



Summer Grilling



Jason Lam, flickr.com

WARM UP THE GRILL! IT'S SUMMER TIME!

Grilling tends to be especially popular in the summer time because we want to be outdoors in the nice weather, avoid overheating the kitchen, and it can accommodate large groups of people. Use these tips to keep your grilling healthy and safe.

Use bold ingredients for flavor

You can add bold flavors to rubs, sauces, and marinades without adding too many calories or fat grams. Worcestershire sauce, chili sauce, tomato paste, and herbs are just some examples!



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Keep meats lean

Switching from a pork chop whole loin to a tenderloin can cut 12 grams of fat per portion! Select leaner meats and remove any visible fat and skin before seasoning and cooking.

Throw some veggies on there

Marinating vegetables will help them caramelize better when they're grilled, and it's the caramelization that brings the best flavors. The trick to grilling vegetables is cutting them into shapes and sizes that cook well on the grill.

Don't over-do the sweet stuff

Adding a small amount of a sweet ingredient (like fruit juice, honey, or molasses) to the marinade or grilling sauce can add great flavor and balance out other bold spices. But too much can cause the food to burn when over high heat and add unnecessary calories.



star5112, flickr.com

Keep your grill and food clean to reduce carcinogens

Clean your grill while it is hot before and after use to remove burnt debris that contain carcinogens. Cut off portions of food that are charred and burnt before eating. Rubs and marinades can reduce the amount of carcinogen substances able to attach to foods.

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