



Tips for a Healthier Cookout

Grill more than burgers

Proteins

- Switch things up with ground turkey burgers. Remember to use a food thermometer to check that ground turkey reaches 165°F.
- Try vegetarian options like tofu, tempeh or bean-based burgers.
- You could also try portobello mushroom burgers.

Pizza

- Try grilling pizza. See page 3 for a recipe.

Vegetables

- Try grilling vegetables like red peppers, summer squash, cherry tomatoes, mushrooms or onions. Rub them with an oil or marinade of your choice and place directly on the grill or on tin foil on grill.
- Grill corn on the cob in the husk.

Fruit

- Cook fruit kabobs, pineapple or watermelon slices, or peach halves on low heat until the fruit is hot and slightly golden for a sweet treat.

Don't forget about the sides

- Try our take on a pasta salad. See page 2 for the recipe.
- Fruit salads and sliced veggies are often crowd-pleasers.

Stay active

- Set-up lawn games or take a family walk after eating.

Food Safety Tips

Heat is usually the biggest food safety challenge in the summer. Here are some tips to deal with it:

- Put a thermometer in your fridge. Make sure it is below 41°F.
- On 90°F+ days, do not leave food out of temperature control for more than 1 hour.
- Leaving food in coolers or in dishes on trays of ice helps keep it safe for longer.



Summer Food Service Program

Summer Food Service Program (SFSP) helps connect families during the summer to meals for kids. Check here to find a site in your area:
<https://meals4kids.org/find-summer-meal-site>



Whole Grains & Greens Salad

Ingredients

- 1 cup farro or brown rice
- 1 tsp Kosher salt divided
- 8 tbsp extra virgin olive oil
- 2 tbsp fresh lemon juice
- 1/3 cup Parmesan cheese shaved or shredded
- 1/2 cup sunflower seeds
- 2 cups baby spinach
- 1 cup parsley or basil leaves chopped
- 1 cup mint leaves chopped
- 3/4 cup halved cherry tomatoes
- 1/3 cup thinly sliced radish

Directions

1. In a medium saucepan, bring farro, ½ tsp salt, and 2½ cups water to a simmer. Simmer, covered, until grains are tender and liquid evaporates, about 30 minutes. If all the liquid evaporates before the farro is done, add a little more water. Let cool.
2. In a salad bowl, whisk together olive oil, lemon juice and remaining ½ tsp of salt.
3. Shave parmesan cheese with a vegetable peeler and add to dressing.
4. Add farro and sunflower seeds and mix well.
5. Fold in greens, herbs, tomatoes, and radish.
6. Serve at room temperature or chilled.

Makes 4 servings

Recipe adapted from Community Servings

Nutrition Facts	
Whole Grains and Greens Salads	
Amount Per Serving	
Calories 518	Calories from Fat 315
	% Daily Value*
Total Fat 35g	54%
Saturated Fat 6g	30%
Trans Fat 0g	
Polyunsaturated Fat 5g	
Monounsaturated Fat 22g	
Cholesterol 8mg	3%
Sodium 431mg	18%
Potassium 500mg	14%
Total Carbohydrates 43g	14%
Dietary Fiber 5g	20%
Sugars 2g	
Protein 11g	22%
Vitamin A	19%
Vitamin C	37%
Vitamin D	0%
Calcium	24%
Iron	30%

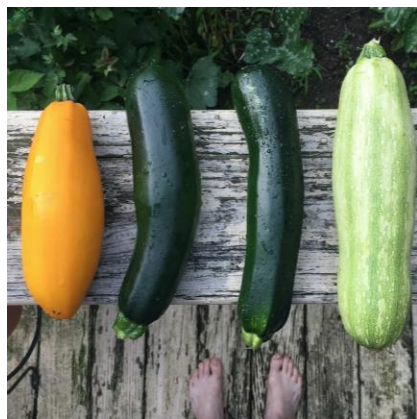
* Percent Daily Values are based on a 2000 calorie diet.

LOOKING FOR RECIPE INSPIRATION?

Check out Click 'N Cook®, our online recipe database at clickncook.org



What can you do with: Zucchini



Choosing: Choose zucchini that are firm without any soft spots. Zucchini come in a variety of shapes and colors including solid yellow, dark green, and green with ridges. Very large zucchini are often less tasty and are better used for baking. Small zucchini are tasty cooked or raw.

Storing: Store in an open plastic bag in the fridge. For best taste, use before they become soft or wrinkly (usually about 3 days).

Preparing: Wash zucchini to remove dirt. Cut the ends off of each side. Typically the skin is left on.

Cooking: Zucchini can be eaten raw or cooked in a variety of ways. Grilled, sautéed, and spiralized zucchini are delicious switches from the old standby of steaming. Zucchini can become watery if overcooked.

Uses: Try swapping spiralized zucchini for 1/3 of your linguine or spaghetti to add extra veggies to pasta dinner. If you don't have a spiralizer, use a vegetable peeler and make zucchini ribbons instead. Shred zucchini and add into omelets or baked goods. Zucchini takes flavor well so you can toss it into stir fry or pasta dishes without impacting the flavor.

A CLICK N' COOK RECIPE
MORE AT: CLICKNCOOK.ORG

Grilled Pizzas with Zucchini and Peppers



Ingredients

- 1 small red bell pepper, quartered
- 1 tbsp olive oil
- 1 medium zucchini, grated
- 4 oz mozzarella, grated
- 1 lb. pizza dough thawed if frozen
- 1 cup low sodium pizza sauce
- 1/2 cup ricotta

Directions

1. Set grill to medium. Toss pepper with the oil, salt, and pepper. Grill pepper, covered, 7–8 min., until tender, turning over once halfway through. Remove and let cool.
2. Meanwhile, divide the dough into halves. Stretch dough as thin as possible and shape into 2 rounds. Thinly slice the grilled peppers.
3. Place crusts on grill. Cover and cook 3 min., until bottoms of crusts are golden brown. Turn over. Top with the pizza sauce zucchini and peppers. Dollop ricotta all over top and sprinkle with mozzarella. Cover and grill 6–10 min., until cheese is melted and bottoms of crusts are deep golden brown.



Staying Hydrated

July in Massachusetts can get hot. If you are outside for a long time, for work or fun, it can be easy to get dehydrated. Mild dehydration can make you tired and not feel well. Severe dehydration can lead to heat exhaustion, seizures, and kidney injury.

Make sure to stay hydrated by following these tips:

1. Keep a reusable water bottle with you.
2. Try flavored water. Add cut fruit, vegetables, or herbs to your water to keep it appealing.
3. Get some water through food. Many types of fruits and vegetables are mostly water. Produce that is mostly water includes watermelon, cucumbers, grapes, and tomatoes.
4. Drink a seltzer.
5. Avoid alcohol and caffeine. These can add to dehydration by increasing how quickly your body gets rid of fluid.
6. Keep an eye on your output. Generally, the lighter your urine, the more hydrated you are.



July 2021

National Baked Beans Month

National Culinary Arts Month

National Picnic Month

July 4

National BBQ Day

July 7

National Macaroni Day

July 16

National Ice Cream Day

July 28

National Hamburger Day

July 29

National Lasagna Day