

Chicken or Turkey Salad

Makes 6 servings
(1 cup per serving)



1 1/2 cups chicken or turkey,
cooked and chopped

3 cups cooked macaroni
(12 ounces uncooked)

1 cup celery, chopped

1 medium onion, chopped

1 cup peas, frozen or canned

1 green pepper, chopped
(optional)

1 carrot, grated (optional)

1 cup lowfat mayonnaise or
salad dressing

Combine meat, cooked macaroni, and vegetables. Toss with mayonnaise. Serve salad with a slice of bread and fruit.

VARIATION: Use 3 cups cooked rice instead of macaroni.

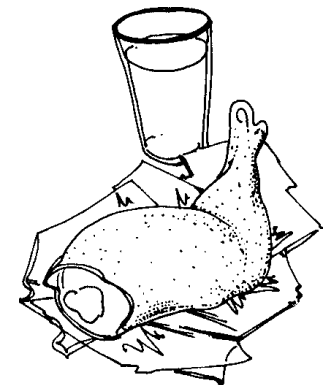
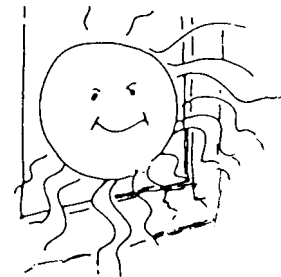
1 serving has 262 calories and 11 grams fat.

Keeping Your Food Safe

Bacteria can grow in foods at room temperature and some can make you sick.

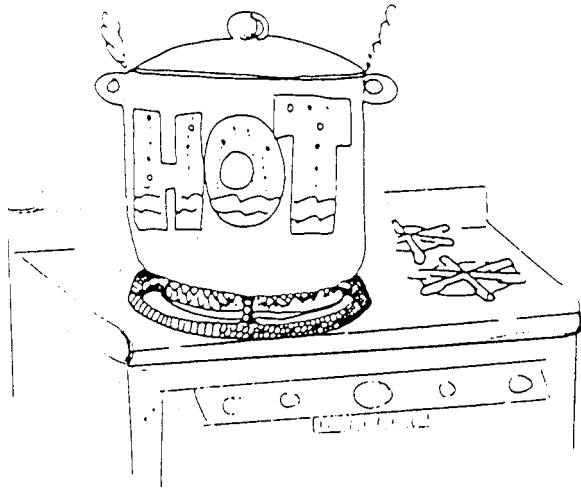
Remember:

- Thaw chicken in the refrigerator, or use microwave oven to thaw. Never on the counter.
- Cook chicken meat until well done, 180°F. When poked with a fork the juice looks clear, not pink.
- After cutting up raw chicken, clean the cutting board with warm soapy water. Rinse and sanitize with a dilute bleach solution, 1 teaspoon of bleach in 4 cups of water.
- Refrigerate cooked chicken until ready to use.
- Keep Chicken or Turkey Salad in the refrigerator until ready to serve.



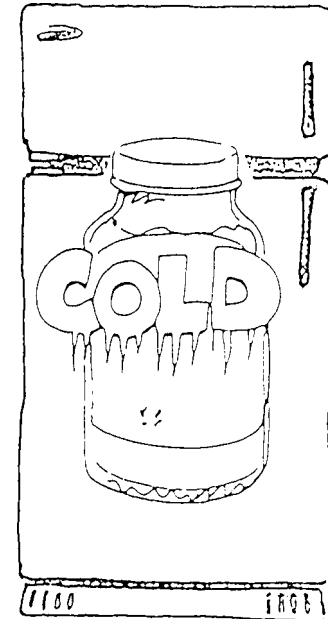
KEEPING FOOD SAFE

**Keep
Hot Food Hot**

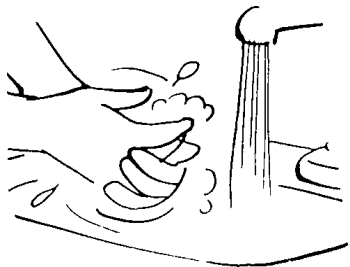


- Thaw meat, fish and poultry in the refrigerator. If you must thaw it quickly, use a microwave oven.
- Keep raw meat, poultry, fish, and their juices away from other foods. For example, don't put cooked or grilled meats back on the plate that held the raw meat.
- Use clean cutting boards.
- Refrigerate hot and cold food as soon as you are done eating or cooking it.

**Keep
Cold Food Cold**



Make sure your hands and your kitchen are clean!



Hands

Knives

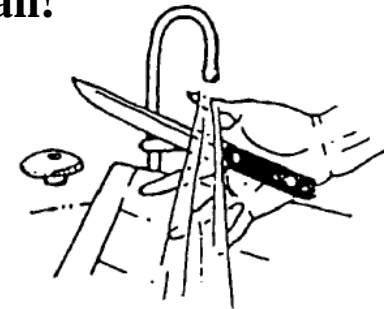
Cutting Board

Can Opener

Counter and Stove

Pots and Pans

- Wash hands before and after you touch food; use hot water and soap.



- Wash everything that touches food with hot soapy water.