Welcome to
SNAPA Teaches Tuesday
Tuesday, February 18, 2020

Feeding Bodies. Fueling Minds.
Go to Webinar Control Panel

Handouts are found using the Go to Webinar Control Panel
Webinar and Handouts

- Webinar recording and copies of all the handouts will be posted on the SNAPA website and available to SNAPA members.

- Members will need their username and password to access the recorded webinar.

- SNAPA Website Link
  https://snapa.org/resources/webinars/webinars
Welcome & Introduction

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Presenters:
Nicole M. McGeehan
Extension Educator
Penn State Extension

Lynn Elaine James
Extension Educator
Penn State Extension
Creating Recipes with Food Safety in Mind

Developed by:
Lynn James, MS, RDN, LDN
Nicole McGeehan, MPH, CHES
Objectives

• Increase knowledge of importance of including food safety steps in recipes.

• Increase ability to identify and correct subjective cooking food indicators in recipes.

• Identify how to insert the 4 keys to safe food handling into recipes.

• Describe one or more ways to add food safety steps to quantity food recipes.
Each year in the United States, 48 million people acquire a foodborne illness.
Severe cases result in:

- 128,000 hospitalizations
- 3,000 deaths each year
Most Common Foodborne Illnesses

• Norovirus
• Salmonella
• Campylobacter
• E. coli
• Listeria
• Hepatitis A
• Clostridium perfringens.

Source: https://www.foodsafety.gov/poisoning/causes/bacteriaviruses/index.html
https://www.fda.gov/downloads/Food/ResourcesForYou/HealthCareProfessionals/UCM577492.pdf
CDC Report FBI Outbreaks at Retail 2014-2016

- 59% food borne illness due to food contamination by ill worker.
  - 61% were Norovirus
  - 16% were Salmonella

CDC Report FBI Outbreaks at Retail 2014-2016

- Of the illnesses reported:
  - 28% was from bare hand contact from infected food handler
  - 23% was contamination by an ill worker from other means
  - 16% was gloved hand contact by an ill worker

CDC Report FBI Outbreaks at Retail 2014-2016

- Only 47% organizations had a written policy excluding ill workers from handling food or working.
- Only 28% had a written glove use policy.

Kansas State University/Tennessee State University study

Consumers stated:

- No difference in the ease of use when adding food safety instructions

- Majority stated that they would use recipes that had similar food safety instructions in the future.

**Figure 1** Observed consumer behaviors while preparing Parmesan Sesame Chicken recipe. All behaviors were significantly different at $p<0.05$. 

Figure 2 Observed consumer behaviors while preparing Mushroom Turkey Burger recipe. All behaviors were significantly different at p<0.05 except for washing hands after mixing ingredients.

THE MUST-HAVE INGREDIENT FOR SAFE RECIPES = INSTRUCTIONS

When recipes contain food safety instructions, people follow them.¹

HANDWASHING BEFORE COOKING
Observed Consumer Behavior

90% of people wash hands using recipes WITH safety instructions.

59% of people wash hands using recipes WITHOUT safety instructions.

Source: https://www.saferecipeguide.org/
THE MUST-HAVE INGREDIENT FOR SAFE RECIPES = INSTRUCTIONS

When recipes contain food safety instructions, people follow them.¹

THERMOMETER USE
Observed Consumer Behavior

86% of people use thermometers using recipes WITH safety instructions.

20% of people use thermometers using recipes WITHOUT safety instructions.

Source: https://www.saferecipeguide.org/

PennState Extension
Observations from Popular Cookbooks Study

Out of 1,497 recipes from 29 cookbooks:

- Only 8% mentioned cooking the dish to a specific temperature.
  - 28% of those recipes gave unsafe temperatures
- 99.7% of recipes gave readers “subjective indicators” to determine when a dish was done cooking

Frosting Example from Popular Cookbook

Ornamental Frosting

1 16-ounce package confectioners’ sugar
1/2 teaspoon cream of tartar

3 egg whites, at room temperature
1/2 teaspoon vanilla or almond extract

1. Into large bowl, sift sugar and cream of tartar.
2. With mixer at low speed, beat in egg whites and vanilla; at high speed, beat until knife drawn through mixture leaves clean-cut path. On humid days it may be necessary to beat in more confectioners’ sugar.
3. Cover bowl with damp cloth. Use to make cake and cookie decorations with decorating bag fitted with tubes. To tint, in small bowl, place some of frosting; stir in food color a drop at a time.
Subjective Indicators

