

## **Fire up the Grill with Health in Mind**

by the American Institute for Cancer Research

Grilling season is underway. In most people's minds grilling means slabs of red meat. But you can cook an entire meal on your backyard grill. For variety and good health, lighten up your menu by placing vegetables and fruits over the coals alongside – or in place of – your burgers and steaks.

A skewer of hot, juicy, flavorful grilled vegetables or fresh fruit kebob will be welcome at any backyard barbecue.

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### Tips for Grilling Vegetables

Once you grill vegetables, the ease and unmistakable, fresh-fired flavor will prompt you to do it again and again. The simplest preparation is to place vegetables in a grilling tray over a hot fire, brushing with olive oil to prevent sticking and turning until tender. For better results here are a few pointers:

- Marinate the vegetables for a few minutes or half hour in a combination of a little olive oil and balsamic vinegar in equal parts or to your taste. Add minced garlic, dry basil, oregano, marjoram, coriander, rosemary and black pepper or other herbs of your choice.
- After draining the vegetables, use the marinade to baste the vegetables on the grill, turning often, for 10 to 15 minutes or until tender.
- Most vegetables can be sliced or sectioned for grilling, but a few thicker ones should be parboiled first. Boil potatoes and sweet potatoes for 15 to 20 minutes, drain cut and marinate.
- Small vegetables or bite-sized portions of larger ones are best placed on skewers or put in a grilling tray. On skewers try threading an assortment of small mushrooms, zucchini slices, pearl onions, eggplant slices, green pepper pieces and cherry tomatoes.
- Prepare the cooking surface by lightly spraying with cooking oil. Raise it four to six inches above the hot coals or gas flame.
- Corn on the cob grills quicker if the silk and husk are removed. Turn frequently and grill for 8 to 12 minutes.

As a fitting finish to your outdoor meal, serve a fresh fruit kebob.

### Grilled Fruit with Strawberry Dip

8 oz. part-skim ricotta cheese  
1 16-oz. package frozen strawberries, sweetened  
2 Tbsp. plain nonfat yogurt  
¼ tsp. dried, ground ginger  
8 strawberries, halved  
4 peaches, halved or quartered  
8 chunks pineapple  
4 plums, nectarines, or papayas, halved  
¼ cup balsamic vinegar  
2 tsp. granulated sugar

In blender, purée cheese, strawberries, yogurt and ginger together until smooth. Refrigerate 2 hours before grilling fruit.

When ready to grill fruit, thread pieces of prepared fruit onto 8 skewers. Mix together vinegar and sugar. Grill fruit until lightly browned, turning frequently and brushing with vinegar mixture during grilling. Serve grilled fruit with dip on side.

Makes 8 servings. Per serving: 156 calories, 3 g. total fat (1 g. saturated fat), 32g. carbohydrate, 4 g. protein, 3 g. dietary fiber, 42 mg. sodium.

*For additional suggestions on healthy grilling, order the free brochure **The Facts About Grilling** from the American Institute for Cancer Research. Call 1-800-843-8114, ext. 110, to request your copy.*