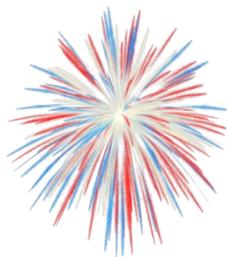


July 2022
Volume 240



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Food and Fitness

Meals Made Simple with Grilling

Summer is the main grilling season across the United States.

The grill is a great piece of cooking equipment that can be used minimally or endlessly. While some like to use their grill to cook meats, poultry, or seafood, grilling can be extended to include all of the meal components, including desserts. The goal of this article is to gain some ideas on how to use your grill for a full meal without having to utilize any other cooking sources.



Grilling can include open fire cooking, charcoal, propane, or even an outdoor griddle. Different grill types may require different methods or tools so being familiar with your particular grill is helpful. Another factor is the importance of knowing the difference between direct heat and indirect heat cooking methods. Direct heat cooking is mainly used for foods that need seared and have a cooking time of time of twenty minutes or less. Examples: shrimp, steaks, burgers, and most vegetables. Indirect heat cooking method is usually used for large cuts of meat at a lower temperature for a longer time. Indirect method can only be achieved on a covered grill. These two methods can also be used in combination. Creating a sear in direct and then moving it to indirect for finishing. Foods like chops, whole tenderloin, chicken pieces, and grilled pizzas are examples of the combined methods.

(Continues on Page 2)

Meals Made Simple with Grilling

(Continued from Page 1)

A meal can include all five of the food groups: proteins, grains, vegetables, fruits, and dairy. Each group can be cooked or used with a grilling meal.

Protein is the most common food group that is cooked on a grill. Meat, poultry, and fish are the most common and most know how to cook. These proteins must be cooked to the appropriate internal temperature depending on the type. Here it is good to have a meat thermometer and a temperature resistant one is ideal, if possible. However, other proteins can also be cooked like baked beans and smoked eggs.

The grains food group usually are used in combination with the proteins. Like precooked rolls, buns, crust, and tortillas. Grains can also be cooked on a grill. A big fad now is to cook pizza using a grill or toasting bread. If your grill has a side burner, cooking pasta, rice, or other grains is easy to achieve just like on a stove top.

Grilled vegetables and fruits work together hand-in-hand. They can be cooked directly on the grates, cooked on the shelf in indirect heat, or creating an aluminum foil packet. They also make many accessories for cooking fruits and vegetables on a grill.

As for dairy, it is probably the least used item to be cooked on a grill. Dairy is usually added to the cooked foods once they have been grilled. Like added cheese to a burger or adding ice cream to top off your grilled fruits for a tasty dessert.

The versatility of a grill is entirely up to one's imagination. Grilling does not have to be limited to times when the weather is warm and, in fact, to get the absolute most out of your grill, use it all year long!



FOOD & WINE

VEGETABLE GRILLING CHART

VEGETABLE	CUT	TEMP	TIME	DIRCT VS INDIRECT	COVERED VS UNCOVERED
ZUCCHINI	At a bias into 1/2-inch thick slices	450°F – 500°F	6 – 8 Min.	Direct	Uncovered
YELLOW SQUASH	At a bias into 1/2-inch thick slices	450°F – 500°F	6 – 8 Min.	Direct	Uncovered
OKRA	Halved lengthwise	400°F – 450°F	4 – 6 Min.	Direct	Uncovered
BELL PEPPERS	Seeded and halved lengthwise	450°F – 500°F	4 – 6 Min.	Direct	Uncovered
ONIONS	Cut into 1-inch wedges, root end intact	400°F – 450°F	10 Min.	Both	Covered
EGGPLANT	Cut crosswise into 1/2-inch thick rounds	400°F – 450°F	10 – 12 Min.	Direct	Covered
PORTOBELLO MUSHROOMS	Whole	350°F – 400°F	5 – 6 Min.	Direct	Uncovered
SMALL TOMATOES	Whole (on the vine)	450°F – 500°F	2 – 4 Min.	Direct	Uncovered
CORN ON THE COB	Husk and silk removed	450°F – 500°F	6 – 8 Min.	Direct	Uncovered

Vegetable—Garlic

Garlic, right along with onions, is one of the most popular and universal bulbs used for adding flavor to food. Garlic belongs in the same family as onions, shallots, leeks, and chives. According to its botanical classification, garlic is considered to be a vegetable. While we do not eat garlic as we do other vegetables, we use it as a seasoning to other foods.



