

Better Living for Texans Newsletter

Healthy and Safe Barbecue

It's that time of year! The time to pull out the grill and enjoy the grill and enjoy the outdoors. Be sure to keep it healthy and safe with these barbecuing tips:

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Start with a Clean Slate

Be sure that the utensils and containers used for raw meat are thoroughly cleaned before using them on cooked foods. Always discard any left over marinades. Always start with a clean grill that free of lighter fluid or charcoal, which can contain harmful substances. Lastly, always check grill brush for any loose bristles to prevent them from getting stuck the grill and, ultimately, your food.

Safe Temperatures for Safe Food:

When animal proteins like fish, chicken, or meat are cooked at high temperatures and to a char, they release harmful substances called HCA (heterocyclic amines). These substances can put you at risk for cancer. How you cook the food can greatly impact this. The key is to cook your food "low and slow—low temperatures for a longer amount of time. The key is to prevent black crust from forming.

Don't Allow Fat to Ruin the Party

Fat can cause the flame to flare up and the smoke and flames will make harmful substances called PAHs (polycyclic aromatic hydrocarbons), which can also be a cancer hazard. These substances can be reduced by trimming the fat off of meat and removing the skin from poultry or fish. To reduce the amount of fat on meat, you can also choose "round" or "loin" cuts and "select" and "choice" grades rather than "prime". Cooking food away from direct flame can also reduce PAHs.



Marinate

Meat marinades containing acids like lemon or orange juice and vinegar reduces HCAs and PAHs. For this to be helpful, marinate meats for a minimum of 30 minutes.

Include Fruits and Vegetables

PAHs and HCAs are less likely to form when you grill fruits and vegetables. Substitute some of the animal protein for a Portobello and veggie burgers. Veggie kebabs with vegetables like squash, peppers, and onions can be a fun unique addition to your barbecue. You can mix it up with some grilled fruits like a tropical pineapple or sweet nectarines. Fruits and vegetables add antioxidants and phytochemicals while reduces harmful substances like PAHs and HCAs.



For more information on Better Living for Texans programs, please contact Priscilla Hammond at (979) 823 0129

Hawaiian Turkey Sliders with Mango-Pineapple Salsa

Ingredients:

For the mango-pineapple salsa:

- 1 ripe mango, peeled and diced
- 1 cup diced fresh (or canned in own juice) pineapple
- 1 small jalapeños, finely diced (optional)
- 3 tablespoons diced Bermuda or Vidalia onion
- 1 medium lime, juiced
- dash Sea salt
- freshly ground black pepper

For the Hawaiian turkey sliders:

- 2 pounds ground turkey
- 1 clove garlic, peeled and crushed
- 3 tablespoons ketchup
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon gluten-free soy sauce
- 1 tablespoon dried cilantro
- 1 teaspoon onion powder
- 1/2 teaspoon dried oregano
- dash salt
- 1/4 teaspoon freshly ground black pepper
- 12 romaine or Bibb lettuce leaves
- 12 gluten-free rolls or whole-grain dinner rolls

Directions:

Make the mango-pineapple salsa:

1. In medium, non-metallic bowl, stir together the mango, pineapple, jalapeños, onion, lime juice, salt, and pepper. 2. Cover and chill in the refrigerator until ready to use. (The salsa is best when made several hours to one day in advance.)

Make the Hawaiian turkey sliders:

1. In a large bowl, combine the turkey, garlic, ketchup, olive oil, soy sauce, cilantro, onion powder, oregano, salt, and pepper. Gently mix the ingredients until they are thoroughly combined.
2. Divide the mixture into 12 equal parts and shape each one into a ball that is slightly smaller than a tennis ball. Using the palm of your hand, gently flatten each into a patty.
3. Heat a grill or barbecue to medium-high heat. Grill the turkey sliders until cooked through, about 5 minutes per side.
4. Place one lettuce leaf on the bottom of each roll. Serve the sliders on the rolls, topped with a dollop of mango-pineapple salsa.



Serving Size: 1 Patty

Servings per Container: 12 Patties

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	194	
Total Fat	4 g	6%
Protein	22 g	
Carbohydrates	21 g	7%
Dietary Fiber	4 g	16%
Saturated Fat	1 g	5%
Sodium	401 mg	17%



BETTER LIVING
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TEXAS A&M AGRILIFE EXTENSION

MyPlate:

- 1/4 cup Fruits
- 1/4 cup Vegetables
- 1 1/2 ounces Grains
- 2 ounces Protein

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