

# Food for Thought

June 2023

## Healthy Grilling & Barbecuing

A barbeque is a perfect way to relax and spend quality time with family and friends this summer. Here are some suggestions to help you plan a healthier barbeque with your family and friends.



### Meat lovers

Try grilling lean cuts of meat and healthier proteins, such as skinless chicken, turkey breast and fish. High consumption of fattier meats can increase your risk for some cancers and heart disease. Remove any charred portions of meat.

### Colorful plates

Make your plate colorful! Add a variety of in-season fruits and vegetables to your plate. Fruits and veggies are good for your health and loaded with important antioxidants and vitamins. Everyone could use a few more fruits and vegetables in their day. Onion, asparagus, mushrooms, zucchini, tomatoes, bell peppers, squash, pineapple and eggplant all grill well and make healthy additions to your plate.

### Serve cool drinks

Instead of high sugar drinks, serve your family and friends fruit-infused water. Try these combinations:

- Lemon and lime
- Lime and raspberries
- Blueberries and orange
- Grapefruit and rosemary
- Grapes and pineapple
- Mixed berries



If you want something even cooler, try making frozen fruit smoothies. They are awesome refreshments with no added sugar!

### Side dishes

Serve crisp vegetables like cucumbers with low-fat dips as side dishes.

Bean, fruit, and leafy green salads are another great way to add more fruits and veggies to your meals.

### Other options

Choose whole-grain buns and breads or wrap your burger or chicken in a lettuce leaf.

## Vegetable Kabobs

2 large green peppers, cut into 1 " squares  
4 small zucchini cut into 1 " pieces  
12 whole mushrooms

2 medium onions, quartered, separate into sections  
4 small yellow squash, cut into 1" pieces  
1 bottle fat-free Italian salad dressing

Place vegetables in a non-metal dish, pour Italian salad dressing over all and mix. Marinate vegetables in the refrigerator for 1 hour. Drain vegetables and thread alternately on skewers. Grill kabobs 15-20 minutes, turning to brown on all sides. Additional Italian salad dressing can be used to brush over kabobs while cooking. Makes 4-6 kabobs.

## Sausage and Vegetable Foil Packets



4 all-natural, low-fat turkey or chicken Italian sausages  
8 mini sweet peppers  
1 small yellow zucchini  
10 cloves garlic, cut in half  
1 lemon  
aluminum foil

1 pound green beans  
1 small red onion  
2 Tablespoons extra virgin olive oil  
black pepper

1. If grilling, preheat your grill to medium-high heat. If baking, preheat oven to 425°.
2. Wash all vegetables and lemon. Trim beans, roughly chop peppers and onion, and slice zucchini and lemon into rounds.
3. Combine all ingredients in a large bowl, except the lemon. Drizzle with oil and season with pepper. Toss to combine and evenly coat.
4. Lay out four 15-inch pieces of foil and divide the mixture equally, placing ingredients in the middle of each piece of foil. Put 1-2 lemon slices on top.
5. Seal packet completely. Use another layer of foil, if needed.
6. If grilling, place the packets directly on the grill and cook for about 20 minutes, flipping half-way through. If baking, place on a large baking sheet and cook for about 20 minutes. Check after 12 minutes to ensure vegetables don't overcook.
7. Sausages should be at an internal temperature of 165° when done. Unwrap and enjoy!

*Note: Add crushed red pepper flakes for a spicy kick.*

**Eat Smart Idaho offers FREE classes that can help you learn how to eat well for less! During this challenging time stay tuned for some upcoming classes offered online.**

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