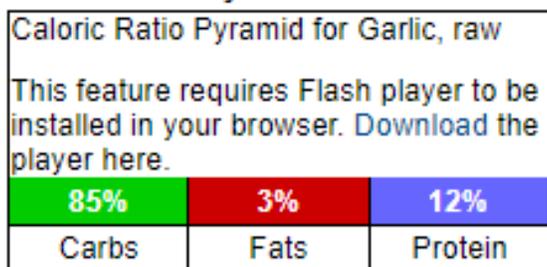
Garlic grows as a bulb that is covered in a paper-like husk that contains about 10-20 edible cloves. The garlic cloves have a strong flavor that is warm and spicy. When the garlic cloves are cut, it releases a sulfur compound that gives it a strong smell and flavor. Cooking garlic cloves gives the garlic a more mild flavor. The leaves and the flowers of the garlic plant are also edible but are less common.



When buying fresh garlic, look for plump bulbs that have a tight skin. Store fresh garlic in a cool, dark space that is well ventilated. Garlic stored properly can keep for a couple of months after being purchased, but to get the most flavor and nutrients it is recommended to be used within the first week of being purchased.



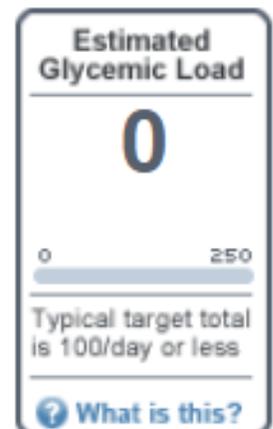
Caloric Ratio Pyramid [What is this?](#)



NutritionData's Opinion [What is this?](#)



The good: This food is very low in Saturated Fat, Cholesterol and Sodium. It is also a good source of Calcium, Phosphorus and Selenium, and a very good source of Vitamin C, Vitamin B6 and Manganese.



Nutrition Facts: Garlic, raw

Serving size: 1 tsp (3g)



NUTRITION INFORMATION

Amounts per 1 tsp (3g)

Calorie Information

Amounts Per Selected Serving		%DV
Calories	4.1 (17.2 kJ)	0%
From Carbohydrate	3.5 (14.7 kJ)	
From Fat	0.1 (0.4 kJ)	
From Protein	0.5 (2.1 kJ)	
From Alcohol	0.0 (0.0 kJ)	

Protein & Amino Acids

Amounts Per Selected Serving		%DV
Protein	0.2 g	0%

[More details](#)

Carbohydrates

Amounts Per Selected Serving		%DV
Total Carbohydrate	0.9 g	0%
Dietary Fiber	0.1 g	0%
Starch	~	
Sugars	0.0 g	

[More details](#)

Vitamins

Amounts Per Selected Serving		%DV
Vitamin A	0.2 IU	0%
Vitamin C	0.9 mg	1%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	0.0 mg	0%
Vitamin K	0.0 mcg	0%
Thiamin	0.0 mg	0%
Riboflavin	0.0 mg	0%
Niacin	0.0 mg	0%
Vitamin B6	0.0 mg	2%
Folate	0.1 mcg	0%
Vitamin B12	0.0 mcg	0%
Pantothenic Acid	0.0 mg	0%
Choline	0.6 mg	
Betaine	~	

[More details](#)

