Keeping Your Food Safe

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

**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  
(1 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.

**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.

This information is published by the University of Wisconsin Cooperative Extension Service in cooperation with USDA and Wisconsin counties. An EEO/Affirmative Action employer, University of Wisconsin Cooperative Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements. 2002.
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!

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

- Wash everything that touches food with hot soapy water.

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