

HEALTHY BBQ IDEAS.



Menu ideas:

- Corn on the cob - add herbs or lemon juice and cracked pepper for flavour
- Kebabs - use lean cuts of meat and add chunks of zucchini, capsicum, onion and cherry tomatoes.
- Veggie skewers - use a variety of vegetables such as zucchini, capsicum, mushrooms and cherry tomatoes.
- Steak sandwich - use minute steak served on wholegrain bread, topped with plenty of salads such as tomato, carrot and lettuce.
- Burger - lean meat patty or vegetable patty served with plenty of salads such as tomato, lettuce, carrot, onion and beetroot. Add barbecued pineapple rings for extra flavour.
- Falafels served in a wrap with salad and low fat hommus or tzatziki.
- Souvlaki - lean sliced meat served in pita bread with salad and low fat hommus or tzatziki.
- Pita bread/muffin pizzas - use low salt tomato paste and top with a variety of vegetables, lean meat and reduced-fat cheese.
- BBQ toasties - add reduced fat cheese, tomato, pineapple or lean ham. Lightly brush/spray bread with oil or spread with margarine, BBQ until golden and cheese is melted.

Tips:

- Add grated vegetables to meat patties.
- Provide a variety of fresh salads to go with BBQ items.
- Ask your butcher to provide low fat and low salt varieties of meat where possible.
- Use healthy oils and spreads such as canola, olive, margarine.
- Use wholegrain or multigrain breads, rolls, pita bread, English muffins etc instead of plain white varieties.



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