



A Simple Mexican Salad

Makes: 4 Servings

Total Cost: \$2.24

Serving Cost: \$.056

Ingredients:

- ◆ 2 cucumbers
- ◆ 2 oranges
- ◆ 1 lemon or lime (the juice)
- ◆ 1/2 tsp chili powder
- ◆ 1/2 tsp salt

Directions:

1. Wash the cucumber, oranges and lemon or lime under cold running water.
2. Slice the cucumbers. Peel and cut the oranges into small pieces.
3. Place cucumber slices and orange pieces in a medium size bowl. Add chili powder, lemon or lime juice and salt.

Source: [What's Cooking? USDA Mixing Bowl](#)

[Image Source:](#)

Keeping a Safe and Healthy Refrigerator



Start the summer off right by cleaning your refrigerator.

Refrigerators are an important part of our culture. They keep our beverages cold during those hot summer days and help keep our food safe by slowing down the spoiling process. Here are a few tips on cleaning out one of your most important household appliances.

Food safety: Throw away all food that has passed their expiration date and leftovers that are more than 4 days old. Raw poultry and ground meats should be thrown out as well if they have been in there for more than 2 days.

Cleaning: Clean the inside of your refrigerator with soapy water and rinse after. Start from the top shelf and work down so that any food that falls onto the shelf below won't contaminate a shelf that has already been cleaned. The outside can be cleaned with mild liquid dishwashing detergent and a soft cloth. To keep your refrigerator smelling fresh, place an open box of baking soda on a shelf.

Restocking: After cleaning out your refrigerator, buy fresh summer fruits and vegetables such as cucumbers, cantaloupe, bell peppers, Asian pears and summer squash. You will save money when you buy in season.

Temperature: Only open the door when necessary and close it as quickly as possible. A refrigerator should be kept at 40 degrees or below. If left open, the temperature can rise and food will begin to spoil. Do not consume any food that has been above 40 degrees for more than 2 hours, which often happens during power outages.

[Source](#)

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Ensalada mexicana sencilla

Rinde: 4 porciones

Costo total: \$2.24

Costo por porción: 58 centavos

Ingredientes:

- ◆ 2 pepinos
- ◆ 2 naranjas
- ◆ El jugo de un limón o lima
- ◆ ½ cucharadita de chile en polvo
- ◆ ½ cucharadita de sal

Preparación:

1. Lave los pepinos, naranjas, limones o lima bajo el chorro del agua.
2. Corte el pepino en rodajas. Pele las naranjas y córtelas en trocitos pequeños.
3. Coloque las rodajas de pepino y trozos de naranja en un tazón mediano. Agregue el chile en polvo, limón o lima y sal.

Fuente: [What's Cooking? USDA Mixing Bowl](#)

[Fuente de la imagen:](#)

Cómo mantener un refrigerador en condiciones seguras y saludables



Empiece el verano con el pie derecho limpiando su refrigerador. Los refrigeradores son una parte importante de nuestra cultura. Mantienen las bebidas frías durante esos días calurosos del verano y nos ayudan a mantener nuestros alimentos sanos y reducir el proceso de descomposición. Aquí le ofrecemos algunos consejos para limpiar uno de los electrodomésticos caseros más importantes.

Seguridad alimentaria: tire toda la comida que ha excedido su fecha de caducidad y las sobras que tengan más de cuatro días. Las aves crudas y carne molida deben de tirarse si llevan en refrigerador más de dos días.

Limpieza: limpie el interior de su refrigerador con agua jabonosa y enjuague muy bien. Empiece por la repisa superior y siga hacia abajo para que cualquier comida que caiga no contamine una repisa que ya ha limpiado. El exterior lo puede limpiar con detergente para platos y un trapo suave. Para que su refrigerador siga oliendo a fresco, coloque una caja de bicarbonato de sodio en una de las repisas.

Reabastecer: después de limpiar su refrigerador, compre frutas y verduras del verano frescas como pepinos, melones, chiles morrones, peras asiáticas y calabazas de verano. Usted ahorra dinero cuando compra productos de la temporada.

Temperatura: solo abra la puerta cuando es necesario y ciérrela tan pronto sea posible. Debe mantener el refrigerador a una temperatura de 40 grados o menos. Si deja el refrigerador abierto, la temperatura puede subir y los alimentos empezarán a estropearse. No consuma ningún alimento que ha permanecido a más de 40 grados por más de dos horas. Lo cual ocurre con frecuencia durante los apagones.

Fuente

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