• “Until juices run clear”
• “Until fish flakes apart”
• “Until no longer pink”
• “Until the meat feels firm”
• Gave cooking time, but no temperature
• Other ideas?
Four Steps to Food Safety

- CLEAN
- SEPARATE
- COOK
- CHILL
• Wash your hands and surfaces often.
  
  o Wash hands for 20 seconds with soap and water before, during, and after preparing food and before eating.
  o Wash your utensils, cutting boards, sinks, and countertops with hot, soapy water.
  o Rinse fresh fruits and vegetables under running water.
• Don't cross-contaminate.

  o Separate raw meat, poultry, seafood, and eggs from ready-to-eat foods when shopping and in the refrigerator.

  o Use separate cutting boards, knives and plates for raw meat, poultry, and seafood.
• Cook to the right temperature.

  o You can’t tell if food is safely cooked by checking its color and texture.

  o Use a food thermometer to ensure foods are cooked to a safe internal temperature.
• Refrigerate promptly.

  o Keep your refrigerator below 40°F and know when to throw food out.

  o Refrigerate perishable food within 2 hours.

  o Never thaw foods on the counter.
Food Safety Key Phrases

Image credit: stormy from bigstockphoto.com
Adding Food Safety Steps to Recipes

Image credit: Robyn Mackenzie from bigstockphoto.com
Template

<table>
<thead>
<tr>
<th>Clean, wash hands &amp; surfaces</th>
<th>Cook, cool, refrigerate</th>
<th>Separate, don't cross contaminate</th>
<th>Chill, refrigeration</th>
<th>Recipe Title</th>
</tr>
</thead>
</table>

Wash hands and food prep surfaces with soapy water, rinse, and dry.

1. 
2. 
3. 
4. 
5. 
6. 
7. 
8. 
9. 
10.
Adding Food Safety Steps to Recipes

- Wash hands
- Wash produce
- Use separate cutting boards
- Use a thermometer
- Safe cooking temperatures
- Safe holding temperatures
Mediterranean-Twist Salmon – Before
From Mediterranean Cuisine

Salmon:
1 ½ Tbsp. olive oil
2 ¼ lb salmon

Sauce:
4 cloves garlic, minced
2 ¼ cups chopped tomatoes, or more to taste
¼ cup, 2 Tbsp. olive oil
3 Tbsp. balsamic vinegar
¼ cup fresh basil leaves, chopped

Preparation:
Heat 1 ½ tablespoons olive oil in a saucepan over medium heat. Cook salmon in the hot oil until cooked through and flakes easily with a fork, 5 to 7 minutes per side. Heat the remaining olive oil in a separate saucepan over medium heat, add garlic and cook until fragrant, about 1 minute. Add tomatoes; cook until heated through, about 5 minutes. Pour balsamic vinegar into tomato mixture; add basil. Cook and stir tomato mixture until flavors blend, about 3 minutes. Place salmon on a plate and top with tomato sauce.

Image credit: Lynn James, Penn State Extension
Mediterranean-Twist Salmon – Before

*From Mediterranean Cuisine*

**Salmon:**
- 1 ½ Tbsp. olive oil
- 2 ¾ lb salmon

**Sauce:**
- 4 cloves garlic, minced
- 2 ¾ cups chopped tomatoes, or more to taste
- ¼ cup, 2 Tbsp. olive oil
- 3 Tbsp. balsamic vinegar
- ¼ cup fresh basil leaves, chopped

