

Grilled Vegetable Kabobs

8 Servings

Ingredients

Kabobs

- ◆ 2 medium zucchini
- ◆ 2 medium yellow squash
- ◆ 2 red or green bell peppers, seeded
- ◆ 2 medium red onions
- ◆ 16 cherry tomatoes
- ◆ 8 oz fresh mushrooms
- ◆ 2 medium ears sweet corn
- ◆ Nonstick cooking spray

Directions

1. Rinse all the vegetables. Cut zucchini, squash, and bell peppers into 2-inch chunks. Cut red onions into wedges. Combine the cut vegetables with the tomatoes and mushrooms in a bowl.
2. Cut the corn into 1-inch pieces and cook in boiling water for about 10 minutes. Add the cooked corn to the other vegetables.
3. In a small bowl, mix the vinegar, mustard, garlic, and thyme for the sauce.
4. Toss vegetables in the sauce and thread vegetables onto 8 skewers. (If you use wooden skewers, soak them in water for 30 minutes before using).
5. Before starting the grill, spray it with nonstick cooking spray. Place the skewers on the grill over medium heat. Baste occasionally with extra sauce.
6. Grill for 20 minutes or until tender.

Note: You can cook the vegetables in foil instead of using skewers. Divide the vegetables in half and wrap them in foil.

Grill for about 30 minutes or until tender.

Source: <https://healthyeating.nhlbi.nih.gov/>

USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP. The Better Living for Texans and Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, religion, national origin, age, disability, genetic information, or veteran status.

Sauce

- ◆ 1/2 C balsamic vinegar
- ◆ 2 Tbsp mustard
- ◆ 3 cloves garlic, minced
- ◆ 1/4 tsp thyme



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Summer Grilling



Summer grilling is a tradition for many families. Grilled meals can be tasty, healthy, and economical.

Grilling can be a low-fat cooking option that helps you add a variety of foods and colors to your plate while also spending quality time outdoors with the family.

Grilling also provides an opportunity to teach young children a new way to cook as well as to share food safety tips, such as avoiding cross-contamination by using separate plates for raw and cooked meats.

There are also many economic benefits to grilling. Grilled food makes great leftovers for the next day. Leftover meats are great in lettuce based salads or in a pasta dish. Leftover vegetables go great with scrambled eggs.

Fruits also go well on the grill. When grilling fruits, it is important to keep an eye on the grill as fruits cook quickly.

Grilled fruits can be delicious additions to a main dish or even desserts. It's helpful to brush fruit lightly with oil or marinade to prevent sticking.

When grilling, remember keep your hands clean and to cook foods to a safe internal temperature throughout. Use a food thermometer (not your eyes) to make sure meats are fully cooked.

Beef, pork, veal, and lamb (steaks, roasts, and chops) should be cooked to a *minimum* internal temperature of 145 degrees while ground beef, pork, and veal should be cooked to a *minimum* temperature of 160 degrees.

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10 Tips to Creating Healthy, Active Events

Eating healthy and being physically active can be a fun part of parties and events. Great gatherings are easy to do when tasty, healthy foods from all the food groups are offered in a fun, active environment. Above all, focus on enjoying friends and family.

1. MAKE HEALTHY HABITS PART OF YOUR CELEBRATION

Food and beverages are a part of an event, but they do not have to be the center of the occasion. Focus on activities to get people moving and enjoy being together.

2. MAKE FOODS LOOK FESTIVE

Decorate foods with nuts or seeds or use new shapes for vegetables. Add a few eye-catching fruits to a favorite dish, serve up a new recipe, or add a sprinkle of almonds or green onions to add just an extra something.

3. OFFER THIRST QUENCHES THAT PLEASE



Make fun ice cubes from 100% juice or add slices of fruit to make water more exciting. Create a “float” by adding a scoop of low-fat sorbet to seltzer water.

4. SAVOR THE FLAVOR

Take time to pay attention to the taste of each bite of food. Make small changes in your old recipes or try dishes from another culture to liven things up.

5. USE CHOOSEMYPLATE.GOV TO INCLUDE FOODS FROM THE FOOD GROUPS FOR YOUR PARTY

Offer whole-grain crackers, serve a spicy bean dip and a veggie tray, make fruit kabobs, layer yogurt and fruit to create a sweet parfait. Use whole grains and veggies to make a savory, healthy salad.

6. MAKE MOVING PART OF EVERY EVENT

Being physically active makes everyone feel good. Dancing, moving, playing active games, wiggling, and giggling add fun to any gathering.

7. TRY OUT SOME HEALTHIER RECIPES

Find ways to cut back on sugar, salt, and fat as you prepare your favorite recipes. Try out some of the recipes on ChooseMyPlate.gov.



8. KEEP IT SIMPLE

Have others participate by contributing a prepared dish, helping with the clean up, or keeping the kids active and moving.

<http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet20MakeCelebrations.pdf>

What's in Season? Watermelon

Watermelon is a summer staple. This delicious fruit is a good source of Vitamin C.

When Watermelons are ripe they should be firm, symmetrical, and free from cracks, mold or bruises. A ripe watermelon should also make a dull pitch when tapped. It should also have a dull rind, dried stem, and yellow underside from where it laid on the ground.

Watermelon is a versatile fruit that can be enjoyed with breakfast, as a snack, or as part of lunch, dinner, or even dessert.



9. SHOP SMART TO EAT SMART

Save money by offering foods that fit your budget. Buy in-season produce when it costs less and tastes better. Plan in advance and buy foods on sale.

10. BE A CHEERLEADER FOR HEALTHY HABITS

It's never too early for adults to set an example. Keep in mind that children follow what the adults around them do—even at parties.