

6 EXPERT TIPS FOR HEALTHY GRILLING

Summer brings out the grilling passion in all of us, even if your grill is ready to go year-round! What type of griller are you: weekend warrior, every-night-for-dinner, or party planner? No matter which grilling style you have, USConnect® has great grilling tips for the beginner to the advanced grill master!



WHEN IN DOUBT, THROW IT OUT

Grilled foods can be refrigerated up to 3-4 days safely, but keep in mind that taste and quality are at risk. Label and date your leftovers to help you keep an eye on expiration, so you know when it's time to throw out uneaten foods. When reheating grilled items, aim for an internal temperature of 165 degrees; using a food thermometer is super helpful. When in doubt on any leftover, throw it out!

ONE HOUR RULE

When grilling out and visiting with friends, time can zoom by! Add warm summer temperatures over 90 degrees on top of that, and you have yourself the perfect setup for possible food safety issues. Rotating foods every hour to a safe refrigeration temperature of below 40° guarantees a food-safe backyard barbecue.

SAFETY, SAFETY, SAFETY!

Two words—food thermometer. Why risk food poisoning that can be caused by undercooked foods or not cooking foods to proper temperatures? Food thermometers are available in many different fashions (check out the 10 best picks at <https://best.offers.com/best-meat-thermometers>) that can make safe grilling super easy and super delicious! Review the following website for safe food temperatures when grilling: <https://www.foodsafety.gov/keep/charts/mintemp.html>.

HOLD THE MAYONNAISE

What is your favorite condiment? Mustard, ketchup, mayonnaise, salsa, Greek yogurt spread, hummus—you name it, keep it cool!

Rule of thumb:

- Refrigerate marinating meats in the refrigerator right up to grill time.
- Keep condiments out, unrefrigerated, for no more than 2 hours (need more time? consider keeping condiments on ice in a cooler for handy, yet safe, grab-and-go)

SOAPY SUDS

Wash cutting boards and utensils in hot, soapy water between uses, or use color-coded sets to keep raw meats, seafood, and poultry and ready-to-eat foods separate. And always, always wash your hands! These are simple tips that can help you avoid serious food-borne illness.

KEEP IT CLEAN

Gas, charcoal, smokers or even electric grills—keep them clean! The best reference for keeping your grill spotless is utilizing the manufacturer's instructions before lighting up for an outdoor bonanza.

SUMMER LOVING RECIPES

Nothing says 'summer' like a great afternoon or evening at the grill with friends! Here are a few quick and delicious additions to use along with your favorite grilled meals. Remember that you can swap mayo-heavy sauces with balsamic vinaigrettes or even Greek yogurt; it reduces fat without losing flavor!

Party Pasta Salad

- 16-18 ounces Four Cheese Ravioli (prepare according to package directions, chill)
- 1 cup cherry tomatoes or 2 large tomatoes, chopped
- 1 cup broccoli florets
- 1 cup cauliflower, chopped
- 1 large pepper (any variety), chopped

Toss gently with balsamic dressing and serve immediately. Pairs well with grilled chicken or black bean burgers.

Experiment with different protein options such as Homemade Black Bean Burgers (recipes and videos on making your own black bean burger can be found on www.therightchoiceforahealthiyou.com).

Balsamic Dressing

- Use equal parts olive oil and balsamic vinegar (any variety)
- 1 teaspoon minced garlic
- pepper to taste

Use the balsamic recipe above with the recipe at left for a fantastic Fourth of July salad!

Grilled Fruits

A must try! Grill pineapple rings or peach halves until their natural sugars caramelize. Present the grilled fruit on a dessert bar with vanilla yogurt, nuts as sprinkles, and fresh cherry toppers.

