











Homes.com


# Red, White & BBQ

Grill like a pro by utilizing these helpful tips.



## Tools of the Trade

<p>Long-Handled Spatula</p> 	<p>Grill Mitts</p> 	<p>Meat Thermometer</p> 	<p>Grill Brush</p> 
<p>Basting Brush</p> 	<p>Long-Handled Tongs</p> 	<p>Grill Basket</p> 	<p>Skewers &amp; Shish Kebabs</p> 



## Cooking Tips

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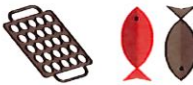

Make indentation into the top of raw patty. Prevents the middle of your burgers from puffing out higher than the edges.


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Ingredients for kabobs should touch, but not be crammed next to each other. Helps make items like chicken juicier.


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Use grill pan for fish or chopped veggies. Keeps food from falling through the grate.


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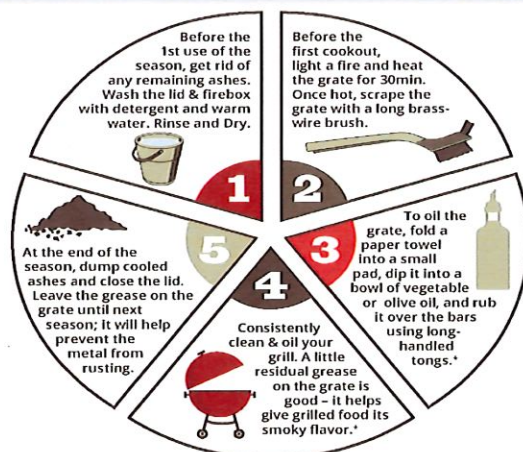
Lightly coat whole veggies in olive oil before grilling to keep them from sticking and drying out.\*


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Direct vs. Indirect Cooking: If the food takes less than 20 minutes to cook, use direct heat; if it takes longer, use indirect heat.



## Show Your Grill Some T.L.C.





**CFAES** EST. 1870  
WE SUSTAIN LIFE

# Let's Grill Session 2

Presented by  
Jennifer Eggleton & Sarah Sowell

**THE OHIO STATE UNIVERSITY**  
COLLEGE OF FOOD, AGRICULTURE,  
AND ENVIRONMENTAL SCIENCES

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## Learning Objectives

**CFAES**

- Basic cooking methods/terms
- Proper protein cooking safety
- All about sweet potatoes

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### Basic methods

- **Steam** – brings out natural, nutrient-rich flavors; allows texture, shape, and color to remain.
- **Blanch** – quick cooking method allows for tender yet crisp vegetables.
- **Sear** – meat and fish; high heat to create caramelized crust.
- **Braise** – larger proteins; used after searing to finish cooking slowly over low heat until tender.

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**CFAES**

### Methods cont.



<b>Poach</b>	Poach – ideal for delicate foods – fish, fruit, eggs, and some poultry; submerging and cooking in a liquid at low temperature.
<b>Roast</b>	Roast – uses dry heat, hot air, brings out full flavor of vegetables; tender, even finish on large meats.
<b>Grill</b>	Grill – fast, dry, high-temperature over metal grate or open flame; add flavor but can dry food out quickly.

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## Sweet Potato

- ✓ Cholesterol-Free    ✓ Low-Sodium
- ✓ Good Source of Fiber    ✓ Fat-Free
- ✓ Gluten-Free

Rich in vitamins and nutrients, sweet potatoes are an excellent healthy food choice that can be prepared in a variety of ways

Very well

**0.1g**  
FAT

**162**  
CALORIES

**3.6g**  
PROTEIN

**3.9g**  
FIBER

**37g**

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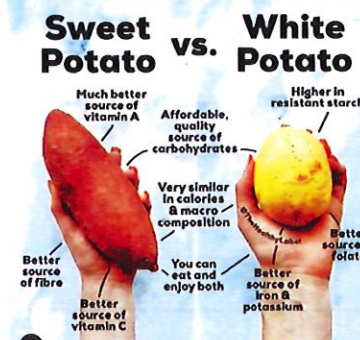
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## Sweet Potato vs. White Potato

### Which to choose?



**Much better source of vitamin A**

**Better source of fibre**

**Better source of vitamin C**

**Higher in resistant starch**

**Better source of folate**

**Better source of iron & potassium**

Affordable, quality source of carbohydrates  
Very similar in calories & macro composition  
You can eat and enjoy both

