

Summer Grilling Guide



Get out your picnic baskets, bug spray, and farmer's market finds, because it's officially summertime! If you are planning to host or attend a barbeque or cookout, be sure to try these healthful and flavorful tips:

- **Go lean:** Choose 'loin' or 'round' cuts of beef or pork for grilling—skip processed meats such as hot dogs and bratwurst. Chicken and fish are staple lean protein options that can be jazzed up with a simple marinade (see below).
- **Grill fruits and vegetables:** Try grilling zucchini, squash, eggplant, peppers, and portabella mushrooms for a plentiful platter that is guaranteed to be devoured. Grilled peaches, pineapple rings, or plum slices are a nutrient-packed, naturally sweet treat that will make brownies seem boring.
- **Keep marinades simple:** Make your own marinade with wine, vinegar, or lemon juice; then just add olive oil and fresh herbs! These are easy on the wallet and are naturally low in sodium and contain no added sugar or preservatives.
- **Swap your sides:** Instead of chips and mayonnaise-based salads, try a cold pasta salad with whole wheat pasta, fresh vegetables and a splash of olive oil and balsamic vinegar. If dipping and crunching are necessary, try jicama, bell pepper, carrots, sugar snap peas and cucumber slices with hummus, salsa, or a yogurt-based dip.
- **Liven up your burger:** While mustard, mayonnaise, ketchup and cheese are classics, they can be packed with added sodium, sugar, and fat. Be the talk of the block by offering specialty toppings such as salsa & avocado slices, hummus & baby spinach, or pesto & fresh tomato.



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