



Week 2 Participant Manual: **Picnics**



Week 2 Contents

- Picnic Safety Tips
- Replacements for Sodas
- Perfect Picnic Recipes

Journaling

- How do you personally do with soda consumption? Is there anything you are willing to change and what would you change.
- Plan a picnic that you will host this summer.



Picnic Time

Food Safety

The CDC estimates that 76 million people suffer from food poisoning. Summer time is full of picnics, and picnics bring food out into the open where it can stay warm too long.

Avoid an outbreak of food poisoning this summer by following simple guidelines about food safety and food handling.



Cooking outdoors no matter what time of the year, more and more people are cooking outdoors. But outdoor cooking during the summer seems to pose a few extra challenges - leaving food out for just a short period of time under the hot sun can result in harmful bacteria rapidly multiplying and it increases the chance of getting foodborne illness. Here are some basic guidelines for safe food handling during the hot summer months.

From Store to Home

- * Purchase refrigerated or frozen items after you have selected all your non-perishables.
- * Put raw meat/poultry in a plastic bag so juices won't cross-contaminate your fruits or vegetables.
- * Immediately refrigerate all perishable items when you get home.
- * Completely defrost meat/poultry, so that it cooks more evenly and doesn't leave raw or poorly cooked places.
- * When transporting food to another location, whether on a long family trip or just a short distance to the park, it is important to keep it cold to minimize bacterial growth.
- * Keep meats refrigerated until ready to use.
- * Pack perishable food from the refrigerator to the cooler just before leaving and keep on ice until ready to use.
- * Keep cooler out of direct sunlight and avoid opening it too often.

Hint: Pack beverages in one cooler and foods in another.



Keep it Clean!

Whether preparing food in your kitchen for the backyard grill or putting it all together at the campground, be sure to keep food surfaces clean. And with so many "cooks in the kitchen", or at the grill, make sure to have plenty of clean utensils and platters on hand.

To prevent foodborne illness, don't use the same utensils or platters for raw and cooked meats. If you are headed to the park or campgrounds, find out if there is a source of clean water. If not, bring water for preparing and cleaning. Or pack both dry and wet clothes for cleaning surfaces and hands.

Cooking Meat Temperatures

<http://www.foodsafety.gov/keep/charts/mintemp.html>

Finally, to make the most of your summer picnics:

Be Active. Enjoy the fresh air. Being outdoors is a great chance to include some exercise and burn



Picnic Drinks-Substitutes for Diet and Regular Sodas

- Add herbs or slices of fruit to your water (or create a combination).

Orange	Lemon	Peppermint
Lime	Pineapple	Spearmint
Cucumber	Pear	Ginger
- Mix ½ cup sparkling mineral water (carbonated water) with ½ or less of 100% fruit juice of choice.
- Tea (can be made from the bag or purchased without sweetener).
 - Try a new tea. Many say they do not like tea but there might be a tea they never tried that they would like.
 - Enjoy it iced or hot
 - With teas you can add a bit of honey or sugar. Just focus on using less. Add less and try it. You might be shocked that you actually will use less than you think you want to use. Plus when you stop drinking so much soda and artificial sweeteners their taste for sugar does come way down. So you will be satisfied with using less in your drink.
- Iced coffee
 - You can drink coffee black, or with some cream and/or sugar. Just be aware of the amount of cream and sugar you are adding. A little bit does go a long way. Refer to the information under teas.
- Coconut water
- Beer, wine or a spirit
- Lemonade made with real lemon and a little of bit of sugar
- Fruit smoothie

*** Note, with calorie laden beverages it is all about the amount. Enjoy the beverage but just be aware of the amount you are having. Serve yourself in smaller cups and serve yourself less than you usually tend to serve yourself. Take your time with your beverage. Sip it, don't gulp it.

***Whenever you make a beverage yourself, you can control the amount of sugar that goes into it. But if you buy a beverage that contains sugar it usually contains way more sugar than you would've put into it if you made it yourself.

***As we hear over and over and over again too much of anything can be harmful to us. So as with anything, this list of drinks should be used with balance and moderation.



Picnic Recipes

Angelic Deviled Eggs

You'll need

- 12 eggs
- 3 Tablespoon mayonnaise
- 1 teaspoon Dijon mustard
- 1 teaspoon French's mustard
- Salt
- Pepper
- Cayenne to taste
- Sliced olives
- Optional ingredients: Half-n-half (a petite splash), relish (a touch)

To Start

- Set the eggs in a pan of cold water, and then bring the water to a boil. Once it comes to a boil, set the timer. Here at home, the time to boil eggs is 13 minutes flat. Of course, if you're at a higher altitude, you'll have a longer boil time.
- When the timer goes off, run cold water into the pan to cool the eggs. After about 2-3 minutes, take them out and peel the shells.

