

Living Well

in Waller County

Grilling Safety Tips



- 1. Clean your grill. It's important that you clean your grill before cooking. To clean your grill, remove the grates and wash in hot, soapy water. Scrub off any food particles or drippings with a brush or scrubbing pad. Rinse with clean water and air dry. Follow the manufacturer's instructions for cleaning the burners and interior of the grill.**
- 2. Do not use the same plate for raw and cooked meats to avoid cross-contamination.**
- 3. Use a food thermometer to ensure that meats are cooked to a safe temperature.**
- 4. Heat the grill for 10-15 minutes before adding food so that foods will be seared instead of steamed or baked.**
- 5. Use tongs to turn solid pieces of meat. This is safer and will keep the juices of the meat inside.**
- 6. Be creative. Remember, your favorite vegetables and fruits taste great if grilled properly. In fact, you might find that even your pickiest eaters will enjoy their vegetables after the foods are grilled!**

June is BEEF STEAK MONTH so keep reading to find some beef facts and protein pros!!

The weather is getting warmer and more and more people are preparing for grilling season. Grilling foods is popular for a variety of reasons—not the least of which are the delicious tastes we create when grilling and the joy of being surrounded by family and friends.

Most of our favorite foods can be grilled however, grilling can be dangerous without taking the proper safety steps.

Whether you use a gas, charcoal, or electric grill, it is important to follow the operating directions carefully and locate your grill in a safe place to avoid accidents. To help you get the most out of your grilling experience, we'd like to offer you a few tips:

**HAPPY FATHERS DAY TO ALL
THE DADS OUT THERE!!!**

We hope you enjoy all the grillin' and chillin' tips in this months newsletter.



STRIP STEAK

Total Fat: 7.1g
Saturated Fat: 2.9g
Cholesterol: 77mg



TOP SIRLOIN

Total Fat: 4.9g
Saturated Fat: 1.8g
Cholesterol: 70mg



TOPROUND STEAK

Total Fat: 3.2g
Saturated Fat: 1.3g
Cholesterol: 73mg



FLAT IRON STEAK

Total Fat: 10.8g
Saturated Fat: 4.3g
Cholesterol: 71mg



June is Men's Health Month

With National Men's Health Week being June 12th-16th leading up to Fathers Day!

GET REGULAR CHECK-UPS: · Did you know men are half as likely to visit a doctor for a check-up as women, and over 7 million men have not seen a doctor in over 10 years? · If you cannot remember the last time you had a complete physical, call your doctor and make an appointment.

(You would not let 10 years go between oil changes, would you?)

BE MORE PHYSICALLY ACTIVE: · June is a great time to start a healthier lifestyle by being more physically active. · Research shows exercise helps prevent heart disease and obesity, and lowers blood pressure. · Aim for 30 to 60 minutes on most days. You can even spread it out over the course of your day.

IMPROVE THE NUTRITIONAL QUALITY OF YOUR DIET: · Some tips on how to improve the nutritional quality of your diet include eating a varied diet rich in fruits, vegetables, whole grains and low-fat foods. · Especially limit cholesterol intake and avoid saturated fats.

PAY ATTENTION TO WARNING SIGNS: · When a warning light flashes on the car dashboard, most men take the car to the shop. But when warning lights flash on their body, most men do not (or will not) notice. · Examples of flashing lights to look for are changes in bowel or bladder habits, persistent backaches, recurrent chest pains, and extreme fatigue.

Men's health issues significantly impact everyone around them, and far too many men never see a doctor unless there is something seriously wrong or a partner or spouse makes the appointment for them. Women and men should educate themselves about potential male health problems. Check out www.menshealthnetwork.org for resources and health facts.

↑ THE CUTS YOU LOVE! ↑

Research shows that a heart-healthy diet that includes lean beef, even daily, can improve cholesterol levels and help reduce the risk of heart disease. A 3-ounce serving of lean beef contributes 8% of calories (154 calories) to a 2,000-calorie diet, yet provides more than 10% of the Daily Value for 10 essential nu-

**Why not trying making dessert on the grill?
Is a great way to still utilize the grill, get outside and enjoy some family time.**

COMING UP SOON!! 

TEXAS A&M AGRILIFE EXTENSION *You Grilled What?*



GRILLED PEACH SUNDAE

Ingredients

- 2 medium peaches pitted and sliced in half
- 1 cup low fat vanilla Greek yogurt or frozen yogurt
- 4 Tablespoons slivered almonds
- 4 teaspoons agave nectar or honey used for drizzling

Instructions

Heat grill. Wash and slice peaches in half and remove pits. Brush with olive oil and place cut side down on the grill. Grill for 4 minutes. Remove peaches and place 1 slice in small bowl and top with 1/4 cup of yogurt, almonds and drizzle with 1 teaspoon honey.

Nutrition Facts

Amount Per Serving
Calories 167 Calories from Fat 72
Total Fat 8g 12%
Cholesterol 3mg 1%
Sodium 39mg 2%
Potassium 223mg 6%
Total Carbohydrates 20g 7%
Dietary Fiber 3g 12%
Sugars 17g

* Percent Daily Values are based on a 2000 calorie diet.