**Preparation:**
Heat 1 ½ tablespoons olive oil in a saucepan over medium heat. Cook salmon in the hot oil until cooked through and flakes easily with a fork, 5 to 7 minutes per side. Heat the remaining olive oil in a separate saucepan over medium heat; add garlic and cook until fragrant, about 1 minute. Add tomatoes; cook until heated through, about 5 minutes. Pour balsamic vinegar into tomato mixture; add basil. Cook and stir tomato mixture until flavors blend, about 3 minutes. Place salmon on a plate and top with tomato sauce.
<table>
<thead>
<tr>
<th>Ingredients:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>X</td>
<td>1. Wash hands and food prep surfaces with soapy water, rinse, and dry.</td>
</tr>
<tr>
<td>X</td>
<td>2. Rinse then chop tomatoes and garlic.</td>
</tr>
<tr>
<td>X</td>
<td>3. Rinse basil and pat dry with a clean paper towel, then chop.</td>
</tr>
<tr>
<td>X</td>
<td>4. Peel and rinse fresh garlic, then mince.</td>
</tr>
<tr>
<td>X</td>
<td>5. Heat 1.5 tablespoons olive oil in saucepan over medium heat.</td>
</tr>
<tr>
<td>X</td>
<td>6. Place salmon in pan, then wash hands.</td>
</tr>
<tr>
<td>X</td>
<td>7. Cook salmon in the hot oil for about 5-7 minutes per side and until the fish reaches a mimium internal temperature of 145 degrees F.</td>
</tr>
<tr>
<td>X</td>
<td>8. Heat the remaining olive oil in a separate saucepan over medium heat; add garlic and cook until fragrant, about 1 minute</td>
</tr>
<tr>
<td>X</td>
<td>9. Add tomatoes; cook until heated through, about 5 minutes.</td>
</tr>
<tr>
<td>X</td>
<td>10. Pour balsamic vinegar into tomato mixture; add basil.</td>
</tr>
<tr>
<td>X</td>
<td>11. Cook and stir tomato mixture until flavors blend for about 3 minutes and until the mixture reaches an interal temperature of 165 degrees F.</td>
</tr>
<tr>
<td></td>
<td>12. Place salmon on a plate and top with tomato sauce.</td>
</tr>
</tbody>
</table>
Mediterranean-Twist Salmon – After
From Mediterranean Cuisine

Method
1. Wash hands and food prep surfaces with soapy water, rinse, and dry.
2. Rinse then chop tomatoes and garlic.
3. Rinse basil and pat dry with a clean paper towel, then chop.
4. Peel and rinse fresh garlic, then mince.
5. Heat 1.5 tablespoons olive oil in saucepan over medium heat.
6. Place salmon in pan, then wash hands.
7. Cook salmon in the hot oil for about 5-7 minutes per side and until the fish reaches a minimum internal temperature of 145°F.
8. Heat the remaining olive oil in a separate saucepan over medium heat; add garlic and cook until fragrant, about 1 minute.
9. Add tomatoes; cook until heated through, about 5 minutes.
10. Pour balsamic vinegar into tomato mixture; add basil.
11. Cook and stir tomato mixture until flavors blend, about 3 minutes and until the mixture reaches and internal temperature of 165°F.
12. Place salmon on a plate and top with tomato sauce.
## Turkey Meatloaf

**from USDA Recipe for Schools – Page 1**

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>50 SERVINGS</th>
<th>100 SERVINGS</th>
<th>DIRECTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Weight</td>
<td>Measure</td>
<td></td>
</tr>
<tr>
<td>Water</td>
<td></td>
<td>1 qt</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>2 qt</td>
<td></td>
</tr>
<tr>
<td>Brown rice, long grain, regular, dry, parboiled</td>
<td>10 oz</td>
<td>1½ cups</td>
<td>1 Boil water.</td>
</tr>
<tr>
<td></td>
<td>2 Tbsp</td>
<td>1 lb 4 oz</td>
<td></td>
</tr>
<tr>
<td></td>
<td>3¼ cups</td>
<td></td>
<td>2 Place ¾ cup 1 Tbsp brown rice (5 oz) in a half steam table pan (12&quot; x 10&quot; x 2½&quot;).</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>For 50 servings, use 1 pan. For 100 servings, use 2 pans.</td>
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<tr>
<td></td>
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<td></td>
<td>3 Pour boiling water (2 cups per steam table pan) over brown rice. Stir.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Cover pans tightly. For 50 servings, use 1 quart. For 100 servings, use 2</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>quarts.</td>
</tr>
</tbody>
</table>

