

# Top Tips and Activities! A Healthy BBQ



With summer nearly upon us, what better excuse to dust off the BBQ and enjoy some time outside in the fresh air with family and friends. If your first thoughts are high-calorie, high-fat sausages and burgers... do not fret! Chicken, fish, vegetables and even fruit are delicious cooked on the BBQ.

Take a look at our tasty, nutritious BBQ ideas and your taste buds, like ours will tingle in anticipation!

- 1. Kebabs:** chicken breast, prawns or lean meats. The beauty with kebabs is that your imagination is your limit – most vegetables, and some fruits too, are delicious combined with tofu, poultry, seafood or meat. Tofu is a popular vegetarian substitute for meat!
- 2. Vegetable Kebabs:** try vegetable kebabs with peppers, mushrooms, courgettes, aubergine or any of your favourite vegetables, skewer them, brush with a dressing to add flavour – cook until ready... perfect!
- 3. Marinated meat:** add flavour to meat, fish or tofu by creating your own marinades. Combine chillis, olive oil, garlic and lemon juice to create a tangy marinade, or soy sauce, ginger and lemon juice for a taste of the orient! Simply coat your meat, fish or tofu and leave to stand for at least 2 hours to let the flavours soak in – then cook on the BBQ, delicious!
- 4. Simply Salmon:** salmon makes a great alternative to meat. Place a whole fillet onto a sheet of foil large enough to make a parcel. Slice half a lemon and layer over the top of the salmon, squeeze the other half over the fish, season and wrap the foil to make a generous parcel, cook for 10 minutes! Delicious with warm crusty bread!
- 5. Hot Corn:** sweet corn cooked on the BBQ is delicious and acquires a taste unachievable by any other way of cooking. Pre-boil it until tender and finish on the BBQ!
- 6. Potatoes:** jacket potatoes are one of the easiest things to cook on the BBQ. Simply wrap them in tin foil and place directly in the coals under the shelf and leave them for approximately one hour!
- 7. On the Side:** one of the best things about a BBQ is the variety of foods on offer, so don't limit this simply to what you cook on the grill. A bit of pre-planning will ensure a healthy choice of accompaniments. Homemade coleslaws, fresh salads, rice salads and whole pitas chopped roughly and dipped in salsa and hummus make delicious accompaniments to BBQ foods.
- 8. For Dessert:** make a bowl of fresh fruit salad with low fat yogurt. Alternatively whilst the charcoal is dying down, pop some bananas (in skins) wrapped in tin foil on the shelf and leave for 10 minutes, when you un wrap them you'll have a delicious gooey banana dessert!

## Top Tips when buying...

- Choose lean cuts of meat.
- Choose fish and skinless poultry more often as it is lower in saturated fat.
- Limit high fat processed meats like bacon, salami, hot dogs and sausages.

## Top Tips when preparing...

- Remember to trim fat from meat and remove skin from poultry before eating.
- Bake, BBQ, boil, microwave, poach or roast instead of frying.
- Place the meat on a rack so fat can drain away.