

## Summer Cooking

Summer grilling is a tradition for many families. Grilled meals can be tasty, healthy, and economical.

Grilling can be a low-fat cooking option that helps you add a variety of foods and colors to your plate while also spending quality time outdoors with the family.

Grilling also provides an opportunity to teach young children a new way to cook as well as to share food safety tips, such as avoiding cross-contamination by using separate plates for raw and cooked meats.

There are also many economic benefits to grilling. Grilled food makes great leftovers for the next day. Leftover meats are great in lettuce based salads or in a pasta dish. Leftover vegetables go great with scrambled eggs.

Fruits also go well on the grill. When grilling fruits, it is important to keep an eye on the grill as fruits cook quickly.

Grilled fruits can be delicious additions to a main dish or even desserts. It’s helpful to brush fruit lightly with oil or marinade to prevent sticking.

When grilling, remember keep your hands clean and to cook foods to a safe internal temperature throughout. Use a food thermometer (not your eyes) to make sure meats are fully cooked.

Beef, pork, veal, and lamb (steaks, roasts, and chops) should be cooked to a **minimum** internal temperature of **145 degrees** while ground beef, pork, and veal should be cooked to a **minimum** temperature of **160 degrees**.

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# Barbecuing Food Safety

Barbecuing can present a special challenge with respect to food safety. Many of the activities are outdoors, occur during hot summer months, and involve inadequate hand-washing facilities. Even with these potential problems, ensuring that barbecue is safe to eat and to serve to others is very important.

These are some common food safety principles:

- Use a thermometer to ensure that cuts of meat reach the appropriate internal temperatures.
- Separate raw and cooked products so that cross contamination does not occur.
- Keep hot foods hot and cold foods cold.
- Wash hands thoroughly with soap and water.
- Immediately refrigerate leftovers.



More information/fact sheets from the US Department of Agriculture (USDA):

## GRILLIN' like a...

**P = Place the Thermometer!**  
Place the food thermometer into the **thickest** part of the meat.

145 °F W/ 3 MIN REST		<b>STEAKS</b>
145 °F W/ 3 MIN REST		<b>PORK CHOPS</b>
165 °F		<b>CHICKEN</b>
160 °F		<b>GROUND BEEF</b>

**R = Read the Temp!**  
Wait about **10-20 secs** for the temperature to be accurately displayed. Foods must reach the safe internal temps listed here for safety.

**O = Off the Grill!**  
Once the meat is at a safe temperature, take it off the grill.

Put cooked food on a **CLEAN PLATE!**



# Summer Fruit Nutrition

Since summertime is here, consider adding seasonal fruit to your meals and snacks. In June, blackberries, blueberries, cantaloupe, peaches, strawberries, tomatoes, and watermelon are all in season. In July, apples, peaches, tomatoes, and watermelon are in season.

There are plenty of tasty options to choose from during the summer, but these fruits are also great for you! Generally speaking, fruits are an important source of vitamins A and C as well as potassium and dietary fiber. Vitamins A and C support a healthy immune system while potassium helps promote a healthy blood pressure. Diets rich in fiber have been linked to a lower risk of heart disease, can help control blood sugar levels, and may help with weight management.

Depending on age, gender, and activity level, the amount of fruit recommended ranges from ½ a cup per day (for Toddlers) to 2 ½ cups for men. Individuals watching their carbohydrate intake may need less. All types of fruit count, including fresh, frozen, dried and canned. If choosing canned fruit, select options that are packed in water or 100% fruit juice. Fruit canned in syrup might taste sweeter, but it will also add unnecessary calories and added sugars.

