



A nutrition Fact Sheet



Food Safety Tips for Grilling

Grilling food is a quick and easy way to keep the kitchen cool on hot summer days.

Thaw Safely

- Use the refrigerator for slow, safe thawing or thaw sealed packages in cold water. For quicker thawing, you can microwave defrost if the food will be placed immediately on the grill.
- Thaw meat and poultry completely before grilling.

Marinating

- Marinate food in the refrigerator, not on the counter.
- Do not reuse a marinade.

Keep Cold Food Cold

- Keep meat and poultry refrigerated until ready to use. Only take out the meat and poultry that will immediately be placed on the grill.
- When using a cooler, keep it out of the direct sun by placing it in the shade or shelter. Avoid opening the lid too often.
- Pack beverages in one cooler and perishables in a separate cooler. Separate ready-to-eat foods from raw meat, fish, or poultry.

Keep Everything Clean

- Be sure there are plenty of clean utensils and platters. Don't use the same platter and utensils for raw and cooked meat, fish, or poultry.
- If you're eating away from home, find out if there's a source of clean water. If not, bring water for preparation and cleaning. Make sure to bring a clean tablecloth and clean water, soap, and towels for washing hands.

Cook Thoroughly

Cook food to a safe minimum internal temperature to destroy harmful bacteria. Meat and poultry cooked on a grill often brown very fast on the outside. Use a food thermometer to be sure the food has reached a **safe minimum internal temperature. Let all meat rest at least three minutes after cooking.**

Poultry breasts: 165°F for 15 seconds
Ground poultry: 165°F for 15 seconds
Ground meats: 160°F for 15 seconds
Fish: 145°F for 15 seconds

Grilling Chicken

☀️ *Pre-grilling:* On the grill, chicken can become crisp on the outside and undercooked on the inside. Before putting chicken on grill, place a glass dish with chicken and marinade in a microwave oven. Microwave on HIGH 3 to 4 minutes. Turn chicken over and microwave 3 to 4 minutes longer.

☀️ *Grill:* Place chicken on grill. Grill about 5 minutes on each side to complete cooking.



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Meal in a Package

Yield: 1 serving • Serving Size: 1 package

- 1 potato, sliced thinly
- 1 carrot, sliced thinly
- 1 small onion, sliced thinly
- 3 ounces (about ½ cup) lean ground beef (15% fat or less)
- Salt and pepper
- 2 teaspoons Italian dressing or assorted spices, optional

1. Place a piece of heavy foil with shiny side up on a flat surface.
2. Place half of the potato, carrot, and onion slices in the center of the foil. Shape ground beef into a patty. Add to the foil package.
3. Top with remaining vegetables, season with salt and pepper and additional spices, if using.
4. Bring foil up around the food and crimp the edges. Use tongs to place on hot coals. (Or see oven variation.)
5. Cook 12-15 minutes. Turn over with tongs. Cook an additional 10-15 minutes. Let cool for a few minutes. Food can be eaten right out of the package.

Variation: Cook in a 350°F oven for 45 minutes to an hour.

Foil Cooked Fish

Yield: 1 serving • Serving Size: 1 small to medium fish

- 1 small to medium fresh, cleaned fish
- 2 teaspoons lemon juice
- Salt and pepper to taste

1. Place fish in a piece of foil large enough to wrap fish in.
2. Sprinkle cavity with lemon juice, salt, and pepper.
3. Wrap foil tightly around fish. Place on grill or campfire.
4. Cook 6 to 10 minutes on each side. Fish is done when it flakes with a fork.

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Nutrition Facts	
1 servings per container	
Serving size	1 package (390g)
Amount per serving	
Calories	360
% Daily Value*	
Total Fat 15g	19%
Saturated Fat 5g	25%
<i>Trans</i> Fat 0.5g	
Cholesterol 60mg	20%
Sodium 220mg	10%
Total Carbohydrate 40g	15%
Dietary Fiber 6g	21%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 22g	
Vitamin D 0mcg	0%
Calcium 69mg	6%
Iron 3mg	15%
Potassium 606mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition Facts	
1 servings per container	
Serving size	1 small to medium fish (123g)
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 18g	
Vitamin D 0mcg	0%
Calcium 269mg	20%
Iron 5mg	30%
Potassium 11mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or www.apply.mt.gov. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.

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