

Healthy BBQ

What are *you* putting on your grill this weekend?

Same old, same old? Well, let us help switch it up! Here's a great collection of simple, delicious recipes for the grill, from burgers and chicken to kabobs, rubs, and marinades. Plus, six important healthy barbecuing tips to keep your family safe.

So, go check the level of gas in the propane tank (or the level of charcoal in the bag) and enjoy these recipes from the dLife.com website!

BURGERS

Veggie Burger

Mexican Turkey Burger

Southwestern Turkey Burger

Savory Turkey-Mushroom Burger

Mediterranean Burger

CHICKEN

Spicy Hot Jamaican Jerk Chicken

Grilled Lemon Chicken & Squash

Grilled Tangerine-Herbed Chicken

BEEF

Asian Marinated Beef Tenderloin

Grilled T-Bone Steaks with BBQ Rub

Grilled Flank Steak with Chimichurri

Rosemary Grilled Beef

Grilled Steak with Caper Sauce

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Healthy BBQ, Continued

FISH & SEAFOOD

Grilled Five-Spice Salmon with Garlic Spinach

Orange Peppered Tuna

Grilled Shrimp with Green Onions

Grilled Halibut Over Corn & Asparagus

KABOBS

Curried Pork Kabobs

Jerk Chicken Kabobs

Grilled Tuna and Pineapple Shish KaBobs

Balsamic Spiced Lamb Kabobs

Teriyaki Steak Kabobs

PORK

Habanero & Honey Pork Chops

Ginger Grilled Pork Tenderloin

Quick Baby Back Ribs

MARINADES & RUBS

Honey-Garlic Marinade for Pork

Amazing Charmoula Marinade (for anything)

Simple Soy Sauce Marinade (for anything)

Adobo Marinade for Pork

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Healthy BBQ, Continued

Sweet & Spicy Thai Marinade (for meat or poultry)

Jerk Rub (for meat or poultry)

Alsatian Rub (for meat or poultry)

Grilling is a great option for virtually all protein foods, but don't forget that vegetables and even fruits can be delicious grilled. Purchase a nonstick grill basket to make it super easy -- just lightly coat your veggies or fruit with oil and toss into the basket for no-mess success.

Cooking on the grill is a much beloved American tradition. Make sure your summer barbecues are safe and healthy by following the six safety tips on the next page. Happy grilling!

SIX HEALTHY GRILLING TIPS:

1. Trim the excess fat from meat before grilling, and do everything you can to avoid flare-ups. Drain off as much marinade and juice as you can and, if possible, don't put meat directly over the coals. If parts of your meat get charred, cut those bits off. They contain cancer-causing substances that may increase your risk.
2. Marinating meat, even briefly, seems to help reduce the formation of carcinogenic substances known as polycyclic aromatic hydrocarbons (PAHs), which are found in the smoke that is created when fat drips into a grill, and heterocyclic amines (HCAs), which develop in meat, poultry, and fish whenever they are cooked over high heat. The hotter the heat source and the longer the food stays on it, the more these chemicals develop, so partially pre-cooking meat before grilling is a good idea.
3. Use a marinade that contains olive oil, lemon juice, garlic, mustard, dry wines, and/or vinegar. These ingredients will reduce the amount of advanced glycation end-products (AGEs) that are formed. AGE levels are elevated in people with diabetes and may contribute to cardiovascular disease, promoting oxidative stress and chronic vascular inflammation.
4. Keep hot foods hot and cold foods cold. Letting them cool or warm to those middle temperatures allows for potentially harmful bacteria to grow.

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5. Never reuse marinades that have been used for raw meat, chicken, or fish unless you boil them first to destroy any bacteria. And marinate foods in the refrigerator, not on the counter. Also, never put cooked foods back on the platters or cutting boards they were on when still raw.

6. Use a meat thermometer! Cook ground beef to 160 degrees F, and other cuts of beef, veal, and lamb to a minimum of 145 degrees F. Cook ground poultry to 165 degrees F and poultry parts to 170 degrees F. Cook all types of pork to 160 degrees F.

Questions about food safety issues? The USDA Meat & Poultry Hotline is a great resource. Call 888-MPHotline (888-674-6854)

SOURCES:

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