The Nutrition Center Takes to the Airwaves

If you were unable to attend the Kendall Anderson Nutrition Center’s gluten free cooking demonstrations this spring, not to worry, you haven’t missed a single delicious recipe or nutrition tip. All three classes, Breads and Other Baked Goods, Grains and Other Side Dishes, and From Salads to Desserts, are now airing on Comcast channel 11.

Each 30-minute episode features recipes and nutrition tips from Kendall Anderson Nutrition Center registered dietitians and nutrition students. The first two classes, Breads and Other Baked Goods and Grains and Other Side Dishes, will air back-to-back every five weeks, Thursdays at 5pm and Fridays at 6pm, through the end of the year. The airdates and times for the third class, From Salads to Desserts, are coming soon. Be sure to tune in.

Check the Kendall Anderson Nutrition Center website, www.nutritioncenter.colostate.edu, for information about future cooking demonstrations, nutrition classes and events.

Coming Soon – Delectable Dining Cookbook

By popular demand, the Kendall Anderson Nutrition Center has assembled the best recipes from past cooking classes into one handy cookbook titled Delectable Dining. The softcover, wire-bound cookbook will feature recipes from classes such as Carbohydrate Cooking, Shaking the Salt Habit, Healthy Holidays, Decadent Desserts, and more. The cookbook will be available in mid-June. You may order yours online at www.nutritioncenter.colostate.edu or stop by room 114 of the Gifford Building to purchase your cookbook.
It’s Grilling Season!

As the weather gets warmer and summer approaches, people spend more time on outdoor activities including cooking. This is a great time to think about fun and tasty ways to grill foods safely.

If your grill has been undercover all winter, take time to make sure it is clean and ready for use before throwing on your favorite foods. Clean your grill by scrubbing it with hot, soapy water before every use. Many gas grills have removable components that can be cleaned in the dishwasher. When you are ready to cook, allow the grill to heat up sufficiently to eliminate potential bacterial problems. If using a gas grill, check the burners to make sure they are clear of any deposits to ensure a safe ignition and even flame.

Once the grill is prepped for use, it is time to decide what to cook. Many foods lend themselves well to grilling; all it takes is a little creativity. Try a few of these non-traditional ideas:

- **Cook vegetables right on the grill.** Cut thick slices of vegetables such as peppers, eggplant, summer squash or onions, lightly baste with oil, season with your favorite herbs and place on a hot grill until tender and brown.

- **Grill a pizza.** Add a delicious grilled flavor to your favorite pizza by cooking directly on the barbecue. Roll out the pizza dough to the desired size and place on the grill until lightly browned on both sides. Add sauce, cheese and favorite toppings to the crust and grill until cheese is melted and bubbly.

- **Don’t forget dessert.** Grill fruit kabobs, pineapple slices or peach halves low heat until the fruit is hot and slightly golden. Serve with a scoop of low-fat ice cream or angel food cake for healthful and delicious dessert.