



June 2017 Newsletter

Grilling Safely

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. However, from a nutritional standpoint, grilling is a great way to cook without a lot of added oils or fats.

Most of our favorite foods can be grilled. This includes beef, chicken, fish, pork, and even your favorite fruits and vegetables. 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:

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. Remember to remove and clean, or replace, the drip pan. Clean the

outside of the grill with hot, soapy water and rinse clean. 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!



*This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP.

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Local Events

June 1st: Fresh Start to a Healthier You Session IV at Volunteers Serving the Need

June 2nd: Summer Kickoff at Inner City Library

June 5th: Fresh Start to a Healthier You Session one at First United Methodist

June 6th: Fresh Start to a Healthier You Make up Session at Volunteers Serving the Need

June 7th: MyPlate Food Groups Session I at Inner City Library

June 8th: Walk and Talk Session I at E.J Salinas Community Center

June 12th: Fresh Start to a Healthier You Session II at First United Methodist

June 13th: Fresh Start to a Healthier You Session II at Inner City Library

June 14th: MyPlate Food Groups Session II at Inner City Library

June 15th: Walk and Talk at E.J Salinas Community Center

June 19th: Fresh Start to a Healthier You Session III at First United Methodist Church

June 20th: Fresh Start to a Healthier You Session III at Inner City Library

June 21st: MyPlate Food Groups Session

June 22nd: Walk and Talk Session III at E.J Salinas Community Center

June 26th: Fresh Start to a Healthier You Session IV at First United Methodist Church

June 27th: Fresh Start to a Healthier You IV at Inner City Library

June 28th: MyPlate Food Groups Session IV at Inner City Library

June 29th: Walk and Talk IV at E.J Salinas Community Center

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Recipes of the Month

Grilled Chicken Salad

Makes: 4 1-cup servings

Ingredients:

- 4 chicken thighs, skinless
- 1 15-ounce can of corn, drained
- 1 16-ounce can of black, pinto, or Northern beans, rinsed and drained
- 1 large tomato, chopped
- 1 tablespoon of cilantro, chopped
- 1 ½ cups of lettuce (your choice)
- Low-fat salad dressing (your choice)

Directions:

Grill the chicken over medium high heat from 10-15 minutes. Remove the cooled chicken from bone and dice it into large pieces. Combine the chicken with the remaining ingredients. Toss the salad ingredients with the dressing.

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Grilled Vegetables

Makes 6 servings

Ingredients:

- 2 tablespoons of vegetable oil
- 2 garlic cloves (finely chopped)
- 3 sweet potatoes (cut into 1-inch slices)
- 3 corn cobs (cut into 2-inch sections)
- 1 eggplant (cut into 1/2-inch slices)
- 12 green onions (trimmed)

Directions:

1. Mix the oil and garlic in a large bowl before adding and tossing the vegetables.
2. Place the vegetables on the broiler pan or grill. Cook for 10 minutes, turning twice until the vegetables are tender.
3. Place the vegetables on platter and serve.

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