

# Easy Ways to... Keep Food Safe

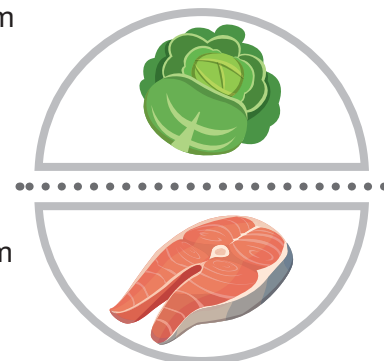
## CLEAN your hands and surfaces often.

- Wash your hands with soap and warm water for 20 seconds.
- Wash utensils and cutting boards regularly.
- Rinse produce under running water.



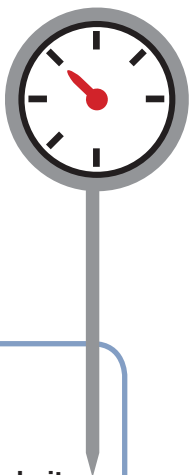
## SEPARATE raw meats, poultry and seafood.

- Store them away from ready-to-eat foods in your refrigerator.
- Use separate cutting and preparation surfaces.
- Keep them away from other foods in your shopping cart.



## COOK foods to a safe temperature.

- Heat foods to kill germs that can make you sick.
- Use a food thermometer to check internal food temperatures when cooking.

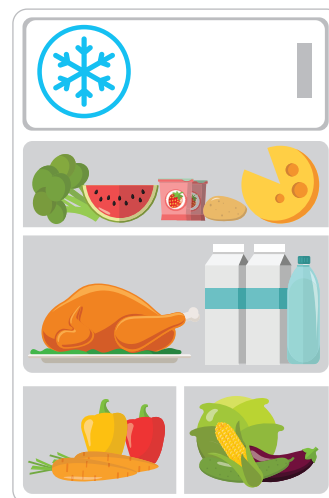


### Safe Cooking Temperatures:

- Poultry: **165 degrees Fahrenheit**
- Ground meats: **160 degrees Fahrenheit**
- Whole cuts of beef, pork, veal or lamb: **145 degrees Fahrenheit**

## CHILL foods.

- Keep your refrigerator at or below 40 degrees Fahrenheit.
- Refrigerate food within two hours of cooking or removing it from the refrigerator.
- Always thaw food in the refrigerator.



For healthy eating tips, like Eat Healthy, Be Active NYC on Facebook at [facebook.com/eatinghealthynyc](https://www.facebook.com/eatinghealthynyc).

For more information about Stellar Farmers Markets, visit [nyc.gov](https://www.nyc.gov) and search for [farmers markets](#).

For healthy recipes, visit [jsyfruitveggies.org](https://www.jsyfruitveggies.org).

This material was funded by United States Department of Agriculture's (USDA) Supplemental Assistance Program (SNAP). SNAP, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet. To find out more, contact 800-342-3009 or go to [myBenefits.ny.gov](https://www.myBenefits.ny.gov). USDA is an equal opportunity provider and employer. In accordance with Federal law and USDA policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call 202-720-5964 (voice and TDD).



*Just Say Yes* to Fruits and Vegetables



# Chicken Noodle Soup

SERVING: 2 CUPS  
YIELD: 6

PREP TIME: 10 MINS  
TOTAL TIME: 45 MINUTES

## Ingredients

- Cooking Oil Spray
- 1 lb Chicken Breast Boneless Skinless
- 1 tsp Poultry Seasoning
- 2 tbsp Buttery Spread (Smart Balance)
- 1 tsp Minced Garlic
- 2 cups Carrots, chopped
- 2 cups Celery, chopped
- 1 tsp Worcestershire sauce
- 2 (32 oz) cartons Unsalted Chicken Broth
- 2 cups Whole Wheat Egg Noodles (uncooked)

### Seasonings

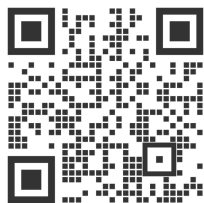
- 2 tsp Parsley Leaves
- 1 tsp Rosemary Leaves
- 1/2 tsp Dried Thyme
- 1/2 tsp Mustard Powder
- 1/2 tsp Salt

## Directions

- 1.Coat a large pot with cooking oil spray over medium high heat. Add the chicken and sear on each side for about 4-6 minutes, until a golden crust develops.
- 2.Remove the chicken and set aside. Let it rest for 10 minutes, then dice or shred.
- 3.Melt buttery spread in the same pot over medium heat. Use a silicone spatula to “clean” the bottom of the pot. This will work the brown “fond” into the broth, which adds a ton of flavor.
- 4.Add the carrots, and celery and soften for 10 minutes.
- 5.Add the garlic, Worcestershire sauce, and seasonings. Stir to combine.
- 6.Add the chicken, chicken broth, noodles and bay leaves. Bring to a boil, then reduce to medium heat and simmer, covered, for 15-20 minutes. Enjoy!

Nutrition Facts	
6 servings per container	
<b>Serving size</b>	<b>2 cups (0.0g)</b>
Amount Per Serving	
Calories	200
% Daily Value*	
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 350mg	<b>15%</b>
<b>Total Carbohydrate</b> 19g	<b>7%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 21g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1.3mg	8%
Potassium 330mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

\*Cost information includes lower cost ingredients found at local grocery store 01/25/23.



Cost Per Recipe	Cost Per Serving
\$10.49	\$1.75