



GRILLING WITH HEART

FAMILY FEATURES

As you prepare your favorite marinades this summer, remember that not all cooking oils are created equal. But have no fear, good-for-you grilling can be as easy as using a heart-healthy oil, such as Mazola® Corn Oil.

According to a study published in the *Journal of Clinical Lipidology*, corn oil can significantly reduce both total and so-called “bad” LDL cholesterol more than extra virgin olive oil¹. In fact, Mazola Corn Oil has four times more cholesterol-blocking plant sterols than olive oil and 40 percent more than canola oil².

What’s more, because of its neutral taste, corn oil won’t interfere with the natural flavors of your favorite foods and ingredients. Additionally, its high smoke point makes it perfect for a variety of cooking styles, including stir-frying, sautéing, grilling and even baking.

Find more information about the heart health benefits of corn oil and a variety of delicious grilling recipes at www.Mazola.com.

¹Maki KC, Lawless AL, Kelley KM, Kaden VN, Dicklin MR. Benefits of corn oil compared to extra-virgin olive oil consumption on the plasma lipid profile in men and women with elevated cholesterol: results from a controlled feeding trial. *J. Clin. Lipidol.* January/February 2015 issue. Study sponsored in part by ACH Food Companies, Inc.

²Based on analysis of corn oil and 2013 USDA comparison of other cooking oils: corn oil has plant sterols content of 135.6 mg/serving vs. 30.0 mg/serving for olive oil, 40.8 mg/serving for vegetable oil, and 93.9 mg/serving for canola oil.



Grilled Salmon Teriyaki
Yield: 4 servings
Prep time: 25 minutes
Cook time: 10 minutes

1/2 cup soy sauce
1/2 cup pineapple juice
3 tablespoons Mazola Corn Oil
1 tablespoon ground ginger
1 tablespoon minced garlic
1 1/2 pounds (4 pieces) fresh salmon fillets

Combine soy sauce, pineapple juice, oil, ginger and garlic in shallow dish. Reserve 1/2 cup for later use. Add salmon, turning to coat; cover and let stand 15 minutes.

Remove salmon from marinade and discard any remaining marinade. Grill over medium heat, turning once, about 5 minutes on each side, until salmon flakes easily with fork.

While salmon is cooking, transfer reserved 1/2 cup marinade to small saucepan. Bring to boil over medium-high heat; boil until reduced.

Serve salmon fillets drizzled with reduced marinade.

Southwest Style Grilled Chicken Cobb Salad with Creamy Chipotle Vinaigrette
Yield: 8–10 servings
Prep time: 30 minutes

Creamy Chipotle Vinaigrette:

1/3 cup Mazola Corn Oil
2 cloves garlic
2 teaspoons canned chipotle in adobo sauce
1/2 teaspoon ground cumin
1/2 teaspoon salt
1/2 teaspoon sugar
1/4 cup half and half
1/4 cup cilantro

Salad:

8 cups bite-size mixed salad greens
2 cups sliced, grilled chicken
1 can (15 ounces) black beans, drained and rinsed
1 red bell pepper, cut into 2-inch strips
1 cup frozen corn, thawed
1/2 cup thinly sliced green onions
4 hard boiled eggs, quartered lengthwise
2 small avocados, sliced
1/4 cup red onion slivers
1 cup grape tomatoes, halved lengthwise
2 cups (8 ounces) shredded Mexican style cheese

Combine vinaigrette ingredients in blender or food processor. Puree until smooth. Refrigerate dressing until ready to serve.

Arrange lettuce on large serving platter or individual plates. Arrange each salad ingredient in horizontal or diagonal rows across top of lettuce. Garnish with cheese and serve with vinaigrette or toss salad with vinaigrette just prior to serving.

Recipe note: Substitute grilled hanger steak slices or shrimp in place of chicken.

Heart-Healthy Tips

Celebrity chef Ingrid Hoffmann shares the following heart-healthy tips for summer grilling inspiration.

Balance with color. Adding color to your meals with fresh fruits and vegetables also adds balance; more color means more nutrition.

Prepare from scratch. When you prepare meals from scratch, you control what goes into your body. Grill for your heart with Mazola Corn Oil; it not only lowers total and LDL “bad” cholesterol more than extra virgin olive oil, but its high smoke point, versatility and neutral flavor ensure the flavors of your favorite grilling recipes shine through.

Spice it up. With a few spices and citrus, you can bump up the flavor of grilling dishes without adding fat.

Pineapple-Chicken Skewers with Passion Fruit Glaze
Recipe courtesy of Ingrid Hoffmann
Yield: 8 servings
Prep time: 20 minutes
Chill time: At least 4 hours

1/2 cup Mazola Corn Oil
4 (3-inch) sprigs rosemary
5 (3-inch) sprigs oregano
4 garlic cloves, crushed and peeled
Kosher salt
Freshly ground black pepper
2 pounds boneless, skinless chicken breast, cut into 24 2-inch pieces
1 large red bell pepper, cored, seeded, ribbed and cut into 24 1-inch pieces
1 medium red onion, cut into 24 1-inch pieces
2/3 peeled and cored pineapple, cut into 24 1-inch pieces
1 head butter lettuce, leaves separated into cups (for serving)

Passion Fruit Glaze:

1/2 cup passion fruit nectar
2 tablespoons ketchup
1 tablespoon fresh lime juice
1 tablespoon soy sauce
1 1/2 tablespoons honey
Kosher salt
Freshly ground black pepper

To prepare chicken, combine corn oil, rosemary, oregano and garlic in large bowl and season with salt and pepper. Add chicken and turn to coat. Cover and refrigerate, for at least 4 hours or overnight, occasionally turning chicken.

