



— LIVING WELL —

Raising Kids, Eating Right Spend Smart, Live Well

Grilling 101 - Healthy Side Dishes

This article contains healthy side dishes and a rub for your next gathering. The fruit and vegetable recipes are limited in saturated fats, sodium, and sugars. These recipes along with the trilling tips and fundamentals you learn in Grilling 101 to create a delicious menu for family and friends.

Keep Hot Foods Hot and Cold Foods Cold

- Maintain hot food at 140 degrees or above until served. Keep cooked meats hot by setting them to the side of the grill or wrap them well and place in an insulated container.
- Maintain cold food 40 degree or below until served. Keep cold, perishable food in a cooler until serving time. Keep coolers out of direct sun and avoid opening the lid often.
- Place cold foods directly on ice or in a shallow container set in a pan of ice. Drain off water as the ice melts and replace the ice frequently.
- Don't let hot or cold perishables sit out for longer than 2 hours, or 1 hour if the outdoor temperature is above 90 degrees. When reheating fulling cooked meats, grill to 165 ° F or until steaming hot.
- Transport food in the passenger compartment of the car where it's cooler- not in the trunk.
- When in doubt, throw it out.

Put the Items on Your List

These non-food items are indispensable for a safe barbecue.

- Food thermometer
- Several coolers: one for beverages (which will be opened often); one for raw meats, poultry and seafood and another for cooked foods and raw produce.
- Ice or frozen gel packs for coolers
- Jug of water, soap, and paper towels for washing hands.
- Enough plates and utensils to keep raw and cooked foods separate.
- Foil or other wrap for leftovers.

Inside this issue

Grilling 101 cont.....	2
Grill That?	2-3
Grilling Recipes.....	3-5
Upcoming Events	5-10



USDA-Recommended Safe Minimum Internal Temperatures

Steaks and roasts (beef, lamb, pork and veal): 145 ° F with a 3-minute rest time)

- Fish: 145 ° F
- Ground beef, lamb, pork or veal: 160 ° F
- Egg dishes: 160 ° F
- Poultry (whole, parts, or ground) 165 ° F
- Leftovers: 165 ° F
- Hot dogs: 165°F

You Can Grill That?

Now we all know the grill was made for cooking steak, hamburger and other barbeque favorites but have you ever thought about grilling fruits and vegetables? The grill is a great method to cook fruits and vegetables because of how quickly they cook and the unique flavor it incorporates. You can grill almost any fruit or vegetable, so let your creativity flow!

Tips & Tricks for Grilling Fruit

RIPE BUT NOT TOO RIPE

You want to grill fruit right before you'd normally eat it as is. It should be slightly firm so that it holds up on the grill. The heat caramelizes the sugars in fruit and weakens the structure, so something overripe or mushy will be more likely to fall apart.

BIGGER IS BETTER

Cut fruit into large chunks to keep it from falling between the bars of the grill grate. Even if you're working with a grill pan indoors, you want to go for bigger pieces to maintain the structure of the fruit. Bonus tip: if you're grilling bananas, keep them in the peel to protect the soft texture — the high heat will ensure that they cook through.

PICK YOUR FAT

Brush fruit with a high-heat, neutral oil. [Small Amounts] of Melted unsalted butter or clarified butter also works well.

DO NOT DISTURB

Grill fruit over high heat for 3 minutes without moving or turning it to get the perfect sear (and coveted grill marks!). Flip and cook for 1 to 3 minutes more.

USE THE TOP RACK

If you're working with more delicate slices, cherries, or berries, move the whole operation to the top rack if you have one, or in a perforated grill basket or sheet—even a foil pouch or boat if that's how you're rolling. The lid still goes down, but you'll need to check more frequently.

