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## Fire Up Your Grill Menu with Vegetables and Fruit!

### Simple grilling steps for most vegetables and fruit:

1. Cut to make large flat pieces of even thickness that won't fall through the grill.
2. Season or add a marinade like lite Italian Salad Dressing.
3. Cook directly on the grill or try wrapping in heavy foil or two layers of regular foil.
4. Grill 3 to 5 minutes per side over medium-high heat or until done to your liking.

### Give these a try to bring taste and color to your plate!

- Asparagus
- Corn
- Cabbage
- Eggplant
- Onions
- Peaches
- Pineapple
- Zucchini

\* Use leftover grilled vegetables in salads, sandwiches and wraps, or as a pizza topping.

\* Try warm grilled peach halves or pineapple slices topped with vanilla yogurt



### KIDS CAN:

- Choose colorful veggies and fruits
- Wash the produce
- Cut produce, with help
- Measure and mix marinades
- Carry serving plates
- Time the cooking
- Put away the leftovers



### Keep foods safe.

Wash plates and utensils between using for raw meats and any cooked food.

### Monthly Hero Checklist

Here are some ways to add fruit and vegetables to your grilled meals:

- Add grilled vegetables to your favorite dishes
- Try a grilled fruit
- Use leftover grilled vegetables or fruits in other dishes

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Oregon State UNIVERSITY **OSU** Extension Service



# Banana Boats

## Ingredients

- 1 **banana** with peel
- 1 tablespoon **crushed pineapple**
- 1 tablespoon **coconut flakes**

## Directions

1. Leave the peel on the banana and make a deep cut down the long side through the peel and into the banana. Do not cut all the way through.
2. Slightly pull the cut apart to make a pocket in the banana.
3. Fill the pocket with crushed pineapple and top with coconut flakes.
4. Wrap the banana in foil. Place on a grill or near the coals of a campfire.
5. Heat until warm, about 5 minutes at medium high heat.
6. Carefully remove the foil packet from the heat. Let cool slightly and remove foil. The peel may be black but the inside will be warm and delicious.
7. Refrigerate leftovers within 2-3 hours.

## Notes

- Not grilling? Bake the foil packets in the oven at 350 degrees for about 15 minutes.
- Try other fillings – peanut butter, chopped nuts, other fruit, a drizzle of honey or a sprinkle of cinnamon.

<b>Nutrition Facts</b>	
Serving Size 1 banana (136g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories</b> 140	<b>Calories from Fat</b> 15
% Daily Value*	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 15mg	<b>1%</b>
<b>Total Carbohydrate</b> 32g	<b>11%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 18g	
<b>Protein</b> 2g	
Vitamin A 2%	• Vitamin C 20%
Calcium 0%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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