

SmartFood

Low Cost and Healthy Eating!



Cornell University
Cooperative Extension
Genesee County

June 2008
Volume 12, Issue 6

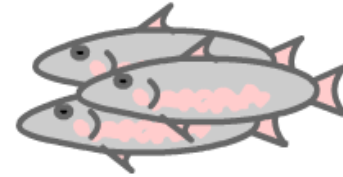
Grill out!

Grilling is a healthy and delicious way to cook.

Grill a variety of meats this summer—pork chops, ham, fish, chicken and other meats.

Fish can make quick and healthy meals for your family:

- ♥ **Choose thick pieces of fish for grilling.** Thick pieces do not fall apart as easily as thin pieces of fish when cooked.
- ♥ **Spray fish lightly with vegetable oil spray** to keep it from sticking while grilling.
- ♥ **Grill fish on aluminum foil.** It will be easier to turn.
- ♥ **Fish cooks fast!** Cook for 4 to 6 minutes if fish is 1/2 inch thick. Cook for 8 to 12 minutes if fish is 1 inch thick.
- ♥ **Turn fish only once or twice.** It will fall apart if you turn it too much.
- ♥ **Season with your favorite seasonings** such as garlic powder, lemon pepper, Cajun seasoning or others.
- ♥ **Make a grilled fish sandwich!** Serve grilled fish on a bun with lettuce, tomato and light mayonnaise for a quick meal. It will taste better than a fried fish sandwich, and it's better for you!



Safe Grilling

Is grilling safe? Yes, it is!

However, when fat from meat drips on hot coals, a cancer causing compound can be formed on the food through smoke and flare-ups.

Enjoy grilled foods!
Follow these steps:

• **Choose low fat meats.** Limit grilling high fat foods such as sausage and ribs.

• **Trim the fat off meats before grilling.** This will help prevent fire flare-ups which can cause cancer causing compounds to form.

• **Use tongs or a spatula to turn meats.** Avoid piercing meat with a fork which can cause smoke and flare-ups.

• **Limit flare-ups on meat.** Place meat on aluminum foil when grilling. Use a water bottle to put out fires quickly.

• **Cut off any charred or burnt foods before serving.**

• **Do not eat burnt food!**



Hot off the Grill!

Try something different!



Barbecued Ham Steaks—Cut boneless ham into 1 inch thick steaks. Grill for 3 to 4 minutes on each side. Brush lightly with barbecue sauce and heat for 2 more minutes. Serve!

Grilled Pork Chops—grill pork chops until no longer pink. Thick chops taste great!

Pork Chop Sandwich—Grill thin pork chop until no longer pink. Thin chops cook fast—don't overcook! Serve on bun.

Grilled Chicken Sandwich—Grill boneless chicken breast until no longer pink. Serve on bun. Top with your favorites—lettuce, tomato, cheese, onions, mushrooms!

Grilled Chicken or Steak Tacos—Grill boneless chicken breast or steak until meat is cooked. Remove from grill. Cut into long strips of meat. Serve with tortillas. Top with lettuce, tomatoes, salsa and shredded cheese.



Penne with Zucchini

4 cups cooked penne noodles
2 tablespoons vegetable or olive oil
2 garlic cloves, chopped
2 small zucchini, sliced
14 ounce can diced tomatoes
Salt and pepper to taste
1 tablespoon dry basil
¼ cup grated parmesan cheese

Heat oil in large skillet. Add garlic and zucchini. Cook over low heat for 2 minutes, while stirring.

Add tomatoes, cooked noodles, salt, pepper and basil. Stir and cook for 4 to 5 more minutes.

Sprinkle with parmesan cheese. Serve!

6 servings (1 cup serving) – 220 calories, 5.3 grams fat, 22% calories from fat and 3.6 grams fiber in a serving.

Zucchini Savings

- ♥ Add shredded zucchini to your favorite meatloaf or meatballs.
- ♥ Toss shredded zucchini into coleslaw.
- ♥ Add raw zucchini slices to your sandwich or salad.
- ♥ Serve zucchini slices with a low fat dip. Try Ranch salad dressing.
- ♥ Bake breads or muffins with shredded zucchini.

Make Italian Zucchini.

Heat small amount of olive oil in skillet.
Add chopped zucchini, onion and peppers.
Cook over medium heat for 5 to 7 minutes, stirring constantly.
Season with garlic salt and soy sauce.
Sprinkle with parmesan cheese. Serve.

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This material is funded by the USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact Cornell Cooperative Extension at 585-343-3040.

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