

## **A Healthy Way to a Better BBQ**

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As you celebrate the hot summer months by entertaining friends and family, **barbeque** is probably top of mind. While everyone loves good old fashioned hamburgers and hot dogs, be sure to spice up your cookouts with some new delicious grilling options that will help keep you healthy and show your guests what a fabulous host you are.

There are many ways to turn grilling into a flavorful, fun *and* healthy feast. By choosing foods that pack nutrition and flavor, you can make great meals that will fuel the mind and body and taste great, too.

### **Top Tips for a Healthy BBQ:**

**Trim the Fat:** For your main protein sources think lean cuts of meat such as 90% lean hamburger, pork tenderloin, skinless chicken breast or fish (try wild salmon, halibut, haddock and shrimp).

**Savor the Flavor:** Whether you create your own special blend, purchase a store-bought marinade or just add BBQ sauce for flavoring, adding a marinade will seal in the juices and give the meat a tangy new flavor. Try a marinade containing olive oil and/or citrus juices to get additional nutritional benefits and flavor while tenderizing the meats. You can also use fresh herbs like basil, mint, rosemary, thyme, oregano and sage to add a more distinct flavor.

**Indulge in Pairings:** Pair your lean main dish with one or more seasonal grilled side dishes like corn-on-the-cob, roasted vegetables (try zucchini, green and red peppers, onions and portabella mushrooms), sweet or white potatoes, asparagus and green beans.

**Mouth-watering Side Dishes:** Sides don't have to be loaded in calories and fat. Select side dishes which include beans, legumes or whole grains. Any dish that contains pasta, hummus (chickpeas), baked beans or chili dips with kidney beans is a good start. Eating plenty of whole grain foods like breads, brown rice and whole grain pasta is an easy way to get more energy and balance your meal.

**Always use safe food practices when cooking outside.** Food safety is especially important to remember in warmer months because harmful bacteria in food can cause food-borne illness to thrive and multiply.

Finally, remember to enjoy the summer months by encouraging physical activity with family and friends. After you've enjoyed your healthy BBQ, set up a game of badminton, go for a swim or simply take a walk together.

## **RECIPE:**

### **Panzanella Salad Skewers**

(Serves 3)

- 6 Skewers (appetizer size)
- 18 (1 inch) cubes of bread
- 12 cherry or grape tomatoes
- 12 (1 inch) pieces red bell pepper
- 12 (1 inch) pieces yellow bell pepper
- 1 large fresh mozzarella ball, diced 1/4-inch
- 3 tablespoons store bought basil pesto
- 6 small romaine heart leaves
- Olive oil, as needed
- Salt and freshly ground pepper to taste

#### **Directions**

1. Thread onto each skewer in the following order: bread, tomato, red bell pepper, yellow bell pepper, bread. Repeat 1 more time adding an additional piece of bread on the end of each skewer. Let sit for 15 to 20 minutes.
  2. Lightly brush skewers on each side with olive oil and season to taste with salt and pepper.
  3. Place skewers on a preheated medium-high grill and cook until vegetables are cooked crisp/tender, and bread is lightly browned about 4 to 5 minutes per side.
  4. Arrange one skewer on to each romaine leaf. Sprinkle each skewer with some of the diced mozzarella cheese and then drizzle with basil pesto.
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