©TheHealthyLabel

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**Grilled Sweet Potato Fries**

- Sweet potatoes
- Oil
- Garlic powder
- Onion powder
- Paprika
- Salt & Pepper

**CFAES**

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**Salmon**

- ✓ Low in Saturated Fat
- ✓ Sugar-Free
- ✓ Gluten-Free
- ✓ Low-Sodium

Good source of protein and inflammation-reducing omega-3 fatty acids

**5.5G FAT**

**0G FIBER**

**185 CALORIES**

**0G CARBS**

**31.7G PROTEIN**

(per 4 ounces)

**Salmon**

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**Shrimp**

- ✓ Low in Saturated Fat
- ✓ Gluten-Free
- ✓ Low-Fat
- ✓ Sugar-Free

Provides heart-healthy EPA and DHA omega-3 fatty acids. Boil or steam to avoid excess calories and fat

**84 CALORIES**

**20.4 PROTEIN**

**0G FIBER**

(1 oz (85g))

**Grilling Shrimp**

- Oil
- Lemon Zest
- Garlic
- Parsley
- Oregano
- Red pepper flakes

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**CFAES**

### References

- [Health.gov/dietaryguidelines/2015/guidelines](https://www.health.gov/dietaryguidelines/2015/guidelines)
- [Choosemyplate.gov](https://www.choosemyplate.gov)
- <https://www.foodnetwork.com/recipes/bobby-flay/garlic-and-herb-grilled-sweet-potato-fries-recipe-1948792>
- <https://fdc.nal.usda.gov/fdc-app.html#/food-details/175180/nutrients>
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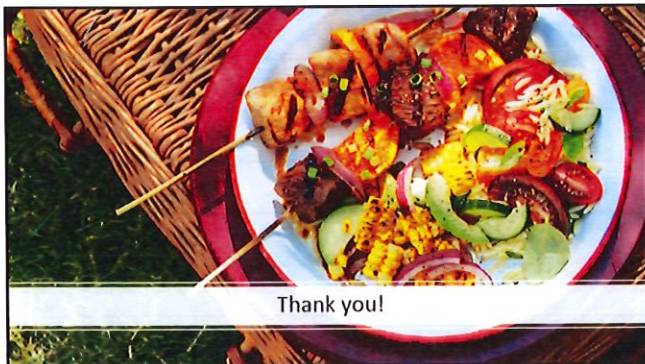
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## Food Preparation Terms

**Bake** - to cook in an oven.

**Beat** - to mix with a fast, regular motion, lifting the mixer over and over as with an egg beater or electric mixer.

**Boil** - to cook in liquid or water in which bubbles rise continually.

**Caramelize** - to heat sugar or food containing sugar until it browns.

**Cream** - to soften a fat, like shortening or margarine, with a spoon before you add other ingredients or when adding sugar.

**Cut-in** - to mix in fat, like shortening or margarine, into dry ingredients until the mixture resembles corn meal or little pebbles.

**Dash** - just a tiny bit, less than 1/8 teaspoon.

**Dice** - to cut into small cubes.

**Double boiler** - two saucepans, made so that one pan may be put into the other.

**Fold** - to combine ingredients by gently lifting ingredients from the bottom of the bowl over the ingredients on the top.

**Fry** - to cook in fat, either in a saucepan with a little bit of fat, or deep-frying by cooking in a deep layer of fat.

**Knead** - to push down, fold and stretch a dough.

**Lukewarm** - a temperature of a liquid so that when you sprinkle the liquid on your wrist it does not feel warm or cold.

**Mince** - to cut into very small pieces.

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## COLLEGE of FOOD, AGRICULTURAL, *and* ENVIRONMENTAL SCIENCES

**Pare** - to cut off the outside covering, like peeling off apple skin.

**Reconstitute** - to restore concentrated food, like frozen orange juice, to its original state by adding water.

**Sauté** - to brown or cook in small amount of fat.

**Simmer** - to cook a liquid just below boiling, where bubbles form slowly and break just below the surface.

**Stew** - to simmer food in a small amount of liquid.

**Whip** - to beat rapidly to incorporate air and increase volume.

## Substitutions

1 TBS flour - 1/2 TBS cornstarch or potato starch OR 1 TBS tapioca (quick cooking).

1 C corn syrup - 1 cup sugar plus 1/4 cup liquid.

1 C honey - 1 1/4 Cups sugar plus 1/4 cup liquid.

1 ounce chocolate - 3 TBS carob chips plus 1 TBS fat (butter).

