

## K-STATE

Research and Extension

Master Food Volunteer  
Johnson County

### Upcoming Classes

#### June—

##### Electric Pressure Cooking

Thurs. June 20 @6-8pm

Fee: \$25

Registration for this class is currently full. Call Devyn at the extension office (913) 715-7014 to be added to a waiting list if interested.

##### Summer Pies

Tues. June 18 @6-8pm

Fee: \$25

Registration for this class is currently full. Call Devyn at the extension office (913) 715-7014 to be added to a waiting list if interested.

##### Grilling Great Steaks

Thurs. June 20 @6-8:30pm

Fee: \$23

Location: Meadowbrook Park Clubhouse  
To Register Click [HERE](#) or contact  
Johnson County Parks and Recreation.

##### The Vegetarian Grill

Thurs. June 27 @6-8:30pm

Fee: \$23

Location: Meadowbrook Park Clubhouse  
To Register Click [HERE](#) or contact  
Johnson County Parks and Recreation.

#### July—

##### Vegan and Vegetarian Cooking

Thurs. July 18 @6-8pm

Fee: \$25

#### August—

##### Meals on a Budget

Thurs. Aug. 15 @6-8pm

Fee: \$25

##### Kids in the Kitchen: Lunchbox Cuisine

Sat. Aug. 24 @10am-Noon

Fee: \$15

Unless otherwise noted classes are held at  
K-State Johnson County Extension Office:  
11811 South Sunset Drive,  
Olathe, KS 66061

To register visit: [www.johnson.k-state.edu](http://www.johnson.k-state.edu)

## 10 Tips to Keep Summer Grilling Safe

Have fun on the grill this season, but be safe! Follow these basic tips to make your cookout one everyone will enjoy and stay healthy!

1. **Don't wash your meat:** Washing your meat under running water only spreads the bacteria to your sink, into the air and to you. Cooking will remove any bacteria.
2. **Contamination:** Avoid cross-contamination by using a separate cutting board for meat and another one — or two — for preparing your salad or other foods.
3. **Use paper towels, not cloth towels, to clean up:** People think towels are green, but you'll be the one who is green if you get sick from contamination. Use a clean, single-use paper towel to wipe surfaces, your hands, and your utensils when preparing raw meat — and throw it away.
4. **Wash your hands again — and again — before, during and after preparing meats:** And don't touch your refrigerator handle, spice bottles, dishes or cupboards with your dirty hands.
5. **Keep your meat cold before it hits the grill:** Don't marinate chicken or beef at "room temperature" as some recipes say. This gives bacteria an excellent place to grow.
6. **Your thermometers — one for the refrigerator and one for meat — are your best friends:** And they will make you the best cook. This is the only way to ensure meat is fully cooked while not being overcooked. Also, have a thermometer for your refrigerator.
7. **Don't use the same utensils and dishes for raw meat and cooked meat:** Wash those dishes and utensils, or switch to newly cleaned ones while the meat is cooking.
8. **Cooking temperatures:** Your chicken is cooked when it reaches 165°F; ground beef, 160°F.
9. **Serve your food promptly and enjoy.**
10. **Store leftovers in the refrigerator as soon as possible:** Make sure it's no more than two hours and only one hour in warm weather (above 90°F). Reheat all leftovers to a safe temperature of 165°F.

Source: [www.ucdavis.edu](http://www.ucdavis.edu)



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# Recipe of the Month

## Quick Grilled Shrimp Skewers

18 large peeled and cooked ready to eat shrimp  
1 tablespoon low-sodium soy sauce  
1 tablespoon apricot preserves  
1 teaspoon minced garlic  
1/8 teaspoon black pepper  
1/4 teaspoon ground ginger  
1/4 large onion, in large, thick slices  
4 slices canned pineapple, no sugar added or 4 fresh pineapple rings cut into thirds

1. Thaw shrimp in refrigerator if frozen.
2. Mix together soy sauce, preserves, garlic, pepper, and ginger. Put onion and shrimp in marinade and refrigerate.
3. Preheat grill to medium heat. On metal or soaked wooden grill skewers, thread shrimp, onion, and pineapple slices, in alternating order.
4. Grill over medium heat about 5 minutes or till heated through. Don't overcook or shrimp will be tough.

Makes 2 servings

Source: [www.recipes.sparkpeople.com](http://www.recipes.sparkpeople.com)



### Nutrition Facts

2 servings per container	
<b>Serving size</b>	<b>1/2 of recipe</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>200</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 80mg	<b>27%</b>
<b>Sodium</b> 650mg	<b>28%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 30g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 11g	
Vitamin D 0mcg	0%
Calcium 91mg	8%
Iron 2mg	10%
Potassium 533mg	10%

\*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.