Waller County Backyard Basics

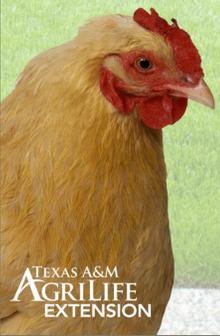
Please join your Waller County AgriLife Extension Agents & Master Gardeners for a **THREE** part educational series.
Topics to include:

- Backyard Chickens- July 6th*
- Home Friendly Gardening- July 13th*
- Easy Canning- July 20th*

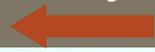
Waller County Community Center
6pm-8pm

To reserve a seat at all 3 programs the cost is \$30. For an individual program the cost is \$15.

Contact the Texas A&M AgriLife Extension office to register. *BY JULY 3rd*
846 6th Street, Hempstead, TX
979-826-7651



TEXAS A&M AGRILIFE EXTENSION

Please register and join us! 

WE'RE HIRING

HELLO
MY NAME IS

Summer Intern



BY JUNE 30TH Please submit completed application, resume, and cover letter to:

Stacie Villarreal
846 6th Street
Hempstead, Texas 77445
Stacie.Villarreal@ag.tamu.edu

Please visit
<http://www.co.waller.tx.us/page/Employment.Opps>
to find the full job description and Waller County Employment Application



BOOK DRIVE!!!

Waller County Extension FCS is hosting a book drive to benefit area elementary schools. Please drop by any new or gently used age appropriate books to the county office!

FUN FACTS!

FAQS ABOUT BEEF

We all know beef tastes great – but did you know that beef can be good for you, too?



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SKILLET BEEF & NOODLES



INGREDIENTS:

- ½ POUND LEAN GROUND BEEF
- ½ CUP ONIONS, CHOPPED
- ½ TEASPOON OREGANO
- ½ TEASPOON GARLIC POWDER
- 1½ CUP TOMATO SAUCE OR SPAGHETTI SAUCE, LOW SODIUM
- ¾ CUP UNFROZEN SPINACH
- ¾ CUP WATER
- 3 CUPS NOODLES COOKED (1 ½ CUP UNCOOKED)
- ½ CUP COTTAGE CHEESE, LOW-FAT
- ½ CUP PART SKIM MOZZARELLA CHEESE, GRATED

WHAT TO DO:

1. WASH YOUR HANDS AND CLEAN YOUR COOKING AREA.
2. COOK BEEF IN A SKILLET WITH ONIONS, OREGANO, AND GARLIC POWDER. DRAIN OFF FAT.
3. ADD TOMATO SAUCE, SPINACH, WATER, AND NOODLES TO BEEF.
4. COOK ON LOW FOR TEN MINUTES.
5. ADD COTTAGE CHEESE AND MOZZARELLA CHEESE AND COVER.
6. COOK ON LOW FOR TEN MINUTES.



Q: Can I enjoy beef regularly as part of a healthy, balanced diet?
 A: Absolutely! A 3-ounce serving of beef—about the size of an iPhone or deck of cards provides more than 10 essential nutrients and about half of your Daily Value for protein in around 170 calories, on average (and just 150 calories for a serving of lean beef).

Q: How much beef should I eat at a meal to meet my daily protein requirements?
 A: The Dietary Guidelines recommends adults eat 5.5 ounces of protein foods per day. Currently—and contrary to popular belief—Americans consume 1.7 ounces of beef daily, on average. The fact is, beef is a natural source of essential nutrients, which makes it a great protein option that you can enjoy any day.

Q: What nutritional benefits does beef offer me that other proteins don't?
 A: Beef is a nutrition powerhouse in many ways. Aside from being a great source of protein, beef provides essential nutrients in a smaller package than some other proteins. For example, you would have to eat at least 8 ounces of cooked chicken breast to get the same amount of iron as in 3 ounces of beef, and nearly 7 times (20 ounces) the amount of chicken to get the same amount of zinc as in a serving of beef.

Q: Is grass-finished beef more nutritious than grain-finished beef?
 A: There are a variety of beef choices, including grain-finished and grass-finished, but no matter the choice, there is a delicious and nutritious beef option for you. All cattle, whether grass or grain-finished, spend the majority of their lives eating grass on pastures, and beef is a natural source of more than 10 essential nutrients, like protein, iron and zinc. While grass-finished tends to be a little leaner, about half the fatty acids found in all beef are monounsaturated fatty acids, the same kind found in olive oil and avocados, and can be part of a heart-healthy diet.

For Skillet Beef & Noodles:



Prep Time:

15 minutes

Cook Time:

20 minutes

Cost per serving: \$1.38

Nutrition Facts

Serving Size 1 1/2 cup	
Servings Per Container 4	
Amount Per Serving	
Calories 260	Calories from Fat 60
<small>% Daily Value*</small>	
Total Fat 6g	9%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 410mg	17%
Total Carbohydrate 27g	9%
Dietary Fiber 3g	12%
Sugars 7g	
Protein 24g	
Vitamin A 100%	Vitamin C 15%
Calcium 20%	Iron 20%