

## Healthy Summer Grilling

*Karen Crawford MS, RD, CSP*

One of the great things about summer is the ability to get out of the hot kitchen and grill. Outdoor cooking is a great way to add a healthy twist to meals that is a little different and fun. The typical grilled hamburgers and hotdogs is just the beginning. Many different kinds of protein, veggies and even fruits can be grilled. Choose from lean cuts of beef, turkey, chicken, fish and veggie burgers and add in sliced peppers, onions, mushrooms, corn and pineapple. And the seasoning options for all these healthy foods are endless!

Listed below are nutritious ideas to include in your summer cookout:

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**Beef hotdogs or turkey hotdogs- reduced sodium and fat**

**Fish steaks such as tuna, salmon, swordfish and halibut**

**Grilled pineapple rings- fresh or canned in natural juices**

**Kabobs using beef or chicken, cherry tomatoes, sweet onion and bell peppers**

**Lean cuts of beef or pork- Look for the word "lean" on the label.**

**Portobello mushrooms**

**Season protein with marinades or rubs- create your own to control the sodium and fat**

**Shellfish- scallops and shrimp**

**Stack sliced onion, tomato and mozzarella cheese- drizzle with olive oil and top with fresh basil**

**Top burgers with dark leafy greens, salsa, tomatoes, avocado and low fat cheese**

**Try Vegetarian burgers**

**Use whole wheat hamburger and hotdog buns**

**Wrap veggies in foil to keep small pieces from falling through the grates**

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In addition to grilling, make healthy cool sides to accompany the meal. Here are a few ideas:

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**Coleslaw made with low fat mayonnaise**

**Fresh fruit salad using blueberries, strawberries, grapes, orange segments, bananas and watermelon**

**Fruit kabobs**

**Green salad with low fat salad dressing**

**Three bean salad using kidney beans, cannellini beans, vinegar and olive oil**

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Grilling is an easy way to create a healthy meal for your family and the options of lean protein choices to grill are in abundance. Depending on the type of protein, you will want to marinate it in the refrigerator for a specific period of time to create a tender product once cooked. The web is a great resource for grilling recipes, tips and techniques. Safe grilling this summer!