1 C buttermilk - 1 TBS vinegar plus milk, creamer, or cream to equal 1 cup.





Give Them More  
of the  
Good Stuff!

# Salmon Basics

## Shop and Save

- Choose fresh salmon with a mild, ocean-like smell. The flesh and skin should be moist, firm and bright.
- Frozen salmon is often flash-frozen and vacuum packed soon after harvest to lock in flavor and texture.
- Wild salmon tends to be darker colored and often costs more than farmed salmon.
- Canned salmon is cooked and ready to use, and often costs less than fresh.
- Smoked or dried salmon often costs more than fresh or frozen unless you make it yourself.

*Omega-3 fatty acids found in salmon help reduce the risk of heart disease*



*Salmon is a lower-mercury fish. All adults and children can enjoy 2 to 3 servings of lower-mercury fish a week.*



## Canned Salmon

- Pink salmon has a light color and mild flavor.
- Red (Sockeye) salmon has a more intense color and flavor.
- Traditional pack includes skin and bones.
- Skinless and boneless packs are usually more expensive.

**Salmon bones** are soft after canning. They add calcium when mashed and mixed in.

**Salmon skin** also softens when canned and is a rich source of omega-3 fatty acids. It can be mixed in with other ingredients for extra nutrition.

## Store Well Waste Less



**Fresh salmon** must be kept ice cold (32 degrees F) at all times until cooked or processed. If unable to use within two days, pat dry, wrap tightly, label with the date and freeze.

**Frozen salmon** is best used within 6 months. Defrost in the

refrigerator and use within a day. You can also cook it from frozen. (See *No time to thaw?* on second page.)

**Canned salmon** can keep for 3 to 6 years. After opening, refrigerate any unused salmon for up to 3 days in an airtight container. Leftovers can also be frozen.



### Salmon Culture

Salmon are part of the cultural and spiritual identity of many Columbia River Basin tribes of the Pacific Northwest.

# Enjoying Salmon

Go to  
[FoodHero.org](http://FoodHero.org)  
for easy, tasty  
salmon recipes

## Salmon Patties

### Ingredients:

- 1 can (14.75 ounce) **salmon**, drained
- 1 slice of **bread**, torn into very small pieces
- 1 Tablespoon **mayonnaise**
- 1 Tablespoon **lemon juice**
- 1 **egg**, lightly beaten
- ½ cup finely chopped **celery**
- ½ cup finely chopped or grated **carrot**
- ½ cup finely chopped **onion**

### Directions:

1. Remove skin from salmon if desired. In a medium bowl break up salmon and mash bones with a fork.
2. Add the rest of the ingredients. Mix well.
3. Firmly press about ½ cup of the mixture into a 1 inch thick patty. Repeat to make more patties.
4. Lightly spray or oil a large skillet and heat over medium heat.
5. Add the patties and cook until they are golden brown, about 5 to 7 minutes per side.
6. Refrigerate leftovers within 2 hours.

**Makes** 4 patties

**Prep time:** 15 minutes

**Cook time:** 10 to 15 minutes

## Oven Baked Salmon

### Ingredients:

- 1 Tablespoon **oil**
- 12-16 ounces fresh or thawed **salmon**, cut into 3 or 4 pieces of similar size
- ¼ teaspoon **salt** and **pepper**

### Directions:

1. Preheat the oven to 450 degrees F.
2. Place the salmon, skin side down, on a foil-lined baking pan. Drizzle the flesh with oil and sprinkle on the salt and pepper.
3. Bake the salmon for 10 to 15 minutes, depending on the thickness and size of the fish pieces.
4. The salmon has cooked long enough when it is opaque on the outside and flakes when tested with a fork. If you have a food thermometer, check in the middle of a piece for a temperature of 145 degrees F.
5. Remove the pan from the oven and serve the salmon skin side down.
6. Refrigerate leftovers within 2 hours.

**Prep time:** 5 minutes

**Cooking time:** 15 to 20 minutes

**Makes:** 4 servings

## No time to thaw?

### Bake salmon from frozen:

Preheat the oven to 450 degrees F. Place the frozen salmon pieces in a foil-lined baking dish. Tightly cover the dish (without the cover touching the salmon) and bake for 15 minutes.