Fats & Fatty Acids

Amounts Per Selected Serving		%DV
Total Fat	0.0 g	0%
Saturated Fat	0.0 g	0%
Monounsaturated Fat	0.0 g	
Polyunsaturated Fat	0.0 g	
Total trans fatty acids	~	
Total trans-monoenoic fatty acids	~	
Total trans-polyenoic fatty acids	~	
Total Omega-3 fatty acids	0.6 mg	
Total Omega-6 fatty acids	6.3 mg	

[Learn more about these fatty acids and their equivalent names](#)

[More details](#)

Minerals

Amounts Per Selected Serving		%DV
Calcium	5.0 mg	0%
Iron	0.0 mg	0%
Magnesium	0.7 mg	0%
Phosphorus	4.2 mg	0%
Potassium	11.0 mg	0%
Sodium	0.5 mg	0%
Zinc	0.0 mg	0%
Copper	0.0 mg	0%
Manganese	0.0 mg	2%
Selenium	0.4 mcg	1%
Fluoride	~	

Recipe—Roasted Garlic Spread

Ingredients

- 2 cups peeled garlic cloves or 4-6 garlic heads
- 1/4 teaspoon fine salt
- 1-1/2 cups extra-virgin olive oil
- ◆ 1 tablespoon fresh thyme leaves (optional)

Directions

Preheat the oven to 325°F

1. In an oven-proof casserole dish or pie plate, add the garlic and toss with the salt. Spread the garlic cloves in an even layer and add the olive oil until the cloves are completely submerged.
2. Cover the dish with foil and transfer to the oven. Roast for 30-35 minutes until the garlic is light golden in color and very tender.
3. Cool the garlic in the dish then strain the oil through a mesh sieve set over a bowl. Save the oil in a sealed container for other recipes.
4. Place the cooled garlic cloves in a food processor or blender. Add 2 to 4 tablespoons of the infused oil and process until smooth and creamy.
5. Add salt according to taste preference, transfer to a container and stir in the thyme leaves if using.

Notes

- Check for tenderness after 30 minutes, the garlic should be tender and firm but no sharp "bite" taste.
- To store the roasted garlic spread, place it in a glass container, add a thin coating of olive oil and cover with an air-tight lid. It will keep 5-7 days in the refrigerator and up to six months in the freezer.
- Nutrition value is calculated off blending 1/4 cup of the olive oil into the roasted garlic spread.

