

Food for Thought

June 2020

Add More Color to Your Grill

Summer is a great time to fire up the grill and add more fruits and vegetables to your menu. In the summer months many fruits & veggies are in season and a better buy. Beyond the benefits of adding color, variety, and flavor with fruits and vegetables, you also are serving up a variety of vitamins and nutrients. The *Dietary Guidelines for Americans* recommend filling half your plate with fruits and vegetables at each meal. Here are some tasty ideas for grilling with fruits & veggies:



- **Throw a kabob of color onto the grill** with marinated vegetables including red or yellow bell peppers, mushrooms, eggplant, cherry tomatoes and onions. Simply brush the vegetables with olive oil and your favorite spices and grill over medium heat, turning until marked and tender (about 12 to 15 minutes, and 8 to 10 minutes for cherry tomatoes and pre-boiled potatoes).
- **A grilled, marinated Portobello burger is a tasty alternative to meats.** Marinate and grill mushrooms, gill sides up, over medium-low heat with the grill covered until they are marked and softened (about 15 minutes). Flip and grill until cooked through, being careful not to char the gills (1 to 2 minutes).
- **For a flavorful dessert, try fruit kabobs with pineapple slices or peach halves.** Grill on low heat until the fruit is hot and slightly golden. Serve them on top of low-fat frozen yogurt or angel food cake.
- **Another tasty option — grilled watermelon!** Since watermelon is primarily made up of water, when you put it on the grill some of the water evaporates, leaving an intense watermelon flavor. Grilling watermelon slices only takes about 30 seconds on each side.
- **If you're grilling meat, choose healthier options such as lean cuts of beef, pork, chicken or fish.** As you grill, keep raw meat and poultry (and raw meat juices) separate from ready-to-eat foods, including fruits and vegetables. This means using separate plates, cooking utensils and cutting boards.

Remember to always use a food thermometer when cooking meat, poultry, or fish to ensure it reaches a safe minimum internal temperature. Using a food thermometer is key to reducing your risk of food poisoning.



Type of Meat	Safe Internal Temperature
Hamburgers	160° F
Steaks & Roasts	145° F rest for 3 minutes
Ground Poultry & Poultry Parts	165° F
Fish	145° F

Banana Boats

1 banana with peel
1 tablespoon crushed pineapple
1 tablespoon coconut flakes



1. Leave the peel on the banana and make a deep cut down the long side through the peel and into the banana. Do not cut all the way through.
2. Slightly pull the cut apart to make a pocket in the banana.
3. Fill the pocket with crushed pineapple and top with coconut flakes.
4. Wrap the banana in foil. Place on a grill or near the coals of a campfire.
5. Heat until warm, about 5 minutes at medium high heat.
6. Carefully remove the foil packet from the heat. Let cool slightly and remove foil. The peel may be black, but the inside will be warm and delicious.
7. Refrigerate leftovers within 2-3 hours.

Easy Marinade

¼ cup onion chopped
2 tablespoons parsley
2 tablespoons white vinegar
1 tablespoon prepared mustard
¼ teaspoon garlic powder
¼ teaspoon basil, dried



Mix onion, parsley, vinegar, mustard, garlic powder and basil. Place meat or veggies in a plastic bag and pour in marinade. Close the bag securely, place in a bowl and marinate in refrigerator for six to eight hours or overnight, turning at least once. Pour off marinade and discard. Broil or grill meat to a safe temperature.

If you would rather not make your own marinade, you can use oil and vinegar-based salad dressings such as a low-fat Italian dressing as a marinade.

Sources: <http://www.eatright.org>; <https://www.foodhero.org/sites/default/files/monthly-magazines/May%202012%20English%20for%20website.pdf>; https://www.canr.msu.edu/news/marinades_make_grilling_easy retrieved 05/31/20

Eat Smart Idaho offers FREE classes that can help you learn how to eat well for less! During this challenging time stay tuned for some upcoming classes offered online.

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