

Try Grilling Fruits and Vegetables This Summer



Summer's on the way.

Can you smell the aroma of food hot off the barbecue grill?

Add some sizzle to your dinner plates with grilled fruits and vegetables.

Throughout the summer, enjoy some seasonal fruits and vegetables.

Later in the season, try grilling fresh vegetables straight from your garden or a local farmers market.

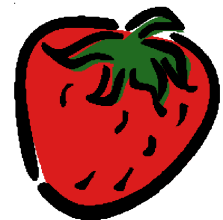
Try these grilled vegetable ideas:

- Cut vegetables into large, flat pieces of even thickness.
- Leave thin vegetables, such as asparagus, and watery vegetables, such as tomatoes, whole.
- Prepare bell peppers by cutting off the top and bottom of the pepper; remove the core and cut pepper in half from top to bottom.
- Lay vegetables on a cookie sheet. Brush them with olive oil or vegetable oil. Turn them over and repeat. Sprinkle with fresh or dried herbs or spices of choice.
- Grill the vegetables until they have grill markings on both sides. Remove them from the grill and place into a bowl or pot. Cover the bowl tightly with plastic wrap to prevent the steam from escaping for five to 10 minutes. This will finish the cooking process without drying them out.



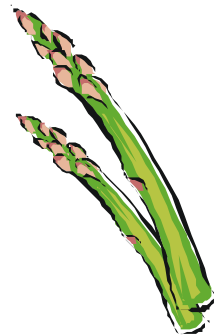
Try these grilled fruit ideas:

- Sprinkle apple or pear wedges with cinnamon and a little brown sugar. Grill for about five minutes on each side.
- Grill slices of pineapple.
- Grill peaches for a side dish with pork or beef.
- Slice grilled fruit; add some lime juice and peppers for a tasty salsa to enjoy with whole-grain crackers or baked tortilla chips.



Best Produce Buys for May

Asparagus
Pineapple
Strawberries
Tomatoes



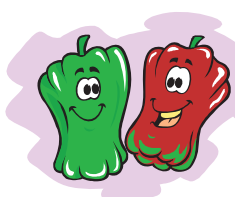
Visit www.ag.ndsu.edu/foodwise for more information.

This program is funded in part by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more contact your county Social Services office or call 1-800-755-2716.

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My community has garden plots for a small rental fee. I'm thinking about renting a spot because fresh fruits and vegetables cost quite a bit these days. I haven't done any gardening in years. Do you have any resources?

Your local Extension Service office has a variety of gardening resources in print form and on the NDSU Extension Web site at www.ag.ndsu.nodak.edu/. Check out the "garden to table" publications that provide information about growing vegetables, preparing them and preserving them.

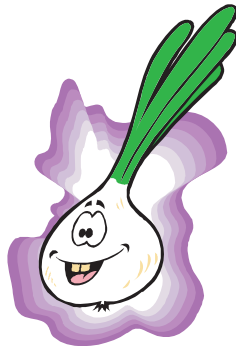


If you decide not to rent a plot, consider container gardening. Tomatoes, peppers, herbs and other vegetables grow well in pots on a sunny step.

Did you know?

Gardening counts as moderate physical activity. Aim for 30 minutes of moderate physical activity on most days of the week.

Consider gardening with children. Kids will learn new skills and have fun watching things grow. Children who help grow fruits and vegetables also are more likely to eat them.



Food Safety Tip

Wash fruits and vegetables well with plenty of running water.

If you buy pre-cut fruits and vegetables, be sure they have been kept refrigerated.

Here's a quick and easy dip to enjoy with seasonal vegetables.

Salsa Dip

- 1 c. fat-free sour cream
- 1 c. chunky salsa
(from a jar or fresh/homemade, using the provided recipe)

Mix sour cream and salsa. Serve with your favorite vegetables, such as carrot sticks, celery sticks, radishes and zucchini slices.

Makes eight servings of dip. Each ¼-cup serving has 35 calories, 0 grams (g) of fat, 7 g of carbohydrate and 1 g of fiber.

Fresh Salsa

- 2 c. chopped tomatoes
- ½ chopped onion
- 3 finely chopped jalapeno chilies, seeded if desired
- ¼ c. chopped fresh cilantro
- ¼ tsp. salt
- Juice of 1 lime

Wash and prepare vegetables. Serve with baked tortilla chips.

Makes four servings. Each ½-cup serving has 30 calories, 0 grams (g) of fat, 2 g of fiber and 40 percent of the daily vitamin C recommendation.

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Contact the local office of the NDSU Extension Service for more information on food and nutrition or managing your food dollar.

