

# BACKYARD BBQ TIPS



Get fired up! Summer is the perfect opportunity to enjoy the outdoors, friends, and food all at once, and grilling is what helps bring them together. Grilling has held an important place in almost every country and culture throughout history. In our busy, chaotic lives, grilling celebrates the delightful simplicity and naturally bold flavors of fresh foods.

As with anything, grilling takes some practice. Follow these simple tips to create a meal that is fun to make and healthy to eat.

- 1. MARINADES MATTER.** Marinate proteins and veggies with oil, vinegar, herbs, and spices to add a ton of flavor, while limiting excess fat, sugar, and sodium.
- 2. GET ADVENTUROUS.** The grill isn't just for lean proteins. Try grilling fruits and veggies for a new take on old favorites. Try peaches, watermelon, pears, mushrooms, eggplant, and zucchini.
- 3. CLEAN GETAWAY.** To prevent meats from sticking to the grill, reduce the risk by holding a vegetable oil-soaked paper towel with tongs and rub all over the rack. Avoid spray as it can cause flare ups!
- 4. AVOID CHARRED MEAT.** Trim blackened pieces from meat; burned animal proteins become carcinogenic.
- 5. KABOBS TO THE RESCUE.** Make kabobs or use a grill basket for foods that easily fall between the grill rack.
- 6. REDUCE FAT.** Trim excess fat from meats to reduce calories and create a healthier cut of meat.
- 7. GAS VS. CHARCOAL.** Choose gas over a charcoal grill when possible to prevent high carbon monoxide output. Plus, a gas grill is quick and easy to fire up. You can quickly get your meal from the grill to the dinner table.
- 8. RAISE A GLASS.** While you grill, sip on a spa water, by adding cucumber or lemon, to keep you hydrated and feeling good!

## CHEW ON THIS

**86%** of U.S. households own at least one BBQ, grill, or smoker

**July** is peak of the grilling season

**In-season foods** like cherries, blueberries, apricots, peaches, strawberries, green beans, Swiss chard, red potatoes, and beets are all in their prime during July.