

# HEALTHY GRILLING



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Summer and grilling seem to go hand and hand. Grilling can be an easy and healthy way to cook that everyone can enjoy. It is a great way to add flavor to all kinds of foods without adding extra fat. Here are a few tips to keep grilling healthy this summer.

## Preparation

- Clean your grill prior to using by scrubbing it with hot, soapy water. When you are ready to cook, allow your grill time to heat up sufficiently to eliminate potential bacterial issues.
- Make sure you have the proper tools. Having a food thermometer can help ensure you are cooking your meat, poultry and fish to a safe internal temperature. Don't rely on your instinct or the color of the meat, poultry or fish to determine doneness.
- Don't share ware. Use separate cutting boards, plates, grilling and cooking utensils when handling raw meat and ready to eat foods, including fruits and vegetables. This prevents cross contamination and potential for food borne illnesses.



## Menu Selections

When adding herbs to your entrée or recipe remember you need less to flavor if the herb is dried and more with fresh. A good rule of thumb:

- Go with leaner protein options such as skinless poultry, fish or a lean cut of beef or pork. Switch things up and try ground turkey burgers. Ground turkey can be up to 99% fat-free. For vegetarian and vegan alternatives, try grilling tofu, tempeh or a bean based burger.
- Balance out your plate with roasting some vegetables on the grill. Baste vegetables such as peppers, corn on the cob, eggplant, summer squash, sweet potatoes or mushrooms with olive oil and season with your choice of herbs.
- Grill up some dessert. Try fruit kabobs, pineapple slices or peach halves. Cook on low heat until hot and slightly golden for a nutritious treat. Grill up some watermelon cubes or slices for 30 seconds on each side for a unique flavor.

Grilling with family and friends is a great way to enjoy the warm summer weather. There are so many options of food items that can be grilled. Be creative, think outside the box and try something different this summer besides your typical steak, brats and hamburgers. Don't forget to set up some outdoor games such as bean bag toss or croquet to add a little physical activity to your cookout fun. Happy Grilling!

