



UMRHN

UPPER MIDLANDS RURAL HEALTH NETWORK

June 2015 | Grilling Tips

It's June Carolina and It's Finally Grilling Season! Here Are Some Safe Grilling Tips For A Better Grill

BEFORE THE GRILL



Thaw food 24 hours in the refrigerator before grilling



Scrub grill to avoid grease fires



Scrub grill with vegetable oil soaked paper with tongs before grilling



Always grill outdoors with a 5ft safe zone to prevent fires

BURGER IN PARADISE

[bur·ger]



Use clean, cold, wet hands and cold meat to make better patties

WE RECOMMEND salt & pepper instead of a high calorie marinade

WE RECOMMEND NEVER. EVER. flatten your patty

Place patty at center of the grill until outside of patty is crispy then move to the outer edges of grill to cook

A HEALTHY OPTION

[chick·en]



WE RECOMMEND chicken breasts because they are one of the healthiest cuts of chicken

Beat chicken breast in Ziploc bag to 3/4 inch for an even grill

WE RECOMMEND brining the chicken breast up to 12 hours instead of a high calorie marinade

Place chicken at center of the grill until outside of chicken is crispy then move to the outer edges of grill to cook

A HEALTHIER OPTION

[fish]



Grill fillets without skin for an easier, even grill

WE RECOMMEND wild salmon or rainbow trout as health options

WE RECOMMEND salt & pepper instead of a high calorie marinade

Flip fillets when sides are flaky and become opaque

CAN YOU EAT IT?

Burger: At Least 165° F

Chicken: At Least 165° F

Fish: At Least 145° F

Use tongs to poke chicken or burger. If juices are clear, it is ready to eat. If juices are red, chicken or burger needs more time

Fish is done when it is fully opaque and separates easily. Add lemon juice after grilling for better taste



UMRHN
UPPER MIDLANDS RURAL HEALTH NETWORK

Executive Director:
Karen Nichols

Website: UMRHN.ORG
Phone: 803.377.8027

Created By: Matt Yuen, MPH