The Solutions Group

Healthy Grilling

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PRESBYTERIAN

How often do you grill outdoors?

1. I grill food a couple times a week.
2. I grill food once a month.
3. I just fired up my grill this weekend and scrubbed off last year's grilled-on gunk.

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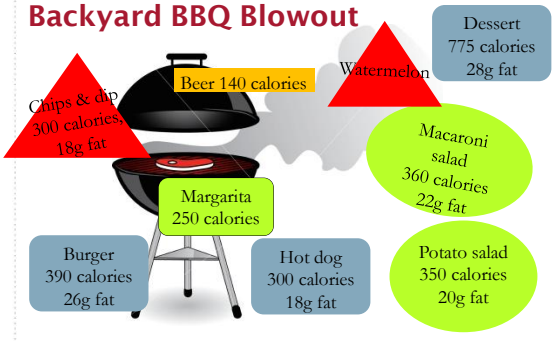
Backyard BBQ Blowout



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Backyard BBQ Blowout

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Time to Fire Up the Grill!

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Rate your skill on the grill

1. Don't let me near the grill.
2. What I do, I do well.
3. You're going to like what you eat.
4. I am the Grill Master!

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Start with a clean grill

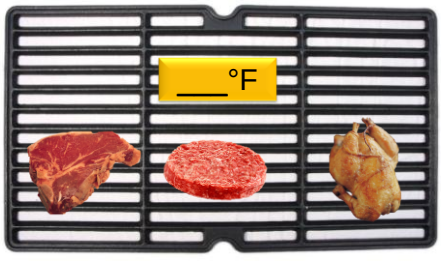
What are your essential BBQ tools?

Direct vs. Indirect

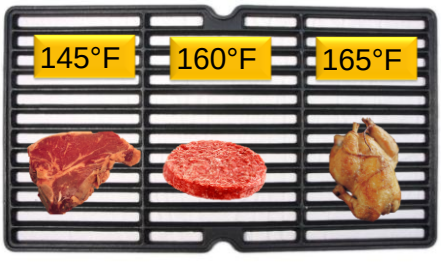
- "Grilling"
- Above flames
- ≤ 25 minutes
- Kabobs, veggies, tempeh, tofu, seafood, burgers, chops, steaks

- "BBQ"
- Adjacent to flames
- ≥ 25 minutes
- Roasts, larger cuts of meat

Ground beef should be cooked to an internal temperature of:



Keep it Safe



True or False?

Marinating meat reduces the formation of carcinogens.

Marinate Meat

Marinating meat reduces the formation of carcinogens

Choose ingredients high in antioxidants

- Citrus
- Garlic
- Herbs
- Spices
- Olive oil

Flavoring Food for the Grill

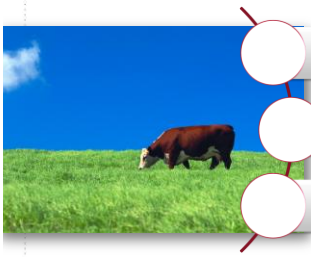
	Marinade	Rub	Sauce
What is it?	Acid + Fat	Powder or paste of herbs and spices	Liquid
What does it do?	Flavors & tenderizes	Forms crust to flavor each bite	Adds moisture, caramelized coating
How is it used?	Soak food for at least 30 minutes	Pat on food 15 minutes before cooking	Baste during, brush on last 10 minutes of cooking
Best with:	Leaner foods: poultry, pork chops, veggies	Fattier meats: pork ribs, lamb chops, salmon, poultry with skin	Almost anything

www.epicurious.com

When you grill meat, make it lean

- Flank steak
- Round or loin
- Wild game
- Poultry
- Seafood

Go for grass-fed, local beef

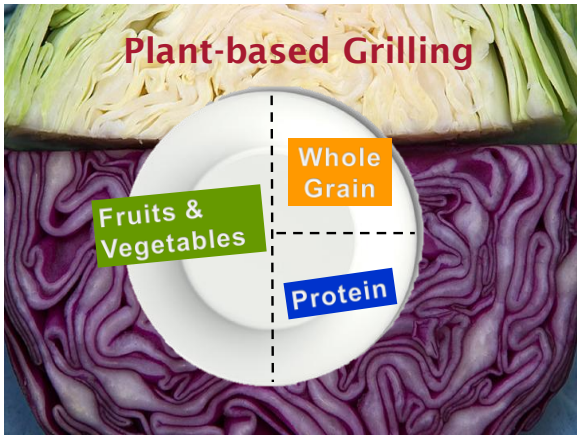


- Leaner
- Omega-3 fats
- Animal & environment benefits

Seafood

- Choose smart - Seafoodwatch.org
- Good source of omega-3 fats
- Careful not to overcook
- Grill on wood planks, skewers
- Pair with fruit salsa

What's the strangest thing you've ever thrown on the grill?



Plant-based protein

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Put it on a stick

- Soak skewers
- Cut pieces into same size
- Consider color and shape

Salmon or tuna, shrimp, tofu, tempeh, artichokes, Brussels sprouts, fruit, caprese salad, bread

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Choose seasonal

- Fruits and vegetables add phytonutrients + nutrition with very few calories.
- Eat intensely colored produce for the most antioxidant power.
- Choose 3 colors at meals.

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Produce on the Grill

- Grilled veggie sandwich
- Pizza
- Fajitas, tacos
- Grilled vegetable lentil salad
- Grilled veggie pasta salad
- Polenta
- Sweet potato fries
- Seared romaine spears
- Grilled artichokes
- Grilled veggie gazpacho
- Peaches, pineapple, melon

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Backyard BBQ

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Healthy Grilling Tips

- Keep BBQ portions in check
- Marinate & flavor before grilling
- Trim away charred pieces
- Grill and fill with more colorful fruits, veggies and plant foods

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Questions or comments?

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