



A Nutrition Resource



FOOD SAFETY FOR GRILLING

Thaw safely

- Use the refrigerator for slow, safe thawing or thaw sealed packages in cold water.
- For quicker thawing, defrost in the microwave if the food will be placed immediately on the grill.
- Thaw meat and poultry completely before grilling.

Marinating

- Marinate food in the refrigerator, not on the counter.
- Do not reuse a marinade.

Keep cold food cold

- Keep meat and poultry refrigerated until ready to use. Only take out the meat and poultry that will immediately be placed on the grill.
- When using a cooler, keep it out of the direct sun by placing it in the shade or shelter. Avoid opening the lid too often.
- Pack beverages in one cooler and perishables in a separate cooler. Separate ready-to-eat foods from raw meat, fish, or poultry.

Keep everything clean

- Be sure there are plenty of clean utensils and platters. Don't use the same platter and utensils for raw and cooked meat, fish, or poultry.
- If you're grilling away from home, find out if there's a source of clean water. If not, bring water for preparation and cleaning. Make sure to bring a clean tablecloth and clean water, soap, and towels for washing hands.



Cook thoroughly

- Cook food to a safe minimum internal temperature to destroy harmful bacteria.
- Meat and poultry cooked on a grill often brown very fast on the outside.
- Use a food thermometer to be sure the food has reached a safe minimum internal temperature.
- Let all meat rest at least three minutes after cooking.

POULTRY BREAST: 165°F for 15 seconds

GROUND POULTRY: 165°F for 15 seconds

GROUND MEATS: 160°F for 15 seconds

FISH: 145°F for 15 seconds

Grilling chicken

PRE-GRILLING: On the grill, chicken can become crisp on the outside and undercooked on the inside. Before putting chicken on grill, place a 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 Servings | Serving Size: 1 Package

- 1 potato, sliced thinly
- 1 carrot, sliced thinly
- 1 small onion, sliced thinly
- 3 ounces (about ½ cup) lean ground beef (15% fat or less)
- Salt and pepper
- 2 teaspoons Italian dressing or assorted spices, optional

- 1) Place a piece of heavy foil with shiny side up on a flat surface.
- 2) Place half of the potato, carrot, and onion slices in the center of the foil. Shape ground beef into a patty. Add to the foil package.
- 3) Top with remaining vegetables, season with salt and pepper and additional spices, if using.
- 4) Bring foil up around the food and crimp the edges. Use tongs to place on hot coals. (Or see oven variation.)
- 5) Cook 12-15 minutes. Turn over with tongs. Cook an additional 10-15 minutes. Let cool for a few minutes. Food can be eaten right out of the package.

Variation: Cook in a 350°F oven for 45 minutes to an hour

Foil Cooked Fish

Yield: 1 Servings | Serving Size: 1 Small to Medium Fish

- 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 around fish.
- 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.

Nutrition Facts	
1 servings per container	
Serving size	1 small to medium fish (123g)
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 18g	
Vitamin D 0mcg	0%
Calcium 269mg	20%
Iron 5mg	30%
Potassium 11mg	0%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Nutrition Facts	
1 servings per container	
Serving size	1 package (390g)
Amount per serving	
Calories	360
% Daily Value*	
Total Fat 15g	19%
Saturated Fat 5g	25%
Trans Fat 0.5g	
Cholesterol 60mg	20%
Sodium 220mg	10%
Total Carbohydrate 40g	15%

This institution is an equal opportunity provider.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The 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 the Montana Public Assistance Helpline at 1-888-706-1535 or www.apply.mt.gov. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.