

Nutrition Notables

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Special points of interest:

- Learn how to avoid food poisoning this summer!
- Discover new ways to make dinner with your grill!
- Make a refreshing low-sugar beverage!

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Summer Food Safety

Summer has arrived, and with it picnics, barbeques, beach trips, boating, hiking and other outdoor activities that include food.

While we don't often think about it, food safety is even more important outdoors than it is in your kitchen. Bacteria love the summer heat and humidity as much as we do and multiply fastest when it's 90-110 degrees and humid outside.

So please consider the following tips to keep you safe while enjoying your summer.

◆Wash your hands with hot water before and after handling food. If you are somewhere without running water, consider taking hand sanitizer with you to use before handling the food.

◆When handling plates, cups and utensils, try not to touch the areas where your food will be.

◆Don't allow ready-to-eat foods (anything you won't be cooking before eating) to touch raw meat, juices from raw meat, or anything that had raw meat on it.

◆Don't put your cooked meat back on the same plate that you had it on when it was raw.

◆Use a meat thermometer to check the temperature of your foods. Color does not indicate whether or not bacteria have been killed. Only temperature does.

◆Serve meat as it comes off the grill and serve cold foods in the shade.

◆Don't leave perishable food out for more than 2 hours if less than 90 degrees out and for no more than an hour if more than 90 degrees out.

◆Carry cold foods in a cooler with ice or ice packs, and keep the cooler in the shade or cover it with a blanket or a towel.

◆Don't spray bug spray around the food. It can contaminate it with chemicals.

◆Keep food covered at all times. When serving food uncover it long enough to get food out and then put the cover back on. This will keep dirt, bugs and other unwanted things out of the food.

◆Also keep your plates, utensils, and cups covered until you're ready to use them.

◆Consider freezing water bottles or juice boxes. They can make a nice cool drink



Reduce Your Risk of Getting Food Poisoning this Summer

during your outing and they can also help keep cold foods cold in the cooler.

◆Don't drink from lakes, rivers or streams no matter how clean they look. Bacteria are not visible to the naked eye.

◆Consider packing foods for outings that are safe at room-temperature. Examples are nuts, dried fruit, whole fruit, granola bars, etc.

Following these tips will help reduce your risk of food poisoning and allow you to enjoy more trips outside instead of to the doctor.



Grilling Fruits and Vegetables is a Great Way to get a Quick, Easy and Healthy Meal without Heating up the Kitchen!

Grilled Fruits and Vegetables

The backyard grill is often a popular choice for cooking meat this time of year. However, we rarely use it for fruits and vegetables. Which is unfortunate, as it is a great way to make a whole meal and not heat up the kitchen. Just follow the simple steps below to get started grilling your fruits and vegetables.

Grilling Vegetables

First, cut the vegetables into pieces of consistent thickness and don't cut them any thicker than 3/4 to 1 inch thick.

Next, if desired, soak the vegetables in a marinade for about 30 minutes before grilling them.

Then, coat them with olive or canola oil. You can include herbs and spices in the oil to add some additional zest to your vegetables.

Put the vegetables on the grill after you've already

started your meat since they will cook faster. Cook to desired softness.

If you're interested in grilling smaller pieces, you can purchase a grilling basket to keep the smaller pieces from falling off the grill into the fire. You can also skewer vegetables (and fruit for that matter) to hold them on the grill as well.

Grilling Fruit

The wonderful thing about grilled fruit is that it is very versatile. It can be used as a side dish, appetizer or a dessert.

Harder fruits (apples, pears, pineapples) work best since they hold their shape well, but you can also grill softer fruits (peaches, mangoes, plums, nectarines). With the softer fruits, you'll just need to pay more attention. Ideally, you want any fruit to be just short of being ripe.

Most fruits you can just cut in half and stick on the grill.

Remember to remove any cores or pits from the fruit first. If the fruit is large or is a citrus fruit, it is better to cut it into slices.

Next, lightly coat the fruit with a light oil. Canola is a good option or to add a bit of unusual flavor you could try a sesame, almond, peanut, or other flavored oils. You can also add spice like nutmeg, allspice, cinnamon, cloves or ginger to the oil to give the fruit additional flavor.

Then, place the fruit on a clean grate (you don't want your fruit tasting like your hamburger) over medium heat.

The fruit will cook quickly so don't wander off from the grill. Cook to desired softness.

Once the fruit is done, it can be served alone or over angel food cake, low-fat frozen yogurt or with non-fat whipped topping on it.



Enjoy this Twist on a Summertime Favorite!

Compliments of
TasteofHome.com

Recipe Box– Citrus Iced Tea

June is Iced Tea Month. In honor of this little known fact, we are offering a twist on a summertime favorite:

3 quarts of water
8 whole cloves
10 individual tea bags
2 1/2 cups sugar (or Splenda)
1 can (46 oz) unsweetened pineapple juice
7 lemons—squeezed for the juice
6 oranges—squeezed for the juice
Ice cubes

- 1) In a large kettle or pot, bring water and cloves to a boil.
- 2) Reduce heat; simmer, uncovered, for 10 minutes.
- 3) Remove from heat, add tea bags.
- 4) Steep for 5 minutes.
- 5) Discard tea bags and cloves.
- 6) Stir in sugar (or Splenda) and juices.
- 7) Serve over ice.

Yield: 24 (3/4 cup) servings

Per serving:

With sugar: 128 calories, 0gm fat, 1mg sodium, 0gm protein, 0gm fiber, 32gm carbohydrate

With Splenda: 58 calories, 0gm fat, 1mg sodium, 0gm protein, 0gm fiber, 14.5gm carbohydrate

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