

Survive Summertime and Beat the Barbeques

Summertime brings lots of sun, fun and BBQ's with friends and family. Unfortunately, food high in fat, sodium and sugar are usually on the grill and picnic table. Fried foods and fatty meats can put too much fat in your diet.

There are other ways you can add flavor to your food!



1. Ketchup - Look for unsweetened or fruit juice sweetened versions:

- *Annie's Natural Organic Ketchup,*
- *Heinz One Carb Reduced Sugar Ketchup,*
- *Westbrae Natural Unsweetened Ketchup*



2. Mayonnaise - Find a low fat or fat free version of mayo to moisten a salad without much added fat:

- *Hellmann's Reduced Fat Mayo (20 cal, 2 g fat)*
- *Smart Beat Fat free Mayo (10 calories, 0 g fat)*



3. Barbeque Sauce - Look for a no added sugar version or use your creativity to make your own!

4. Baked Beans -Most use added sugar, brown sugar, or corn syrup to sweeten. If you cannot find these, try making your own!

- *B&M No Sugar Added Homestyle Baked Beans* have only 1 g sugar but pack in 8 g fiber and 7 g protein



5. Hamburger Buns or Bread - Look for reduced calorie or light versions, that still have some fiber!

- *Nature's Own Reduced Calorie Bread* or *Double Fiber Wheat Bun* (80 cal, 5 g fiber each)
- *Toufayan Multi-Grain Pitettes* (90 cal, 2 g fiber)



6. Liquid Smoke - Try flavoring greens, beans, sauces, marinades, stews and soups with this to give your foods a smoky, meaty flavor without the fat of traditional pork parts

7. Potato Salad - Try using purple potatoes to add some antioxidants, and experiment with low fat or fat free mayo, or even a greek-style yogurt for that creamy texture!

- See Recipe for Purple Potato Salad



8. Succotash - Try making your succotash with corn, edamame (soy beans), celery, onion, red peppers, jalapeno peppers, garlic, and parsley- season with rice wine vinegar, lemon juice, salt and pepper!

9. Coleslaw - Try this Mayo-Free Recipe: combine ingredients and chill! 1 small cabbage, sliced thin, 2 c. thinly sliced celery, 1 c. coarsely shredded carrots, 1/2 c. raisins, 2 tbsp. cider vinegar, 1/2 tsp. white pepper, 1 c. plain low-fat yogurt, and 1/2 tsp. celery seed



10. Beef/ Burgers - Try making your burgers lean by using *Maverick Ranch* 96% Lean Ground Beef or Ground Turkey Breast. Use your food processor to mix some veggies (carrots, zucchini, mushrooms) into your burger to take up space and add some fiber! See our website to watch a video on making Harvest Turkey Burgers!



11. Chicken - Grilled chicken is a great way to get some protein at your barbeque- slather on some spices like the Spicy Dry Rub recipe or marinate in fat free Italian dressing or *Goya Mojo Criollo* marinade



12. Veggies - Eat a meatless burger- marinate a Portobello mushroom with balsamic vinegar, grill, and sandwich it between 2 slices of tomato!



13. Hot Dog - If you must, try these brands which eliminate much of the fat while keeping the taste!

- *Healthy Choice* Low Fat Franks (70 cal, 2.5 g fat)
- *Ball Park* Fat Free Franks (40 cal, 0 g fat)



14. Kabobs - Create your own! Pick a protein- shrimp, chicken, pork tenderloin and add some veggies- bell peppers, onions, squash, zucchini, cherry tomatoes- get creative!

15. Grilled Fruit - Try grilling pineapples, bananas, apricots or peaches for a sweet end to your summer barbeque. Indulge your sweet tooth! Grilling fruit brings out its natural sweetness, plus it's a whole lot healthier than dessert. So you can feel guilt-free and satisfied!



Try this high-flavor rub (a mixture you rub on meat before grilling) on skinless chicken breasts, fish steaks, pork tenderloin, or lean beef steaks. Instead of salt, sprinkle some on the food and then cook it as you usually do.

In a medium bowl, combine all ingredients; Store in a cool, dry place, in an airtight container or sealable plastic bag.

SPICY DRY RUB:

- 1/4 c. paprika
- 1 Tbsp. cayenne pepper
- 2 1/2 Tbsp. black pepper
- 2 Tbsp. oregano
- 2 tsp. chili powder
- 1/2 tsp. red pepper
- 3 Tbsp. garlic powder
- 1/2 tsp. dry mustard
- 1 1/2 Tbsp. onion powder
- 1 1/2 Tbsp. salt
- 1 1/2 Tbsp. dried thyme

These **herbs and spices** will add lots of flavor without adding loads of sodium:

- Basil
- Bay leaf
- Chili Powder
- Cinnamon
- Cumin
- Curry Powder
- Dry Mustard
- Garlic Powder
- Onion Powder
- Oregano
- Paprika
- Parsley
- Pepper (black and red)
- Poultry seasoning
- Thyme
- No-Salt spice blends