Grill Meat the Safe Way
Grilling can be a safe way to cook meats if you handle fresh or thawed meat properly. Bacteria is naturally found in meat and can cause illness if we do not follow food safety guidelines.

Meat and poultry cooked on a grill browns quickly on the outside. Use a food thermometer to ensure meats have reached a safe minimum internal temperature. NEVER partially grill meat or poultry and finish cooking later. To grill meats safely:

» Use separate plates, cutting boards, and utensils for raw and cooked meats.
» Grill all raw steaks and chops (beef, pork, lamb and veal) to an internal temperature of 145°F. Allow meat to rest for at least 3 minutes.
» Grill all raw ground beef, pork, lamb, and veal to an internal temperature of 160°F.
» Grill all chicken and turkey (including ground) to an internal temperature of 165°F.
» Refrigerate any leftover grilled meats within 2 hours (1 hour if temperature outside is above 90°F).


Grilled Vegetables
Serves 4
Ingredients
» 2 - 4 cups of one or more fresh vegetables (peppers, onions, zucchini, potatoes, sweet potatoes, or your favorite firm veggies)
» ⅓ cup olive or canola oil
» 1 lemon (fresh juice or 3 Tablespoons bottled)
» 1 teaspoon dried thyme or 1 Tablespoon fresh thyme leaves, crushed
» Pepper and seasonings of your choice

Directions

1. Wash hands. Thoroughly rinse vegetables. Trim and cut the same size to cook evenly.
2. Combine remaining ingredients to make a marinade. Place in a small container with a tight fitting lid. Stir or shake before each use.
3. Pre-heat grill. Use a disposable foil pan or a piece of foil on the grill so veggie pieces don’t fall through.
4. Before grilling toss vegetables and ½ of marinade mixture in a bowl to coat. During grilling, brush both sides to keep moist.
5. Grill veggies, turning for even browning. Softer ones like zucchini or peppers will take about 5 to 10 minutes; denser ones like potatoes or turnips take longer. Grill time varies. Use a fork to check for tenderness.

Tip: Substitute Italian salad dressing for Homemade marinade

Nutrition Information: Per ½ cup serving vegetables: 15-25 calories; 60-90 calories for starchy veggies (such as potatoes). Vegetables provide varying amounts of potassium, folate, and Vitamins A&C. Per Tablespoon of marinade: 40 calories, 5g unsaturated fat

Source: Eating Smart Moving More North Carolina Extension
Ingredient Substitutions in a Pinch

One of the biggest problems when cooking is realizing you are missing an ingredient. Good news, you may be able to substitute an ingredient. Did you know that oil can be substituted for equal amounts of margarine or butter? Keep this list handy for quick substitutions.  

<table>
<thead>
<tr>
<th>If recipe calls for</th>
<th>Try this substitution</th>
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<tbody>
<tr>
<td>Melted unsweetened chocolate</td>
<td>3 tablespoons of cocoa powder plus 1 tablespoon of canola oil or melted margarine</td>
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<tr>
<td>1 tablespoon cornstarch</td>
<td>2 tablespoons flour</td>
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<tr>
<td>1 cup of cake flour</td>
<td>1 cup of all-purpose flour minus 2 tablespoons</td>
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<tr>
<td>1 cup of butter, margarine or vegetable shortening in baking</td>
<td>1 cup of oil or ¼ cup of applesauce, apple butter, or avocado plus ¼ cup solid fat or 1 cup ripened/mashed bananas</td>
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<tr>
<td>1 cup of sour cream, buttermilk or cottage cheese</td>
<td>1 cup of yogurt</td>
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<tr>
<td>1 cup of tomato sauce</td>
<td>1 cup of tomato puree or ½ cup of tomato paste + ½ cup water</td>
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Grilled Fish Tacos Serves 4

**Ingredients**

» 4 tilapia fillets, or 1 pound (or white fish, catfish)
» 1 Tablespoon chili powder
» 1 - 2 Tablespoons Sazón (no salt seasoning mix)
» 8 - 6 inch flour tortillas (warmed)
» 2 cups salsa

**Directions**

1. Wash hands. Heat grill or grill pan over medium-high heat. Using paper towels, pat fish dry, transfer to plate.
2. In a small bowl, stir together chili powder and Sazón.
3. Rub fish with spice mixture to coat completely.
4. Place fish on hot greased grill grates.
5. Cook, flipping once until fish is opaque and flakes easily with a fork (145°F), about 8 minutes.
6. Thinly slice fish.
7. To serve, fill each tortilla with ½ fish fillet and about ¼ cup of salsa.

**Sazón (no salt seasoning mix) Serves 9**

**Ingredients**

» 1 Tablespoon ground annatto seeds or paprika
» 1 Tablespoon ground coriander (optional)
» 1 Tablespoon ground cumin
» 1 Tablespoon garlic powder
» 2 teaspoons dried oregano

**Directions**

1. Wash hands. Combine all ingredients. Place in container and label.
2. Store in a cool, dry place for up to one year.
3. Stir or shake well before each use.

Sweet Potato Tots Serves 6

**Ingredients**

» 4 medium sweet potatoes
» 1 cup whole wheat flour

**Directions**

1. Preheat oven to 425°F. Lightly grease a large baking sheet. 
2. In a large bowl, combine potatoes with flour. Add 1/4 cup vegetable oil and toss to coat. 
3. Mound mixture on prepared baking sheet. 
4. Bake, flipping once, until lightly browned and crispy, about 30 minutes. 

**Nutrition Information:** Calories 125, Fat 5g, Carbohydrate 20g, Fiber 3g, Protein 3g. Notes: Do not substitute flour with cornmeal. I Source: Pennsylvania State University Extension, extension.psu.edu

Learn more about cooking healthy on a budget! Contact Nutrition Links to see if you are eligible for free nutrition classes: scan this QR code, call 888-778-3535 or email nutritionlinks@psu.edu.