

# nutrition NEWSLETTER

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## It's Grilling' Season!

One of the best ways to celebrate summer with family and friends is a grill out! Grilling adds a wonderful punch of flavor to proteins, vegetables, or even fruit! Check out these four easy grilling tips below to create a healthy and fun summer cook out for everyone!

**1. Start with a lean protein:** Choose proteins that are lower in saturated fats (unhealthy fats) like skinless chicken, pork, ground turkey, or fish. For less lean cuts of meat, trim anyway any visible fat before grilling. Try grilling salmon with fresh herbs and lemon, or use ground turkey to make some delicious turkey burgers!

**2. Give your proteins a soak or rub:** Instead of hiding the grill flavor with a sauce, try marinating or rubbing spices on your proteins instead. Marinades and rubs add lots of great flavor without all the excess sodium found in sauces or other condiments. Try making a simple rub or basting oil with your favorite spices.

**Check out this Mindful Southern BBQ Rub:** Combine 1/2 cup light brown sugar, 1 tbsp each of ground cumin, garlic powder, onion powder, chili powder, paprika, salt and pepper, and 1 tsp each cayenne and ground cinnamon. (<https://www.mindful.sodexo.com/summer-cookout-tips/>)

**3. Eat the Rainbow:** Add lots of color to your cook out with grilled vegetables! Make chicken or steak kabobs with bell peppers and purple onions or grill up some corn, asparagus, or zucchini and squash for a mindful side dish. Challenge yourself to include at least three different colors at each summer cook out!

**4. Fruit for dessert anyone?** Grilling fruit for dessert is a yummy and healthy way to add some sweetness for your tastebuds! Try grilling sliced apples, pears, watermelon, or pineapples.



## Traditional Lemon-Herb Basting Oil

### Make the basics

Combine 1/2 cup olive oil, juice of 1/2 lemon, 1/4 cup chopped parsley, 2-3 gloves garlic, 1 T each chopped fresh rosemary and thyme (or 1 tsp dried), 3/4 tsp salt, 1/4 tsp ground black pepper and 1/4 tsp smoothie paprika

### Use it on

Brush your selection of proteins with the basting oil and grill over medium-high heat, basting liberally every 3-4 minutes until cook through.

### Extend the Flavor

This basting oil can be refrigerated for up to 2 weeks and its flavor will improve with time.

<https://www.mindful.sodexo.com/summer-cookout-tips/>

## Grilled Fruit Kabobs, 6 servings

### INGREDIENTS:

Cut fruit into 1 inch pieces

1 cup pineapple

1 banana

1 cup cantaloupe

1 cup strawberries (leave whole)

1 tbsp maple syrup or olive oil

### INSTRUCTIONS:

1. Soak the skewer in water for 20 minutes to prevent them from burning while grilling
2. To make fruit kabobs, thread two pieces of each banana, pineapple, strawberry, and cantaloupe onto each skewer.
3. Drizzle with olive oil or maple syrup
4. Grill on preheated grill for about 10 minutes, turning occasionally until the fruit softens and chars
5. Enjoy immediately!



Nutrition: 1 skewer

Calories: 99kcal, Carbohydrates: 25g,  
Protein 1g, Sodium: 5mg, Potassium:  
320mg, Fiber: 2g, Sugar: 21g

Recipe and Image From: <https://feelgoodfoodie.net/recipe/grilled-fruit/#wprm-recipe-container-5567>

### FOR MORE INFORMATION, PLEASE CONTACT:

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