



## Tips for a Healthy Barbeque This Season Incorporating ALL Food Groups is Important

Judi Adams, MS, RD  
President, Grain Foods Foundation

May is National BBQ Month, marking the official start of grilling season. What better excuse to dust off the barbeque and enjoy some time outside in the fresh air with family and friends! However, when putting together your BBQ menu for the day – it's important to keep health as well as taste in mind.

There are many ways to turn grilling into a flavorful, fun, *healthy* way to eat. By choosing foods that are low in fat, high in nutrients and full of flavor you can make great meals that are healthy and delicious. Planning a healthy barbeque calls for buying lean cuts of meat, using low calorie marinades and serving grilled foods with plenty of fruits and vegetables. And don't forget the bread - it contributes a low-fat, low-calorie, nutrient-rich source of energy to the menu. Grains are always essential to a healthy and well-balanced diet and contribute a good source of energy needed to enjoy the great outdoors.

### **Healthy BBQ Tips:**

- **Include Bread.** Whole and enriched breads are essential to a delicious and healthy backyard BBQ. Whole grains contain many nutrients and fiber that can help lower blood cholesterol and contribute to weight management. Enriched grains contain folic acid which may help lower the risk of heart disease, birth defects and some cancers.
- **Add Vegetables.** Include fresh vegetables to your pasta salad or place on the grill – they taste great and provide valuable nutrients necessary to keep our immune systems at their optimum level.
- **Add fruit.** Try fresh strawberries or kiwi with low fat ice cream or frozen yogurt for dessert - a refreshing way to boost fruit and dairy intake.
- **Select a variety of lean cuts of meat, poultry, and fish.** Trim excess fats from foods before grilling. Buy hamburger that is at least 94 percent lean and remove the skin from chicken. Use low-fat marinades on tougher cuts of meat to make them acceptable for grilling.
- **Always use safe food practices when cooking outside.** Food safety is especially important to remember in warmer months because harmful bacteria can cause foodborne illness and they are able to thrive and multiply at such ideal temperatures.
- **Use your leftover BBQ foods as lunch-on-the-run items for the next day.** Meals that include several food groups, including a good source of protein and carbohydrate, will help sustain you throughout the day. For example, a BBQ chicken breast can be paired with a slice of Swiss cheese on a toasted bagel.

Finally, remember to enjoy the summer months by spending time with family and friends and taking long walks or bike rides on the beach, in the woods or even just around your neighborhood. It's important to schedule time for physical activity at every opportunity.

## **RECIPES:**

### **Grilled Salmon Cashew Sandwiches**

(Serves 4)

4 salmon fillets (about ¼ pound each)  
4 buns  
Cashew butter

#### **Cashew "Butter":**

¼ cup roasted cashews  
1 tablespoon chopped fresh parsley  
2 tablespoons butter, softened  
2 teaspoons lemon juice

Place cashew "butter" ingredients in a blender and puree until smooth.

Brush grill rack with vegetable oil. Place fish on grill 4-6 inches from medium heat for 3-4 min. with the grill closed/covered. Turn fish over and spread the cashew butter evenly on each piece of salmon. Continue grilling covered for another 4-6 minutes until the salmon easily flakes.

Serve on your favorite buns.

---

### **Grilled Teriyaki Chicken Breasts**

(Serves 4)

2 boneless chicken breasts, halved  
Marinade  
4 Sesame seed buns

Place the chicken breasts in a plastic container or bag and cover with the marinade (if it doesn't totally cover, turn periodically so all sides are covered for the same amount of time). Marinade for 3-4 hours in the refrigerator.

Drain off and throw away marinade. Grill breasts on medium to high and cook for 5-8 minutes (until middle is no longer pink).

Serve on toasted buns.

#### **Marinade:**

½ cup reduced sodium soy sauce  
1 garlic clove, minced  
1 cup dry white wine  
2 tablespoons sugar  
1 tablespoon Worcestershire sauce