

# The GrapeVine

June 2021

## Summer is Here!

Memorial Day marks the unofficial start to the summer. It is the time when many of us dust off our grills and get ready for a season of barbeques. Here's how to grill food that will help you feel your best all summer long.

### Make veggies the star of the BBQ

Try grilling up a cabbage or cauliflower "steak" (recipe next page) as your main dish. Peppers, onions, zucchini, tomatoes or asparagus also taste great on the grill and grilled portabella mushrooms make a perfect substitute for meat-based burgers.



### Limit processed meat & red meats

Processed meats (hot dogs, sausages, etc.) and red meat typically have high amounts of saturated fat and processed meats also have lots of sodium--both can increase your risk of heart disease and cancer. Swap these options for skinless chicken breast, your favorite type of fish or shellfish or grilled Portobello mushroom "burgers".



### Grill in foil packs and/or marinate

Grilling meat, fish or poultry at high temperatures causes them to char and cancer-causing heterocyclic amines (HCAs) to form. To prevent charring and reduce HCA formation, wrap meats, fish or poultry in foil before placing them on the grill or try marinating them before cooking, which also decreases the formation of HCAs.

### Try a grilled dessert!

Grill peaches or pineapples and top with low-fat vanilla yogurt or make fresh fruit kabobs—strawberries, cantaloupe and banana work well. Simply skewer fruits, drizzle with vegetable oil and maple syrup, and grill on a preheated grill for about 10 minutes, turning occasionally.



## Kids' Activity Corner

Can you match the right food group with the advice below?



1. Most of the time, choose brown rice, oats, and other whole foods from this group \_\_\_\_\_.
2. Choose lean options (lower in fat) and vary your choices from this group \_\_\_\_\_.
3. Skip the rollups and flavored drinks--focus on whole food versions of this food group \_\_\_\_\_.
4. Vary your choices from this group by choosing a rainbow of colors \_\_\_\_\_.
5. Switch to non-fat or low-fat choices in this group \_\_\_\_\_.

**Answers**  
1. Grains 2. Protein 3. Protein 4. Vegetables 5. Dairy





## NUTRITION RESOURCE CENTER



FOOD SAFETY

**Gateway to Food Safety Information:** is a USDA food Safety program. This summer learn more about the proper ways to cook and store food to prevent foodborne illness.

Find out how to:

- Maintain food safety during summer BBQs and all year round.
- Cook food to safe temperatures.
- Recognize the signs and symptoms of food poisoning.
- Know which foods have been recalled.
- Keep food safe during a power outage.

[Foodsafety.gov](http://Foodsafety.gov)



American Heart Association.

**Healthy Grilling Recipes:** the American Heart Association: provides flavorful, heart-healthy grilling recipes. Check out their website and try something new- your heart will thank you!

[AHA BBQ & Grilling Tips and Recipes](#)

## Grilled Cauliflower Steaks

### Ingredients:

- 2 large heads cauliflower
- 2 tablespoons olive oil
- 2 lemons *zested and juiced*
- 2 cloves garlic *finely minced*
- 1/4 teaspoon red pepper flakes
- 1/4 cup chopped fresh parsley
- ½ to 1 teaspoon kosher salt (optional)



### Directions:

1. Remove outer leaves from each cauliflower head. Carefully cut off the stem, and then cut the head into 2 very thick or 3 more moderate "steaks."
2. In a small bowl, stir together the olive oil, lemon zest and lemon juice, garlic, and salt.
3. Heat a grill to medium (about 350 degrees F).
4. Brush each side of the cauliflower steaks with the lemon-olive oil mixture.
5. Place the steaks on the grill. Cover the grill and let cook for 5 to 6 minutes, until the bottom is golden brown. Flip the cauliflower, then cover the grill and cook 5 additional minutes, until the cauliflower is tender.
6. Remove from the grill and sprinkle red pepper flakes and parsley, and serve.

### Tips & Facts:

- Cauliflower is a good source of Vitamin C and Vitamin K and contains a significant amount of fiber.