

Thanks a Billion!

WELL AWARE



Picnicking is a well-known staple activity of socializing. From romantic lunches and BBQ's with friends to a day out with family, picnics provide an easy going environment to catch up and entertain. But picnicking offers far more than just an opportunity to dust off that blanket and wicker basket.

Spending time outdoors, basking in nature, breathing fresh air and enjoying a great view invigorates you and leaves you feeling rejuvenated. For those with respiratory disorders, breathing clean air helps clear the lungs.

Spending time with family is always a great bonding experience. In the fast-paced, urbane lifestyle of today there is often limited time for maintaining relationships with some of the most important people in your life.

Staying engaged with your family and friends can help build stronger bonds and foster warmth, security and love, as well as feelings of belonging.

Meals prepared at home are usually more nutritious than eating out and particularly so for when you bring food for a picnic. The portrait of picnics present a wicker basket of fruits, vegetables, dairy and grains. These foods provide nutrients such as fiber, calcium and essential vitamins. Regular picnics can foster a family ritual where young ones are introduced to sports, games, and nature and encourages adults to partake in physical activities as well.

Eating lunch outdoors is a natural mood booster. You'd be amazed how the lack of sun in your body affects your mood. There's something about fresh air, sunshine, or a nice breeze that just puts you in good mood.

Picnics are a great stress buster as it helps reduce the stress and anxiety related to work and home. Being an adult isn't always easy and it's great to be able to ease up on the responsibility from time to time by lounging in the sunlight.

The vitamin D we get from the sun is needed for maximum absorption of calcium, which helps build strong bones and teeth.

Getting enough vitamin D can help reduce the chances of getting bone deterioration diseases. For children, regular sun exposure helps increase the process of growth and height and can decrease the risk of rickets.

Picnics can be quite inexpressive. Just prepare meals at home and head out to a park or picnic area. If you have a well-stocked refrigerator and pantry, you may not have to spend anything extra!

10 Tips to Grill Perfect Brats every time!



1. Always use fresh, local brats.
2. Never puncture brats when grilling.
3. Simmer in beer/water first for 15 minutes.
4. Don't boil brats, just simmer gently.
5. Grill brats on low to medium heat only.
6. Only grill for 5-10 mins, just to char slightly
7. Serve brats immediately after grilling.
8. Never serve brats on a hot dog bun.
9. Always serve brats on a hard roll.
10. Only use stone ground mustard on brats.



WATERMELON FETA GUACAMOLE

3 large ripe avocados
1/3 cup chopped fresh cilantro
1/4 cup chopped red onion
1 small jalapeño pepper, seeded and finely chopped
2 tablespoons fresh lime juice
1/3 cup crumbled feta cheese
1 cup diced watermelon
Coarse salt and ground pepper, to taste.

Cut each avocado in half and remove the pit. Remove the avocado from the skin, and place in a bowl. Smash avocado with a fork until desired consistency.

Add the cilantro, red onion, jalapeño, lime juice, feta cheese, watermelon, salt, and pepper to the bowl. Stir to combine. Serve immediately with tortilla chips.

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SUMMER FOOD SAFE

Due to a variety of factors, including warmer temperatures, foodborne illness increases in summer. Stay healthy and safe following these food safety recommendations:

When bringing food to a picnic or cookout:

Use an insulated cooler filled with ice or frozen gel packs. Frozen food can also be used as a cold source.

Foods that need to be kept cold include raw meat, poultry, and seafood; deli and luncheon meats or sandwiches; summer salads (tuna, chicken, egg, pasta, or seafood); cut up fruit and vegetables; and perishable dairy products.

A full cooler will maintain its cold temperature longer than a partially filled one. When using a cooler, keep it out of the direct sun by placing it in the shade or shelter.

Avoid opening the cooler repeatedly so that your food stays colder longer.

When cooking on the grill:

Use separate cutting boards and utensils for raw meat and ready-to-eat items like vegetables or bread.

Keep perishable food cold until it is ready to cook.

Use a food thermometer to make sure meat and poultry are cooked thoroughly to their safe minimum internal temperatures:

Always use a fresh, clean plate and tongs for serving cooked food. Never reuse items that touched raw meat or

poultry to serve the food once it is cooked.

When serving food outdoors:

Perishable food should not sit out for more than two hours. In hot weather (above 90 °F), food should NEVER sit out for more than one hour.

Serve cold food in small portions, and keep the rest in the cooler. After cooking meat and poultry on the grill, keep it hot until served – at 140 °F or warmer.

Keep hot food hot by setting it to the side of the grill rack, not directly over the coals where they could overcook.



Steaks, roasts	Fin Fish	Pork	Ground beef	Egg dishes	Chicken breasts	Whole poultry
63°C	70°C	71°C	71°C	74°C	74°C	85°C

Best Beef Satay

- 1 1/2 lbs. rib eye steaks
- 3 tbs. light brown sugar
- 2 tbs. ground coriander
- 1 tbs. ground turmeric
- 1 1/2 tsp. ground cumin
- 1 1/2 tsp. freshly ground pepper
- 3 tbs. Asian fish sauce or soy sauce
- 3 tbs. vegetable oil

Cut steaks into 1/2-in. cubes (do not trim fat). Place in nonreactive mixing bowl. Stir in brown sugar, coriander, turmeric, cumin, pepper, fish sauce or soy sauce, and oil. Let beef marinate in refrigerator, covered, at least 2 hours.