To prepare glaze, process passion fruit nectar, ketchup, lime juice, soy sauce and honey until smooth. Season with salt and pepper. Blend until well combined. Pour into small bowl.

Preheat grill to medium-high heat.

Remove chicken from marinade, discarding marinade.

Alternately thread 3 pieces chicken, 3 pieces bell pepper, 3 pieces red onion and 3 pieces pineapple on each skewer. Repeat process with remaining ingredients and skewers.

Reserve half of the passion fruit glaze and set aside. Brush skewers evenly with the remaining glaze. Grill kabobs, covered with grill lid, for 10 to 12 minutes or until chicken is done. Occasionally turn the skewers.

Serve skewers on a bed of lettuce leaves. Brush with the reserved passion fruit glaze and serve remaining sauce on the side.



Food Preservation Mentor Program Set

BROOKINGS — SDSU Extension recently modified its Food Preservation Mentor Program. What was a day-long course now includes online self-study courses and a half-day of hands-on training with SDSU Extension staff.

Hands-on canning sessions will be hosted statewide beginning June 2.

“Today, everyone is so busy. This training fits better into our participants’ lives,” explained Lavonne Meyer, SDSU Extension Food Safety Field Specialist.

She explains that the online course modules, which include short videos and factsheets, are concise and designed for participants to fit into their schedule however works best for them. The hands-on canning sessions allow participants the opportunity to ask SDSU Extension staff questions in a comfortable environment while gaining the confidence through accomplishment.

Meyer will host the five Food Preservation hands-on

canning sessions with Joan Hegerfeld-Baker, SDSU Extension Food Safety Specialist and SDSU Assistant Professor.

Before its online launch, Hegerfeld-Baker asked a class of college students to test the online portion of the program. Only one student had prior experience canning. “We wanted to make sure that the online portion of the program would not overwhelm first-time canners,” Hegerfeld-Baker said. “The students’ said the factsheets and videos worked together well and did not take long to complete.”

She added that participants can choose either or both of the programs: online modules or attend a hands-on session. They compliment one another very well. However, if they want to receive certification as a Food Preservation Mentor, participants must complete both portions of the program.

To register, visit iGrow.org/ events or contact Lavonne Meyer at 605-782-3290 or lavonne.meyer@sdstate.edu.

Something For Everyone At Dairy Fest 2015

BROOKINGS — Area dairy producers invite you to enjoy free family events during the second annual Dairy Fest Celebration held in Brookings at the Swiftel Center June 5-6.

Dairy Fest is an annual event put on by dairy producers, processors and industry leaders to bring the community together to celebrate the dairy industry. This two-day event provides something for everyone, from youth to adults and will prove an opportunity to learn about all aspects of the dairy industry.

Festivities kick off at 10 a.m. Friday June 5, with a carnival for youth groups to attend. The carnival is open until 2 p.m. Groups are requested to pre-register for this day of the carnival. Group registrations will be taken on a first come, first serve basis, attendance is limited to 225. Contact Tracey Erickson at 605-882-5140 or email.tracey.erickson@sdstate.edu for the Dairy

Fest Youth Carnival Group registration information.

Saturday, June 6, the Dairy Fest Youth Carnival opens up to the general public for attendance. Phil Baker will perform at 9-11 a.m. The SD Dairy Princess will also be on hand to greet attendees. Youth and adults will rotate between carnival stations in a FUN environment learning about the dairy industry, starting at the farm all the way to the consumption of dairy products. This carnival is made up of several hands-on “myth busters” style learning stations set up throughout the Swiftel Center.

Stations will provide a wide range of activities from cheese making to feeding a baby calf. These activities are designed for youth between the ages of 5-14.

Saturday, June 6, begins with the second annual Cow to Cup 5K race a 7 a.m. Runners will be able to refuel with a free bottle of chocolate milk following the race. Funds from the race

will go to South Dakota Ag in the Classroom and the SDSU Dairy Club. To register visit www.allsportscentral.com.

Another great opportunity on Saturday is a free bus tour of Hilltop Dairy. A modern dairy farm, just outside Brookings, these tours will take place from 9 a.m. and noon. Tour buses

leave from the Swiftel Center in Brookings.

Besides the tour of Hilltop Dairy, the bus tour also includes an exclusive, behind the scenes tour of the South Dakota State University Davis Dairy Plant where the famous ice cream is made.

Happy Birthday, Mommy!

Tatum & Brent

AM 1450

MORNING COFFEE

WEEKDAYS MONDAY-FRIDAY

Friday, May 29

7:40 am

Crohn's Walk (Dave Brown)

7:50 am

Yankton Parks & Rec (Tracey Grotenhuis)

8:20 am

Yankton Rockin Ribfest (Todd Larson)