Next -- the yolks

- Getting them out of the egg without destroying the white takes just a bit of care. First cut them lengthwise before gently separating the yellow around the edges.
- Now press gingerly on the underside of the egg half and turn it over to pop the yolk out. Put all yolks into a small bowl and add the mayonnaise, mustard, salt, and pepper.

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Tricks

- You can make these a bit more "devilish," like I like them, by throwing in a conservative sprinkle of cayenne.
- But the thing that really makes them silky and "angelic" is by adding one Tbsp half-n-half to the mix. Another suggestion is to throw in one Tbsp relish.
- Taste and correct the seasonings with each addition.

Finishing up

- When the mix makes you moan out loud, you know you've gotten it right! Now take a small spatula and refill the tiny cups in the egg whites, one at a time.
- Finally sprinkle it over with just a bit of cayenne and top it with a slice of olive.

Eating Instructions

- This recipe comes with eating instructions. Guilt-free eating only comes when you take small bites, make it last, and control your portions.
- So have a half, two at most, as one luscious part of a great meal with your family and friends! That way you get the taste, you get the superb health benefits of eggs, and you don't compromise your heart or pants sizes! Perfect.

Play with your Food

- Use white pepper instead of black.
- Add some finely chopped chives to tops of eggs



Potato Salad without Mayonnaise

You'll Need:

- 2 ½ pounds potatoes
- ½ of a medium red onion, finely chopped
- 1/4 cup parsley, finely chopped
- 1/4 cup olive oil
- 1/3 to 1/2 cup lemon juice
- Salt and pepper to taste

Directions:

- Boil whole potatoes (skins on) until done. Drain and let cool and then cube.
- Add other ingredients. Garnish, as desired, and keep refrigerated.

Note: You can peel the potatoes if you would like but remember if you leave the skins on you get additional fiber and it makes the cooking process that much easier.

Play with Your Food

- Add some sliced green onion and hold back a tiny bit on the red onion.
- Use a white onion
- Try with cilantro instead of parsley



Olive Tapenade

This is a nice alternative to the standard picnic appetizers.

You'll Need:

- 3 cloves garlic, peeled
- 1 cup pitted Kalamata olives
- 1 Tablespoon capers (or more)
- 3 tablespoons chopped fresh parsley or chives
- 1 1/2 Tablespoons lemon juice (or more)
- 2 Tablespoons olive oil
- Salt and pepper to taste

Directions

- Place the garlic cloves into a blender or food processor; pulse to mince.
- Add the olives, capers, parsley (or chives), lemon juice, and olive oil.
- Blend until everything is finely chopped.
- Season to taste with salt and pepper.

Play with Your Food

- Try with a combination of olives.
- Use 2 Tablespoons red wine vinegar instead of the lemon juice.



Boston Baked Beans

You'll Need:

- 4 cups cooked navy beans
- 1/3 cup molasses
- 1 Tablespoon olive oil
- 1 large white onion, sliced
- 2 Tablespoons brown sugar
- 1 teaspoon ground ginger
- 1 teaspoon salt
- 1 teaspoon dry mustard

Directions

- Preheat oven to 350 F. Combine the beans, molasses, oil, onion, brown sugar, ginger, salt and dried mustard in a 1 ½ quart baking dish. Add ¼ cup of water to baking dish. Mix thoroughly and then cover and bake for 30 minutes.
- While this is baking heat the oil in a skillet and saute the onion slices until slightly browned. After the beans have baked for 30 minutes take them out of the oven and top with the onions and then bake uncovered for 10 minutes.

Play with Your Food

- Add some finely chopped cooked bacon



Lemon Iced Green Tea

You'll Need:

- 2 cups water
- 1 Tablespoon honey
- 1 1/2 teaspoons grated lemon peel
- 6 green tea bags
- 4 teaspoons fresh lemon juice

Directions

- Add water and lemon peel to medium saucepan and bring to boil over medium heat. Reduce heat to where it sustains a gentle boil and cook for about 7 minutes.
- Remove from heat and stir in honey and add the green tea bags. Steep this tea mixture for 8 to 10 minutes stirring or dunking the bags often.
- Remove tea bags and stir lemon juice into the tea liquid. Cover and refrigerator for up to 1 to 2 weeks.
- To make a cup of iced tea, pour 1/4 cup of the concentrated tea mixture into a tall glass and stir in 3/4 cup of seltzer water or regular water. Add ice cubes and enjoy!

Play with Your Food

- Try different honeys
- Add fresh mint
- Try black tea or an herbal tea of choice



Pineapple Spritzer

You'll Need:

- ½ cup pineapple juice
- ½ cup seltzer water
- ¾ teaspoon lime
- Fresh mint (as much as you would like)

Directions

- Muddle mint. This step is not necessary but will create a stronger mint flavor.
- Mix all other ingredients together.

Play with your Food

- Try this with another fruit juice
- Leave out the mint