

Grill Your Way to Better Health

Finally, it's getting warm enough to break out the grill; and when it comes to healthy eating, we think our caveman ancestors were on to something when they discovered cooking over fire some 400,000 years ago.

The human ability to make fire may be the most important development in human history. Fire created new opportunities for humans to gather together, to ward off predators, to make tools...and to digest a wider variety of food, which may be the most important development of all for the human mind.

While it can be easy to make unhealthy choices at the barbecue, it can be just as easy to create choices that are both healthy and tasty.

Healthy Proteins

Chicken, fish, turkey, lean cuts of beef, or tofu make a great healthy main dish. When it comes to fish, salmon and trout are rich in heart-healthy omega-3 fatty acids.

Marinades Matter

It's easy to hide too much sugar and/or sodium inside a marinade, condiment or dressing. That's why we've got some healthy alternatives listed on the back page.

Healthy Sides

Making your own baked beans, potato or macaroni salad, or cole slaw means you can create something healthier than store-bought.

Smaller Plates = Less Temptation

When it comes to portion sizes, we can easily overdo

it by filling every square inch of our plates with food. Simply using a smaller plate can reduce that temptation.

Colorful Grill-Worthy Veggies

Below is just a partial list of healthy vegetables that can be grilled, listed in alphabetical order.

Asparagus, avocado, bell peppers, corn on the cob, eggplant, mushrooms, onions, potatoes, squash, and zucchini.

Brushing the vegetables with a healthy oil will help prevent burning. Alternately, you can package the vegetables with olive oil and herbs inside an aluminum foil wrap.

It's even possible to grill fruits like watermelon, pineapple spears, and nectarine halves. The fruits' natural sugars will help them caramelize and improve the flavor.

Let's Be Frank About Hot Dogs

Many commercially available hot dogs and wursts are heavily processed and overloaded with salt and preservatives. Still, in moderation they can be acceptable. Look for options with uncured, grass fed meats; organic chicken or turkey; or veggie alternatives. Go with a multigrain bun and healthy condiments. We're big fans of sauerkraut on a hot dog.

Clean The Grill Afterwards

Whatever's burnt on the cooking surface from last month's grilling session is unlikely to be something you'd want to eat, right? Scrubbing down the grill rack prevents burning and off-flavors the next time around.

(CONTINUED ON BACK PAGE)

Dutchess County Office for the Aging • 114 Delafield St., Poughkeepsie NY 12601
845-486-2555 • toll free 866-486-2555 • dutchessny.gov/aging

Recipe: Universal Marinade

(Can be used on any type of meat or vegetable)

Serves 4. You can double the recipe and save half in the fridge for later.

Ingredients (Marinade)

*3 Tbsp. low-sodium soy sauce
2 Tbsp. white or apple cider vinegar
3 clove fresh garlic (minced) OR 2 tsp. jarred, minced garlic
1 Tbsp. fresh, grated ginger
1 Tbsp. extra virgin olive oil*

Ingredients (Meat, Veggies)

*4 (4 oz) flank or sirloin steaks, all visible fat discarded
OR
4 boneless, skinless chicken breasts, all visible fat discarded*

*Yellow squash cut into 1/4-inch-wide strips
Portabella mushroom
1 bunch green onions
Bell pepper (any color), cut into 1/2-inch wedges
Asparagus
Eggplant (sliced into 1/8 inch thick discs)*

Grilling Directions (Meat or Vegetables)

Prepare grill to high-heat. Grill meat to desired doneness (5-10 minutes per side).

Let meat rest for 10 minutes to let juices redistribute before serving.

Grill vegetables, turning frequently until browned and crisp-tender (5-8 minutes).

Serve meat with vegetables.

Oven Roasting Directions

Mix and match 3-4 of the vegetables listed to make a total of about 4 cups.

Pre-heat oven to 375 degrees. Place meat in 9x13 inch casserole dish.

Cook for 20 minutes. Flip meat.

Spread vegetables evenly across a cookie sheet. Bake in oven with meat for another 20 minutes.

Remove meat from oven, let stand.

Turn oven to low-broil and broil vegetables 3 minutes or until browned.