Recipe for Safer Cooking

I’d like to share some words of wisdom from the National Association of State Fire Marshals and the National Safety Council. Here’s their recipe for safer cooking you need to use daily:

🔥 Keep an eye on your cooking and stay in the kitchen. **Unattended cooking is the #1 cause of cooking fires.**

🔥 Wear short or close-fitting sleeves. Loose clothing can catch fire.

🔥 Clean cooking surfaces to prevent food and grease build-up.

🔥 Watch the grandkids closely. When they are old enough, teach children to cook safely.

🔥 Keep curtains, towels and pot holders away from hot surfaces, and store solvents and flammable cleaners away from heat sources. Never keep gasoline in the house. Turn pan handles inward to prevent food spills.

🔥 If you have a kitchen fire, call the fire department immediately. Keep a fire extinguisher in the kitchen.

Make sure you have the right type of fire extinguisher and training to use it.

Keep a working smoke detector in your home and test it monthly.

To put out a cooking fire in a skillet or pan, slide a pan lid over flames to smother a grease or oil fire. Then turn off the heat and leave the lid in place until the pan cools. Never carry the hot pan outside.

Extinguish other food fires with baking soda. **Never use water, flour or baking powder on cooking fires.** These may cause the fire to get larger or create an explosion.

Keep the oven door shut and turn off the heat to smother an oven or broiler fire.
FRIED RICE
Makes 6 (1 cup) servings

Ingredients:
2 tablespoons vegetable oil
2 tablespoons soy sauce
3 cups cooked rice (preferably brown)
½ teaspoon black pepper
1 carrot, cut into ¼-inch slices
½ teaspoon garlic powder
½ bell pepper, chopped
2 eggs, beaten
½ cup chopped onion
¾ cup cooked bite size pieces of chicken or beef (may use canned)
½ cup chopped broccoli

Directions:
(Have all ingredients measured and ready before beginning to cook.)
1. Heat oil in a large skillet over medium heat.
2. Add cooked rice and stir for 5 minutes.
3. Stir in carrot, bell pepper, onion, broccoli, soy sauce, black pepper, and garlic powder. Cook until vegetables are tender.
4. Remove mixture from pan.
5. Pour eggs into pan and scramble.
6. Put vegetable mix and rice back in to pan and mix with scrambled eggs.
7. Add chicken/beef and cook until hot.
8. Refrigerate leftovers.

Nutrition information for 1 serving (1 cup) (made with chicken):
230 calories, Fat 8g, Saturated Fat 1.5g, Cholesterol 85mg, Carbohydrates 28g, Fiber 3g, Protein 12g.

Source: Eating Smart – Being Active Cookbook; EFNEP; USDA, University of Colorado and Colorado State Extension; page 25.

Food substitutions
If you don’t have: Use:
Buttermilk (1 cup) 1 tablespoon lemon juice or vinegar and milk to make 1 cup. Stir and let stand about 5 minutes.
Bread crumbs Cracker crumbs, or sliced bread toasted, cubed, and crumbled.

EATING SMART SEASONING MIX
Makes 2 3/4 cups

Ingredients:
1 ¼ teaspoon black pepper
1 tablespoon garlic powder
2 tablespoons dried parsley flakes
¾ cup dried, minced onion
2 cups dry milk

Directions:
1. Combine all ingredients
2. Store in airtight container.
3. Use in recipes as indicated.

Source: Eating Smart – Being Active Cookbook; EFNEP; USDA, University of Colorado and Colorado State Extension; page 48.

BEFFY MACARONI & CHEESE
Makes 4 (1 cup) servings

Ingredients:
¾ pound ground beef
1 ½ cups water
1 cup uncooked macaroni
1 (15 ounce) can diced tomatoes, undrained
½ cup Eating Smart Seasoning Mix (recipe above)
½ cup grated cheese

Directions:
1. Brown beef in a large skillet, drain the fat.
2. Add water, macaroni, tomatoes, and seasoning mix. Stir.
3. Bring to a boil, reduce heat to low and simmer, covered, for 15 to 20 minutes
4. Remove from heat and add ½ cup grated cheese.
5. Taste; then add a small amount of salt if needed.
6. Refrigerate leftovers.

Nutrition information for 1 serving:
440 calories, Fat 20g, Saturated Fat 9g, Cholesterol 90mg, Carbohydrates 31g, Fiber 2g, Protein 34g.

Source: Eating Smart – Being Active Cookbook; EFNEP; USDA, University of Colorado and Colorado State Extension; page 51.

Be creative! Add chopped cooked onion and bell pepper!