

Grilling & Chilling

It is almost time for backyard BBQs
Have fun and be safe with the following tips:

Cook food thoroughly

To avoid guessing the temperature add a food thermometer to your kitchen. See the chart to the right for proper cooking temperatures.

Serve foods at the proper temperature

Keep hot food at 140 °F or warmer and cold food at 40 °F or colder while serving.

Marinate food in the refrigerator...

... not on the counter and do not reuse the marinade if it has come in contact with raw meat, poultry or seafood unless you boil it first.

Separate raw foods

Keep raw food separate to avoid contamination of other foods. Do not reuse utensils that have touched raw meat, poultry or seafood.

Keep your hands clean

Always wash hands before and after handling food. Soap and water is best – hand sanitizer will do if running water isn't available.

Here's a tasty dish to include in your outdoor buffet!

Safe Minimum Temperatures

Poultry: 165 °F

Ground Beef, Pork, Veal, Lamb: 160 °F

Pork Chops & Beef Steaks: 145 °F*

Seafood: 145 °F or until opaque & flaky, or when shells open.

Leftovers & Casseroles: 165 °F

*Allow meat to rest 3 minutes



Green Bean Salad

Makes 8 servings

Ingredients

2 cups green beans

1 (15 1/2 ounce can kidney beans
rinsed and drained

1 (15 1/2 ounce can black beans
rinsed and drained

1 carrot, thinly sliced

1 small onion, thinly sliced

3 tablespoons white vinegar

1 tablespoon sugar

¼ cup olive oil



Directions

1. In a medium bowl, mix beans, carrot, onion, white vinegar, sugar and oil.
2. Cover and chill for one hour before serving.

Nutrition Facts: Serving size ½ cup, Calories 214, Total Fat 7g, Sodium 340mg, Total Carbohydrate 29g, Dietary Fiber 8g, Protein 9g

Source: <https://www.foodsafety.gov/blog/bbq.html>

Recipe: <https://ag.tennessee.edu/fcs/Pages/Food/FarmersMarketFresh.aspx>