

Southern University and A&M College System

AGRICULTURAL RESEARCH AND EXTENSION CENTER

NUTRITION NIBBLES

FAMILIES FIRST: NUTRITION EDUCATION WELLNESS SYSTEM

Nutrition Nibbles

How To Store Leftovers

After everyone has eaten and it has been within 2 hours after cooking, storage is the last stage of a safe meal. Make sure you follow this check off list to so that the memories of your meals will be good ones.

- ❖ Store food in shallow dishes with covers or wrapped in foil/plastic wrap within 2 hours of cooking. Make sure plastic wrap/foil are securely wrapped on the container.
- ❖ Eat refrigerated leftovers within 3-4 days.
- ❖ Gravy should be used within 1-2 days.
- ❖ Freeze leftovers for later use by covering tightly in foil or in freezer bags.
- ❖ Leftovers can be reheated in the oven, in the microwave, on top of the stove or over boiling water. Make sure your food gets hot enough. A thermometer is the only safe way to tell if food is hot enough to eat. Food should be evenly heated to a temperature of 165 degrees in the thickest part.



“Eat Healthy - Stay Healthy”

What's Cooking?

Barbeque Rice

- 3 cups rice, cooked
- 1 cup celery, chopped
- 1/2 cup onion, chopped
- 1 stick butter (unsalted)
- 2 (10 3/4oz.) cans cream of chicken soup
- 1 (14 1/2 oz.) can chicken broth (low sodium)
- 1 Tbsp. liquid smoke

Preparation steps:

Melt butter in skillet and add onion and celery. Cook until tender. Add soup, broth, and smoke. Mix in rice. Put in baking dish and bake at 350 degrees for 30 minutes. Yields 6 servings.

Nutrition Facts

Serving Size (316g)		Servings Per Container	
Amount Per Serving			
Calories 230	Calories from Fat 90		
% Daily Value*			
Total Fat 11g	17%		
Saturated Fat 6g	30%		
Cholesterol 30mg	10%		
Sodium 480mg	20%		
Total Carbohydrate 28g	9%		
Dietary Fiber 1g	4%		
Sugars 2g			
Protein 7g			
Vitamin A 20%	Vitamin C 6%		
Calcium 4%	Iron 10%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 + Carbohydrate 4 + Protein 4			



References:
 Health and Wellness Center, Bolling Air Force Base, DC
 Centsible Nutrition Cook Book, University of Wyoming Cooperative Extension

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