

WARREN COUNTY COMBINED HEALTH DISTRICT WEIGHT MANAGEMENT CLASS

JULY 2, 2018

WEDNESDAY IS INDEPENDENCE DAY, AND YOU KNOW WHAT THAT MEANS...LET'S USE THE GRILL! HERE ARE SOME TIPS TO KEEP YOUR COOKOUT HEALTHY. YOU CAN USE YOUR GRILL TO COOK ALMOST ANYTHING, AND THAT MEANS YOU'LL SAVE ELECTRICITY AND CUT DOWN ON YOUR CLEAN-UP TIME! WIN-WIN! YOU ALSO WON'T HAVE TO HEAT UP THE HOUSE...I'M SURE ALL OUR ELECTRIC BILLS ARE HIGH ENOUGH AS IT IS!

GRILL HEALTHY...GRILL RIGHT!

THERE ARE MANY WAYS YOU CAN TURN YOUR GRILLING NOT ONLY INTO A FLAVORFUL AND FUN WAY TO COOK, BUT ALSO INTO A HEALTHY WAY TO EAT! BY CHOOSING FOODS THAT ARE LOW IN FAT AND HIGH IN NUTRIENTS, YOU CAN MAKE GREAT MEALS THAT ARE ALSO GOOD FOR YOU!

GRILLING RULES TO LIVE BY!

**PRE-GRILLING:** MARINADING BEFORE GRILLING CAN LOWER CARCINOGENS IN MEAT BY UP TO 99%! AVOID COMMERCIAL, STORE-BOUGHT SAUCES CONTAINING SUGAR, HFCS, OR OTHER SWEETENERS.

**3X** SUGARY MARINADES CAN TRIPLE CANCER-CAUSING HETEROCYCLIC AMINES (HCAs) LEVELS!

**67%** TERIYAKI MARINADE REDUCES HCAs BY THIS PERCENTAGE!

**50%** TURMERIC-GARLIC SAUCE LOWERS HCAs BY THIS PERCENTAGE!

**ALWAYS** OPT FOR THINNER VINEGAR OR LEMON JUICE-BASED MARINADES RICH IN HERBS AND SPICES!

## THE BEST ANTI-CANCER HERBS FOR GRILLING MARINADES!!!

BASIL

SAVORY

MINT

MARJORAM

ROSEMARY

OREGANO

SAGE

THYME

HERE ARE SOME MID-GRILL SUGGESTIONS...

- COOK OVER MEDIUM (NOT HIGH!) HEAT
- FLIP MEAT OFTEN
- AVOID CHARRING

FOR GRILLS WITH MULTIPLE BURNERS

1. GRILL EACH SIDE OF MEAT QUICKLY
2. TURN OFF BURNER DIRECTLY UNDER MEAT
3. KEEP OTHER BURNERS OFF
4. COOK LOW AND SLOW

A FEW GENERAL GUIDELINES...REMEMBER: SMALL, LEAN, AND THIN! THIS, OF COURSE, WILL GREATLY REDUCE GRILL TIME. WHEN GRILLING A LARGER PIECE OF FOOD, FREQUENT TURNING WILL PREVENT CHARRING. AVOID FLARE-UPS. THEY NOT ONLY BURN FOOD, THEY INCREASE CHEMICAL (HCA) FORMATION. ANOTHER FLAME-REDUCING TIP: DRAIN OFF EXCESS MARINADE. CLEAN YOUR GRILL! PLACE PRODUCTS ON CLEAN, COLD RACKS TO PREVENT CHAR MARKS ON FOOD. IF AND WHEN A FIRE DOES BEGIN, CLOSE THE LID. AS SOON AS THE FIRE GOES OUT, OPEN JUST THE VENT HOLES. MINIMIZE THE USE OF SALT-CURED, SMOKED, AND NITRATE-CURED FOODS.

**POST GRILL:** CUT OFF CHARRED PIECES OF MEAT TO DRASTICALLY LOWER LEVELS OF CARCINOGENS ON GRILLED MEAT! FUN FACT: IF YOU DO THIS ONE SIMPLE THING, YOU'LL ELIMINATE MANY OF THE HCAs THAT DO FORM DESPITE YOUR PROTECTIVE MARINADE.

HAVE YOU EVER TRIED GRILLING PACKETS? (THINK "HOBO STEW" WHEN YOU'VE GONE ON A CAMPING TRIP.) RATHER THAN SPENDING YOUR TIME RUNNING BETWEEN THE GRILL AND THE KITCHEN TO GET EVERYTHING COOKED, TRY THIS METHOD.

TO PREPARE PACKETS TO GRILL: TAKE A SHEET OF HEAVY ALUMINUM FOIL LARGE ENOUGH TO FOLD OVER THE FOOD YOU WANT TO PUT INSIDE. PLACE THE FOOD IN THE CENTER AND FOLD UP THE EDGES. MAKE A DOUBLE FOLD WHERE THE ENDS MEET. THEN FOLD UP THE SIDES TO FORM AN AIRTIGHT PACKAGE – THE IDEA BEING THAT THE FOOD INSIDE WILL COOK IN ITS OWN JUICES. DON'T FORGET TO LEAVE ROOM FOR THE HEAT AND MOISTURE TO CIRCULATE.

