

## Healthy Grilling

Memorial Day often kicks off the start of summer picnics and backyard barbecues. Grilling is an easy and fun way to add sizzle and flavor to healthful eating. Beef or pork tenderloin, skinless chicken breasts, and thicker cuts of fish like salmon or mahi-mahi are just a few of the leaner protein choices that lend themselves well to marinating or rubbing with dried herbs before grilling.

### Great Grilling Tips:

1. Trim off any visible fat prior to cooking.
2. Limit portion size. Most Americans need about 6 ounces of protein per day.
3. Try to include vegetables like peppers, onions, mushrooms, zucchini or small red potatoes, which can also be grilled on a cooler part of the grill for about 10-15 minutes. To limit meat portions, make kabobs with vegetables.
4. Meats or vegetables can be marinated in the refrigerator for 2 or more hours prior to grilling.
5. Do not reuse marinade that raw meat has soaked in. If some marinade is needed for a sauce after grilling, reserve a portion of marinade before putting raw meat or poultry into it.
6. Start grilling when coals are ash-colored and glowing. For gas and electric grills, ignite and cover for 5-10 minutes before grilling.
7. Use a grill fork thermometer to make sure the food has reached a safe internal temperature.
8. When removing food from the grill, use a clean platter. Wash utensils that have touched raw food before using them to remove cooked foods from the grill.
9. Always refrigerate perishable food within 2 hours. If the temperature is above 90 degrees, do not let food sit out for more than an hour. Refrigerate any leftovers promptly in shallow containers. If outdoors, place cooled meats in a sealed plastic bag and pack them on ice in an insulated cooler.

For more information on healthy grilling and recipes, visit the following websites:

- <http://www.goodhousekeeping.com/food/healthy/healthy-grilling-0703>
- <http://www.mayoclinic.com/health/healthy-grilling-recipes/RE00096>
- [http://www.eatingwell.com/recipes/collections/healthy\\_grilling\\_recipes.html](http://www.eatingwell.com/recipes/collections/healthy_grilling_recipes.html)
- <http://dhs.wisconsin.gov/homeitps/dhp/SummerFoodSafety.htm>

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