

# FALL WELLNESS ALABAMA

## Fire Up the GRILL!!

By Kimberly Ryder

With cooler weather coming and outside activities prevalent, it is the ideal time to get outside and grill up your favorite meats, vegetables, and even fruits! This healthy way of preparing your food is not without its food safety woes. Here are some tips to help keep you and your friends and family safe during this fall's cookout!

### Thawing and Marinating

- Always thaw and marinate food in the refrigerator, never on the counter or in the sink. Food has to remain at a certain temperature to keep bacteria from growing. The counter or sink of water is a perfect place for bacteria to feast on your food.
- Remember to use a different plate to remove the cooked items from the grill than you used for the raw food. Plates containing raw food need to be washed with soap and hot water before being used again.
- Never re-use marinades! Once they touch raw food, throw them out. Do not put them back on the food after it has been cooked.

### Grilling Times and Temps

- Meat should be checked with a food thermometer before being taken off the grill.

Beef: 155° Poultry: 165° Fish: 145°

- Food should be refrigerated one hour after cooking if in direct sunlight and two hours after cooking if inside or after dark.

### Foods to Grill

- Most meats are great for the grill as long as chicken and burgers are thin enough or cooked slowly enough to make sure the inside is getting cooked as well as the outside.
- Fish and Vegetables are great with just some olive oil and garlic and put on the grill in either a grilling basket or in foil packets to keep them from falling through the grates.
- Try lightly grilling some sturdy fruits such as peaches and pears for a new twist on a Sundae!