

News Release From:
University of Missouri Extension
Northwest Region

For More Information Contact:
Janet M. Hackert,
Regional Nutrition and Health Education Specialist

G-R-E-A-T Grilling

By Janet Hackert, Regional Nutrition and Health Education Specialist
University of Missouri Extension

Many people think of summer as grilling season. This year have a G-R-E-A-T grilling season. Here's how.

“G” is for Good health. Grilling foods is a great way to make foods without added fat from pan frying or deep fat frying. Bring out the flavor of meat and other grilled foods with herbs and spices rather than weighing foods down with fat- and salt-laden heavy sauces.

“R” is for the Rainbow of vegetables and fruits that can be cooked on a grill as kabob, wrapped in foil with seasonings, or grilled as large pieces whole, like asparagus spears or corn on the cob. Discover the variety of colors and flavors that grill well: red, yellow, green or purple bell peppers, onions, mushrooms, tomatoes, yellow squash, butternut squash or zucchini.

“E” is for the Extra care needed to keep foods safe at the barbeque. Take special care to avoid cross-contamination. Every platter, fork, spatula and marinating dish that touches or contains raw meat is contaminated with the raw meat juice and so is a potential hazard. Avoid food-borne illness when cooking out by taking that extra care to have a separate clean plate, platter or utensil that is safe for the ready-to-eat cooked meat. Otherwise, be prepared to wash items after they have come in contact with raw or partially cooked meat and before they are used for the final product.

“A” is for Arranging items on the grill well for optimal cooking. Get the right heat for the right food. For meat and poultry, a hotter part of the grill will work better. For roasting corn or slow-cooking squashes like acorn squash halves or whole zucchini, place them over a cooler part of the fire.

“T” is for Try something new, like grilled fruit. Add peach pieces, apple chunks, bananas hunks or pineapple to a kabob or on the side of the grill on their own. Smaller fruits such as raisins or berries and softer fruits such as kiwi or ripe pear can be added to a marinade for an interesting zing. Just remember that if there is raw meat in the marinade, always marinate in the refrigerator and boil the leftover marinade if using it as a sauce.

Expand your grilling options. And enjoy GREAT grilling this summer and all year long.

For more information on grilling safety or ideas, or any other topic, contact me at 660-425-6434 or HackertJ@missouri.edu or your local University of Missouri Extension office.

-##-