SPEAKING OF MOISTURE...TO CREATE STEAM THAT WILL COOK THE FOOD, MAKE SURE YOU HAVE ENOUGH LIQUID INSIDE. YOU CAN DO THIS WITH WATER, WINE, FRUIT JUICES, OR VINEGAR. BY CHOOSING SOMETHING WITH FLAVOR YOU CAN ENHANCE THE TASTE. OF COURSE, IF YOU'RE ADDING DRY SPICES TO THE PACKET, MAKE SURE YOU COMPENSATE WITH MORE LIQUID TO KEEP THE PACKET FROM DRYING OUT. BEWARE! OPEN WITH CARE SINCE THE STEAM INSIDE IS...WELL, STEAMING!

HERE ARE SOME SIMPLE MARINADE RECIPES!

#### LEMON-DILL MARINADE

1 LEMON, JUICED	2 TBSP OLIVE OIL
2 TBSP CHOPPED DILL (OR 1 TBSP DRIED)	1 CLOVE GARLIC, MINCED

COMBINE ALL INGREDIENTS AND BRUSH OVER YOUR FOOD. THIS RECIPE WORKS EXCELLENT WITH FISH RECIPES, BUT ALSO TASTES GREAT ON CHICKEN OR VEGETABLES.

#### DIJON-GARLIC MARINADE

¼ CUP OLIVE OIL  
1 TBSP LEMON JUICE  
1 TBSP FRESH ROSEMARY  
SALT AND PEPPER, TO TASTE

2 TBSP DIJON MUSTARD  
1 CLOVE GARLIC, MINCED  
¼ TSP GROUND CORIANDER

COMBINE ALL INGREDIENTS AND BRUSH OVER MEAT PRIOR TO GRILLING.

#### GARLIC AND ROSEMARY MARINADE

¼ CUP WATER  
¼ CUP VINEGAR  
¼ CUP OLIVE OIL  
2 CLOVES GARLIC, MINCED  
¾ TSP DRIED ITALIAN SEASONING

¾ TSP DRIED THYME  
1 TSP DRIED ROSEMARY  
½ TSP OREGANO  
½ TSP SEA SALT  
1 TSP GROUND BLACK PEPPER

HMMM...I GOT THIS RECIPE OFF THE INTERNET. NOT REALLY SURE I'D BOTHER WITH THE EXTRA OREGANO, THYME, AND ROSEMARY – SINCE THEY'RE ALL CONTAINED IN THE ITALIAN SEASONING!

NOTE! I WOULD MAKE A BIGGER BATCH OF EACH OF THESE RECIPES AND ACTUALLY MARINATE THE MEAT FOR A BIT, RATHER THAN SIMPLY BRUSHING IT.

#### GRILLED ASPARAGUS

1 – ½ MEDIUM ASPARAGUS STALKS, (24) trimmed  
2 TBSP EXTRA VIRGIN OLIVE OIL  
8 WOODEN SKEWERS, SOAKED IN WARM WATER ~ 10 MINUTES

PREPARE GRILL. (HEAT ON LOWEST SETTING ~ 5 MINUTES). DIVIDE INTO 4 BUNCHES. ALIGN EACH BUNCH IN A FLAT ROW AND THREAD 2 SKEWERS CROSSWISE THROUGH EACH BUNCH. BRUSH ASPARAGUS WITH OLIVE OIL AND SEASON WITH KOSHER SALT. GRILL ON OILED RACK SET 5 – 6 INCHES OVER GLOWING COALS TIL TENDER, ABOUT 3 – 5 MINUTES ON EACH SIDE.

IN GENERAL...CUT VEGGIES INTO 2" SLICES OR LARGE CHUNKS AND TOSS IN A BOWL WITH A LITTLE OIL AND ANY SPICES YOU'RE USING. GRILL UNTIL TENDER, TURNING ONLY ONCE.

FAST COOKING VEGETABLES TAKE ABOUT 5 – 7 MINUTES TO COOK. INCLUDED ARE ASPARAGUS, BROCCOLI, BABY CARROTS, EGGPLANT, OKRA, ONION SLICES, PEPPER CHUNKS, SUMMER SQUASH, AND TOMATOES. ROOT VEGETABLES WILL TAKE LONGER, DEPENDING ON HOW YOU SLICE THEM. WRAP THESE (BEETS, WINTER SQUASH, POTATOES, AND SWEET POTATOES) IN FOIL WITH A DRIZZLE OF OIL AND A SPRINKING OF SPICES AND HERBS.

A FEW MORE IDEAS...

- MARINATE A LARGE PORTOBELLO MUSHROOM IN 1-1/2 TBSP BALSAMIC VINEGAR, 1-1/2 TBSP OLIVE OIL, A CLOVE OF MINCED GARLIC, SALT AND PEPPER – AND GRILL IT LIKE A BURGER.
- SOAK EARS OF CORN IN WATER FOR 30 MINUTES, THEN GRILL IT IN THE HUSK FOR 15 – 20 MINUTES.
- SINCE VEGETABLES AND MEAT TAKE DIFFERENT TIMES TO COOK, I LIKE TO PUT THEM ON SEPARATE SKEWERS TO ALLOW FOR THIS.
- TRY THIS FOR DESSERT: FILL PEACH HALVES WITH BLUEBERRIES, SPRINKLE WITH BROWN SUGAR AND LEMON JUICE. WRAP IN ALUMINUM FOIL AND GRILL (ON LOW) FOR 15 MINUTES, TURNING ONCE.

HOW DID YOU DO WITH “NO CRACKERS!” FOR THE PAST WEEK?

OUR “NO!” FOOD FOR NEXT WEEK: **POPCORN**

