

WARREN COUNTY HEALTH DEPARTMENT WEIGHT MANAGEMENT CLASS

JULY 1, 2019

HAPPY 4TH!!!

THURSDAY 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 – THAT MEANS YOU'LL SAVE ELECTRICITY AND CUT DOWN ON YOUR CLEAN-UP TIME! NICE! I DON'T KNOW ABOUT YOU, BUT ONE OF MY FAVORITE PARTS OF GRILLING IS THAT THE HEAT STAYS OUTSIDE, WHERE IT BELONGS!

GRILL HEALTHY...GRILL RIGHT

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

- **TRY A MARINADE TO ADD EXTRA FLAVOR. STUDIES SHOW IT ALSO CAN REDUCE THE RISK OF CANCER-CAUSING SUBSTANCES ON FOOD. A MARINADE CONTAINING OLIVE OIL AND / OR CITRUS JUICE CAN REDUCE THE FORMATION OF THESE CHEMICALS BY AS MUCH AS 99%! OF COURSE, THEY ALSO TENDERIZE YOUR MEAT AND MAKE YOUR FOURTH OF JULY MEAL A LITTLE MORE INTERESTING. ACCORDING TO THE LITERATURE I READ, THIS IS THE NUMBER ONE WAY TO GRILL SAFELY!**
- **WHAT'S THE CULPRIT WHEN IT COMES TO REDUCING YOUR RISK OF THESE SUBSTANCES? (HCAs, AND PAHs) IN THE SIMPLEST EXPLANATION, THEY ARE FORMED WHEN FOOD - PRIMARILY**

MEATS – COME INTO CONTACT WITH INTENSE HEAT AND FLAME. OBVIOUSLY GRILLING ISN'T THE ONLY COOKING METHOD THAT CAUSES THESE AGENTS, AND IS THEREFORE NOT A REASON FOR YOU TO GIVE UP ON YOUR GRILL. THESE NAUGHTY LITTLE FELLARS ARE FORMED MOSTLY FROM FAT: EITHER BY FAT BEING HEATED TO EXTREME TEMPERATURES OR BY THE SMOKE CREATED BY FAT BURNING. FOR THE MOST PART THIS APPLIES TO MEAT FATS – AND NOT ONLY THE GREASE AND FAT FROM WHAT YOU'RE COOKING, BUT ALSO THE BUILDUP FROM THE BOTTOM OF YOUR GRILL.

- **KEEP THE GRILL CLEAN! A CLEAN GRILL NOT ONLY WORKS BETTER, BUT IS SAFER IN EVERY WAY.**
- **TRIM EXCESS FAT FROM FOODS. AS USUAL, FATS ARE TROUBLEMAKERS!**
- **AVOID FLARE-UPS! FLARE-UPS NOT ONLY BURN FOOD, THEY INCREASE HCA FORMATION.**
- **DON'T OVERCOOK FOODS. THE CHARRED BITS ON FOODS ARE THE LARGEST SOURCE OF BOTH HCAs AND PAHs – SO IF YOU HAVE CHARRED SECTIONS OF MEAT, CUT THEM OFF.**
- **REMEMBER: SMALL, LEAN, AND THIN! THIS, OF COURSE, WILL GREATLY REDUCE TIME ON THE GRILL. AGAIN, IF PRODUCTS ARE LEAN AND WELL-TRIMMED THEY WON'T INDUCE FLAMES.**
- **ANOTHER FLAME-REDUCING TIP: DRAIN OFF EXCESS MARINADE.**
- **PLACE PRODUCTS ON CLEAN, COLD RACKS IN ORDER TO PREVENT CHAR MARKS ON THE FOOD. USE A COOKER OR BARBECUE GRILL SO YOU CAN RAISE OR LOWER THE RACK WITH A COVER, WHICH YOU CAN CLOSE TO ELIMINATE FLAMES.**

- **WHEN A FIRE BEGINS, CLOSE THE LID. AS SOON AS THE FIRE GOES OUT, OPEN JUST THE VENT HOLES. OPEN THE LID TO CHECK ON OR TURN THE FOOD.**
- **WHEN GRILLING A LARGER PIECE OF FOOD, FREQUENT TURNING WILL HELP PREVENT CHARRING.**
- **MINIMIZE THE USE OF SALT-CURED, SMOKED, AND NITRATE-CURED FOODS.**

IF YOU FOLLOW THESE SUGGESTIONS, YOU WILL NOT ONLY GREATLY REDUCE THE RISK OF CANCER AGENTS BUT YOU WILL ALSO REDUCE THE FAT / CALORIE CONTENT IN THE MEAT YOU GRILL. GRILLING ITSELF IS AN EXCELLENT CHOICE OF COOKERY – BUT THIS TAKES IT EVEN FARTHER! AGAIN, IF YOU BUY LEAN CUTS OF MEAT, USE LITE MARINADES, AND SERVE UP YOUR GRILLED FOODS WITH GENEROUS HELPINGS OF FRUITS AND VEGETABLES – THEN YOU REALLY WILL BE GRILLING HEALTHY!

RECIPES!

PINEAPPLE MARINADE

1 CUP CRUSHED PINEAPPLE	2 CLOVES GARLIC, MINCED
1/3 CUP SOY SAUCE	1 TSP. GINGER POWDER
1/3 CUP HONEY	1/4 TSP. POWDERED CLOVES
1/4 CUP APPLE CIDER VINEGAR	

MIX ALL INGREDIENTS TOGETHER AND USE IMMEDIATELY OR STORE IN AN AIRTIGHT CONTAINER FOR UP TO 7 DAYS.

LEMON AND ROSEMARY MARINADE

3 LARGE LEMONS

¼ CUP OLIVE OIL

6 CLOVES GARLIC, MINCED

2 C. FRESH ROSEMARY (3 TBSP. DRIED)

CUT LEMONS IN HALF, SQUEEZE OUT THE JUICE INTO A NONREACTIVE BOWL OR RESEALABLE PLASTIC BAG. THROW IN THE LEMON HALVES AND REST OF THE INGREDIENTS. MIX WELL. GREAT FOR CHICKEN! MARINATE AT LEAST 4 HOURS.

MORE IDEAS!

- **MARINATE A LARGE PORTOBELLO MUSHROOM IN FRENCH OR ITALIAN DRESSING – OR MAKE YOUR OWN DRESSING WITH 1 – ½ TBSP. EACH BALSAMIC VINEGAR AND 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. REMOVE THE SILK. GRILL IN THE HUSK FOR 15 – 20 MINUTES.**
- **IF YOU DO SKEWERS, SOME FOLKS PREFER TO DO VEGETABLES AND MEAT SEPARATELY, SINCE THEY OF COURSE TAKE DIFFERENT TIMES TO COOK.**
- **TRY THIS FOR DESSERT: FILL PEACH HALVES WITH BLUEBERRIES AND SPRINKLE WITH BROWN SUGAR AND LEMON JUICE. WRAP IN FOIL AND GRILL FOR 15 – 20 MINUTES, TURNING ONCE.**

HOW DID YOU DO WITH “NO SALTY SNACKS?”

OUR “NO!” FOOD FOR THIS WEEK: NO BROWNIES OR COOKIES

BLACKENED CHICKEN RECIPE



- 1) Clean chicken**
- 2) Place chicken in oven**
- 3) Go check your Facebook**

PINSPOD.com

The Internet Scavengers

