Best Thing Since... Sliced Potatoes!

Selection:
- Choose a can without leaks, dents, or bulges. Leaks, dents, and bulges could mean the potatoes are unsafe to eat.
- Check the “Best by” or “Best if used by” date on the can.

Storage:
- Store canned potatoes in a cool, dry place for up to three to five years.
- Once opened, keep potatoes in a tightly sealed container or freezer bag for up to four days in the refrigerator or up to two months in the freezer.

Nutrition:
1/2 cup serving of canned sliced potatoes
- Provides 54 calories, 12g carbohydrates, 2.1g fiber and is a source of iron and vitamin C.
- Counts as a 1/2 cup equivalent from the MyPlate Vegetable group.

Uses:
- Canned potatoes are cooked and ready to use in any dish.
- Sauté with oil in a pan and toss in your choice of canned meat, vegetables, and seasonings for a quick, tasty meal.

Safety of Foods Made From Genetically Modified Organisms (GMOs)

What are GMO foods?
GMO foods are made from crops that have been developed through “biotechnology” or “genetic engineering.”

These terms refer to a more precise method of traditional plant breeding using modern technology. GMO technology can be used to improve the disease resistance of crops, enhance the nutrient content of foods, and reduce food

Are GMO Foods Safe to Eat?
Absolutely! There is an established agreement among experts and major scientific authorities that consuming GMO foods is not harmful to human health. In fact, more than 1,700 studies looking at the safety of GMO foods have been done. The conclusion?: GMO foods are safe to eat.

For more information on questions or concerns regarding GMOs, ask the experts at: http://gmoanswers.com.

Reference: https://gmoanswers.com/health-safety-consensus-0
Food Safety Mistakes to Watch Out For

Foodborne illness is no joke. Small missteps when handling food can lead to serious health consequences. Avoid these common food safety mistakes to protect yourself and your loved ones:

1) Tasting Food to See if it’s Still Good
You can’t always taste, smell, or see illness-causing bacteria. Stick to recommended expiration dates or use the 4-day throw away rule for leftovers.

2) Washing Raw Meat or Poultry
This can spread bacteria to sinks, counters, or other kitchen surfaces.

3) Thawing Food on the Counter, in the Sink, or on a Table
Bacteria can grow quickly at room temperature. Safely thaw foods in the refrigerator, in cold water, or in the microwave.

4) Using Raw Meat Marinade on Cooked Food
Raw meat marinade can contaminate cooked food. Create new marinade to flavor cooked meat.

Adapted from: https://www.foodsafety.gov/keep/basics/mistakes/index.html

Slow Cooker Roast

INGREDIENTS
3 pounds beef roast
2 large carrots
2 large potatoes, quartered
OR one can (15 oz) sliced potatoes
1 large onion, quartered
1 package (1.25 oz) dried onion soup mix
4 cups water

INSTRUCTIONS
1. Spray slow cooker with nonstick cooking spray. Place all ingredients in slow cooker, starting with the beef roast.
2. Cook on low for at least 8 hours.
3. Use two forks to shred beef right before serving.
4. Use cooking liquid as a dripping sauce for the meat.

Nutritional analysis (1 serving): 350 calories, 21g carbohydrates, 41g protein, 11g fat, 4g saturated fat, 3g dietary fiber, 85mg sodium, 1028mg potassium

SERVES: 8 | SERVING: 4 oz beef, 1/2 cup vegetables

Region 6 and 12 Nutrition and Wellness Happenings:
Mar 5- A Journey Through Parkinson’s Disease (last session!) (Cherokee)
Mar 5- Who Leads, Who Follows Child Care Provider Nutrition Training (Storm Lake)
Mar 7, 14, & 21- Healthy & Homemade Series (Harlan)
Mar 13- Wellness and Independence through Nutrition- What’s In Your Grocery Cart? and Healthy and Homemade: Cook Now, Enjoy Later (Pocahontas)
Mar 25- Fresh Conversations (Denison)
Mar 26- ServSafe® (Storm Lake)

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