

Grilling

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Summer Cooking

Summer grilling is a tradition for many families. Grilled meals can be tasty, healthy, and economical.

Grilling can be a low-fat cooking option that helps you add a variety of foods and colors to your plate while also spending quality time outdoors with the family.

Grilling also provides an opportunity to teach young children a new way to cook as well as to share food safety tips, such as avoiding cross-contamination by using separate plates for raw and cooked meats.

There are also many economic benefits to grilling. Grilled food makes great leftovers for the next day. Leftover meats are great in lettuce based salads or in a pasta dish. Leftover vegetables go great with scrambled eggs.

Fruits also go well on the grill. When grilling fruits, it is important to keep an eye on



the grill as fruits cook quickly.

Grilled fruits can be delicious additions to a main dish or even desserts. It's helpful to brush fruit lightly with oil or marinade to prevent sticking.

When grilling, remember keep your hands clean and to cook foods to a safe internal temperature

throughout. Use a food thermometer (not your eyes) to make sure meats are fully cooked.

Beef, pork, veal, and lamb (steaks, roasts, and chops) should be cooked to a **minimum** internal temperature of 145 degrees while ground beef, pork, and veal should be cooked to a **minimum** temperature of 160 degrees.

What's in Season? Watermelon

Watermelon is a summer staple. This delicious fruit is a good source of Vitamin C.

When Watermelons are ripe they should be firm, symmetrical, and free from cracks, mold or bruises. A ripe

watermelon should also make a dull pitch when tapped. It should also have a dull rind, dried stem, and yellow underside from where it laid on the ground.

Watermelon is a versatile fruit that can be enjoyed

with breakfast, as a snack, or as part of lunch, dinner, or even dessert.



Monthly Recipe: Grilled Vegetable Kabobs

Serves: 8 (1 kabob per serving)

Ingredients:

For kabobs:

2 medium zucchini
 2 medium yellow squash
 2 red or green bell peppers, seeded
 2 medium red onions
 16 cherry tomatoes
 8 oz fresh mushrooms
 2 medium ears sweet corn
 Nonstick cooking spray

For sauce:

½ C balsamic vinegar
 2 Tbsp mustard
 3 cloves garlic, minced
 ¼ tsp thyme

Instructions:

1. Rinse all the vegetables. Cut zucchini, squash, and bell peppers into 2-inch chunks. Cut red onions into wedges. Combine the cut vegetables with the tomatoes and mushrooms in a bowl.
2. Cut the corn into 1-inch pieces and cook in boiling water for about 10 minutes. Add the cooked corn to the other vegetables.
3. In a small bowl, mix the vinegar, mustard, garlic, and thyme for the sauce.
4. Toss vegetables in the sauce and thread vegetables onto 8 skewers. (If you use wooden skewers, soak them in water for 30 minutes before using).
5. Before starting the grill, spray it with nonstick cooking spray. Place the skewers on the grill over medium heat. Baste occasionally with extra sauce.
6. Grill for 20 minutes or until tender.

Note: You can cook the vegetables in foil instead of using skewers. Divide the vegetables in half and wrap them in foil. Grill for about 30 minutes or until tender.



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Source: <https://healthyeating.nhlbi.nih.gov/>