

Fire Up the Grill



Grilling outdoors provides a fun way to enjoy summer weather. Grilling adds flavor while allowing fat to drip away from your food. Your kitchen will stay cool, too. Remember these safety tips:

- Clean your grill before you use it.
- Place your grill on a well-ventilated, flat, level surface away from overhangs, deck railings and shrubbery.
- To help prevent food from sticking to the grill, spray the grill with nonstick cooking spray before you light the grill.
- Never leave a lit grill unattended. Keep children and pets away from hot grills and coals.
- Keep a bucket of water and/or a fire extinguisher close at hand.

What's Your Grilling I.Q.? Try This Quiz!

1. True or false: Meat should be fully thawed before putting it on the grill.
2. To what minimum internal temperature should you cook poultry (as measured with a food thermometer)?
 - a. 145 degrees
 - b. 155 degrees
 - c. 165 degrees
 - d. 175 degrees
3. Why should you place your grilled food on a clean plate instead of reusing the plate that held raw meat?
 - a. To prevent cross contamination
 - b. To add flavor to the food
 - c. To impress your guests
4. To what minimum internal temperature should you cook hamburgers (as measured with a food thermometer)?
 - a. 150 degrees
 - b. 160 degrees
 - c. 170 degrees
 - d. 180 degrees
5. Why should you leave the grilling fork in the house and use tongs instead?
 - a. The tongs do not pierce the meat so it stays juicier.
 - b. Using tongs helps reduce potential flare-ups and charring/burning the meat.
 - c. Both of the above.
6. True or false. Grilled vegetables and fruits add nutritional value to your menu.
7. On a hot day (90 degrees), how long can perishable food (such as salads, cut-up fruit and meat) be outside?
 - a. 10 minutes
 - b. 30 minutes
 - c. 1 hour
 - d. 3 hours

For more information about grilling, see the new NDSU Extension Service publication "Becoming the Grillmaster."

Answers: 1. True; 2. c; 3. a; 4. b; 5. c; 6. True; 7. c.

For more information, visit www.ag.ndsu.edu/foodwise.

This program is funded in part by USDA's Supplemental Nutrition Assistance Program. SNAP 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 niece and nephew, ages 6 and 9, want to help me cook. What are some age-appropriate things they can help me do?

Around age 5 to 7, kids should be able to perform the following tasks with supervision:

- Helping collect ingredients from the cupboards, refrigerator and freezer
- Pouring
- Stirring and mixing ingredients by hand
- Assisting in measuring ingredients
- Setting a timer

Around age 8 to 10, they may be able to help perform tasks such as:

- Preheating the oven to the correct temperature
- Using the microwave
- Using a blender with assistance
- Using a knife to cut, slice or dice with supervision

The tasks will be different for each child, depending on how much experience he or she has in the kitchen.

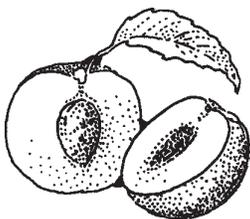
Try an "Upside Down Sundae"

July is National Ice Cream Month. Enjoy some ice cream with fruit. Focus on fruit with an Upside Down Sundae and you will save calories and add nutrition.

To each bowl, add 1 cup of fruit, such as fresh strawberries, blueberries or raspberries. Top with ½ cup of your favorite ice cream. The number of calories in your dessert varies with the type of ice cream you choose, but on average, this dessert has 180 calories per serving. Compare calories and fat on Nutrition Facts labels.

Ideas!

Raspberries topped with low-fat chocolate ice cream

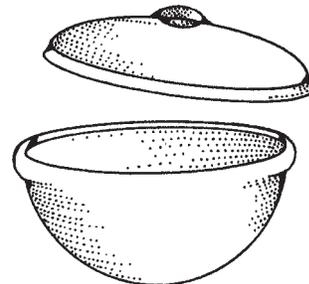


Peaches topped with vanilla low-fat ice cream and a sprinkle of cinnamon



Light Italian Pasta Bean Salad

- 1 c. spiral macaroni (dry)
- 1 small head fresh broccoli, cut into bite-sized pieces
- 2 carrots, peeled and diced
- 1 tomato, diced
- 1 (15 to 16 ounce) can black beans, drained and rinsed
- ¼ c. light Italian dressing
- ¼ c. grated Parmesan cheese



Cook macaroni according to package directions just until tender. Drain and rinse with cold water. In a large bowl, mix broccoli, carrots and tomato. Add rest of the ingredients to vegetables and stir gently. Cover and chill. Before serving, stir salad; add additional dressing if necessary.

Serves eight. Per serving: 110 calories, 3 grams (g) fat, 15 g carbohydrate, 6 g protein and 4 g fiber.

Menu idea:

Grilled hamburgers on whole-wheat buns,
Light Italian Pasta Bean Salad,
refrigerator cucumber pickles,
Upside Down Sundae

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Please call for more information on nutrition, food purchasing or food safety.



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