

# GREAT GRILLING

## Healthy Grilling Tips Make Your Barbecues Sizzle

(NAPSA)—Putting another shrimp on the barbie? You're not alone. According to a 2001 Hearth, Patio & Barbecue Association study, 76 percent of U.S. households own a gas, charcoal or electric grill. And your barbecuing brethren will be turning up the heat approximately three billion times this year.

While men are twice as likely (66 percent) as women (34 percent) to do the actual flipping, the latter tend to decide when to barbecue and what foods need to be grilled. The fact that hamburgers, steak, hot dogs and chicken are the most frequently barbecued items comes as no surprise. What's intriguing is that they're being prepared alongside of such healthful side dishes as roasted potatoes and grilled or lightly marinated vegetables.

According to Lisa Talamini, senior registered dietitian at Jenny Craig, Inc., just because the weather is warmer doesn't mean your healthy eating habits have to go up in smoke. "In addition to being an easy way to entertain and a pleasant outdoor activity, barbecuing can be a healthy way to prepare light, simple meals that the whole family can enjoy," says Talamini. "Using fat-free salad dressings as marinades for poultry, fish and lean cuts of meat, for example, is just one way to maximize both your barbecue experience and your weight management efforts."

Here are some other tips for lightening your summer fare... both on and off the grill:

- Grill chicken with the skin on to keep it moist, then remove the skin before eating to keep it low fat. Trim all visible fat from meat.
- Grill fresh fish and seasonal



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vegetables for delicious seafood kabobs.

- For a fast and refreshing dessert, grill bananas lightly coated with honey or margarine and serve on top of fat-free frozen yogurt.

- Lighten up your potato salad by substituting nonfat yogurt for mayonnaise—you'll save about 45 fat grams per quarter cup.

- Season your garden vegetables with fresh herbs, lemon juice, stock, wine, flavored vinegars or low-calorie "butter sprinkles" instead of butter and oil.

- Trade heavy sauces for fresh salsas. Chopped roma tomatoes with onions, jalapeños and cilantro make for a winning combination...as do fruitier blends of chopped papaya, mango, tomatoes, lime juice, and cilantro, or peaches with watermelon, red peppers and raspberry vinegar.

- Tap into the seasonal bounty of fresh fruits and vegetables and use them as side dishes or desserts. Try filling a melon boat with strawberries, blueberries and raspberries.

For more healthy barbecue tips—and delicious summer recipes—visit [www.jennycraig.com](http://www.jennycraig.com).