



# Extension Nutrition Program

FSNE/EFNEP

## Sizzling Summer

Summertime is barbecue time! Grilling food is a fast and easy way to prepare foods and get out of the kitchen.

### Think Safety

1. Keep cold foods cold. Wash empty milk jugs, fill  $\frac{3}{4}$  full of water and freeze. Use the ice to keep food cold in a cooler and when melted, the water can be used for drinking.
2. Keep hot foods hot. Serve hot foods right after cooking.
3. Keep it clean! Wash hands before working with food. Keep equipment clean.
4. Store food so animals cannot get into it.
5. Keep cooked meat, salads, and vegetables away from raw meat and raw meat juices.

### Chicken

Barbecuing chicken can be easy. Try one of these marinades, using boneless chicken breasts, thighs and legs or a cut up chicken.

#### *Marinades:*

1. Bottled barbecue sauce
2. Oil and vinegar salad dressing or make your own using  $\frac{1}{4}$  cup water, 1 Tablespoon lemon juice and 1 Tablespoon vinegar
3.  $\frac{1}{4}$  cup soy sauce,  
2 Tablespoons water and  
 $\frac{1}{2}$  teaspoon sugar

Mix the marinade in a glass dish. Place chicken in dish turning over to coat. Marinate at least 30 minutes or all day in the refrigerator. Grill for 20 minutes; turn over, grill 20 minutes more or to 180°.

☀️ *Pre-grilling Tip:* On the grill chicken can become crisp on the outside and undercooked

on the inside. Before putting chicken on grill place glass dish with chicken and marinade in a microwave oven. Microwave on HIGH 3 to 4 minutes. Turn chicken over and microwave 3 to 4 minutes longer.

*Grill:* Place chicken on grill. Grill about 5 minutes on each side to complete cooking.

### Meal in a Package

Yield: 1 serving per packet

#### Per person:

- 1 hamburger patty
- 1 potato, thinly sliced
- 1 carrot, thinly sliced
- 1 small onion, thinly sliced
- 2 teaspoons Italian dressing **or** assorted spices

1. Use a piece of heavy aluminum foil about a foot square. With shiny side up, put the vegetables on the foil.
2. Top with hamburger. Season with salt and pepper.
3. Bring two edges of foil together at top and fold, making two folds. Press the edges together and fold it so it will not leak.
4. Place folded side up on hot coals for 20 minutes. Use long tongs to turn over. Cook 10 minutes more.
5. Eat right out of package.
6. Can also be cooked in the oven at 350°F for 30 minutes.
7. To microwave, put ingredients into a microwave safe dish instead of aluminum foil. Cook on HIGH 8 to 10 minutes.

PER SERVING: CALORIES 458 • FAT 15 G • PROTEIN 29 G • CARBOHYDRATE 52 G • FIBER 6 G • GOOD SOURCE OF VITAMIN C, VITAMIN B6 AND VITAMIN A

### **Prevent Cross Contamination**

After placing raw meat on the grill, thoroughly wash dish or serving platter. Place cooked meat on a clean dish.

### **5-A-DAY The Summer Time Way**

Many fruits and vegetables are “in season” during the summer and are lower in cost. Here are some fun and inexpensive ways to get your 5-A-Day.

1. Each week choose a fruit or vegetable that is on sale for your family to try. Purchase 1 or 2 pieces of fruit or vegetables and have a tasting party. Try nectarines, peaches, plums, kohlrabi or cauliflower.
2. Shop at a farmers’ market. Choose fruits and vegetables your family enjoys. Try new ones in small quantities.
3. Visit a farm stand or local garden which sells produce. Sometimes you can pick your own strawberries, carrots, etc., for a lower price.
4. Whether at the store, farmers’ market, or farm stand let children help you choose fruits and vegetables. Let them pick, wash, peel and prepare the food.
5. Try freezing extra produce so it does not go to waste. Many cookbooks give directions for freezing or contact your county extension office for information.

### **Grilled Vegetables**

1. Choose a variety of vegetables - carrots, mushrooms, tomatoes, green peppers, onions, to name a few.
2. Cut into bite-sized pieces.
3. Thread on wooden or metal skewer.
4. Brush with Italian dressing.
5. Place on grill. Grill until tender crisp, approximately 10 minutes.

### **Three Bean Salad**

Yield: 8 servings • Serving: ½ cup

- 1- 16 ounce can green beans, drained
- 1- 16 ounce can yellow wax **or** garbanzo beans, drained
- 1- 16 ounce can red kidney beans, drained
- 1 medium onion, thinly sliced
- ¼ cup chopped green bell pepper
- ¾ cup sugar
- ¾ cup vinegar
- ¼ cup vegetable oil
- 1 teaspoon celery seed (optional)
- Salt and pepper to taste

1. In a large mixing bowl combine all ingredients.
2. Cover and chill overnight.

PER SERVING: CALORIES 243 • FAT 8 G • PROTEIN 8 G • CARBOHYDRATE 38 G • FIBER 10 G • LOW IN SATURATED FAT AND CHOLESTEROL • GOOD SOURCE OF FIBER

### **Carrot-Raisin Salad**

- 5-6 carrots, peeled and shredded
- ½ cup raisins
- 1 8-ounce carton low fat vanilla yogurt **or** ½ cup low fat mayonnaise

Mix all ingredients together. Cover and refrigerate. Serve chilled.



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