

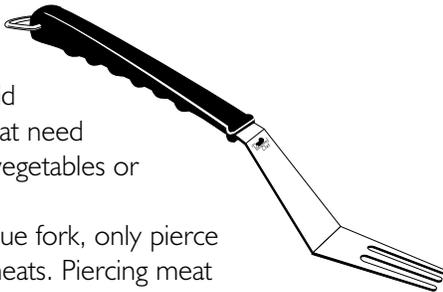
Thrill of the Grill Tips

It's time to turn up the heat on summer fun! Grilling provides a fantastic way for friends and family to gather around the picnic table and enjoy the tastes of summer. It's also a delicious way to prepare light, healthy meals.

Use these tips to make the most of your grilling this summer and all year round. Enjoy!

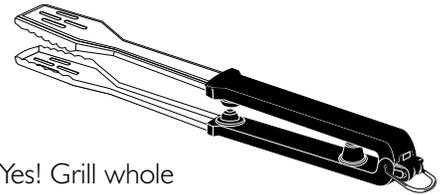
Successful Grilling

- Wait for flames to die down before starting to cook. Gas barbecues take 10 minutes to heat up; charcoal takes at least 25-30 minutes. Coals should be ash gray when ready.
- Foods will cook more evenly if there's a ¾-inch space between pieces.
- Use the cooler, outer edges of the grilling surface to avoid overcooking foods that need gentle heat, such as vegetables or fruits.
- When using a barbecue fork, only pierce the fatty portion of meats. Piercing meat with a fork allows delicious juices to be released and makes the meat less moist.
- Short on time? Give meats and dense vegetables, such as potatoes, a jump-start by cooking them first in the microwave (about halfway done); then, finish cooking them on the grill.



Grilling ... It's Not Just for Hamburgers

- For the freshest flavor, cook and serve sweet corn on the day you buy it. Soak corn with husks in water first. Place directly on grill for steamed flavor. Or remove husks and silks, and wrap in foil and grill.
- Dessert on the grill? Yes! Grill whole bananas, turning occasionally, for 6-8 minutes. Slit the skins, and serve with maple syrup for a quick dessert.



Grilling Lite

- Watching your weight or cholesterol? Remove the skin from chicken *after* it's grilled because the skin holds in the meat's natural moisture.
- Salsa makes a perfect fat-free topping for grilled fish, chicken and burgers. Use as an alternative to barbecue sauce or ketchup.

Marinades and Rubs

- Use a marinade to impart flavor and tenderize meat. Try adding our Pantry Italian Seasoning Mix, Cajun Herb Seasoning Mix or Asian Seasoning Mix to flavor your favorite marinade.
- Freshen-up marinades for fish by adding lemon or lime zest. However, only marinate 30 minutes before grilling to retain the texture and delicate flavor.
- Practice food safety by marinating foods in the refrigerator, not on the kitchen counter. Never re-use the marinade.



Your Kitchen Consultant is:

Be Safe

- Plan ahead: defrost meats, poultry and seafood safely. It is safest to thaw in the refrigerator; however, you can "force thaw" under cold running water or in the microwave, if necessary.
- Use one cutting board for meats and another for fruits and vegetables.
- Remember to clean hands, cutting boards and kitchen tools in hot, soapy water after touching raw meats or other raw foods.
- Never serve food from a plate that has previously held raw food.
- Check the doneness of food with a thermometer.