## Rainbow of Vegetables Tossed Salad with Fruit

### Flavorful Nutritious

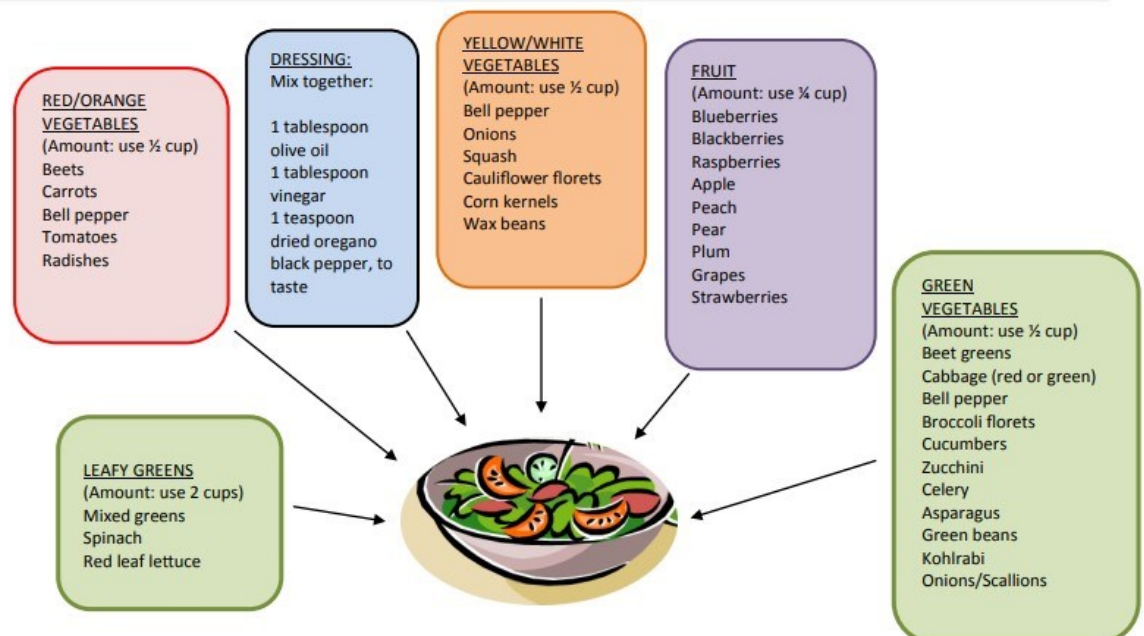
#### Additions:

##### Up to ½ cup:

- Grilled chicken breast
- Tofu
- Cooked egg whites
- Canned tuna
- Low-fat cheese
- Canned chickpeas
- Olives

##### Up to ¼ cup:

- Raisins
- Dried cranberries
- Almonds
- Pine nuts
- Sunflower seeds



1. **GET READY!** Choose one or more leafy greens and add to your salad bowl.
2. **GRATE, CHOP, OR SLICE!** Choose one or more fruits or vegetables from each color group above and cut as desired.
3. **MEASURE & TOSS!** Measure fruits & vegetables and toss to your salad bowl.
4. **ADD DRESSING!** Mix together dressing ingredients. Add dressing to your salad bowl and toss.
5. **ADD VARIETY!** Choose 1 or more flavorful nutritious additions to create different recipes.

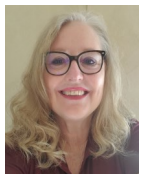
Adapted from: Cornell University Cooperative Extension - New York City Nutrition and Health Program



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The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.  
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I hope you're preparing to enter the County Fair. The Burnet Fair is June 9-10 with entries on June 7 & 8. See [burnetcountyareafair.com](http://burnetcountyareafair.com) for more info. The Lampasas County Fair takes place during Spring Ho— July 6-7. The theme is Spring Home. Enter items Wed. July 5 -7 p.m. at the Co. Annex. Viewing is Thursday 3-5:30 and Friday 10-2.

Healthy Aging classes at 2 locations. The Be Well Live Well program will be offered on 5 Tuesdays beginning June 6, 10:30 am at the Lampasas Multi-Service (Senior) Center, 901 S. Live Oak St. It will also be offered at 1:00 pm at the Estates of Lampasas, 807 N. Ridge St. Classes are free. Classes include cooking demonstrations, recipes & giveaways. Call to register

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## Grilled Kabobs

Serves: 8 (1 kabob per serving)

### Ingredients:

#### For kabobs:

2 medium zucchini  
2 medium yellow squash  
2 red or green bell peppers, seeded  
2 medium red onions  
16 cherry tomatoes  
8 oz fresh mushrooms  
2 medium ears sweet corn  
Nonstick cooking spray

#### For sauce:

½ C balsamic vinegar  
2 Tbsp mustard  
3 cloves garlic, minced  
¼ tsp thyme



### Instructions:

1. Rinse all the vegetables. Cut zucchini, squash, and bell peppers into 2-inch chunks. Cut red onions into wedges. Combine the cut vegetables with the tomatoes and mushrooms in a bowl.
2. Cut the corn into 1-inch pieces and cook in boiling water for about 10 minutes. Add the cooked corn to the other vegetables.
3. In a small bowl, mix the vinegar, mustard, garlic, and thyme for the sauce.
4. Toss vegetables in the sauce and thread Source: <https://healthyeating.nhlbi.nih.gov/> vegetables onto 8 skewers. (If you use wooden skewers, soak them in water for 30 minutes before using).
5. Before starting the grill, spray it with nonstick cooking spray. Place the skewers on the grill over medium heat. Baste occasionally with extra sauce.
6. Grill for 20 minutes or until tender.

Note: You can cook the vegetables in foil instead of using skewers. Divide the vegetables in half and wrap them in foil. Grill for about 30 minutes or until tender.