Remove the cover, drizzle the salmon with oil, season with salt and pepper and cook uncovered for 10 to 12 minutes until it is opaque on the outside and flakes when tested with a fork.



When kids help make healthy food, they are more likely to try it. Show kids how to:

- tear bread
- beat eggs
- measure ingredients
- mash soft bones with a fork



Give Them More  
of the  
Good Stuff!

# Sweet Potato Basics

## Shop and Save

- Choose firm, smooth skinned sweet potatoes without cuts, soft spots or bruises.
- Fresh sweet potatoes are likely to be lowest cost and best quality from October to January.
- Frozen and canned sweet potatoes (yams) are available year-round.

Sweet potatoes are packed with vitamins, minerals and fiber.



**Orange flesh-**  
Usually called yams in the store. Moist and sweet when cooked.

### Sweet Potato Math

One pound raw fresh sweet potato =  
3 cups shredded, cubed or sliced =  
1 3/4 cups cooked, mashed

**Yellow flesh-**  
Texture like baked potatoes when cooked.



## Preparing Sweet Potatoes

**Fresh/Raw:** Serve sticks or thin rounds with your favorite dip, or grate and toss in a salad.

**Bake/Roast:** Prick the skin of whole sweet potatoes several times with a fork. Bake until tender. Depending on size and oven temperature, whole sweet potatoes take 45 - 60 minutes; cubes or sticks take 20 - 30 minutes.

**Microwave:** Prick the skin of whole sweet potatoes several times. Microwave on high until tender, 5 to 8 minutes for whole sweet potatoes depending on size and amount.

**Steam:** Steam in a basket over boiling water until tender, about 40 - 50 minutes for whole sweet potatoes and 15-30 minutes for cubes.

**Boil:** Cook in boiling water until tender, about 35 - 40 minutes for whole sweet potatoes and 12 minutes for cubes.

**Sauté:** Peel and slice or cube. Sauté in a small amount of oil until tender, about 10 minutes.

**Grill:** Slice lengthwise into halves or thick slices. Grill until tender, turning once.

## Store Well Waste Less

- Store in a cool, dark area in an open container or bag that allows air flow. Use within 2 weeks for best quality. Refrigeration of raw sweet potatoes can cause a hard center and an unpleasant taste.
- Scrub under cool running water just before using.

- Cooked sweet potatoes can be stored in the refrigerator in a covered container for 4 to 5 days.
- Cooked sweet potatoes can be frozen whole, sliced or mashed.
  - Package in an airtight bag or container. Use within 10 to 12 months.



Sweet potatoes are often called yams in the United States.

# Enjoy Sweet Potatoes

## Sweet Potato and Orange Muffins

### Ingredients:

- 2/3 cup **all-purpose flour**
- 2/3 cup **whole wheat flour**
- 1 1/2 teaspoons **baking powder**
- 1 1/4 teaspoons **baking soda**
- 3/4 teaspoon **cinnamon**
- 1/4 teaspoon **nutmeg**
- 3/4 cup **mashed sweet potatoes (yams)**, cooked or canned/drained
- 1/3 cup **brown sugar**
- 1 **egg**, lightly beaten
- 2/3 cup **orange juice**
- 1/4 cup **carrot**, grated
- 3/4 teaspoon **vanilla**

### Directions:

1. Preheat oven to 400 degrees. Lightly oil muffin tin for 12 muffins.
2. In a medium bowl, combine flours, baking powder, baking soda, cinnamon and nutmeg. Blend well.
3. In a separate bowl, combine sweet potatoes, brown sugar, eggs, orange juice, carrots and vanilla. Mix well.
4. Add dry ingredients to liquid ingredients. Stir gently until flour is just moistened.
5. Fill muffin tins 3/4 full. Bake 20 minutes or until muffins are browned and bounce back when touched lightly in the center.
6. Cool 5 minutes and loosen around the edge of each muffin to remove from tins.
7. Cool completely then store in an airtight container at room temperature.

**Makes** 12 muffins

**Prep time:** 10-15 minutes

**Cook time:** 20 minutes

*Mash cooked sweet potatoes with enough milk to make creamy. Season with salt and pepper or add a dash of cinnamon or chili powder.*



Slow roasting brings out the natural sweetness of sweet potatoes. Make extra to use in recipes later.

