey ham, diced
Salt and freshly ground pepper

Check beans, then rinse in strainer with cold water. Place in large pot, cover with cold water and soak overnight. Drain and re-cover with water. Add chopped onion and simmer for about four hours until beans are cooked tender.

Add turkey ham and simmer for an additional 20 minutes. Add salt and pepper to suit taste. Just before serving, bruise beans with large spoon, enough to cloud. Yield: about 2 1/2 quarts.

TURKEY HAM MINISTRONE

1/4 lb. bacon, diced
1/4 lb. turkey ham, diced
1 large onion, chopped
2 cloves garlic, mashed
1 can (16 oz.) tomatoes
1 can (10 1/2 oz.) bean and bacon soup
1 can (10 1/2 oz.) beef broth
1 1/2 cup chopped carrots
1 cup chopped celery
1 cup chopped cabbage
1/2 cup green beans or peas
1 cup spaghetti, broken in pieces
1/4 cup minced fresh parsley or 2 Tbsp. dry parsley
1 tsp. dry sweet basil
Tomato juice, if needed, or water
Salt and freshly ground pepper
Freshly grated parmesan cheese

Fry bacon until transparent. Add turkey ham, onion and garlic. Saute, stirring constantly. Add tomatoes, bean and bacon soup, beef broth, celery, carrots, cabbage, green beans or peas, spaghetti, parsley and basil. Simmer until fresh vegetables are tender — 20-30 minutes, adding tomato juice or water if soup is too thick. Taste and add salt and pepper if needed. Yield: about 3 quarts.

Answer: d. You should use a thermometer to check the temperature maintained in the freezer while not in service. As long as a cool temperature persisted, and the meat is at least partially frozen, they can be safely refrozen. A fully loaded freezer will keep foods frozen for two days if you keep the door closed.

When purchasing fresh red meat in the supermarket, the best guide for selecting cuts is to consider:

- Cost per pound.
- Cost per serving.
- Cost per meat item.

Answer: b. Compare the cost per serving rather than the cost per pound. Meats with minimum bone and fat may cost more per pound but less money per serving because there will be more servings to the pound. For example, compare the total cost of the amount needed of boneless chuck meat vs. short ribs.

A three-ounce serving of cooked, lean pork supplies 44 percent of the Recommended Daily Allowance for protein, 63 percent of the RDA for thiamin, 30 percent for iron, and has how many calories?

- 100.
- 200.
- 300.
- 400.

Answer: b. 200 calories. Lean pork, like beef, is a "nutrient dense" food, which means it has a high ratio of nutrients to calories.

Once for ounce, in a ham and cheese sandwich, which supplies more protein and has less calories, less fat and less salt, the ham or the cheese?

- Ham.
- Cheese.

Answer: a. Cooked ham luncheon slices are more than 90 percent fat free, and one ounce of cooked

luncheon ham has only 35 calories. One ounce of processed American cheese has 110 calories.

Once for ounce, bologna and hot dogs have as much protein as peanut butter and half as much fat. Is this statement true or false?

Answer: True. One hot dog (2 oz.) supplies 25 percent of the RDA for protein for a child and has only 15 grams of fat whereas 2 oz. of peanut butter has 30 grams of fat.

In a bacon, lettuce and tomato sandwich, there is more salt in the two pieces of bacon than in the two slices of bread. True or false?

Answer: False. Although certain foods may not taste salty, there may be significant amounts of sodium in products like bread.

Once for ounce, hot dogs and bologna have as much protein as:

- milk.
- corned flakes cereal.
- low-fat flavored yogurt.
- all of the above.

Answer: d. Meat and animal products furnish generous amounts of protein. Once for ounce, bologna and hot dogs supply even more protein than these dairy and cereal items.

In addition to protein, red meat is a significant dietary source of:

- Iron.
- Zinc.
- Vitamin C.
- a and b.
- all of the above.

Answer: d. Red meat is a very good source of the minerals iron and zinc. Many foods from the vegetable/fruit category are excellent sources of Vitamin C. Each food group helps to contribute specific nutrients while no food supplies all nutrient needs.

Low-cal deviled eggs

LIGHT DEVILED EGGS

6 hard-cooked eggs
2 Tbsp. low-calorie Italian-style salad dressing
1/4 tsp. prepared mustard
1 jar (2 oz.) chopped pimiento, drained
1 Tbsp. chopped fresh mushrooms
1 Tbsp. chopped green pepper

Cut eggs in half lengthwise. Remove yolks and set whites aside. Mash yolks with fork. Blend in dressing and mustard. Stir in remaining ingredients. Refill whites using about 1 tablespoon yolk mixture for each egg half. Chill to blend flavors, if desired.

To hard-cook, put eggs in single layer in saucepan. Add enough tap water

to come at least 1 inch above eggs. Cover and quickly bring just to boiling. Turn off heat. If necessary, remove pan from burner to prevent further boiling. Let eggs stand covered in the hot water 15-17 minutes for large eggs. (Adjust time up or down by about 3 minutes for each size larger or smaller.) Immediately run cold water over eggs or put them in ice water until completely cooled.

To remove shell, crack it by tapping gently all over. Roll egg between hands to loosen shell, then peel, starting at large end. Hold egg under running cold water or dip in bowl of water to help ease off shell.

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