Image source: USDA, [https://theicn.org/cnrb/recipes-for-schools/](https://theicn.org/cnrb/recipes-for-schools/)
# Turkey Meatloaf

from USDA Recipe for Schools – Page 1

1. Clean and sanitize food prep surfaces.
2. Wash hands with soapy water, rinse, and dry.

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>50 SERVINGS</th>
<th>100 SERVINGS</th>
<th>DIRECTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Weight</td>
<td>Measure</td>
<td>Weight</td>
</tr>
<tr>
<td>Water</td>
<td></td>
<td>1 qt</td>
<td>2 qt</td>
</tr>
</tbody>
</table>
| Brown rice, long grain, regular, dry, parboiled | 10 oz      | 1 1/2 cups 2 Tbsp | 1 lb 4 oz | 3 3/4 cups | 2 Place 3/4 cup 1 Tbsp brown rice (5 oz) in a half steam table pan (12” x 10” x 2 1/2”).
For 50 servings, use 1 pan.
For 100 servings, use 2 pans.
3 Pour boiling water (2 cups per steam table pan) over brown rice. Stir. Cover pans tightly.
For 50 servings, use 1 quart.
For 100 servings, use 2 quarts.
# Turkey Meatloaf
from USDA Recipe for Schools – Page 2

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>50 SERVINGS</th>
<th>100 SERVINGS</th>
<th>DIRECTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Weight</td>
<td>Measure</td>
<td>Weight</td>
</tr>
<tr>
<td>Canola oil</td>
<td></td>
<td>¼ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>*Fresh onions, diced</td>
<td>8 oz</td>
<td>1½ cups</td>
<td>1 lb</td>
</tr>
<tr>
<td>*Fresh celery, diced</td>
<td>8 oz</td>
<td>1½ cups</td>
<td>1 lb</td>
</tr>
<tr>
<td>Garlic, minced</td>
<td>5 oz</td>
<td>¼ cup</td>
<td>10 oz</td>
</tr>
<tr>
<td>Raw ground turkey (no more than 15% fat)</td>
<td>8 lb 4 oz</td>
<td>1 gal ½ cup</td>
<td>15 lb 8 oz</td>
</tr>
</tbody>
</table>

4 Bake:  
- Conventional oven: 350 °F for 40 minutes.  
- Convection oven: 325 °F for 40 minutes.  
- Steamer: 5 lb pressure for 25 minutes.

5 Critical Control Point:  
- Heat to 135 °F or higher.

6 Remove rice from oven.  

7 Critical Control Point:  
- Cool to 41 °F or lower within 4 hours.

8 Heat oil in a large stock pot.

9 Add onions, celery, and garlic.  
- Sauté uncovered for 5–7 minutes or until soft.

10 Critical Control Point:  
- Heat to 135 °F or higher.


12 Critical Control Point:  
- Cool to 41 °F or lower within 4 hours.

13 Combine turkey, eggs, cranberries, spinach, Worcestershire sauce, salt, pepper, tomato paste, brown rice, and onion mixture in a large bowl.  
- Stir well.
Turkey Meatloaf
from USDA Recipe for Schools – Page 2

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>50 SERVINGS</th>
<th>100 SERVINGS</th>
<th>DIRECTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Weight</td>
<td>Measure</td>
<td>Weight</td>
</tr>
<tr>
<td>*Fresh onions, diced</td>
<td>6 oz</td>
<td>1 1/2 cups</td>
<td>1 lb</td>
</tr>
<tr>
<td>*Fresh celery, diced</td>
<td>8 oz</td>
<td>1 1/2 cups</td>
<td>1 lb</td>
</tr>
<tr>
<td>Garlic, minced</td>
<td>5 oz</td>
<td>1/4 cup</td>
<td>10 oz</td>
</tr>
<tr>
<td>Raw ground turkey (no more than 15% fat)</td>
<td>8 lb 4 oz</td>
<td>1 gal 1/4 cup</td>
<td>16 lb 8 oz</td>
</tr>
<tr>
<td>Wash and rinse all produce before prepping it: Onions, celery, garlic, and spinach.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7. Cool from 135 to 70 within 2 hours, then 70 or below within the next 4 hours.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11. Cool from 135 to 70 within 2 hours, then 70 or below within the next 4 hours.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12 Critical Control Point: Cool to 41 °F or lower within 4 hours.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13 Combine turkey, eggs, cranberries, spinach, Worcestershire sauce, salt, pepper, tomato paste, brown rice, and onion mixture in a large bowl. Stir well. Wash hands after handling raw mixture.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
# Turkey Meatloaf
from USDA Recipe for Schools – Page 3

