

## You Can Grill That?

*By Dinner Tonight*

Now we all know the grill was made for cooking steak, hamburger and other barbeque favorites but have you ever thought about grilling fruits and vegetables? The grill is a great method to cook fruits and vegetables because of how quickly they cook and the unique flavor it incorporates. You can grill almost any fruit or vegetable, so let your creativity flow!



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## Tips & Tricks for Grilling Fruit

<https://agrilife.org/dinnertonight/>

### 1. RIPE BUT NOT TOO RIPE

You want to grill fruit right before you'd normally eat it as is. It should be slightly firm so that it holds up on the grill. The heat caramelizes the sugars in fruit and weakens the structure, so something overripe or mushy will be more likely to fall apart.

### 2. BIGGER IS BETTER

Cut fruit into large chunks to keep it from falling between the bars of the grill grate. Even if you're working with a grill pan indoors, you want to go for bigger pieces in order to maintain the structure of the fruit. Bonus tip: if you're grilling bananas, keep them in the peel to protect the soft texture — the high heat will ensure that they cook through.

### 3. PICK YOUR FAT

Brush fruit with a high-heat, neutral oil. [Small Amounts] of Melted unsalted butter or clarified butter also works well.

### 4. DO NOT DISTURB

Grill fruit over high heat for 3 minutes without moving or turning it to get the perfect sear (and coveted grill marks!). Flip and cook for 1 to 3 minutes more.

### 5. USE THE TOP RACK

If you're working with more delicate slices, cherries, or berries, move the whole operation to the top rack if you have one, or in a perforated grill basket or sheet—even a foil pouch or boat if that's how you're rolling. The lid still goes down, but you'll need to check more frequently.



## Grill Safety Tips

1. Put your grill in a safe location- at least 10 feet from the house.
2. Clean your grill regularly- before each use.
3. Check your grill for problems- all gas lines.
4. Wear the right gear- long sleeves and grilling gloves.
5. Be ready to put out a fire- use baking soda to put out a grease fire.
6. Use caution when using lighter fluid.
7. Don't turn on the gas while the grill is closed.
8. Never leave a grill unattended.
9. Don't overload your grill.
10. Use a meat thermometer, this will help prevent food poisoning.
11. Don't cross contaminate foods- designate certain areas of your grill for meat and for everything else.
12. Always turn off your grill.

<https://intermountainhealthcare.org/>

## Grilled Fruit Kabobs

Servings: 6 skewers

### Ingredients

- 1 teaspoon mint leaves
- 1 ½ Tablespoons honey
- 2 Tablespoons water
- 3 cups watermelon, diced
- 2 cups peaches, sliced
- 3 cups cantaloupe, diced
- 2 cups pineapple, diced
- ¼ teaspoon kosher salt
- 1 teaspoon mint leaves, chopped

### Instructions

1. Wash your hands and clean your countertops. Rinse produce under cool running water before slicing.
2. Using Path to the Plate fire and heat safety guidelines, prepare the grill.
3. Using a medium saucepan, simmer water and honey until combined. Infuse honey water by simmering with mint leaves for 1 minute. Remove mint leaves. Pour the liquid in a jar and let infused honey water cool in the refrigerator.
4. Prepare sliced and diced fruit on 6 wooden or metal skewers. Grill for 30-60 seconds on each side.
5. Leaving fruit on skewers, use a basting brush to glaze over fruit. Sprinkle kosher salt and mint leaves over grilled fruit skewers.

Source:  
*Dinnertonight.tamu.edu*

## Grilled Romaine Salad

### Ingredients

#### Dressing

- ¼ cup lemon juice
- 2 tbsp olive oil extra virgin
- 2 tsp garlic minced
- ¼ tsp salt
- 1/8 tsp black pepper

#### Salad

- 2 hearts of romaine lettuce halved lengthwise
- Olive oil (for brushing)
- ¼ cup reduced-fat feta crumbled

### Instructions

1. In a glass jar, combine lemon juice, olive oil, garlic, salt and pepper. Cover and set aside. Brush hearts of romaine with olive oil.
2. Place romaine, cut side down on rack of grill. Grill until marks develop and slightly wilted.
3. Place each romaine half on a plate. Shake lemon juice mixture well and drizzle over grilled romaine, sprinkle.



