

JULY 2016



## Add Variety and Health to Your Grill!

Now that we are a couple of months into grilling season, you may be looking to add more variety to your grilling adventures beyond the traditional summer favorites. Grilling food intensifies flavor and gives a juicy, smoky, delicious result! Whether grilling turkey, pizza, veggies or fruits, anything goes. So while you expand your grilling choices this season, why not make them healthier as well? Here are some great summer grilling options to spice up your meals and benefit your health!

**FISH:** Fish is a fantastic option for the grill – flavorful, fast and loaded with heart-healthy omega-3 fats! Try these simple grilling tips to ensure that your fish doesn't fall apart.

- Tuna steaks, salmon, halibut and swordfish are densely-textured and can be grilled directly on the grill grate.
- A more delicate fish such as tilapia and sole should be grilled inside of a foil packet or grill basket.
- Marinating fish after grilling rather than before also ensures that the fish does not fall apart, and still comes away with excellent flavor!

**PIZZA:** Grilled pizza is a fun spin on a traditional dish that provides a new and unique flavor.

- Cook on either a baking stone or directly on the grate. If cooking directly on the grate, be sure to have all ingredients prepared and easily accessible.
- Work with small rounds of dough rather than one giant pizza to allow for easier flipping and a larger variety of topping combinations!
- For toppings, consider cheeses like mozzarella, Cheddar or Monterey Jack as well as chicken, bacon, artichokes, roasted red peppers, thin slices of pepperoni, prosciutto, grilled veggies and chopped tomatoes.

**TURKEY:** Grilled turkey burgers are another tasty and healthy option. This month, the Hy-Vee Dietitian Pick of the Month is Jennie-O Lean Ground Turkey – a great choice to meet your family's taste and nutrition needs and to position yourself as the ultimate burger grill master. Following a few simple steps can ensure that your turkey burgers are juicy and delicious.

- First, add a couple of tablespoons of finely diced onions or scallions while forming your patties to be an even, half-inch thick. Be sure not to overwork the patties while forming them to prevent a dry, tough burger.
- While grilling, flip the burgers only once and resist the temptation to press down on the burgers. This keeps the juices inside rather than spilling out.
- Lastly, after cooking to a safe internal temperature of 165°F, let the burgers rest for a couple of minutes to allow the juices to settle and redistribute.

**FRUITS & VEGETABLES:** Grilling your fruits and vegetables is a great way to fill half your plate, and with the right techniques, will have your friends and family wanting more! Try some of the Hy-Vee dietitians' top produce picks for the grill this season including sweet corn, zucchini, bell peppers, portabella mushrooms, peaches, plumcots, melons and pineapple. For cooking instructions and tips for grilling produce, contact your local Hy-Vee dietitian.

**SAUCES:** Adding sauces, marinades and rubs to your grilled food is a great way to boost flavor! However, it is important to be aware that some of these additives can quickly pack on unnecessary sugar, sodium and extra fat. Be sure to read nutrition labels and compare different products to keep your grilling season tasty and nutritious. For specific recipes to create your own sauce, marinade or rub, contact your local Hy-Vee dietitian.



## PRODUCT SPOTLIGHT



### UDI'S WHOLE GRAIN HAMBURGER BUNS

- This gluten-free bread is also wheat, dairy, soy and nut-free.
- Contains 6 grams of fiber per bun!



### SATURN PEACHES

- Only 60 calories per peach and a good source of vitamin C. Makes a great snack!
- These peaches are sweeter and more fragrant than a typical peach.



### MRS. DASH HAMBURGER GRILLING BLEND

- This sodium-free seasoning is a great option for healthy grilling.
- Create delicious burgers, meatloaf, sloppy joes or meatballs with this seasoning.

### DIETITIAN RECIPE OF THE MONTH

## Mexican Grilled Corn

👤 Serves 4 (1 ear of corn each).

### ALL YOU NEED

- 2 tbsp Hy-Vee low-fat mayonnaise
- 2 tbsp Hy-Vee nonfat plain yogurt
- 1/2 tsp chili powder
- 4 ears corn, husked
- 4 tbsp finely shredded Cotija, (see Tip) or Parmesan cheese
- 1 lime, quartered

### ALL YOU DO

1. Preheat grill to medium-high.
2. Combine mayonnaise, yogurt and chili powder in a small bowl.
3. Grill corn, turning occasionally, until marked and tender, 8 to 12 minutes total. Spread each ear with 1 tablespoon of the sauce and sprinkle with 1 tablespoon of Cotija (or Parmesan). Serve with lime wedges.

Tips: Cotija cheese, also called queso añejo or queso añejado, is an aged Mexican cheese similar in texture and flavor to Parmesan. Find it near other specialty cheeses or in Mexican grocery stores.

Nutrition Facts per serving: 100 calories, 2.5g fat, 1g saturated fat, 2mg cholesterol, 120mg sodium, 20g carbohydrates, 2g fiber, 8g sugars, 4g protein.

Daily Values: 3% iron.

Source: Adapted from Eating Well, Inc.



### DIETITIAN PICK OF THE MONTH

## Jennie-O Lean Ground Turkey

### 5 REASONS TO CHOOSE JENNIE-O LEAN GROUND TURKEY:

- 1 Jennie-O lean ground turkey has only 170 calories per 4-ounce serving
- 2 Endless flavor options! Add a variety of herbs and spices or try brushing with a marinade while grilling.
- 3 Contains 21 grams of protein and only 2.5 grams of saturated fat per 4-ounce serving to help you meet your daily protein needs without adding extra fat to your diet.
- 4 Very versatile and can be used to make the perfect grilled burger, tacos, lasagna or lean pizza topping.
- 5 Turkey burgers can help you meet your daily fruit and veggie intake. Add different fruits and vegetables to your burger to make that perfect combination and nutrition bonus.