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>50 SERVINGS</th>
<th>100 SERVINGS</th>
<th>DIRECTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Weight</td>
<td>Measure</td>
<td></td>
</tr>
<tr>
<td>Frozen whole eggs, thawed</td>
<td>14 oz</td>
<td>1½ cups 1 Tbsp 1¼ tsp</td>
<td>1 lb 12 oz 3 cups 2 Tbsp 2½ tsp</td>
</tr>
<tr>
<td>Dried cranberries, chopped</td>
<td>12 oz</td>
<td>2¼ cups 2 Tbsp</td>
<td>1 lb 6 oz 1 qt ¼ cup</td>
</tr>
<tr>
<td>*Fresh spinach, chopped</td>
<td>1 lb</td>
<td>1 qt 2½ cups</td>
<td>2 lb 3 qt 1 cup</td>
</tr>
<tr>
<td>Worcestershire sauce</td>
<td>¼ cup</td>
<td></td>
<td>½ cup</td>
</tr>
<tr>
<td>Salt</td>
<td>1 Tbsp 2 tsp</td>
<td></td>
<td>3 Tbsp 1 tsp</td>
</tr>
<tr>
<td>Ground black pepper</td>
<td>1 Tbsp</td>
<td></td>
<td>2 Tbsp</td>
</tr>
<tr>
<td>Canned no-salt-added tomato paste</td>
<td>8 oz</td>
<td>½ cup 3 Tbsp ½ tsp</td>
<td>1 lb 1½ cups 2½ tsp (approx. ¼ No. 10 can)</td>
</tr>
</tbody>
</table>

14 Press 3 qt 2 cups (about 7 lb) turkey mixture in a loaf pan (20¾” x 6½”).
   For 50 servings, use 2 pans.
   For 100 servings, use 4 pans.

15 Bake until golden brown:
   Conventional oven: 350 °F for 40–45 minutes.
   Convection oven: 325 °F for 30–35 minutes.

16 Critical Control Point:
   Heat to 165 °F or higher for at least 15 seconds.

17 Critical Control Point:
   Hold for hot service at 135 °F or higher.

18 Serve with roll.

19 Portion: Cut each loaf into 25 slices, ½” thick.
   Serve 1 meatloaf slice and 1 roll.
Turkey Meatloaf
from USDA Recipe for Schools – Page 3

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>50 SERVINGS</th>
<th>100 SERVINGS</th>
<th>DIRECTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frozen whole eggs, thawed</td>
<td>14 oz</td>
<td>1 lb 12 oz</td>
<td>Thaw pasturized eggs in the cooler, or submerge under running water (at 70 degrees F or below). Product should never exceed 41 degrees F for longer than 4 hours. Wash hands after handling raw eggs.</td>
</tr>
<tr>
<td>Dried cranberries, chopped</td>
<td>12 oz</td>
<td>1 lb 8 oz</td>
<td></td>
</tr>
<tr>
<td>*Fresh spinach, chopped</td>
<td>1 lb</td>
<td>2 lb</td>
<td></td>
</tr>
<tr>
<td>Worcestershire sauce</td>
<td>¼ cup</td>
<td>¼ cup</td>
<td></td>
</tr>
<tr>
<td>Salt</td>
<td>1 Tbsp 2 tap</td>
<td>3 Tbsp 1 tap</td>
<td></td>
</tr>
<tr>
<td>Ground black pepper</td>
<td>1 Tbsp</td>
<td>2 Tbsp</td>
<td></td>
</tr>
<tr>
<td>Canned no-salt-added tomato paste</td>
<td>8 oz</td>
<td>1 lb</td>
<td>14 Press 3 qt 2 cups (about 7 lb) turkey mixture in a loaf pan (20 3/4” x 6 1/2”). For 50 servings, use 2 pans. For 100 servings, use 4 pans.</td>
</tr>
<tr>
<td></td>
<td>½ cup</td>
<td>1½ cups</td>
<td>Wash hands after handling raw mixture.</td>
</tr>
<tr>
<td></td>
<td>3 Tbsp ½ tap</td>
<td>2½ tsp</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>(approx. ¼ lb)</td>
<td></td>
</tr>
<tr>
<td>Mini whole-grain rolls</td>
<td>3 lb 2 oz</td>
<td>6 lb 4 oz</td>
<td>18 Serve with roll.</td>
</tr>
<tr>
<td>(1 oz each)</td>
<td>50 each</td>
<td>100 each</td>
<td></td>
</tr>
</tbody>
</table>

15 Bake until golden brown:
   Conventional oven: 350 °F for 40–45 minutes.
   Convection oven: 325 °F for 30–35 minutes.

