FIGHT BAC!® LIKE A producepro

Partnership for Food Safety Education

As you enjoy fresh fruits and vegetables at home, follow these safe handling tips to help protect yourself and your family from food poisoning. It is important to be consistent in practicing safe food handling at home. For more information, go to www.fightbac.org.

CHECK
fresh produce for signs of cuts or bruising, where harmful bacteria can breed

- Check that the fresh fruits and vegetables you buy are not bruised or damaged.
- When choosing pre-cut fruits and vegetables like packaged salads and sliced melons, check that the product is refrigerated or on ice.

CLEAN
hands, surfaces and utensils to prevent contamination

- Wash hands with warm water and soap for at least 20 seconds before and after handling fresh fruits and vegetables.
- Clean all surfaces and utensils with hot water and soap, including cutting boards and knives, before and after preparing fresh fruits and vegetables.

RINSE
fresh fruits and veggies just before eating

- Just before use, rinse under running water only the fruits and vegetables you plan to eat, including those with skins or rinds that are not eaten.
- Firm-skinned fruits and vegetables should be rubbed by hand or scrubbed with a clean brush while rinsing under running tap water.
- Packaged fruits and vegetables labeled “ready-to-eat,” “washed” or “triple washed” should not be washed.
- Dry fruits and vegetables with a clean cloth or paper towel.
- Do not use soap or bleach to wash fresh fruits or vegetables. These products are not intended for consumption.

SEPARATE
produce from raw meat, seafood, poultry, eggs and household chemicals

- In your shopping cart and in bags at checkout, separate fresh fruits and vegetables from household chemicals and raw meat, poultry, seafood and eggs.
- In your refrigerator, keep fresh fruits and vegetables separate from raw meat, poultry, seafood and eggs.
- When preparing food, keep fresh fruits and vegetables separate from raw meat, poultry seafood, and eggs. Do not use the same cutting board or utensils without cleaning with hot water and soap before and after preparing fresh fruits and vegetables.

CHILL
cut fresh produce within two hours to prevent bacteria growth

- Keep your refrigerator at or below 40°F.
- Refrigerate all cut, peeled or cooked fresh fruits and vegetables within two hours of preparing.

THROW AWAY
bruised, damaged or potentially cross-contaminated produce

- Throw away any fresh fruit and vegetables that have not been refrigerated within two hours of cutting, peeling or cooking.
- Remove and throw away bruised or damaged portions of fruits and vegetables when preparing to cook them or before eating them raw.
- Throw away any fruit or vegetables that have touched raw meat, poultry, seafood or eggs.
- If in doubt, throw it out!

SPEND SMART. EAT SMART.®

Vegetable Frittata

Serves: 4 **Cost/Serving: 0.74** **Serving Size: 1 slice**

INGREDIENTS

- **2 cups** vegetables, chopped (mushrooms, onions, peppers, tomatoes)
- **6** eggs
- **1/4 cup** nonfat milk
- **1/2 cup** shredded cheese

INSTRUCTIONS

1. Heat an oven proof skillet over medium heat. Spray with nonstick cooking spray. Add vegetables and sauté until tender, 3–5 minutes. Reduce heat to medium low.
2. While vegetables are cooking, beat eggs and milk together in a medium sized bowl. Stir in cheese.
3. Turn oven broiler on high.
4. Pour eggs over vegetables. Cover with a lid. Cook until eggs are nearly set, about 6 minutes. Do not stir and do not remove lid.
5. Remove lid from skillet and place skillet in the oven. Broil until eggs are completely set and lightly browned, 2–3 minutes.

TIPS

Use leftover vegetables, frozen vegetables that have been thawed, or canned vegetables that have been drained and rinsed.

Season eggs in step 3 to add more flavor. Add dried herbs, ground black pepper, or garlic powder.

Include fruit at breakfast
At breakfast, top your cereal with bananas, peaches, or strawberries; add blueberries to pancakes; drink 100% orange or grapefruit juice. Or, try a fruit mixed with fat-free or low-fat yogurt.

Nutrition Facts

4 servings per recipe
Serving Size: 1 slice

Amount Per Serving

Calories	**190**
	% Daily Value*
Total Fat 12g	**18%**
Saturated Fat 5g	**25%**
Trans Fat 0g	
Cholesterol 295mg	**98%**
Sodium 210mg	**9%**
Total Carbohydrates 5g	**2%**
Dietary Fiber 1g	**4%**
Total Sugars 3g	
Added Sugars	**NA***
Protein 14g	
Vitamin D 2 mcg	**10%**
Calcium 168 mg	**15%**
Iron 2 mg	**10%**
Potassium 256 mg	**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.

NA* - We are currently in the process of integrating the new FDA Nutrition Standards. Added Sugar information is not currently available for the recipe. We will be updating the information shortly.

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