



Meat and Poultry

Farm Bureau®

1/4 to 1/2 cup low sodium soy sauce

1 tsp ginger

1-2 garlic cloves, *minced*

1 T honey, molasses or brown sugar

Juice of 1/2 lime or lemon

Pepper to taste

Six average chicken breasts,

One 24 oz steak, or

Six 4 oz pork chops

FOOD CHECK-OUT WEEK®

STRETCHING YOUR GROCERY DOLLAR WITH HEALTHY, NUTRITIOUS FOOD

Easy and Healthy Meat Marinades:

Makes enough marinade for six average chicken breasts, a 24 oz steak, or six 4 oz pork chops.

Place all ingredients in a glass pan or heavy duty plastic bag and mix together.

Marinate beef, pork, turkey or chicken in this easy marinade for 4-6 hours before grilling, baking, roasting, broiling or stir frying.

Add meat of choice to marinade and turn a couple of times before letting sit in refrigerator for 4-6 hours.

Enjoy immediately!

Note: fat-free Italian salad dressing can be used as a substitute marinade in a pinch.

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Fast Facts:

- Protein found in meats and poultry is vital for healthy body functions such as tissue repair, metabolism and fluid balance. Every cell in the body uses protein and it increases satiety by slowing down digestion.
- Protein forms the structure for bones, teeth, hair, finger nails, skin and muscles, and is a good source of iron and Vitamin B12.
- Most cattle, hogs and poultry are fed grains such as high-quality soybean meal and corn.
- 90%-95% lean ground beef or turkey is the most desirable for heart and digestive health and cuts down on the saturated fats found in higher fat products.
- Healthy cooking techniques for meat and poultry include grilling, baking, broiling, roasting and stir-frying with nonstick cooking spray.
- Do your own visual comparison between 80%, 90% and 95% lean ground beef.
- Nutrient content comparison of 3oz. ground beef crumbles (no fat drained after cooking):
 - 80% lean: 230 calories, 23 grams protein, 15 grams fat
 - 85% lean: 218 calories, 24 grams protein, 13 grams fat
 - 90% lean: 196 calories, 24 grams protein, 10 grams fat
 - 95% lean: 164 calories, 25 grams protein, 6.5 grams fat

- Compare a lean filet of beef and a more marbled piece noting that the marbling is the saturated fat that is not heart healthy.
 - Nutrient content of a 3 oz. broiled filet (leaner cut): 185 calories, 23 grams protein, 9.5 grams fat
 - Nutrient content of a 3 oz. broiled New York Strip (more marbled cut): 224 calories, 23 grams protein, 14 grams fat
- A serving of protein is 3 oz. This is about the size of a deck of cards.
- Be sure to remove skin from poultry to decrease the saturated fats and trim fat from cuts of beef or pork.
- Nutrient content comparison of a 3 oz. roasted or broiled chicken breast:
 - With skin: 177 calories, 27 grams of protein and 7 grams of fat
 - Without skin: 148 calories, 28 grams of protein and 3 grams of fat
- Eating healthier on a budget: Take advantage of the price of higher fat content ground beef and make it more heart healthy by cooking the meat, draining off the fat, rinsing with water and then adding it to recipes such as spaghetti sauce, sloppy joes, tacos, chili, etc. This technique reduces the fat content of beef crumbles by as much as 50% regardless of the fat content of the starting product.
 - Instructions for reducing fat in ground beef crumbles by rinsing and draining:
 - Brown ground beef in skillet until no longer pink.
 - Drain fat from skillet.
 - Using a slotted spoon, remove beef crumbles to a large plate lined with 2-3 layers of paper towels. Let sit for 1 minute and then blot top of beef with more paper towels.
 - Place beef in a strainer and pour hot water over beef to rinse fat. Drain for 5 minutes.
 - Combine in recipes as desired and add additional seasonings after rinsing.

- Instructions for reducing fat in ground beef burgers, meatballs and meatloaf:
- Shape ground beef into 4 oz. patties or meatballs, place in medium hot skillet and cook until juices show no pink color.
- Remove from skillet onto a plate lined with 3 layers of paper towels. Let stand one minute then turn over. Gently blot and season as desired.
- For meatloaf, roast on a rack in a shallow pan so that the fat drips away during cooking. Place cooked meat on a plate lined with 3 layers of paper towels, allow it to drain and blot to remove additional fat.
- Budget considerations:
 - Buy meat and poultry on sale and freeze. Buy meat and poultry in bulk which tends to be less expensive, divide in to family-size servings, freeze and thaw as needed.
 - Buy whole chickens and cut up into parts. Whole chickens are much less expensive than buying boneless skinless chicken breasts, tenders or other parts.
 - One pound of ground beef yields approximately $\frac{3}{4}$ pound of cooked meat depending on cooking method.
 - Buy a large pork loin on sale, divide it into meal-size portions and freeze. The loin can be used for pulled pork, roasted pork loin, stir fry and other recipes.
 - Nutrient comparison of 80% beef (3oz. cooked):

Patties: No blotting: 230 calories, 23 grams of protein, 18 grams of fat; After blotting: 217 calories, 23 grams of protein, 14 grams of fat

Crumbles: Blotting only: 191 calories, 23 grams of protein, 11 grams of fat; Blotting and rinsing: 130 calories, 23 grams of protein, 5 grams of fat; For recipes where rinsing and/or blotting is not feasible, such as stuffed bell peppers, it is best to use 90-95% lean ground beef to reduce saturated fat intake.