



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).

Source: https://www.fsis.usda.gov/wps/portal/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/grilling-and-food-safety/ct_index



Onedia Swaney / Penn State

\$\$ Nutrition Links Thrifty Tips \$\$

- * Grilling outdoors keeps your kitchen cool
- * Make your own grilling marinade to reduce sodium
- * Use leftover fish to make fish tacos
- * Substitute oil for melted butter

Grilled Vegetables

(Servings - 4)

- 2 - 4 cups of one or more fresh vegetables (peppers, onions, zucchini, potatoes, sweet potatoes, or your favorite firm veggies)

Homemade Marinade

Ingredients

- 1/3 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 to taste
- Other seasonings of your choice

Directions

1. Wash hands. Thoroughly rinse vegetables. Trim and cut the same size to cook evenly.
2. Prepare marinade by combining all ingredients 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 1/2 of marinade mixture in a bowl to coat. During grilling, brush both sides to keep moist and add flavor.
5. Grill veggies, turning for even browning. Softer ones like zucchini or peppers will take about 5-10 minutes; denser ones like potatoes or turnips take longer. Grill time varies. Use a knife to check for tenderness.

Tip: Substitute Italian salad dressing for Homemade marinade

Nutrition Information:

- * Per 1/2 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

Adapted from Families Eating Smart and 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?

Other easy substitutions:

If recipe calls for	Try this substitution
Melted unsweetened chocolate	3 tablespoons of cocoa powder plus 1 tablespoon of canola oil, or regular margarine or butter
1 tablespoon cornstarch	2 tablespoons flour
1 cup of cake flour	1 cup of all-purpose flour minus 2 tablespoons
1 cup of butter, margarine or vegetable shortening in baking	1 cup of oil or $\frac{3}{4}$ cup of applesauce, apple butter, or avocado plus $\frac{1}{4}$ cup solid fat or 1 cup ripened/mashed bananas
1 cup of sour cream, buttermilk or cottage cheese	1 cup of yogurt
1 cup of tomato sauce	1 cup of tomato puree or $\frac{1}{2}$ cup of tomato paste plus $\frac{1}{2}$ cup water

Keep this list handy for quick substitutions.

Source: Recipe Basics Measure accurately, substitute wisely, adjust carefully, Iowa State University 2019

Grilled Fish Tacos

Servings - 4 (2 Fish Tacos per serving)

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 (regular or peach*)



Grilled Fish Tacos with Peach Salsa / choosemyplate.gov

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 Seasoning Mix - 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 $\frac{1}{2}$ fish fillet and about $\frac{1}{4}$ cup of salsa.

Nutritional Information: Calories 330, Fat 5g, Sodium 380mg, Carbohydrate 44g, Fiber 3g, Protein 27g

Notes: Adjust Sazón according to your taste.

*Source: choosemyplate.gov/recipes/myplate-cnpp/grilled-fish-tacos-peach-salsa

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Seasoning Mix - Sazón

Makes: $\frac{1}{3}$ cup (about 9 servings)

Serving size: about $1\frac{1}{2}$ teaspoons (season to taste)

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



Taco Spices / Craig Dugas / flickr.com CC BY-SA 2.0

Directions

1. Wash hands. Combine all ingredients. Mix well.
2. Place in a storage container with a tight-fitting lid.
3. Store in a cool, dry place for up to one year.
4. Stir or shake well before each use.

Nutritional Information: Calories 10, Fat 0g, Sodium 0mg, Carbohydrate 2g, Fiber 1g, Protein 0g

Variation: Vary the amounts of spices to your taste or eliminate individual spices altogether. Other possible additions include onion powder, tomato powder, and saffron. Many of the store-bought types of seasoning mixtures are high in sodium due to salt or MSG (monosodium glutamate) as the primary ingredient.

Notes: A purchased packet of Sazón equals $1\frac{1}{2}$ teaspoons of Seasoning Mix - Sazón.

Source: Adapted from "Taco Seasoning Mix" Iowa State University Extension and Outreach, spendsmart.extension.iastate.edu