



Better Living for Texans Newsletter

August 2019

Grilling Up a Side of Healthy

Most people think of hamburgers and hotdogs when it comes to grilling – this month, let's think outside of the box! Some of the tastiest foods to cook on the grill are fruits and vegetables. If you have not tried grilling fruits and vegetables, you might think that it sounds a little bizarre. For those who have tried throwing some squash, pineapple, or other produce on the grill, you know it's the truth – grilling fruits and vegetables makes them super tasty!

Grilling fruits and vegetables has some other benefits besides being delicious. Some of these benefits are:

- It is **easy**, no difficult steps to follow.
- **Minimal ingredients** are needed.
- You will **impress friends and family** with your grilling skills.
- **Picky eaters**, especially kids, might like this way of preparation.
- It is a great way to add **more vitamins and minerals** to the meal.

What fruits and vegetables should you try?

The answer to this question is easy. You can grill pretty much any fruit and vegetable! Some common fruits and vegetables to grill are corn,



zucchini, summer squash, pineapple, and peaches. A quick internet search of grilled fruits and vegetables will lead you to anything from grilled watermelon to grilled eggplant. Whatever your favorite fruit or vegetable is, ask yourself, could I grill that?

Tips + Tricks

Ripeness makes a difference

- Grill produce, especially fruit, before it is ripe enough to eat. If you try to grill overripe fruit, it might become mushy and fall apart.

Size of produce

- Make sure to cut produce big enough to keep it from falling through the cracks. For smaller produce you can try using a grill pan or place it in a tin foil pouch.

Best results

- Once the produce is on the grill leave it alone for about three minutes before turning. Let it cook for another 1-3 minutes before taking it off the grill.
- Be sure to use a good cooking oil so the produce does not stick to the grill.

Safety first

- Be sure to wash hands and surfaces that have contacted raw meat before preparing vegetables and fruits.
- Clean the grill with a moist cloth or paper towel before cooking.
- Be familiar with how your grill works and proper grill safety.

For more safety information refer to

<https://dinnertonight.tamu.edu/grilling-safely/>

Article Source: Adapted from <https://dinnertonight.tamu.edu/you-can-grill-that/>

Photos Source: <https://unsplash.com/>

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.



Better Living for Texans Newsletter

August 2019

Local Events

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.
This institution is an equal opportunity provider.

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.



Better Living for Texans Newsletter

August 2019

Recipe of the Month

Recipe Source: <https://whatscooking.fns.usda.gov>

Grilled Vegetable Packet (5 servings)

Ingredients

- 2 small zucchini, diced
- 2 small yellow squash, diced
- 4 red potatoes, sliced
- ½ red onion, sliced
- ½ bell pepper, seeded and sliced
- ¼ cup light Italian salad dressing
- Salt and pepper, to taste



Directions

1. Heat grill to medium heat or 350 degrees.
2. Wash vegetables and slice. Toss in a large bowl. Add dressing and toss until all vegetables are coated.
3. Tear 2 large squares of aluminum foil and place half of the vegetable mixture on each piece. Place an equal piece of foil over the top of vegetable mixture and fold bottom piece with top sheet to form a packet.
4. Place on heated grill for 20-30 minutes or until the potatoes are tender. If you don't have a grill, bake Veggie Packets in the oven at 400 degrees for 20-30 minutes.
5. Before you open the packets, poke holes in the foil with a fork. Be very careful opening the foil as the steam will be very hot and could burn you! Empty vegetables onto serving plate or serve from foil packets.

Try different vegetables - Tomatoes, green beans, sweet potatoes, mushrooms, broccoli, carrots, corn or any other of your favorites.

Use herbs or spices in place of dressing - Chili powder, Italian or oriental seasoning, basil, oregano, curry powder - be creative!

Nutrients Per Serving: 133 calories, 0 g total fat, 0 g saturated fat, 4 g protein, 29 g carbohydrates, 4 g dietary fiber, 5 g total sugars, 0 g added sugars, and 144 mg sodium

Total Cost: \$\$

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.
This institution is an equal opportunity provider.

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.