# Celebrate Fresh Fruit and Vegetable Month

- Pack portable, easy-to-eat fruits and veggies in your work or school bag and avoid vending machine temptations.
- Fill out a sandwich with fruits and veggies. Try sliced or shredded vegetables like beets, carrots, celery, cucumbers, onions, peppers, radishes, tomatoes and zucchini and/or sliced fruits like apple, avocado and pear.
- Keep frozen and canned fruits and vegetables on hand for when you need to throw together a meal in a hurry. Compare food labels and choose items without too much sodium or added sugars.
- Work fruits and vegetables into your family's favorite dishes.
- Make adding fruits and veggies to meals a snap by cutting them up and keeping them in the fridge. They'll also be handy for snacking!
- When eating out, ask if you can substitute a fruit cup or side salad for fries and other less-healthy sides.
- Top yogurt, oatmeal and cereal with berries or sliced fruit.
- Make fruit popsicles. Freeze 100 percent juice or pureed fruit in an ice tray or popsicle mold.
- Add spinach, peppers or mushrooms into scrambled eggs and omelets.
- For snack time, keep fresh fruit and pre-chopped or no-chop veggies (such as baby carrots, cherry tomatoes and sugar snap peas) on hand, as well as single-serve containers of raisins or applesauce. Your kids may grab them instead of less-healthy snacks if they're readily available.

[https://www.heart.org/-/media/Healthy-Living-Files/Add-Color/Add-Color-Fruit\\_Vegetable\\_toolkit.pdf](https://www.heart.org/-/media/Healthy-Living-Files/Add-Color/Add-Color-Fruit_Vegetable_toolkit.pdf)



## What's a Serving of Fruits and Vegetables?

**Fruits:** 2 cups per day. Serving sizes = 1 cup equivalent is 1 cup fruit or ½ cup of 100% fruit juice (orange juice, etc.) or 1/3 cup of a fruit juice blend.

**Vegetables:** 2 ½ cups per day. Serving sizes = 1 cup equivalent of vegetables is 1 cup raw vegetable or vegetable juice, 2 cups leafy salad greens.

### Here are a few helpful serving size guidelines to remember:

One cup of raw leafy vegetables or a baked potato should be about the size of a baseball or average-sized fist.

Three ounces of cooked lean meat or poultry is about the size of a deck of cards or the palm of your hand.

A teaspoon of soft margarine is about the size of a postage stamp.

One serving of fat-free or low-fat cheese is about the size of a pair of dice.

<https://www.heart.org/en/health-topics/caregiver-support/what-is-a-serving>

# INDEPENDENCE DAY TREAT

## Berry Cherry Tart

### Ingredients

- 1 frozen pastry puff thawed
- 1 cup non-fat vanilla yogurt
- 3 tbsp cheesecake flavored instant pudding mix
- ¼ cup fresh blue berries
- ¼ cup fresh cherries pitted and halved

### Instructions

1. Remove pastry puff from freezer, let thaw for 15-20 minutes. Preheat oven to 400 degrees.
2. Prepare a baking sheet with parchment paper and unfold pastry puff on the baking sheet.
3. Using a sharp knife, score a 1 ½ inch border around the edge of the pastry sheet. Do not cut all the way through. Prick the center of the sheet thoroughly using a fork.
4. Bake in the oven for 10-12 minutes until golden. The pastry will puff in the oven, remove, and let cool. Carefully press down the center of the puff sheet that is puffed with your fingers.
5. In a medium bowl, mix yogurt and 3 tbsp of the instant pudding mix.
6. Pour pudding mixture in the center of cooled pastry, spreading evenly.
7. Top with fresh blueberries and cherries.
8. Serve immediately, or store in the refrigerator covered for 1 day to minimize soggy crust.

<https://dinnertonight.tamu.edu/recipe/berry-cherry-tart/>

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Family & Community Health

Lubbock County



TEXAS A&M  
AGRI LIFE  
EXTENSION

South Plains District  
**Preserving  
Your Harvest**  
Canning Class

3 options--you choose the date that works best for you  
**Thursday, July 14 - Plainview**  
**Saturday, July 16 - Lubbock**  
**Tuesday, August 23 - Snyder**

**\$50**  
includes lunch,  
handouts, and 2  
jars of items you  
canned in class  
\*\*\*Door prizes!\*\*\*

**9 am - 4 pm**  
Learn the basics of  
Water Bath Canning  
and Pressure  
Canning with hands  
on practice

*Bring your  
pressure  
canners for  
free gauge  
testing!*

Space will be limited so Register Early!  
Register through Eventbrite at  
<https://preservingyourharvest.eventbrite.com>

FOR MORE INFORMATION, CONTACT  
TEXAS A&M AGRILIFE EXTENSION SERVICE,  
CORY EDWARDS, LUBBOCK COUNTY AT 806-775-1740

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**Upcoming  
Events**



TEXAS A&M  
AGRI LIFE  
EXTENSION

MAY 30TH THROUGH AUGUST 19TH  
NEW TOPICS EACH WEEK

**VIRTUAL DINNER TONIGHT  
FREE HEALTHY  
COOKING SCHOOL**

*Hosted by South Plains District 2 Counties*

To register, click below or scan QR code:  
<https://forms.gle/ybt1KgiK22nMG2Z9>



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