Grilled Fruit Kabobs

Servings: 6 skewers

- 1 teaspoon mint leaves
 - 1 ½ Tablespoons honey
 - 2 Tablespoons water
 - 3 cups watermelon, diced
 - 2 cups peaches, sliced
 - 3 cups cantaloupe, diced
 - 2 cups pineapple, diced
 - ¼ teaspoon kosher salt
 - 1 teaspoon mint leaves, chopped
- Instructions



Grilled Fruit Kabob



1. Wash your hands and clean your countertops. Rinse produce under cool running water before slicing.
2. Using Path to the Plate fire and heat safety guidelines, prepare the grill.
3. Using a medium saucepan, simmer water and honey until combined. Infuse honey water by simmering with mint leaves for 1 minute. Remove mint leaves. Pour the liquid in a jar and let infused honey water cool in the refrigerator.
4. Prepare sliced and diced fruit on 6 wooden or metal skewers. Grill for 30- 60 seconds on each side.
5. Leaving fruit on skewers, use a basting brush to glaze over fruit. Sprinkle kosher salt and mint leaves over grilled fruit skewers.

Source: Dinnertonight.tamu.edu

Grilled Romaine Salad

Dressing :

- ¼ cup lemon juice
- 2 tbs olive oil extra virgin
- 2 tsp garlic minced
- ¼ tsp salt
- 1/8 tsp black pepper

Salad :

- 2 hearts of romaine lettuce halved lengthwise
- Olive oil (for brushing)
- ¼ cup reduced-fat feta crumbled



1. In a glass jar, combine lemon juice, olive oil, garlic, salt and pepper. Cover and set aside. Brush hearts of romaine with olive oil.
2. Place romaine, cut side down on rack of grill. Grill until marks develop and slightly wilted.
3. Place each romaine half on a plate. Shake lemon juice mixture well and drizzle over grilled romaine.

Street Corn

1 tsp. cumin
1 tsp. chili powder
½ tsp. garlic powder
5 ears of corn, partially shucked silks removed.
1 tbsp. olive oil
¼ cup sour cream
¼ cup Conja cheese
¼ cup cilantro
Juice of 1 lime



1. In a small bowl, mix the cumin, chili powder and garlic powder together.
2. Place the corn on a cookie sheet lined with aluminum foil.
3. Pull back the husk and tie them together using cooking twine.
4. Brush each ear of corn with olive oil and sprinkle even amounts of the spice mixture on each one, turning to coat.
5. Grill over medium high heat for 10 to 15 minutes, or until soft.
6. While the corn is grilling, mix the sur cream, Conja cheese, cilantro, and lime juice.
7. Serve the corn hot, topped with sour cream mixture. Or cut the corn off the cob and mix it together with the sour cream mixture.

Grilled Pineapple with Whipped Fruit Dip

1 pineapple
Whipped Fruit Dip
½ cup nonfat Greek yogurt plain
1/8 cup heavy whipping cream
½ teaspoon vanilla extract
1 ½ tablespoons Honey



1. Make sure to begin with a clean surface and clean hands.
2. Begin by heating up your grill to 450 degrees.
3. Slice pineapple into 12 wedges. Place pineapple on grill and grill on each side for 4 minutes (8 minutes total)
4. While pineapple is grilling, start by whipping the nonfat Greek Yogurt for 30 seconds on low and then for 2 minutes high speed. Add heavy whipping cream. Again, mix on low for 30 seconds and increase the speed to high setting for 2 minutes. Add vanilla and honey and whip on high for another 2 minutes or until peaks are fluffy. Use as dip for grilled pineapple or top pineapple with whipped mixture and enjoy.
5. Whipped fruit dip can be refrigerated for up to 4 days.

Grilled Eggplant

2 medium Eggplant
6 tablespoons Olive Oil
2 teaspoons Italian seasoning
 $\frac{3}{4}$ teaspoon Garlic powder
 $\frac{3}{4}$ teaspoon Sea Salt
 $\frac{1}{4}$ teaspoon Black Pepper

1. Preheat the grill or a cast iron grill pan to medium high heat.
2. Slice the eggplant crosswise to make circles, about $\frac{1}{2}$ inch thick. Cut off the leafy end only after you are done slicing, so that you have more to grab onto as you slice.
3. In a small bowl, whisk together the olive oil, Italian seasoning, and garlic powder. Brush about half of the mixture over the eggplant slices. Season with half of the sea salt and black pepper.
4. Flip the eggplant slices and repeat with the remaining oil mixture, salt, and pepper on the other side.
5. Place the eggplant slices on the grill or grill pan in a single layer. If using a grill pan, spray with cooking spray first and cook uncovered. If using a grill, close the lid. Grill eggplant for 3-5 minutes per side, until charred, tender, and no longer white.



