

July
2022

EAT BETTER FOR LESS



Fired Up About Grilling? Add Food Safety to the Menu

Did you know July is National Grilling Month? Grilling allows you to add a lot of flavor to food with little added fat. Other bonuses: less clean up in the kitchen and no added heat in the house! Ready to get started? Here are a few tips to help you safely prepare healthy meals.



Start fresh.

Always wash your hands and wrists with warm, soapy water for at least 20 seconds before, during and after handling food.



Use separate utensils, cutting boards, and serving dishes for raw and cooked foods.

Use separate utensils, cutting boards, and serving dishes for raw and cooked foods. Never serve grilled food on the same platter that held raw meat, poultry, or fish. This causes cross-contamination and can result in illness.



Feast safely.

Keep raw foods that will be grilled such as meat away from foods that will not be cooked such as a salad.



For more money-saving tips or to sign up for our free classes, visit <https://www.eatgathergo.org>



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Purduenep



Purdue Extension
Nutrition Education Program



Grilled Vegetable Packets

Ingredients

- 2 zucchini, small (sliced)
- 2 yellow squash, small (sliced)
- 4 red potatoes, small (scrubbed well and sliced)
- 1/2 red onion (sliced)
- 1/2 bell pepper (red or green, seeded and sliced)
- 1/4 cup Italian salad dressing, light
- salt and pepper (optional, to taste)

Directions

1. Heat grill to medium heat or 350 degrees.
2. Wash vegetables and slice.
3. Toss in a large bowl. Add dressing and toss until all vegetables are coated.
4. 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.
5. 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.
6. Be very careful opening the foil as the steam will be very hot and could burn you!