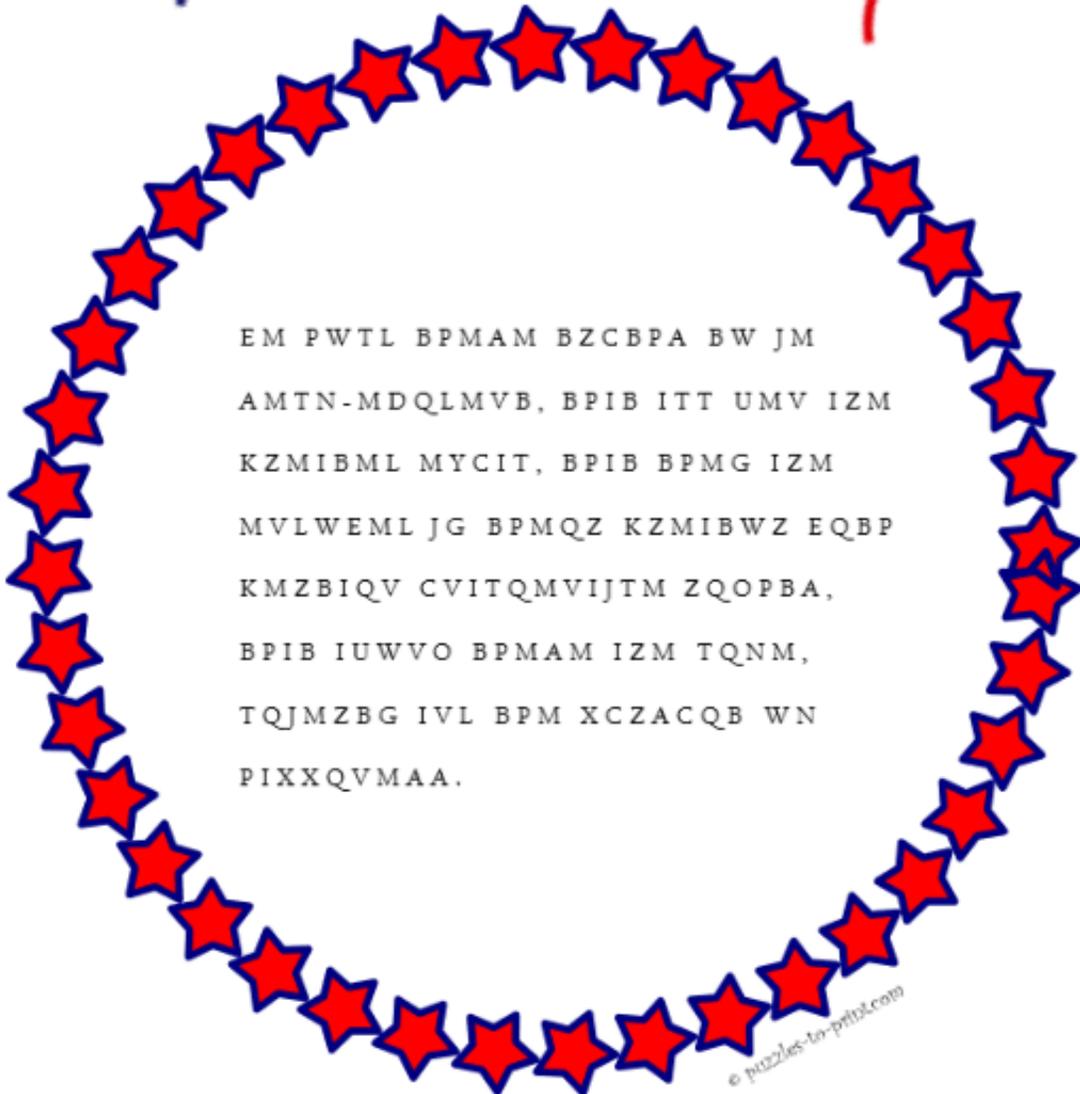
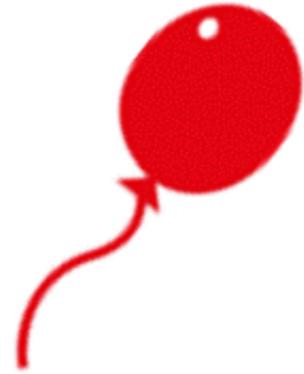


Brain Exercise

Don't Just Exercise Your Body, Workout Your Brain!



Fourth of July Cryptogram



EM PWTL BPMAM BZCBPA BW JM
AMTN-MDQLMVB, BPIB ITT UMV IZM
KZMIBML MYCIT, BPIB BPMG IZM
MVLWEML JG BPMQZ KZMIBWZ EQBP
KMZBIQV CVITQMVIJTM ZQOPBA,
BPIB IUWVO BPMAM IZM TQNM,
TQJMZBG IVL BPM XCZACQB WN
PIXXQVMAA.