Upcoming Events

Parker County Extension Education Association Meeting – June 1, 2023 – 10:00 a.m.

Parker County Extension Office. This will be a regular meeting and there will be a salad luncheon to follow. Anyone is welcome to attend.



COOKING UP A COTTAGE FOOD BUSINESS

Friday, June 2, 2023

9:00 a.m. - 12:00 noon

Parker County Extension Office

604 North Main Street

Weatherford, Texas 76086



COURSE INCLUDES:

- COTTAGE FOOD LAW INFORMATION
- 2 YR. FOOD HANDLER'S CERTIFICATION
- 1 HOUR CEU FOR COTTAGE FOOD LAW

TEXAS A&M
AGRILIFE
EXTENSION

Cost: \$20 per person

(cash or check only)

Call the Parker County Extension Office
to register: 817-598-6168

Texas A&M Agrilife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity.

The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating



Date: **Friday, June 16, 2023**
 9:30 a.m. - 12:00 Noon
Topic: **Basics of Food Preservation—
 Pressure and Waterbath Canning**

Location: Couets United Methodist Church,
 802 North Elm, Weatherford
Price: \$25.00 per person (cash/check only)

Date: **Friday, July 14, 2023**
 9:30 a.m. - 12:00 Noon
Topic: **Jams & Jellies**

Location: Parker County Extension Office,
 604 North Main, Weatherford
Price: \$25.00 per person (cash/check only)

These hands-on workshops focus on canning safety, types of equipment and proper methods.

For beginners or those who need a refresher course.

**Class size is limited -
 so please call
 to register:
 Parker County
 Extension Office
 817-598-6168**

Registration will be taken up to two days before each class (or whenever class fills up)

Join us for just one, or for both!

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

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Tuesday, June 20, 2023

8:30 a.m. to 3:00 p.m.

Parker County Extension Office
604 North Main Street, Weatherford, Texas

One Day Safe Sitter Essentials with basic First Aid instruction
(not certified CPR course)

For students grades 6 to 8 (11-14 years old)

Cost: \$50.00

Includes student handbook, completion card and lunch.

Space is limited —
registration is on a first-come, first serve basis.
Call 817-598-6168 to register by June 15th.

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Let's Cook!

Hey Kids,



Cooking Camp for Kids - Ages 5-8!

A 2 day camp that teaches kids the basics of cooking. Kids will learn basic nutrition, basic cooking skills, kitchen safety and more.

DATE: JUNE 28 & 29, 2023
9:30 A.M.—12:00 NOON

*Parker County Extension
604 North Main St.
Weatherford, Texas 76086*

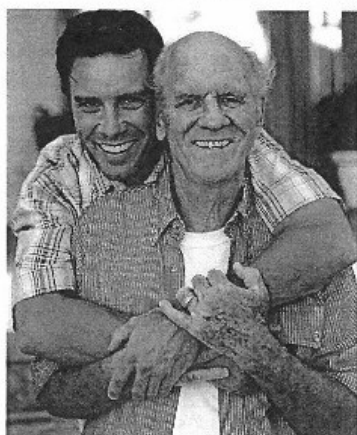
*Cost: \$30.00 for two days
(cash or check only)*

TEXAS A&M
AGRILIFE
EXTENSION

TO REGISTER AND FOR MORE
INFORMATION: 817-598-6168
SPACE IS LIMITED

ALZHEIMER'S & BRAIN AWARENESS SERIES

An education series provided by the Alzheimer's Association



June is Alzheimer's and Brain Awareness Month!
Join any of our free classes to learn more.

Thursdays, 4 - 5:30 p.m.

Weatherford Public Library
1014 Charles St., Weatherford, TX 76086

To RSVP visit alznct.news/ABAS2023
call/text 817-500-9823
or scan below



June 8, 2023

Understanding Alzheimer's & Dementia
Learn the different types of dementia and the stages, risk factors and treatments available.

June 15, 2023

Healthy Living for Your Brain & Body
Learn how lifestyle factors influence brain health and watch a live cooking demonstration.

June 22, 2023

Managing Money: A Caregiver's Guide
Learn how caregiving affects finances and how to prepare for financial decisions as a caregiver.



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