## Savory Sweet Potatoes

### Ingredients:

- 3 1/2 cups **sweet potatoes**, peeled and diced
- 1 **Tablespoon oil**
- 1 **teaspoon salt**
- 1/2 **teaspoon sugar**
- 2 **teaspoons Italian seasoning**
- 1/4 **teaspoon pepper**

### Directions:

1. Preheat oven to 400 degrees. Line a baking sheet with foil.
2. Mix the sweet potato cubes with the oil, salt, sugar, Italian seasoning and pepper so that each piece is coated.
3. Arrange cubes in a single layer on the baking sheet.
4. Bake for 10 minutes. Stir or turn cubes. Bake an additional 10 minutes or until tender and golden brown.
5. Refrigerate leftovers within 2 hours.

**Notes:** No Italian seasoning? Use 1 teaspoon dried oregano, 1 teaspoon dried basil and 1/2 teaspoon garlic powder.

**Makes** 2 1/2 cups

**Prep time:** 10 minutes

**Cook time:** 20 minutes



When kids help make healthy food, they are more likely to try it. Show kids how to:

- scrub sweet potatoes under cool running water.
- prick whole sweet potatoes with a fork before baking or microwaving.
- mix sweet potato cubes with oil and seasonings before roasting.

# Recipe

Jennifer Eggleton  
Fayette County Extension  
1415 US Rt 22 SW  
Washington C.H, Oh 43160



Prep Time:	10 minutes
Cook Time:	10 minutes
Serving Size:	Makes 4 servings

**Nutrients Per Serving:** Calories 531  
Protein 27g, Carbohydrate 50g,  
Dietary Fiber 9 g, Total Fat 31g,  
Saturated Fat 16g, Sodium 361 mg

This recipe provided by the Ohio SNAP-Ed Nutrition Education Program



## Grilled Honey Garlic Butter Salmon

### INGREDIENTS

- ½ C unsalted butter
- ¼ C honey
- ¼ C lemon juice
- 12-15 slices lemon
- 2 TBS chopped parsley.
- 2 tsp minced garlic
- 1 tsp crushed red pepper
- Salt & pepper
- Salmon cut in cubes.

### DIRECTIONS

1. Wash hands with soap and water.
  2. Preheat grill to 400 degrees. In a bowl combine the ingredients to marinade the salmon.
  3. Add salmon and let set at least 20 minutes.
  4. Thread a piece of salmon onto a skewer, followed by one lemon slice and repeat until the end of skewer.
  5. Grill for 8-10 minutes, around 4-5 minutes each side.
- Garnish with parsley and serve.

Source:

Adapted from USDA MyPlate

For other healthy, low-cost recipes, visit [Myplate.gov/recipes](http://Myplate.gov/recipes)



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# Recipe

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Fayette County Extension  
1415 US Rt 22 SW  
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Prep Time:	10 minutes
Cook Time:	6 minutes
Serving Size:	Makes 6 servings

**Nutrients Per Serving:** Calories 262  
Protein 31g, Carbohydrate 1g,  
Dietary Fiber 1 g, Total Fat 14 g,  
Saturated Fat g, Sodium mg

This recipe provided by the Ohio SNAP-Ed Nutrition Education Program



## Mediterranean Grilled Shrimp Kabobs

### INGREDIENTS

2 pounds shrimp peeled  
1/3 C oil  
Zest of 2 lemons  
4 garlic cloves minced  
1/4 c fresh parsley  
1 tsp. each oregano,  
paprika  
1/2 tsp red pepper flakes

### DIRECTIONS

1. Wash hands with soap and water.
2. Preheat grill to 400 degrees. In a bowl combine the ingredients and reserve 2 TBS marinade
3. Add shrimp and refrigerate 20-30 minutes.
4. Thread on skewers. Grill 2-3 minutes per side. Set aside and add reserved marinade if desired.

#### Source:

Adapted from USDA MyPlate

For other healthy, low-cost recipes, visit  
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# Recipe

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Prep Time: 10 minutes

Cook Time: 10 minutes

Serving Size: 2 -4 fries

Nutrients Per Serving: Calories 175

Protein 1g, Carbohydrate 31 g,

Dietary Fiber 2 g, Total Fat 7 g,

Saturated Fat 2g, Sodium 20 mg

This recipe provided by the Ohio SNAP-Ed Nutrition Education Program



## Grilled Sweet Potato Fries

### INGREDIENTS

2 sweet potatoes, peeled

2 TBS oil

½ tsp. garlic powder

½ tsp. onion powder

½ tsp. paprika

Salt & pepper

### DIRECTIONS

1. Wash hands with soap and water.
2. Preheat grill to 400 degrees. Cut sweet potato into long 1/2-inch-thick spears.
3. In a large bowl toss potato spears, oil, and spices until evenly coated.
4. Place sweet potato spears directly on the grill, or basket, and grill about two minutes per side.
5. Cook until golden brown and tender, around 5 minutes per side.

