

## Mother's Day May-rinades



**Celebrate Mother's Day with mouth-watering marinades  
and grill up some goodness.**

**Mix up simple ingredients to make flavourful family  
favourites and remember:**

**Good things come to those who wait!**

## Fire Up the Grill

Bust out the BBQ this Mother's Day and serve up something savoury at suppertime. From groceries, to grilling, to getting the food in your belly, here are some simple strategies for a safe and scrumptious Mother's Day meal.

### Handle with Care

- At the grocery store, put frozen foods and meats in your cart or basket last.
- Freeze fresh meat as soon as you get home unless you plan to use it within the next few days.
- Label your meat in the freezer so you know how long it's been in there and when you should plan to consume it.
- Store raw meat in the fridge on a plate or in a container on the bottom shelf. That way if any juices happen to leak, they will not contaminant fridge contents.
- BBQ brush bristles can come loose over time, get stuck on the grill and potentially make their way into your food. Inspect your brushes before use and throw it away if any bristles look loose or are stuck on the grill.

### Cross Out Contamination

- Always wash your hands with warm, soapy water before, during and after handling raw meats.
- Clean all cooking equipment, utensils and surfaces before beginning food preparations.
- Use separate cutting boards for raw meats and keep raw meat away from cooked or ready-to-be-cooked foods.
- Defrost meat on a plate or in a container on the bottom shelf in the fridge and allow 10 hours per kilogram.
- If you wish to save some of your marinade to use later, remove what you need **before** adding raw meat. Using marinade that has come in contact with raw meat or cooked meat can lead to cross contamination.

### Service with a Smile

- Keep cold, perishable foods on ice and serve them directly from the fridge.
- Keep hot foods hot until they are ready to serve. Use a clean plate to serve food off the grill.
- If you are keeping your meat in a cooler, be sure to pack it with lots of ice and try to avoid opening it, to retain the cold temperatures.

### Quick Cook Tip

Keep your food out of the temperature danger zone of 4°C to 60°C (40°F to 140°F). Bacteria thrive in this temperature range in as little as two hours. Use a probe thermometer to know your meat's internal cooking temperature by inserting the probe in several spots, including the thickest part, hold for 15 seconds, then clean and sanitize before next use.

<i>Product</i>	<i>Cook internal temp to...</i>
Whole Poultry	82°C (180°F)
Cut/Ground Poultry	74°C (165°F)
Food Mixture containing Poultry, Egg, Meat, Fish	74°C (165°F)
Pork/Pork Products	71°C (160°F)
Ground Meat	71°C (160°F)
Fish	70°C (158°F)
Beef, Veal, Lamb	
Medium Rare	63°C (145°F)
Medium	71°C (160°F)
Well Done	77°C (170°F)

## Featured Recipes

### Herb-Marinated Grilled Chicken Salad.

This main course salad adds a nice twist to dinner any time of year. The yogurt marinade keeps the lean chicken breast moist and tender. The fresh herbs really boost the flavor.

1 ½ cup (375mL) 2% plain yogurt	4 boneless skinless chicken breasts, about 4oz (125g) each
¼ cup (50mL) chopped fresh parsley	4 tsp (20mL) olive oil, preferably extra virgin
1 Tbsp (15mL) chopped fresh chives	8 cups (2L) torn romaine lettuce
2 tsp (10 mL) chopped fresh rosemary or thyme	1 sweet red pepper, chopped
¼ tsp (1mL) pepper	½ English cucumber, sliced

1. In a bowl, whisk together yogurt, parsley, chives, rosemary and pepper. Pour ½ cup (125mL) into a shallow dish and add chicken breasts, turning to coat. Cover dish and refrigerate chicken for at least 30 minutes or for up to one day. Cover and refrigerate remaining yogurt dressing separately.
2. Preheat barbecue grill to medium or preheat broiler or grill pan on the stove-top. Remove chicken from marinade, discarding used marinade. Grill chicken (or broil or cook in grill pan), turning once, for 4 to 5 minutes per side or until no longer pink inside. Transfer to a cutting board and let rest for 5 minutes. Cut chicken crosswise into thin slices.
3. Just before serving, combine lettuce, red peppers and cucumbers in a large bowl. Whisk olive oil into reserved yogurt dressing and pour over vegetables; toss gently to coat. Arrange on serving plates and top with sliced chicken.

Source: Heart and Stroke Foundation

[http://www.heartandstroke.com/site/c.ikiQLcMWJtE/b.8091887/k.1A5B/Recipes\\_Herbmarinated\\_grilled\\_chicken\\_salad.htm](http://www.heartandstroke.com/site/c.ikiQLcMWJtE/b.8091887/k.1A5B/Recipes_Herbmarinated_grilled_chicken_salad.htm)

**Nutrition:** Calories 273, Protein 33g, Total Fat 10g, Saturated 2g, Cholesterol 86mg, Carbohydrates 13g, Fibre 3g, Sugars 10g, Sodium 221mg

### Grilled Balsamic Vegetables

This rustic dish is perfect for entertaining as you can serve it at room temperature or straight from the grill. It also makes a great filling for a vegetarian sandwich.

*Balsamic Marinade:*

1/3 cup (75mL) balsamic vinegar	3 large zucchinis, green and/or yellow (1-1/2lb/675g)
3 cloves garlic, grated or pressed	1 large red onion
2 tsp (10mL) liquid honey	2 sweet peppers, orange and/or yellow
¼ tsp (1mL) salt	4 Portobello mushrooms
¼ tsp (1mL) pepper	¼ cup (60mL) chopped fresh flat-leaf parsley
½ cup (125mL) olive oil	

1. Balsamic Marinade: In a bowl, combine vinegar, garlic, honey, salt and pepper; slowly whisk in oil until emulsified.
2. Cut each zucchini in half crosswise; cut lengthwise into ½-inch (1cm) thick slices. Place in large dish. Cut onion into ½-inch (1cm) thick rounds; add to dish.
3. Core and seed sweet peppers; cut into large chunks and add to dish.
4. Remove stems and gills from mushrooms; cut caps into quarters and add to dish.
5. Pour marinade over vegetables; cover and let stand at room temperature for 2 hours, tossing occasionally.
6. Place vegetables on greased grill over medium-high heat; close lid and grill, basting frequently with marinade, until tender, about 12 minutes. Serve sprinkled with parsley.

Source: Canadian Living [http://www.canadianliving.com/food/grilled\\_balsamic\\_vegetables.php](http://www.canadianliving.com/food/grilled_balsamic_vegetables.php)

**Nutrition:** Calories 97, Protein 2g, Total Fat 7g, Saturated 1g, Carbohydrates 9g, Fibre 2g, Sugars 4g, Sodium 41mg