

NEW-trition

July / August 2009

SOBEYS DIETITIANS HAVE A WORLD OF HEALTHY IDEAS FOR YOU

Shopping Tip

Keep food safe in hot temperatures if you are not going right home after shopping. Put groceries that need to stay cold in a cooler with ice or cold packs.

Mango Beef Salad

Serves 8

Ingredients:

- 1.3 lb (600 g) Leftover cooked beef, cut into strips
- 1 tbsp (15 ml) Lemon pepper
- 1 medium Yellow pepper, quartered
- 1 medium Red onion, quartered
- 1 bag (142 g) Compliments spring mix
- 1 pint Cherry tomatoes, halved
- 1 medium Mango, chopped

Dressing:

- 3 tbsp (45 ml) Extra virgin olive oil
- 1 tbsp (30 ml) Raspberry vinegar
- 1 tbsp (15 ml) Thyme, fresh, chopped

Directions:

1. Season cooked beef strips with lemon pepper.
2. Grill yellow pepper and red onion.
3. Whisk all dressing ingredients and toss with salad greens and grilled vegetables. Divide into 8 bowls.
4. Place beef strips, cherry tomatoes and mango on top of each salad.

Nutrition Information per Serving

(2/3 c greens + 1/3 c veggies + 75 g beef):

Calories	212
Fat	8 grams
Carbohydrate	9 grams
Fibre	2 grams
Protein	23 grams
Sodium	67 milligrams

Cook Once, Eat Twice

You can save time and energy by using leftovers. Keeping food for leftovers will also control your portions and save money by reducing food waste.

Make meal times easier by cooking extra food (the whole meal or just some ingredients). A leftover casserole can be reheated for a quick meal with little cleanup. Extra ingredients like cooked fish or vegetables can be put together for a new meal on a rushed night.

Lively Leftovers

Be creative with leftovers. A leftover food can be made into a new meal.

Cooked meat or fish

- Add to salads (see recipe on left)
- Mix with veggies for stir-fries
- Use in sandwiches or fajitas
- Add to omelets or scrambled eggs
- Use in casseroles, soups or stews
- Use in fish cakes

Cooked pasta or rice

- Have as the grain serving for your next meal
- Add to casseroles, soups or salads
- Add to meat loaf
- Use in rice puddings

Cooked vegetables

- Use to fill half your dinner plate
- Add to salads, soups or casseroles
- Use in omelets
- Use cooked potatoes in fish cakes or to thicken soups

You can also try full meals that freeze well such as soups, stews, chili, casseroles, spaghetti sauce or cabbage rolls. Cook extra and portion what's left in small containers. Have the next day or freeze for later.

Dietitians are available in select Sobeys stores. For more information, contact your local store.

Sobeys
Dietitians

Page 1 of 2

Fact or Fiction?

It's ok to reheat leftovers in empty margarine or yogurt containers.

False

These containers release unsafe chemicals when they are heated.

Tip: Transfer leftovers from the container to a plate before reheating them. You could also buy freezer and microwave safe containers for your leftovers.

Hot leftovers should be put in the fridge right away.

False

Hot foods will heat up other foods in the fridge. This may cause food poisoning.

Tip: Cool leftovers on the counter for 15 minutes before putting them in the fridge or freezer.

Pharmacy Corner

Sobeys Dietitians and Pharmacists work together to improve the health of people in our communities.

It's a good idea to clean out your medicine cabinet once a year. Get rid of prescription medicines you no longer take and expired over-the-counter products.

How can you safely dispose of leftover medicine? Flushing it is bad for the environment, and putting it in the garbage can is a safety concern for children and animals. Instead, bring the medicine back to your Sobeys pharmacy for disposal.

Keep Leftovers Safe

On beautiful summer days, many people are busy and look for quick meals. Leftovers can be the answer. Because of hot temperatures during the summer, food safety is even more important to prevent food poisoning. It's important to cool, store and reheat your leftovers properly.

- Put leftovers in freezer safe or microwave safe containers.
- Cool food on the counter before putting them in the fridge or freezer.
- Label foods with the date so you know which foods to eat first.

How Long Will It Keep?

Item	Storage Time
Meat, poultry, fish (cooked)	3-4 days
Sandwiches*	3-5 days
Rice	3-4 days
Soups and stews	3-4 days
Salads (egg, chicken, ham, tuna, macaroni)	3-5 days
Casseroles	3-4 days
Hard boiled egg	1 week

*Even though sandwiches are safe to eat when stored for 3-5 days, the bread and vegetables may become soft.

Heating Leftovers

- Reheat only enough leftovers for your meal. Don't reheat leftovers more than once.
- Stir leftovers so they are heated all the way through.
- Reheat all leftovers to an internal temperature of 165°F (74°C). Leftovers that are not hot enough can cause food poisoning.

Help Others Improve Their Health

Share this newsletter with your family or friends. Register by emailing Dietitians@sobeys.com.

Dietitians are available in select Sobeys stores. For more information, contact your local store.

Sobeys
Dietitians