Mealtime Solutions

HELPFUL IDEAS FOR TAKING ON THE MEALTIME CHALLENGE.

MONTANA STATE UNIVERSITY EXTENSION

Roosevelt County – June 2014 (1)

Did You Know?

Marinating a piece of meat or poultry makes it taste great. It also makes it tender and juicy. In general, a marinade has three elements: an acid, such as, wine, vinegar, or lemon juice; seasonings, such as garlic, herbs, add hot peppers; and an oil, (often cooking or olive oil). The seasonings make the meat or poultry flavorful (and the oil, too, if it's a fruity olive oil or other flavored oil), and the acid breaks it down until it melts-in-your-mouth tender.
Remember: If a recipe calls for leftover marinade to be served with the grilled food, it must be boiled to destroy any harmful bacteria from the raw meat, poultry, or fish. It will look more attractive if you strain it before serving.

Family Play Time

Sport seasons change, but athletic competition seems to fall year round. With summer comes swimming, tennis, golf, and just plain old neighborhood games. Any athletic competition, particularly longer events, can make you feel exhausted. It is always a good idea to drink plenty of fluids after competing. Within 30 to 60 minutes after competing, eat a good-sized, well-balanced meal. Add an extra serving of starchy (complex carbohydrate) foods or fruit. Stopping on the way home from an out-of-town game? Order low-fat milk or orange juice, a hamburger with lettuce, tomato, & light mayo, or a grilled chicken sandwich with light mayo and water. At home after the game? Put that burger or chicken on the grill.

Question

What is the difference between grilling and barbecuing?

Nutrition Nugget

While not a must in every meal, meat does provide essential amino acids for good health. Replacing meat protein would mean eating a wide variety of plant protein foods to equal the nutrition from a single portion of meat. Federal data shows that on average consumers eat 6.08 ounces of meat protein each day. The Dietary Guidelines for Americans recommends 5-7 ounces. Protein offers hunger satisfaction that can help reduce overeating and weight loss benefits.

Cooking School

Your children can help you in the kitchen when you give them small tasks. Cooking is a great way to spend quality time with your children while they learn new skills. Also, kids are more likely to eat foods that they have helped prepare. Here are some ideas to get your little ones involved in the kitchen at any age.

2 and 3-year olds can scrub fruits and vegetables, tear lettuce and salad greens, wipe tables, pour liquids into a batter, roll with hands, and use cookie cutters.
4 and 5-year olds can knead dough, mash soft fruit and vegetables, measure dry and liquid ingredients, beat eggs with an egg beater, shuck corn, divide or portion foods, or grease pans.
Older children can begin to do light chopping, peel vegetables, grate cheese, open cans, wash dishes, operate small appliances, use a microwave, or read a recipe.

Grilled Pizza

1 lb. prepared whole wheat pizza crust
2 oz. pizza sauce
2 cups Feta cheese
6 oz. turkey ham or Canadian bacon
4 plum tomatoes, thinly sliced
2 cups pineapple, diced

1. Heat grill to medium high.
2. Meanwhile, place dough on a lightly floured surface. Divide dough into 4 pieces. Roll each piece into an 8 inch round crust, about 1/4 inches thick. Place crusts on a floured baking sheet. Carry crusts and toppings out to the grill.
3. Lay crusts on grill (they won't stay perfectly round). Cover grill and cook until crusts are lightly puffed and undersides are lightly browned, about 3 minutes.
4. Using tongs, flip crusts, remove from grill. Immediately spread crusts with pizza sauce. Top with meat, sliced tomatoes, pineapple, and cheese.
5. Replace pizza on grill. Cover grill and cook until undersides are lightly browned, and cheese is melted about 5-8 minutes. Serve immediately.

Yield: 4 individual pizzas.

Dressing-Up a Hamburger

Mix with beef	Stuff your burger with	On top of burger	Bun
Taco sauce	Monterey Jack cheese with Jalapeno peppers	Sour cream	Sesame bun
Chopped onion	Bacon	Avocado slices	Kaiser roll
Salt, Pepper	American cheese	Heated chili	Dark rye or pumpernickel bread
Chopped mushrooms,	Chopped onion	Chopped lettuce & tomato	Italian bread
Basil leaves	Mozzarella cheese	Thousand Island dressing	
		Cucumbers	
		Pizza sauce	
		Chopped olives	

ASK AN AGENT

This E-Newsletter is brought to you by the MSU Extension Service in Custer, Fergus, Richland, Roosevelt and Sheridan Counties.

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What Can I Do Today?

Clean the grid of your gas grill each time you grill so food doesn't stick or pick up flavors from your last cooking session. You don't need abrasive or oven cleaners, just a few minutes of maintenance. After the grill is preheated and before you cook, rub the grid with a dry, stiff wire brush. You will need a long-handled one or an oven mitt to protect yourself. When you're through grilling, let the heat do the hard part of the work once again. Let the fire burn on high for 1-2 minutes or so until any stuck-on food is incinerated. Then brush the grid thoroughly with the same stiff wire brush.