

NEWS

You Can Use

NOVEMBER 2016

NUTRITION EDUCATION WITH SENIORS



Spaghetti is most commonly thought of as an Italian food. However, spaghetti noodles make a great base for all kinds of meals. Add adventure to your diet by making new spaghetti dishes. The chart below shows how you can include most or all of the MyPlate food groups, all in one bowl!

| Recipe | Grains | Vegetables | Fruits | Protein | Dairy | Spices |
|------------------------|--------------------------|-------------------------------|-------------------|-------------------------------|------------------------|---------------------------------------|
| Mexican Pasta | Cooked spaghetti noodles | Tomatoes, peppers, and onions | Side of fruit | Cooked chicken or ground beef | Mexican cheese | Chili powder and cumin |
| Beef and Broccoli | Cooked spaghetti noodles | Steamed broccoli | Chopped pineapple | Cooked beef strips | Glass of milk | Garlic, ginger, sesame oil, soy sauce |
| Baked Turkey Casserole | Cooked spaghetti noodles | Frozen or canned vegetables | Side of fruit | Leftover Thanksgiving turkey | Cream of mushroom soup | Paprika |

Oodles of Noodles!

Selection:

- Choose packages without rips or tears. Rips and tears could mean the spaghetti is unsafe to eat.
- Check the “Best by” or “Best if used by” date on the box.

Storage:

- Store unopened packages in a cool, clean, dry place for up to three years.
- After opening, keep the uncooked spaghetti tightly closed in the original package or in a resealable plastic bag.
- After cooking, keep leftover **spaghetti** in a tightly covered glass or plastic container for up to four days in the refrigerator or up to two months in the freezer.



Nutrition: 1/2 cup of **cooked spaghetti**:

- Provides 110 calories and 1 gram of fiber.
- Contains 4 grams of protein and 22 grams of carbohydrate.
- Is naturally sodium-free.
- Counts as one ounce equivalent from the MyPlate grain group.

Uses:

- Include **spaghetti** in recipes for soups, casseroles, or salads.
- Enjoy **spaghetti** hot or cold. Add extra protein like lean meats, poultry, cheese, or beans.

Family, Friends, Feasts, and Food Safety

The winter holidays bring family, friends, and food together for celebration. Do not let foodborne illness spoil the fun. Follow these tips to keep yourself and your loved ones safe this holiday season.

- **Wash cutting boards and utensils** with warm water and soap between handling raw meat and produce or other ready-to-eat foods. Remember to wash hands frequently, too.
- **Cook meats to the proper internal temperature.** Use a meat thermometer to check that ham and beef are cooked to 140°F, pork to 145°F, and chicken and turkey to 165°F.
- **Keep hot foods hot and cold foods cold.** Use chafing dishes and crockpots to keep hot dishes above 140°F and ice trays to keep cold foods below 40°F.
- **Store leftovers after two hours.** Transfer leftover food to airtight glass or plastic containers and place in the refrigerator for up to four days. For longer storage, place in the freezer. Visit *StillTasty.com* to find out how long certain items can be kept in the freezer.



Adapted from <https://www.foodsafety.gov/keep/events/Winter%20Holidays/index.html>.

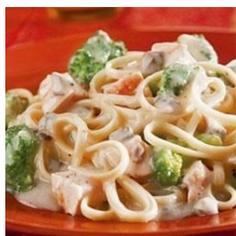
Chicken Alfredo Pasta

Serves: 3

Serving Size: 1 1/3 cup

Ingredients:

- 1/2 pound boneless, skinless chicken breasts
- 1/2 tablespoon vegetable oil
- 1/2 pound (1/2 package) spaghetti
- 1 cup fresh or frozen broccoli
- 1/2 cup nonfat milk
- 4 ounces lowfat cream cheese, cubed
- 1/4 teaspoon garlic powder
- 1/4 cup Parmesan cheese
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper



Instructions:

1. Cook pasta according to package directions. Add broccoli during the last 3 minutes of cooking. Drain water and return to pot.
2. Heat oil in skillet on medium-high heat, cut chicken into bite-sized pieces, and cook to 165°F for 8 minutes, stirring every 30 seconds.
3. Add milk and cream cheese to chicken, stirring constantly over low heat. The mixture will thicken and be smooth.
4. Add garlic powder, cheese, salt and pepper. Stir well.
5. Combine chicken sauce with broccoli and spaghetti. Serve and enjoy!

*Can use canned chicken for chicken breasts.

Serve with fruit for a MyPlate friendly meal.

Nutritional analysis (1 1/3 cup): 340 calories, 12g fat, 5g saturated, 0g trans, 390mg sodium, 29g carbohydrates, 2g fiber, 4g sugar, 30g protein

This recipe is courtesy of ISU Extension and Outreach's Spend Smart Eat Smart website, <http://www.extension.iastate.edu/foodsavings/recipes/chicken-alfredo-pasta>.

Helpful Resources

Polk County Congregate Meals
(515) 286-3679

Commodity and Supplemental Foods
(515) 286-3655

Nutrition, Food Preparation and Food Safety
ISU AnswerLine
1-800-262-3804

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Prepared for Polk County Congregate Meal Sites and Supplemental Foods Program.