

## WHAT'S IN THIS ISSUE:

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For BLT/ Nutrition Classes please contact Priscilla Hammond at Texas Agrilife Extension Service Brazos County Office 2619

## Keeping Your Barbecue Food Safe

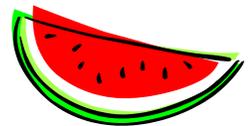
**Food Safety is vital during barbecuing activities. Contamination can happen anywhere from the purchasing of the food to the point of consumption. Follow these guideline to ensure your barbecue food is always safe for consumption:**

- ⇒ Buy cold food such as meats and poultry just before checkout at the grocery store
- ⇒ Always place perishable foods in the refrigerator within 2 hours of purchase
- ⇒ Move poultry and ground meats from the refrigerator to the freezer if not used in 1 to 2 days; for other types of meats, move to the freezer within 4 to 5 days
- ⇒ Food should be marinated in the refrigerator and never on the counter
- ⇒ To prevent cross contamination and foodborne illness, separate the utensils and platters used for raw and cooked foods. This is especially important for raw and cooked meats.
- ⇒ In order to destroy bacteria in food, cook to minimal temperatures and check internally with a thermometer
- ⇒ Refrigerate leftovers in a shallow container. Do not consume food left out for more than 2 hours and no more than 1 hour when temperature is above 90° F



### Minimum Temperature Guidelines

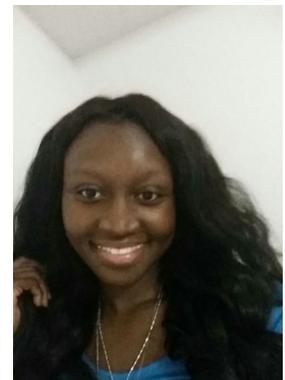
- \*Whole poultry, poultry pieces and ground chicken: 165 °F
- \*Ground Meats: 160°F
- \*Beef, pork, lamb, veal, steaks roasts, and chops: 145°F
- \*Reheating cooked Meats (E.g. hot dogs): 165° or until steaming



## Meet the newest member of the Better Living for Texans Team!

Priscilla Hammond was raised in Jersey City, NJ and currently resides in College Station. She received her Bachelors degree in Nutrition and Food Science from Montclair State University in New Jersey and her masters degree in Global Health from Georgetown University in Wash-

ington, DC. She is dedicated to inspiring positive nutrition and health changes in individuals from all backgrounds and cultures. Priscilla is the new Extension Assistant for Better Living for Texans in the Brazos County.



# Grilled Tilapia Burgers



## What you need:

### Utensils:

- Knife & cutting board
- Measuring cups & spoons
- 3 small mixing bowls
- Skillet
- Mixing spoon

### Ingredients:

2 tilapia filets, cut in half horizontally

2 tablespoons extra virgin olive oil  
1 teaspoon garlic powder

1 teaspoon onion powder  
4 whole wheat hamburger buns

4 leaves of romaine lettuce\*  
1 sliced tomato\*  
salt and pepper to taste

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### Dressing Mixture (optional):

½ cup light ranch-style dressing  
2 tablespoons lime juice\*  
1 teaspoon chili powder

¼ teaspoon pepper

\*WIC Approved Food Package

## What to do:

1. Wash your hands and clean your cooking area.
2. Mix garlic powder, onion powder, salt, and pepper in small bowl to form seasoning mixture.
3. Preheat non-stick skillet to medium-low heat until hot.
4. Pour extra virgin olive oil into a shallow dish.
5. Dip tilapia halves into extra virgin oil and coat with seasoning mixture.
6. Evenly place tilapia halves on non-stick skillet and cook on each side for 5 minutes or until fish flakes easily with a fork.
7. While fish is cooking, prepare dressing mixture by combining all ingredients into a bowl and mixing.
8. Once fish flakes easily with a fork, place each half on a whole wheat bun and top with one romaine lettuce leaf, one slice of tomato and dressing mixture (optional).
9. Serve immediately and refrigerate any leftover dressing.

**Prep Time:** 20 minutes

**Cook Time:** 10 minutes

## Nutrition Facts

Serving Size 1 tilapia burger  
Servings Per Container 4

Amount Per Serving

**Calories** 240    **Calories from Fat** 90

% Daily Value\*

**Total Fat** 10g    **15%**

Saturated Fat 1.5g    **8%**

Trans Fat 0g

**Cholesterol** 30mg    **10%**

**Sodium** 200mg    **8%**

**Total Carbohydrate** 23g    **8%**

Dietary Fiber 3g    **12%**

Sugars 4g

**Protein** 15g

Vitamin A 0%    • Vitamin C 0%

Calcium 6%    • Iron 8%

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