Drain beef; discard marinade. Thread beef onto water soaked bamboo skewers, with 2" at bottom for handle. Refrigerate covered, until ready to grill.

Preheat grill to high. Brush grill grate clean and apply thin coat of oil. Grill satés until cooked to taste, 1 to 2 minutes per side for medium-rare, a little longer for medium. Serve satay with Singapore Cucumber Relish and Fried Garlic Peanut Sauce, if desired.



Fried Garlic Peanut Sauce

- 2 tbs. vegetable oil
- 5 cloves garlic, 3 cloves thinly sliced crosswise and 2 cloves minced
- 1 shallot, minced
- 2 strips (1/2 in. by 2 in.) lemon zest
- 1 to 3 small hot chilies or jalapeño
- 3/4 cup peanut butter
- 1 cup unsweetened coconut milk
- 2 tbs. sugar, or more to taste
- 2 tbs. soy sauce
- 1 tsp. fish sauce (optional)
- 1 tsp. fresh lime juice, or more to taste
- 1 tbs. finely chopped cilantro
- Coarse salt and freshly ground pepper

Heat oil in saucepan. Add sliced garlic and cook until golden, remove from pan to paper towel. Add minced garlic, shallot, lemon zest, and chile(s) to pan and cook over medium-high heat until

fragrant and lightly browned. Stir in peanut butter, coconut milk, sugar, soy sauce, fish sauce, lime juice, and 3/4 cup water. Reduce heat and simmer until thick but pourable. Stir in cilantro during last 2 minutes of cooking. Just before serving, stir in fried garlic. If sauce turns thick and pasty, add 1 tbs. or so of water. Add salt and pepper to taste and more sugar and lime juice if needed. Makes 2 cups.

Singapore Relish

- 1 medium cucumber, diced and seeded
- 1 shallot, minced (2 to 3 tbs.), or 1 scallion, white and green parts, trimmed and minced
- 1 small hot red chile or cayenne pepper, stemmed, seeded, and minced
- 2 tbs. rice vinegar
- 1 tbs. sugar
- Coarse salt & freshly ground pepper

Toss cucumbers, shallot, chile, rice vinegar, and sugar in mixing bowl. Season with salt and pepper to taste. The relish can be made up to 2 hrs ahead. Makes 1 to 1 1/2 cups.

- from Readers Digest

EDAMAME BASIL HUMMUS



A quick and easy hummus that's healthy and full of flavor! Great for every day snacking or parties!

Yield: 3 CUPS Total time: 10 MINUTES

2 cups shelled, cooked edamame
2/3 cups garbanzo beans (chickpeas) drained and rinsed
3 cloves garlic
1/2 cup fresh basil
1/4 cup lemon juice
1/2 teaspoon salt
1/4 teaspoon freshly cracked pepper
1/3 cup extra-virgin olive oil

Reserve 1 TBSP each of the edamame & garbanzo beans for garnish. In a processor, blend the remaining edamame & garbanzo beans with garlic, basil, lemon juice, salt and pepper. Slowly pour in the olive. Process until smooth. Add salt and pepper to taste.

Garnish & serve with chips, crackers or veggies.

This is also great as a sandwich spread. For a time save, buy edamame that is already shelled.

Easy Homemade BBQ SAUCE

3/4 cup ketchup
2 tablespoons light-brown sugar
1 tablespoon white-wine vinegar
1 tablespoon Worcestershire sauce
2 teaspoons paprika
1/4 to 1/2 teaspoon cayenne pepper (optional)

TIPS FOR MARINATING

Marinate overnight whenever possible for maximum flavour (unless stated otherwise in the recipe).

Extra virgin olive oil is great, but you should never use it in marinades. It burns and smokes on contact with the barbecue. Use light olive oil, or vegetable oil instead and save the extra virgin bottles for your salads and sauces.

Marinate in strong plastic bags, tied securely to prevent leakage when you

turn them. Otherwise, always cover food tightly with clingfilm and use non-reactive containers such as glass, or stainless steel.

Before placing on the barbecue grill, rub or shake off any excess marinade, particularly if there is any oil in it, to prevent burning or flaring and the consequent smoky bitter flavour.

Never put cooked meat back onto the same dish you used for marinating.

Always use a clean serving dish or plate.

HERE ARE SOME GRILLING TIPS

SOAK SKEWERS & PLANKS

If using wood skewers, soak in water for at least 30 minutes prior to grilling. For cedar planks, soak an hour or more to avoid cracking or burning.

KEEP THE SKINS ON

Leave the skins on fruits and vegetables so they hold their shape.

KEEP all the JUICES IN

Use tongs or a spatula instead of a fork when turning meats to prevent juices from escaping.

BEFORE COOKING MEAT

Allow meats to come to room temperature before cooking.

let it REST AFTER COOKING MEAT

Let cooked meats "rest" for a few moments before slicing to retain juices.

Guacamole & Hummus recipes from twopeasandtheirpod.com