

Daily Dining Dilemmas



TIPS FOR MINDFUL EATING IN THE MIDST
OF TODAY'S CHAOS

You Can Grill That? Tricks for Grilling Fruit

A few key things to remember when grilling fruits - Here are the best tips!!!

- 1. Ripe but not too Ripe** - Grill fruit right before you'd normally eat them. Should be slightly firm so that it holds up on the grill.
- 2. Bigger is Better** - Cut fruit into large chunks to keep it from falling between the grill grates. Even when working with a grill pan indoors, you want to go for bigger in order to maintain the structure of the fruit.
- 3. Best Bets for the Grill** - About any fruits can go on the grill as long as they are fairly firm and not overripe - Peaches, melons, pineapple, pears, avocado, tomatoes, bananas, and figs.
TIP: When grilling bananas, keep them in the peel to protect the soft texture - the high heat ensures that they cook through.
- 4. Pick Your Fat** - Brush fruit with a high-heat, neutral oil, safflower oil works. Melted unsalted butter or clarified butter also works well.
- 5. Hot Grill Minimizes Sticking** - Heat your grill to medium high at least 10 minutes, then scrape and oil the grates before laying down the fruit.
- 6. Sugar-Coat Your Citrus** - Dust the cut side of fruits like oranges, lemons, limes, and grapefruit with granulated sugar before putting them on hot oiled grill- keeps rinds from sticking and gives surface a caramelized finish.
- 7. Leave it Alone** - Grill over high heat for 3 minutes without moving or turning to get sear/grill marks. Flip/cook for 1-3 minutes more.
- 8. Don't Waste the Juice** - High heat causes some grilled fruits give off a lot of juice. Place grilled fruit on a rimmed baking sheet to hold the juice after it comes off grill.

Source: Dinner Tonight, Texas A&M AgriLife

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