



HEALTHIER BBQ AND GRILL OPTIONS FOR THE NEXT COOKOUT

With summer right around the corner, the sunshine and nice weather brings barbecues and outdoor gatherings. Often we see these events as times to indulge and consume which might seem stressful due to the fact that there are a lot of heavy, sugary, and unhealthy foods being served. Grilling and back yard barbeque parties are a highlight of our summer fun, but they do not necessarily have to completely throw off our nutrition and healthy eating habits. With some simple swaps and times, you can turn your summer gatherings into a flavorful and feel-good feast.

SWITCH TO LEAN PROTEINS

While the protein is typically the main event at most outdoor cookouts, this does not mean that you have to have fatty burgers or processed sausages. There are other grill-friendly options that are nutrient rich and lower in fat. This can also be a fun and simple way to switch up and add diversity to your grilling menu this summer.

- Grilled Chicken
- Turkey or Chicken Burgers
- Chicken Skewers
- Grilled Salmon
- Grilled Tilapia
- Shrimp Skewers
- Veggie Burgers

GRILLING YOUR VEGETABLES

Grilling vegetables is not only a great cooking method but offers a smokey flavor that can enhance your outdoor meal experience. They make a fantastic side dish or can even live up a burger. Vegetables can be grilled right away or even coated in a simple marinade to add more flavor.

- Vegetables Skewers (Bell pepper, Onion, Cherry Tomatoes, Zucchini)
- Grilled Portobello Mushroom "burgers"
- Street Corn - Grilled corn with lime, chili powder, and cotija cheese
- Grilled Stuffed Bell Peppers - stuff with quinoa, black beans, and corn
- Grilled Avocado Halves





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SIDE DISHES

Traditional barbeque side dishes such as potato salad, baked beans, and coleslaw are often quite heavy and loaded with added sugars and sodium. Although they may be classic grilling side dishes, they are not necessarily contributing to our healthful eating. You can incorporate healthier side dish options that are incredibly flavorful that everyone will enjoy.

- Watermelon, mint, and feta salad
- Grilled sweet potato wedges
- Cucumber and tomato salad
- Grilled corn salad
- Potato salad made with greek yogurt (no mayo)
- Grilled stuffed mushrooms
- Whole grain pasta salad
- Quinoa salad

CUT DOWN ON SUGARS AND SODIUM

Sauces and marinades are often overlooked when trying to be mindful about what we are consuming. These can be sneaky given the fact that they typically have higher contents of sugar and sodium. Sauces and marinades do not necessarily need to be totally left out by creating your own healthier alternatives.

- At home marinades (Olive oil, vinegar, citrus, garlic, and herbs)
- Make you own dry rub (paprika, garlic powder, chili powder, onion powder, pepper)
- DIY BBQ sauce (Tomato paste, maple syrup, and vinegar)

BETTER DESSERT OPTIONS

Good news, you do not need to skip out on dessert to stay on track with your healthy eating. When it comes to dessert, this typically is the point in the meal where most people struggle to stick to mindful eating. However, there are a lot of healthy dessert options that will be a hit at your next summer barbeque. These options will have you forgetting about the baked goods and sweets.

- Grilled pineapples and peaches
- Fruit skewers drizzled with dark chocolate
- Coconut water popsicles (with your choice of fruit fillings)
- No bake energy bites
- Mini greek yogurt and fruit parfaits
- Berries and cream