

Nutrition Times

May 2020 Nutrition Services



Fire Up A Healthy BBQ

With warmer summer days ahead, we can look forward to firing up the barbeque at home. While burgers and hot dogs are common BBQ fare, there are many other options to try. Explore new tastes and flavours with some of the tasty ideas below!

Cooking on the barbeque offers many benefits. Not only is it fast, it is a healthy way to cook food, and above all, adds great flavour.

Plant-based Proteins such as lentils, chickpeas and tofu have less saturated fat and sodium than meats. Beans can be used to make homemade veggie burgers. Tofu marinated in your favorite sauce can be skewered with vegetables and cooked on the grill. **Limit processed foods** like veggie burgers and veggie dogs which are high in sodium. Instead, try this easy and delicious recipe for [Chickpea Sliders](#). They are a great source of protein and fibre!

Meat Proteins

Think beyond burgers and hot dogs. Choose **leaner cuts** of meat more often and **limit processed meats**, such as hot dogs and sausages which are high in

sodium. Switch things up with [Grilled Fish and Fresh Herb Veggie Packets](#). Chicken or turkey kebabs, are also great options.

Vegetables and Fruits

BBQ foods do not have to be limited to the main entrée. Vegetables and fruits get a great smoky flavour when cooked on the BBQ. With summer produce at its peak, think beyond corn on the cob. For something new, try this plant-based recipe for [Grilled Lentil Zucchini](#). *See recipe below.*

Sodium

Much of the sodium from BBQ foods comes from the sauces used in marinades and when cooking. **Be mindful of sodium.** Use healthier options like garlic, herbs, no-salt seasonings, citrus or vinegar. Aim to have fresh or frozen unprocessed foods more often – these have less sodium.

Food Safety

Proper food safety is essential whenever cooking, but especially in the warmer months. Read on for tips to keep you and others safe at your next cookout...

Food Safety Tips

- ✓ Wash your hands before and after preparing food. Clean your work surfaces and your grill.
- ✓ Avoid cross-contamination:
 - Use separate cutting boards, utensils, and plates for raw and cooked meats, and vegetables
 - Cook all raw meats to a safe internal temperature
- ✓ Keep food outside the food temperature 'danger zone'. Any leftover cooked food should be refrigerated within 2 hours.



What is the food temperature 'danger zone'?

A temperature range (4-60°C) that supports growth of bacteria. Food stored at these temperatures for more than 2 hours can make you and your family sick. Protect yourself and others by keeping food outside this temperature range.

Always remember:

"Keep hot food hot"
(Above 60°C)
And
"Keep cold food cold"
(below 4°C)



Summer Grilling

Try the delicious plant-based recipe below from [Cookspiration](#), for [Grilled Lentil Zucchini](#). Filled with protein, fiber, and vitamins, it makes a great addition to your summer barbeque.

Grilled Lentil Zucchini



Ingredients

- ¼ cup olive or canola oil
- 1 garlic clove, peeled and chopped
- 4 medium zucchini
- 1 small onion, finely chopped
- ½ cup cooked or canned green lentils, drained and rinsed
- ½ cup fresh or dry breadcrumbs
- ½ cup grated aged Gouda, Parmesan, or crumbled feta

Directions

1. In a small dish, mix the oil and garlic. Set aside. Cut the zucchini in half lengthwise. Using a spoon, scrape out the insides, leaving about 1/4 inch thick zucchini shells. Brush them with the garlic oil.
2. Roughly chop the scooped-out zucchini. In a skillet over medium heat, add the rest of the garlic oil. Sauté the onion and chopped zucchini for 3-4 minutes, until soft. Add the lentils and cook until any excess moisture has cooked off. Transfer to a bowl and toss with the breadcrumbs, half the grated cheese, and salt and pepper to taste.
3. Season the zucchini with salt and pepper, then stuff the zucchini shells with the mixture. Preheat the grill to medium-high. Sprinkle with remaining cheese. Grill the stuffed zucchini for about 10 minutes on low heat, until the zucchini is tender and charred on the bottom. Serve immediately.

Upcoming Nutrition Classes

Due to the ongoing COVID-19 situation, we have cancelled all nutrition classes until further notice.

In the meantime, go to www.ahs.ca/prenatal for online prenatal and postnatal resources. Online prenatal classes are available from <https://www.birthandbabies.com/category/101-a-healthy-pregnancy/>

The Healthy Parents, Healthy Children (HPHC) website has information for expectant parents and parents of children up to six years of age: <https://www.healthyparentshealthychildren.ca/>

For additional nutrition information, go to ahs.ca/nutrition.

Contact

If you have questions, contact your local Registered Dietitian at Community Health Services:

Medicine Hat	403-502-8200
Brooks	403-501-3300
Lethbridge	403-388-6666

For more information on this or other nutrition topics, go to www.healthyeatingstartshere.ca

