



The (Re)Purpose of Food



The *purpose* of food is to nourish us while we enjoy its deliciousness. The *(re)purpose* of food is to use it responsibly by buying it wisely, cooking it carefully, and serving just enough. Simple strategies help you do it better — planning meals, smart shopping, understanding expiration dates and storing food properly.

Store Wisely

Maximize the life of your food with smart storage.

CONDIMENTS AND JAMS: The door is the warmest part of your refrigerator; it is best for storing long shelf-life items such as condiments.

MILK: Store milk where it's coldest, in the back on the bottom shelf.

EGGS: Keep eggs in the original carton in the center of the fridge.

DELI MEATS AND CHEESES: The meat drawer delivers an additional blast of cold air, which makes it the ideal place for deli meats and cheeses.

PACKAGED RAW MEAT: To prevent dripping, which can contaminate other foods, store packaged raw meat on a plate on the bottom shelf.

PRODUCE: Store fruits and vegetables in the crisper drawer. If dual controls, adjust to allow for higher humidity for vegetables and lower humidity for fruits. Packaging helps minimize deterioration but once opened, the countdown begins. Sliced or chopped produce deteriorates faster.

RIPEN AT ROOM TEMP: Avocados, kiwifruit, nectarines peaches, pears, and plums should all be ripened at room temperature. To speed ripening, place food in a closed bag. Refrigerate once ripe.

STORE AT ROOM TEMP: Bananas, tomatoes, pineapple, ginger, and winter squashes. Garlic, onions, potatoes and sweet potatoes do best in a cool, dark pantry, but not together. Separate so potatoes don't pick up flavors.

Buy Wisely

Misinterpretation of the dates on food labels leads to unnecessary food waste. Dates on food products usually indicate how long the food can be kept for best quality, but are not safety dates.

SELL BY: The date after which the retailer should not sell that item. Shoppers still have a reasonable time to use it.

BEST BY: Manufacturers' estimation when an item will pass peak freshness. Though taste and texture may begin to fade, it's not a safety concern.

USE BY: The last date recommended for use at peak quality. There is likely a deterioration in flavor, appearance or texture after that date.

Note: Do not use infant formula and baby food after the "use-by" date.

CLOSED OR CODED DATES: These are packing numbers used by the manufacturer for identification and recall purposes.

Cook Carefully

The symptoms of food poisoning can range from stomach ache to disability and death. With moisture and a rich supply of nutrients, many foods offer perfect conditions for bacteria to grow. Keep hot foods hot and cold foods cold. Using a food thermometer is best and the only way to know the food temperature.

TIME AND TEMPERATURE:

- Refrigerate all foods within two hours after cooking.
- In the 40°–140°F danger zone, bacteria grow fast! Doubling every 20 minutes, a single bacterium can multiply to trillions in just 24 hours.

COOKING AND RE-HEATING:

- Cook beef, pork, and lamb steaks, chops, and roasts to a minimum internal temperature of 145°F.
- Cook ground meat (beef, pork, and lamb) to an internal temperature of 160°F.
- Cook chicken and turkey to an internal temperature of 165°F.
- When reheating leftovers, be sure they reach 165°F. Reheat sauces, soups, and gravies by bringing them to a rolling boil. Cover leftovers to reheat. This retains moisture and ensures that food will heat all the way through.



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Eat it All

(Re)purpose your food to maximize bang for your buck. Save money and time with these food solutions:

OVERRIPE BANANAS: Peel, wrap well and freeze for later use in smoothies, muffins, or oatmeal.

DAY-OLD CORNBREAD: Toast and top with yogurt and berries or cube to make croutons.

LEFTOVER COOKED PASTA: Scramble with eggs, garlic, and a sprinkling of Parmesan, or simmer in a soup of chicken broth, spinach, mushrooms.

TIRED VEGETABLES: Cut to uniform size, toss with oil, roast, uncovered at 425°F for 20 to 25 minutes or until lightly browned. Use in soups, salads, quesadillas, frittatas, and omelets.

FLAVOR BOOSTERS: Spoon chipotle peppers and dollops of tomato paste onto waxed paper, freeze in zip-top bags for later use. Freeze leftover broth or fruit juice in an ice cube tray. Once frozen, transfer to freezer bags and use to add a boost of flavor to any dish.

Frittata

A baked egg dish, a frittata is delicious for dinner or for breakfast. Replace the cheese and veggies with what you have on hand — peppers, zucchini, tomatoes, asparagus.



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| 1 T | butter, divided | ¼ c | Parmesan cheese, freshly grated |
| 1 T | oil, divided | ½ t | kosher salt |
| ½ lb | mushrooms, sliced | ½ t | freshly ground black pepper |
| ½ t | dried thyme | 1 t | dried basil leaves |
| 2 c | fresh spinach | ⅓ c | flour |
| 1 lg | baking potato, cut to ½" dice | ½ t | baking powder |
| 8 | eggs | | |
| ½ c | ricotta cheese | | |
| ¼ c | goat cheese, diced | | |

Heat the oven to 350°F. Melt half the butter and half the oil in a 10-inch ovenproof skillet over medium heat. Add mushrooms and thyme, sauté until soft, about 10 minutes. Set aside in separate bowl. Return pan to stove, add remaining butter and oil. Add potatoes and fry until cooked through, about 10 to 15 minutes. Add spinach, cook until wilted, about 3 minutes. Return mushrooms to pan.

Meanwhile, whisk the eggs, then stir in the ricotta, goat cheese, Parmesan, salt, pepper, and basil. Sprinkle on the flour and baking powder and stir into the egg mixture.

Pour the egg mixture over the vegetables and place the pan in the center of the oven. Bake the frittata until it is browned and puffed, 45-50 minutes.

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