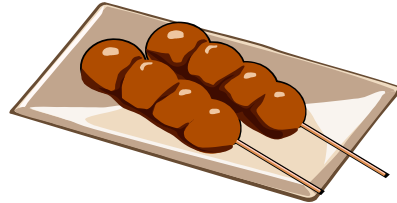


Nutrition Facts

Tips for Healthy Grilling

Helpful Tips:



Try grilling veggies. Try grilling marinated vegetables on skewers, a grilling tray or wrapped in foil. Other healthy barbecue choices are veggie burgers, pizza, tofu, or quesadillas.

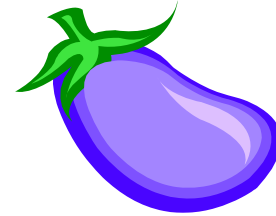
Trim the fat. Choose lean, well trimmed meats to grill; they leave less fat to fall into the flames. Remove the skin from poultry. Avoid high-fat meats such as ribs or sausages.

Pre-cook meats, fish and poultry. Cook them in the oven or microwave, then briefly grill for flavor.

Keep meat portions small. They will only need to cook a brief time on the grill. Skewered kabobs cook the fastest.

Fix the drips. Avoid letting juices drip into the flames or coals, which causes smoke and flare ups.

Remove all charred or burned portions of food before eating.



Grilled Eggplant with Sesame Marinade

Ingredients:

1 (1-pound) unpeeled eggplant, cut diagonally into 1-inch slices
1/2 tsp. salt
1 tsp. sesame seeds
1/8 tsp. crushed red pepper
1 tbsp. rice vinegar
2 tsp. dark sesame oil
1/2 tsp. lemon juice
2 cloves garlic, crushed
Vegetable cooking spray

Preparation:

Place eggplant slices on several layers of paper towels; sprinkle salt over cut sides of eggplant. Let stand 15 minutes; blot dry with paper towels.

Combine sesame seeds and next 5 ingredients; stir well. Brush over eggplant; let stand 10 minutes. Coat grill rack with cooking spray, and place on grill over medium-hot coals.

Place eggplant on rack, and cook 5 minutes on each side, basting with remaining sesame seed mixture.

Enjoy!



Ask the Dietitian
County of Los Angeles, Public Health
Nutrition Program

www.lapublichealth.org/nutrition

