

and picnics perfect

As temps rise, be sure to lower risk for food poisoning

The calendar says otherwise, but Monday was the kickoff to summer for me.

Many people go camping for the first time of the year on Memorial Day weekend. I can now be included in that statistic. When I think about summer and food, I think of so many foods I love to eat in season — peaches and cantaloupe, to name a couple of examples. Summer food safety is a top on my list as well. As temperatures rise, so does the need to handle food with care.

Keep food safety in mind when planning what you are going to take to picnics and camping. At the Oregon State University Extension office, a favorite saying of our master food preservers is, "Keep hot food hot and keep cold food cold." Meaning if a dish

is supposed to be cold — like potato salad, a picnic favorite — you need to make sure to cool within two hours of preparation to 40 degrees or lower. When transporting the salad, don't forget to keep it in a cooler with ice.

Never let items sit out on your picnic table for longer than two hours without ice. Also, don't put items in the direct sun, where they could warm up quickly to unsafe temperatures.

When transporting hot foods such as cooked meats, cool them before transporting, then reheat them to 165 degrees at the site if you're not eating the foods in two to three hours. Make sure you can properly transport and keep the food at the correct temperature in the time frame you are planning for making and serving the food items.

Even with all of this planning,



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Extension Spotlight

remember: When in doubt throw it out. Sometimes we just aren't sure if food was held at the proper temperature or how long it sat out in the sun. Best to be safe and throw it out.

A great healthy picnic meal could include Sunshine Roll-Ups,

Spring Green Salad and Rhubarb Blueberry Crisp. When transporting the Sunshine Roll-Ups, you can prepare the filling and keep it in a cooler with ice. Then make up the salad and dressing and keep it in the cooler as well.

Cook and chill the Rhubarb Blueberry Crisp at home, then take it in the cooler to eat cold after the meal. The great thing about crisps is they taste great at any temperature.

Remember, food safety is essential for a healthy summer. Enjoy the provided recipes at your next healthy, safe picnic.

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So you know ...

Oregon State University is asking Oregonians about recipes, cooking, and healthy eating.

Are you age 18 or older? Do you help shop for food and make meals at home? Do you have kids living at home? If your answer is "yes" to each of these questions, take our survey and get your choice of a free kitchen tool, such as a bamboo spatula or measuring spoons. Your name will also be entered into a raffle to win one of four skillets and skillet recipes.

The online survey will take about 10 minutes to fill out. Complete the survey by May 30 to be entered in the raffle.

Raffle winners will be contacted by phone on or before June 6.

To take the online survey, go to bit.ly/OSU-SPRING-2014.

Crunch, color and the zing of citrus make Sunshine Roll-Ups stand out.

Photo courtesy of OSU extension

SUNSHINE ROLL-UPS

1 cup cooked, diced chicken*
 ½ cup finely chopped celery
 ⅔ cup canned, drained mandarin oranges**
 ¼ cup minced onion (green, red or yellow)
 2 tablespoons mayonnaise
 1 teaspoon soy sauce
 ¼ teaspoon garlic powder
 ¼ teaspoon pepper
 1 large whole wheat tortilla
 4 medium lettuce leaves, washed and patted dry
 In medium bowl, mix chicken, celery, oranges and onions. Add mayonnaise, soy sauce, garlic and pepper. Mix gently until chicken mixture is coated. Lay tortilla on clean cutting board or large plate. With a knife or clean scissors, cut tortilla into four quarters. Place 1 lettuce leaf on each tortilla quarter, trimming leaf so it doesn't hang over edge of tortilla. Place a quarter of chicken mixture in the middle of each lettuce leaf. Roll tortillas up into a cone, with the two straight edges coming together and the curved edge creating the opening of the cone. Eat like a sandwich. Refrigerate leftovers within 2 hours

RHUBARB BLUEBERRY CRISP

TOPPING
 ½ cup packed brown sugar
 ½ cup flour
 ½ cup rolled oats
 ¼ cup melted margarine
FRUIT FILLING
 3 cups chopped rhubarb
 3 cups blueberries*
 2 tablespoons cornstarch
 ½ cup sugar
 1 cup cranberry juice**
 1 teaspoon vanilla
 Mix the brown sugar, flour and oats in a bowl. Stir in the margarine. Set aside. Spread the rhubarb and blueberries in an 8-inch baking dish. In a medium saucepan, mix cornstarch and sugar and stir in the juice. Cook over medium heat until thickened, stirring constantly. Add the vanilla and pour mixture over the rhubarb and blueberries. Crumble the oat mixture on top. Bake at 350 degrees for 45 minutes. Serve warm or cold. Refrigerate leftovers within 2 hours

SPRING GREEN SALAD

6 ounces spinach (about 7 cups)
 3 oranges
 1 ½ cups strawberries, halved
 1 cup walnut pieces (toasted if desired)
DRESSING
 1 teaspoon sugar
 ¼ teaspoon paprika
 2 tablespoons orange juice
 1 tablespoon lemon juice
 1 ½ teaspoons vinegar
 1 teaspoon finely chopped onion
 2 tablespoons salad oil
 Wash, dry and tear spinach; chill pieces. To prepare orange: Cut off peel and membrane of outer part of the sections. Using a paring knife, gently cut out sections from membrane edges. You end up with orange sections with no outer membrane. It is worth the extra effort to see the vibrant color. To make dressing: Combine all ingredients in a jar and shake well or blend in a blender.