16 Critical Control Point:
   Heat to 165 °F or higher for at least 15 seconds.

17 Critical Control Point:
   Hold for hot service at 135 °F or higher.

19 Portion: Cut each loaf into 25 slices, ⅜” thick. Serve 1 meatloaf slice and 1 roll.
**Chicken Salad My Way - Before**

**Ingredients**

- 1 (1 inch) piece fresh ginger root
- 1 star anise pod (optional)
- 2 skinless, boneless chicken breast halves
- 1/2 cup mayonnaise
- 1/8 teaspoon salt
- 1 pinch ground black pepper
- 1 pinch paprika
- 1/2 teaspoon honey
- 1/2 cup diced celery
- 1/2 cup diced apples
- 1/4 cup diced red onion
- 1/4 cup chopped raisins
- 1/4 cup chopped walnuts
- 2 teaspoons minced fresh ginger root

**Directions**

1. Place the 1-inch piece of ginger and star anise in a pot of water over medium-heat and bring to a boil. Add chicken to the water. Lower heat to medium-low; simmer until chicken is no longer pink the middle, 10 to 12 minutes. Remove to a plate to cool. Once cool to the touch, dice into bite-sized pieces.

2. Make a dressing by whisking together the mayonnaise, salt, pepper, paprika, and honey; set aside.

3. Combine the diced chicken, celery, apple, onion, raisins, walnuts and 2 teaspoons minced ginger in a bowl. Drizzle dressing into the chicken mixture; stir until pieces are evenly coated. Cover and refrigerate overnight.

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## Chicken Salad My Way

**Ingredients:**

<p>| | | | |</p>
<table>
<thead>
<tr>
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<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1 (1 inch) piece fresh ginger root, 2 skinless, boneless chicken breast halves, 1/2 cup mayonnaise, 1/8 teaspoon salt, 1 pinch ground black pepper, 1 pinch paprika, 1/2 teaspoon honey, 1/2 cup diced celery, 1/2 cup diced apples, 1/4 cup diced red onion, 1/4 cup chopped raisins, 1/4 cup chopped walnuts, 2 teaspoons minced fresh ginger root</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

1. Wash hands and food prep surfaces with soapy water, rinse, and dry.
# Chicken Salad My Way

**Ingredients:**

- 1 (1 inch) piece fresh ginger root
- 2 skinless, boneless chicken breast halves
- 1/2 cup mayonnaise
- 1/8 teaspoon salt
- 1 pinch ground black pepper
- 1 pinch paprika
- 1/2 teaspoon honey
- 1/2 cup diced celery
- 1/2 cup diced apples
- 1/4 cup diced red onion
- 1/4 cup chopped raisins
- 1/4 cup chopped walnuts
- 2 teaspoons minced fresh ginger

<table>
<thead>
<tr>
<th></th>
<th>1. Wash hands and food prep surfaces with soapy water, rinse, and dry.</th>
<th>2. Bring pot of water over medium-heat to a boil.</th>
</tr>
</thead>
<tbody>
<tr>
<td>X</td>
<td></td>
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<tr>
<td>X</td>
<td></td>
<td></td>
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</tbody>
</table>
# Chicken Salad My Way

**Ingredients:**

- 1 (1 inch) piece fresh ginger root
- 2 skinless, boneless chicken breast halves
- 1/2 cup mayonnaise
- 1/8 teaspoon salt
- 1 pinch ground black pepper
- 1 pinch paprika
- 1/2 teaspoon honey
- 1/2 cup diced celery
- 1/2 cup diced apples
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- 2 teaspoons minced fresh ginger

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## Chicken Salad My Way

### Ingredients:
- 1 (1 inch) piece fresh ginger root
- 2 skinless, boneless chicken breast halves
- 1/2 cup mayonnaise
- 1/8 teaspoon salt
- 1 pinch ground black pepper
- 1 pinch paprika
- 1/2 teaspoon honey
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- 1/4 cup diced red onion
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### Steps:
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Chicken Salad My Way – After

Method
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Wrap-up

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Image credit: stormy from bigstockphoto.com
Questions?

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Nicole McGeehan nmd5140@psu.edu

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Training Survey- Please complete

https://tinyurl.com/FSafeRecipe