Source:

Adapted from USDA MyPlate

For other healthy, low-cost recipes, visit [Myplate.gov/recipes](http://Myplate.gov/recipes)



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# Recipe

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1415 US Rt 22 SW  
Washington C.H, Oh 43160



Prep Time:	20 minutes
Cook Time:	10 minutes
Serving Size:	2 -4 fries

**Nutrients Per Serving:** Calories 445  
Protein 5g, Carbohydrate g,  
Dietary Fiber g, Total Fat 27g,  
Saturated Fat g, Sodium mg

This recipe provided by the Ohio SNAP-Ed Nutrition Education Program



## Grilled Sweet Potatoes

### INGREDIENTS

2 pounds sweet potatoes

3-4 TBS oil

Dressing:

1/4 C finely chopped

cilantro

1 tsp lime or lemon zest

2 TBS fresh lime or lemon

juice

Source:

Adapted from USDA MyPlate

For other healthy, low-cost recipes, visit  
[Myplate.gov/recipes](http://Myplate.gov/recipes)

### DIRECTIONS

1/4 C oil

1. Wash hands with soap and water.
2. Preheat grill to 400 degrees. Peel the sweet potato and slice thin.
3. Grill slices between 3 to 6 minutes, depending on the thickness
4. In a separate bowl, mix dressing ingredients and set aside.
5. Once potatoes are finished, toss with dressing and serve hot.

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AND ENVIRONMENTAL SCIENCES



# Recipe

Jennifer Eggleton  
Fayette County Extension  
1415 US Rt 22 SW  
Washington C.H, Oh 43160



Prep Time:	5 minutes
Cook Time:	N/A
Serving Size:	N/A

**Nutrients Per Serving:** Calories ,  
Protein g, Carbohydrate g,  
Dietary Fiber g, Total Fat g,  
Saturated Fat g, Sodium mg

This recipe provided by the Ohio SNAP-Ed Nutrition Education Program



## Multipurpose Marinade

### INGREDIENTS

½ C Oil  
  
½ C Balsamic Vinegar  
  
¼ C Worcestershire  
  
1/8 c Lemon Juice  
  
¾ C Brown Sugar  
  
2 TBSP Rosemary  
  
2 TBSP Dijon Mustard  
  
1 tsp pepper  
  
2 tsp garlic powder

### DIRECTIONS

1. Wash hands with soap and water.
2. Combine all ingredients in a bowl and whisk.
3. Use for fresh vegetables or a variety of proteins. Marinade at least 30 minutes and can leave overnight.

#### Source:

Adapted from USDA MyPlate

For other healthy, low-cost recipes, visit  
[Myplate.gov/recipes](http://Myplate.gov/recipes)



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# Recipe



Prep Time:	5 minutes
Cook Time:	10 minutes
Serving Size:	Makes 4 servings

**Nutrients Per Serving:** Calories 395  
Protein 34g, Carbohydrate 0.3g,  
Dietary Fiber 0.1 g, Total Fat 26.5g,  
Saturated Fat g, Sodium mg

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Washington C.H, Oh 43160

This recipe provided by the Ohio SNAP-Ed Nutrition Education Program



## Grilled Marinated Salmon

### INGREDIENTS

4 – 6-oz. Salmon fillets

Marinade: 1/3 C oil

3 TBS lemon juice

2 TBS maple syrup

2 TBS fresh parsley/dill

1 clove garlic

Salt & pepper

Source:

Adapted from USDA MyPlate

For other healthy, low-cost recipes, visit  
[Myplate.gov/recipes](http://Myplate.gov/recipes)

### DIRECTIONS

1. Wash hands with soap and water.
2. Preheat grill to 400 degrees. In a bowl combine the ingredients to marinade the salmon.
3. Add salmon and let set at least 30 minutes.
4. Grill 5-6 minutes per side. Can also pan sear if desired.

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