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July 2022

<p>July Monthly Observances</p>	Sun	Mon	Tue	Wed	Thu	Fri	Sat
<ul style="list-style-type: none"> • National Cell Phone Courtesy Month 						<p>1 National Postal Worker Day</p>	<p>2 I Forgot Day</p>
<ul style="list-style-type: none"> • National Blueberry Month • National Anti-Boredom Month • Unlucky Month of Weddings 	<p>3 Eat Beans Day</p>	<p>4 Independence Day</p>	<p>5 National Apple Turnover Day</p>	<p>6 National Fried Chicken Day</p>	<p>7 National Strawberry Sundae Day</p>	<p>8 National Blueberry Day</p>	<p>9 National Sugar Cookie Day</p>
<ul style="list-style-type: none"> • National Grilling Month • National Hot Dog Month 	<p>10 Pina Colada Day</p>	<p>11 National Blueberry Muffins Day</p>	<p>12 Pecan Pie Day</p>	<p>13 National French Fries Day</p>	<p>14 National Mac and Cheese Day</p>	<p>15 Cow Appreciation Day</p>	<p>16 Fresh Spinach Day</p>
<ul style="list-style-type: none"> • National Ice Cream Month • National Park and Recreation Month 	<p>17 National Ice Cream Day</p>	<p>18 National Caviar Day</p>	<p>19 National Raspberry Cake Day</p>	<p>20 National Hot Dog Day</p>	<p>21 National Junk Food Day</p>	<p>22 Hammock Day</p>	<p>23 Vanilla Ice Cream Day</p>
<ul style="list-style-type: none"> • National Picnic Month • National Watermelon Month 	<p>24 Cousins Day</p>	<p>25 National Chili Dog Day</p>	<p>26 All or Nothing Day</p>	<p>27 Walk on Stilts Day</p>	<p>28 National Milk Chocolate Day</p>	<p>29 National Lasagna Day</p>	<p>30 National Cheesecake Day</p>
	<p>31 National Avocado Day</p>						

Grilling Safety

There's nothing like outdoor grilling. It's one of the most popular ways to cook food. But, a grill placed too close to anything that can burn is a fire hazard. They can be very hot, causing burn injuries. Follow these simple tips and you will be on the way to safe grilling.

SAFETY TIPS

- » Propane and charcoal BBQ grills should only be used outdoors.
- » The grill should be placed well away from the home, deck railings and out from under eaves and overhanging branches.
- » Keep children and pets at least three feet away from the grill area.
- » Keep your grill clean by removing grease or fat buildup from the grills and in trays below the grill.
- » Never leave your grill unattended.
- » Always make sure your gas grill lid is open before lighting it.

CHARCOAL GRILLS

- » There are several ways to get the charcoal ready to use. Charcoal chimney starters allow you to start the charcoal using newspaper as a fuel.
- » If you use a starter fluid, use only charcoal starter fluid. Never add charcoal fluid or any other flammable liquids to the fire.
- » Keep charcoal fluid out of the reach of children and away from heat sources.
- » There are also electric charcoal starters, which do not use fire. Be sure to use an extension cord for outdoor use.
- » When you are finished grilling, let the coals completely cool before disposing in a metal container.

PROPANE Grills

Check the gas tank hose for leaks before using it for the first time each year. Apply a light soap and water solution to the hose. A propane leak will release bubbles. If your grill has a gas leak, by smell or the soapy bubble test, and there is no flame, turn off both the gas tank and the grill. If the leak stops, get the grill serviced by a professional before using it again. If the leak does not stop, call the fire department. **If you smell gas while cooking, immediately get away from the grill and call the fire department.** Do not move the grill.

If the flame **goes out**, turn the grill and gas off and wait at least **5 minutes** before re-lighting it.

FACTS

- ! July is the peak month for grill fires.
- ! Roughly half of the injuries involving grills are thermal burns.



**NATIONAL FIRE
PROTECTION ASSOCIATION**

The leading information and knowledge resource
on fire, electrical and related hazards

Your Logo

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Brain Exercise Answer

WE HOLD THESE TRUTHS TO BE
SELF-EVIDENT, THAT ALL MEN ARE
CREATED EQUAL, THAT THEY ARE
ENDOWED BY THEIR CREATOR WITH
CERTAIN UNALIENABLE RIGHTS,
THAT AMONG THESE ARE LIFE,
LIBERTY AND THE PURSUIT OF
HAPPINESS.

This newsletter is created by Kathrine J. Clark, MS, RD, LD, Nutrition Consultant to the
West Virginia Bureau of Senior Services.