

# Nutrition for Fitness and Sports Lifestyles

## Grilling Tips

Grilling is a low fat, dry heat cooking method providing high retention of vitamins and minerals. Use an instant read meat thermometer when just getting started to eliminate guesswork, prevent overcooking and insure food safety. Later you may use the "hand test" to know when meats or fish are done.

### How to use an instant read meat thermometer:

1. Insert thermometer in center of thickest part of food. Make sure thermometer is not touching bone or fat.
  2. Wait 10 to 15 seconds before reading.
  3. Remove food from heat when thermometer reads:
- Fish/ seafood- 135 degrees F. to 140 degrees F. for medium rare, 145 degrees F. for medium
  - Poultry-165 degrees F. for bone-in and boneless poultry breast for well done
  - Ground poultry-165 degrees F. for well done
  - Pork- 150 degrees F. To 155 degrees F. for medium
  - Ground beef or pork- 160 degrees F. for medium (cook until light gray and no longer pink in center)
  - Beef steaks- 130 degrees F. to 135 degrees F. for rare or 135 degrees F. to 140 degrees F. for medium rare

### The "Hand Test":

- Rare- Let one hand dangle freely, letting it relax completely. With the forefinger of your other hand, touch the meaty area between your thumb and forefinger. This is what a rare piece of meat should feel like.
- Medium- Now make a fist with your hand. Touch the same place again. This is what a medium piece of meat should feel like.
- Well-Done- Now tightly clench your fist. Touch the same place again. This is what a well-done piece of meat should feel like.

### GRILLING FRUITS:

- A brief grilling over a hot fire enhances the aroma and flavor of fruits such as apples, bananas, cherries, citrus, figs, kiwi, melon, nectarines, mangoes, peaches, pineapple, and strawberries.
- Most fruits can be grilled with the peel left on, but remove the skin from cantaloupe, kiwis, and pineapple before grilling.
- Spray fruits with olive oil spray and grill just until the color of the fruit intensifies and you see light charring around the edges.

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### Italian Grilling Rub for Meats:

- 6 cloves fresh garlic, minced
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon oregano

Combine ingredients. Mix until well blended. Season meat with herb seasoning. Grill food to the desired doneness according to the temperature above.

### Lemon-Rosemary Rub:

- 1 ½ teaspoons grated lemon peel
- 1 teaspoon dried rosemary leaves, crushed
- ¼ teaspoon each salt, dried thyme leaves and coarse grind black pepper
- 2 garlic cloves, minced

Combine all ingredients. Use to season tender beef steaks or roasts. Rub recipe makes enough to season 2 pounds of beef.

### Texas Herb Rub:

- 1 teaspoon each dried oregano leaves  
dried thyme leaves  
paprika  
salt
- ½ teaspoon each garlic powder  
onion powder  
ground white pepper  
freshly ground black pepper
- ¼ teaspoon ground red pepper

Combine ingredients. Rub over surface of a 3 to 4 pound tenderloin. Beef may be grilled immediately or wrapped tightly in plastic and "cured" in the refrigerator overnight. Heat grill. For tenderloin, cook over medium hot coals, using indirect heat of 400 degrees F., for 45 minutes. Place roast over a drip pan amid coals or on the cool half of a gas grill and close the lid. Check grill temperature and add fuel as needed to maintain temperature. Remove roast when a meat thermometer inserted in center reaches 140 degrees F. for medium-rare or 145 degrees F. for medium doneness. Let roast stand for 10 minutes before carving.

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### Grilling fresh vegetables

Grilling is a favorite cooking method that gives a distinctive flavor to vegetables as well as meats and fish. They can be seasoned with fresh herbs or garlic.

1. Prepare fresh vegetables for cooking.
2. Heat coals or gas grill to Medium heat.
3. Brush occasionally with olive oil to prevent them from drying out.
4. Use the chart below as an easy guide for approximate grilling times, types of grills and weather conditions vary and will affect the time.

### Fresh Vegetable Grilling Chart

<b>Time</b>	<b>Vegetable</b>
10 minutes	Carrots, small whole, partially cooked*
	Cherry tomatoes, whole
	Mushrooms, whole
	Onions, cut into 1/2 -inch slices
	Sweet potatoes, cut into 1-inch wedges, partially cooked*
15 minutes	Bell peppers, cut into 1-inch strips
	Eggplant, cut into 1/4-inch slices
	Green beans, whole
	Pattypan squash, whole
	Zucchini, cut into 3/4 -inch pieces
20 minutes	Asparagus spears, whole
	Broccoli spears, cut lengthwise in half
	Cauliflowerets, cut lengthwise in half
	Corn on the cob, husked and wrapped in aluminum foil