

The Cedar Culinary

News that's good enough to eat!

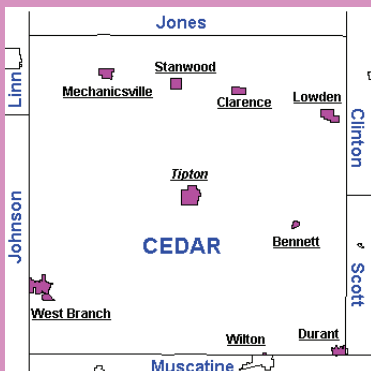
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The Cedar Culinary is a monthly newsletter published by Cedar County Health Dept.

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Cedar County
Environmental Health
& Zoning Department

Salmonella Salmonella

Recent Recalls in the Food Industry

The FDA is taking steps to protect the public following the early identification of Salmonella in one company's supply of a common processed food ingredient.

At this time, no illnesses are known to be associated with this problem of contamination.

To prevent illnesses from occurring, FDA is advising industry about which products to recall and providing consumers with recommendations.

What is HVP?

HVP stands for hydrolyzed vegetable protein, a substance used in small amounts to add flavor to many commercially processed foods, such as soups, hot dogs, stews, dips, salad dressings, gravies, frozen dinners, and snack foods.

What products are affected?

FDA has posted a searchable website of products affected by the recall online at www.FoodSafety.gov. This website will be updated as more products are recalled.

What I can I do?

FDA is recommending that consumers should:

Check www.FoodSafety.gov² for a list of recalled products, remember to follow cooking instructions for all foods and report symptoms of Salmonella or other food-related illness to your local health care professional.

How did FDA identify this problem?

FDA learned of this problem before any disease outbreak occurred. The agency received a report of contamination, inspected the facility and worked to put in place measures to instruct industry and protect consumers. FDA is continuing to assess the situation and may make additional recommendations as more information becomes available.

What is Salmonella?

Salmonella is the name of a group of bacteria and is one of the most common causes of bacterial foodborne illness in the United States. Most common symptoms include: fever, diarrhea (which may be blood), nausea, vomiting, and abdominal pain. Consumers who experience any of these symptoms should contact their health care professional.

National Grilled Cheese Month



With perfect timing...Hardees is now offering a 1/3 pound grilled cheese bacon thickburger - a char-broiled all beef patty topped with crispy bacon, slices of melted Swiss and American cheese, and mayonnaise served on grilled sour-dough bread.

However, if you are the traditional type and enjoy the classic grilled cheese sandwiches the best, there are several tips that can be found online to help you in making the perfect one.

Some of these tips include:

- Use a nonstick pan for best results rather than a cast iron.
- Place a lid on top of the pan while you are cooking the sandwich to thoroughly melt the cheese.
- If using a bar of cheese, grate it rather than slice it. Grated cheese melts quicker and more evenly.



RECIPES:

Grilled Cheese Sandwich

*From the Fannie Farmer Cookbook
by Marion Cunningham*

- 2 slices cheese
- 2 slices white bread
- 2 tablespoons butter

1. Put the cheese between the slices of bread. Heat 1 tablespoon of the butter in a skillet or grill and when melted add the sandwich.
2. Gently press down with a spatula once or twice during the grilling.
3. When one side is golden, add the remaining tablespoon of butter, turn the sandwich over, and brown.

CHANGE IT UP:

1. Spread jam /jelly on the bread before eating.
2. Use different "buns" like breaded eggplant, potato skins or fried green tomatoes.
3. Try different cheeses.

World Health Day

In 1948, the World Health Organization (WHO) held the First World Health Assembly. The Assembly decided to celebrate April 7th of each year as the World Health Day. The day was celebrated to create awareness of a specific health theme each year.

This year's theme is "1000 cities, 1000 lives." Events will be organized worldwide during the week of April 7-11.

The global goals of the campaign are:

- 1000 cities: to open up public spaces to health, whether it be activities in parks, town hall meetings, clean-up campaigns, or closing off portions of streets to motorized vehicles.
- 1000 lives: to collect 1000 stories of urban health champions who have taken action and had a significant impact on health in their cities.

Whether your city or one near you is taking part in this campaign or not, for one week lets think of our health and the world's health and see what we can do individually to take part.



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Diabetic Recipes: Creamy Cheesecake w/ Fresh Raspberries

172 calories per serving;
makes 12 servings

Ingredients

1 cup graham cracker crumbs
2 T. margarine, melted
3 large eggs, separated
1 large egg white
1/4 tsp. cream of tartar
3/4 cup + 2 T. sugar
2 T. cornstarch
4 cups yogurt cheese made from nonfat plain yogurt
1 1/2 tsp. grated lemon zest
2 tsp. pure vanilla extract
2 T. sugar-free red rasp-

berry preserves

1 cup fresh raspberries, rinsed and drained dry

Directions:

1. Preheat oven to 325°F
2. Combine the graham cracker crumbs and margarine. Pat evenly over the bottom and about 1/2 inch up the sides of a 9 1/2-inch pan. Bake in oven for 15 minutes.
3. Meanwhile, using an electric mixer on high speed, beat the 4 egg whites and cream of tartar in a large bowl until foamy. Gradually

add 6 tablespoons of the sugar substitute, 1 tablespoon at a time, beating until egg whites form stiff peaks.

4. In another large bowl, stir the remaining sugar substitute with the cornstarch, then add the egg yolks, yogurt cheese, lemon zest, and vanilla. Beat (using the unwashed mixer beaters) until well blended.
5. Fold beaten egg whites into cheese mixture. Spoon the mixture into the partially-baked

crust. Bake in the oven until center barely jiggles when gently shaken, 50 - 60 minutes. Remove from oven and cool, then cover and chill for up to 1 day.

6. Melt preserves in a small pan over medium heat, stirring often. Cool, stirring occasionally, until the preserves form a thick syrup, about 5 minutes. Remove pan rim. Mound fresh raspberries on the cheesecake and drizzle with preserve syrup. Chill.

Kids Corner: Coloring

