Simply Florida Highlights
Curried Chicken Salad

Ingredients:
2 c. chopped cooked chicken
3/4 c. dried cranberries
1/2 c. thinly sliced celery
1/4 c. chopped pecans
2 Tbsp. thinly sliced green onions
3/4 c. mayonnaise or mayo-type salad dressing
2 tsp. lime juice
1/2 to 3/4 tsp. curry powder

Directions:
Combine the chicken, cranberries, celery, pecans and green onions in a bowl and mix well. Mix the mayonnaise, lime juice and curry powder in a separate bowl and mix well. Add the mayonnaise mixture to the chicken mixture and mix well. Cover and chill until serving time.

Makes 6 servings

Source: This recipe is from the Simply Florida cookbook. Come by the office today and get your copy. See front page for details.
**Food Safety: Summertime Grilling**

It's that time of year again when outdoor cooking is enjoyed by so many. Follow these tips below to be sure your finished product is safe and enjoyable.

**Precooking**
Precooking food partially in the microwave, oven, or stove is a good way to reduce grilling time. Just make sure that the food goes immediately on the preheated grill to complete cooking.

**Cooking Thoroughly**
Cook food to a safe internal temperature to destroy harmful bacteria. Meat and poultry cooked on the grill often brown very fast on the outside. Use a food thermometer to be sure the food has reached a safe internal temperature.

Whole poultry should reach 180°F; breasts, 170°F. Hamburgers made of ground beef should reach 160°F; ground poultry, 165°F. Beef, veal, and lamb steaks, roasts, and chops can be cooked to 145°F for medium rare and 160°F for medium. All cuts of pork should reach 160°F.

*Never partially grill meat or poultry and finish cooking later.*

**Keeping Hot Food Hot**
After cooking meat and poultry on the grill, keep it hot until served--at 140°F or warmer. Keep cooked meats hot by setting them to the side of the grill rack, not directly over the coals where they could overcook. At home, the cooked meat can be kept hot in a warm oven (approximately 200°F), in a chafing dish or slow cooker, or on a warming tray.

**Serving**
When taking food off the grill, use a clean platter. Don't put cooked food on the same platter that held raw meat or poultry. Any harmful bacteria present in the raw meat juices could contaminate safely cooked food.

In hot weather (above 90°F), food should never sit out for more than one hour.

**Safe Smoking**
Smoking is cooking food indirectly in the presence of a fire. It can be done in a covered grill if a pan of water is placed beneath the meat on the grill. Meats can also be smoked in a "smoker," which is an outdoor cooker especially designed for smoking foods. Smoking is done much more slowly than grilling, so less tender meats benefit from this method, and a natural smoke permeates the meat. The temperature in the smoker should be maintained at 250°F to 350°F for safety. Use a food thermometer to be sure the food has reached a safe internal temperature.

Source: [http://solutionsforyourlife.com/hot_topics/families_and_consumers/grill_safety.html#cooking](http://solutionsforyourlife.com/hot_topics/families_and_consumers/grill_safety.html#cooking)