



Extension Nutrition Programs

FSNE/EFNEP



Barbeque Basics



Barbeque season is upon us. Grilling food is a quick and easy way to keep the kitchen cool on those hot summer days. Try some new recipes at your next cookout or camping trip. Some tips for grilling food safely:

1. Keep raw meat and raw meat juices separate from other foods.
2. Do not reuse a marinade
3. Place cooked meat on a clean dish
4. Clean cutting boards and utensils with hot, soapy water after cutting raw meats.

August's Top Produce Buys:

Grapes, Honey Dew, Nectarines, Peaches, Plums, Corn, Bell Peppers, Spinach, Tomatoes, Zucchini

Foil Cooked Fish

Yield: 1 serving

1 small to medium fresh, cleaned fish
2 teaspoons lemon juice
Salt and pepper to taste

1. Place fish in a piece of foil large enough to wrap fish in.
2. Sprinkle cavity with lemon juice, salt and pepper.
3. Wrap foil tightly around fish. Place on grill or campfire.
4. Cook 6 to 10 minutes on each side. Fish is done when it flakes with a fork.

Per serving: Calories 158, Fat 6G, Protein 24G, Carbohydrate >1G, Fiber 0G.

Meal in a Package

Yield: 1 serving

1 hamburger patty
1 potato, sliced thinly
1 carrot, sliced thinly
1 small onion, sliced thinly
2 teaspoons Italian dressing **or** assorted spices, optional
Salt and pepper

1. Place a piece of heavy foil with shiny side up on a flat surface.
2. Place half of the onion, carrot and potato slices in the center of the foil. Add the hamburger patty.
3. Top with remaining vegetables, season with salt and pepper.
4. Bring foil up around the food and crimp the edges. Use tongs to place on hot coals.
5. Cook 20 minutes. Turn over with tongs. Cook to 160°. Food can be eaten right out of the package.

Per serving: Calories 458, Fat 15G, Protein 29G, Carbohydrate 52G, Fiber 6G,

Fruit Pizza

Yield: 8 slices, serving 1 slice

Dough

2 eggs, beaten
1 cup brown sugar
1 teaspoon vanilla
3 cups baking mix



1. In a large bowl, blend egg, sugar and vanilla.
2. Add baking mix to the wet ingredients. Stir until all ingredients are moistened.
3. Chill dough.

Topping

1- 8 oz package cream cheese, softened,
or 1-3oz package instant vanilla
pudding
2 cans fruit, drained or 3 cups fresh fruit
slices or berries
¼ cup jelly (any flavor)

1. Preheat oven to 350°F.
2. With non-stick cooking spray lightly grease one cookie sheet or pizza pan.
3. Press dough onto the pan and bake for 10 to 15 minutes or until light brown on the edges. Cool.
4. Prepare instant pudding according to the directions on the package.
5. When crust is cool, spread with softened cream cheese or vanilla pudding.
6. Arrange the fresh or canned fruit over the creamed cheese.
7. In a microwave or on the top of the stove, heat the jelly with 1 tablespoon of water until it boils
8. Remove from heat and carefully drizzle (or brush) over fruit to preserve color. Slice and serve. Refrigerate remaining pieces.

Per serving: Calories 449, Fat 10G, Protein 8G, Carbohydrate 83G, Fiber 2G. Low in saturated fat.

Coleslaw

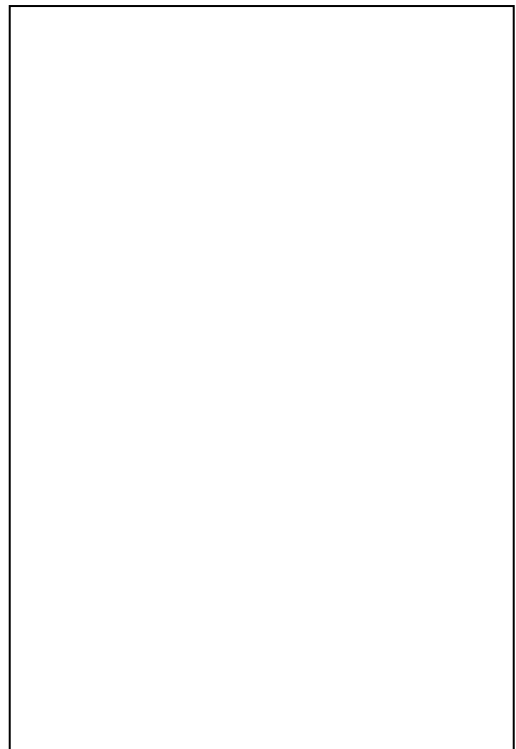
Yield: 4 servings, ½ cup each

2 cups shredded cabbage
½ carrot, shredded
¼ cup mayonnaise or salad
dressing

Salt and pepper to taste
1 Tablespoon orange juice

1. Combine vegetables in a bowl
2. In a small bowl, combine mayonnaise, salt, pepper and orange juice. Add to vegetables, mixing well. Refrigerate.

Per serving: Calories 61, Fat 5G, Protein 1G, Carbohydrate 5G, Fiber 1G. Good source of Vitamins A and C.



* FSNE is brought to you by Food and Nutrition Service, Montana Department of Public Health and Human Services, and MSU Extension Service.