The Centers for Disease Control and Prevention estimate that every year about 76 million people in the United States become ill from harmful bacteria in food; of these, about 5,000 die. Foodborne illness is preventable. Cooking and reheating food to a safe minimum internal temperature kill potentially dangerous bacteria. You can prevent foodborne illness by using a food thermometer.

You can’t tell by looking. Use a food thermometer to be sure.

Casseroles and leftovers: 165 °F