



IT'S GRILLIN' TIME

LIVE WEBINAR

WEDNESDAY JULY 20
12:00 - 12:30 PM

*VIRTUAL EVENT WILL
BE RECORDED*



KEEP GRILLING SAFE

Start with a clean grill, removing charred food debris to prevent bacteria growth. Scrub the grates while preheating the grill with a ball of aluminum foil or steel wool, or use a scraper for built up spots. If using a charcoal grill, be sure to remove ash after each use.

Prevent cross-contamination by staying aware of what surfaces, utensils and towels raw foods may touch. Use paper towels to clean spills when grilling, and a fresh plate for finished food. Wash all items in hot soapy water between uses or designate separate items for use with raw foods and cooked foods.

Don't use the same marinade before, during and after grilling. Instead, make extra and dispose of the original marinade that the meat sat in. While at the grill, never use the same brush on raw and cooked meats, use a new brush or wash between uses.



KILLER KABOB GAME

SKEWER DINNER WITH A VERSATILE SHISH KABOB

Try creative pairings with any of the following.

Protein: Chicken, Shrimp, Sirloin Steak, Pork Tenderloin

Fruit: Pineapple, Mango, Grapes

Vegetables: Bell peppers (all colors), Zucchini (green and yellow), Cherry Tomatoes, Fresh Mushrooms, Onions (Sweet White or Red), Baby Potatoes, 1/2" sliced corn on the cob

To cut onions for skewers carefully slice the onion in half lengthwise. Peel the skin off of each onion half and then place the onion cut sides down. Cut each piece in half, then half again to create four wedges. Peel layers apart.

To prevent protein, fruit and veggies from falling off the skewers while cooking, cut them slightly larger than the spaces between the grill grates, about 1-inch thick. Make sure to thread each piece right through the center. To avoid the tragedy of an entire kabob falling into the coals, place it across the grill grates diagonally. You can also grill them on foil or a grill mat or pan. To prevent sticking, marinate the kabobs or oil your grill grates before grilling.

Add flavor to kabobs by brushing them with your favorite marinade while grilling.

To prevent burning, soak wooden skewers in water or invest in metal skewers.

TAKE HEED TO TEMPS

Use a food thermometer to ensure meat is not dried out, but also cooked enough to kill harmful germs. Whether you use an instant read, wireless or laser surface thermometer, ensure it's approved for use on the grill. The following guide will help help you create expertly cooked meats.

Insert thermometer probe into the thickest portion of the meat, avoiding touching any bones, which will cause an incorrect reading.

- 145°F - Whole cuts beef, pork, lamb, veal, fish (*let rest for 3 minutes after*)
- 160°F - Hamburgers and other ground beef
- 165°F - all poultry, and pre-cooked meats, like hot dogs.

Note: Keep meat smoking cook temperatures at 225°F-300°F.



**EATING IS A
NECESSITY, BUT
COOKING IS AN ART.**



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GUIDE TO GRILLING PRODUCE

HEALTHY & FLAVORFUL

The grill can be a great tool for balanced, high-fiber meals. Branch out of a basic burger routine and try something new!



PREP YOUR PRODUCE

Cut your produce into more manageable pieces for quick cooking. Slice tomatoes in half, cut corn cobs into 2" pieces, slice eggplant, onion and zucchini into 1/2" rounds and cut bell peppers into fourths. Asparagus, green beans and scallions can go on the grill whole.

Some produce items can be pre-cooked by boiling or microwaving. Carrots, yams, potatoes and parsnip can all be prepped this way. Cook until tender, then spray with olive oil, season and grill.



SALT FREE SEASONING

Olive oil and black pepper or a squeeze of lemon are a great foundation. For more, try sprinkling produce with an dried herb blend. Or, brush on a marinade of oil, garlic, lemon and dill for a Greek take. You can also flavor after grilling by drizzling with a vinaigrette.



GET CREATIVE

Go beyond grilled asparagus. Try scorching halved romaine or endive. Cabbage wedges are a great addition to any Asian dish. Okra and beets both benefit from grilling by allowing them to crisp and deepen their flavors. Grilled fruit can provide a unique dessert.

MOST PRODUCE COOKS WELL OVER MEDIUM TO MEDIUM HIGH HEAT ON AN UNCOVERED GRILL. SOME TOOLS, LIKE BASKETS OR GRILL MATS MAKE THE PROCESS EVEN EASIER. FLAT OR DOUBLE SKEWERS PREVENT SPINNING.



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BUILD A BETTER BURGER

PAIR NUTRITION AND FLAVOR FOR HEALTH

GREEK TURKEY BURGER

Mix 1 lb ground turkey with 1 tsp cumin, 2 tsp dried oregano, 2 cloves minced garlic, 1/4 c feta cheese, 1 c chopped spinach and a pinch of black pepper. Form into patties and grill. Serve with whole wheat pita and grilled zucchini, onion, peppers and tomato. Add a dollop or tzatziki for extra flavor.

SALMON BURGER

Grill salmon fillets as usual, seasoning with lemon and dill if desired. On a thin, whole wheat bun, spread a mix of avocado oil mayonnaise, chopped capers and basil. Add spinach, tomato slice and onion to the burger.

CHICKEN SANDWICH WITH SLAW

Slice chicken breasts in half lengthwise and marinate with dried italian herbs, lemon, garlic and olive oil. Grill until done, and build a sandwich on whole wheat bread. Add a slaw mixed with slice apple, broccoli slaw and a vinaigrette of olive oil, apple cider vinegar, honey and Herbs de Provence.

SALT FREE SEASONING

Spices and dried herbs can ramp up the flavor in your grilled meats, fish and produce items. Try a Southwest take with cumin, paprika, oregano and chili powder. Or, go Greek with dried dill, garlic, lemon and black pepper.

EATING IS A NECESSITY, BUT COOKING IS AN ART.

A marinade will add flavor, AND reduce possible carcinogens (HCA's and PAH's) that develop when meats are cooked at high temperatures. Try this foolproof formula for your next marinade:

1/2 cup olive oil
2 - 3 T vinegar or lemon juice
2 - 3 T fresh or dried herbs
2 - 10 garlic cloves, crushed and peeled

Let stand on vegetables or protein for 30 minutes - 24 hours, grill and enjoy! If brushing on more marinade as you grill, ensure you dip your brush in a new batch.

GRILLING OUTSIDE THE BOX

HAVE FUN WITH FRUIT

Honey Glazed Balsamic Peaches

1/2 c balsamic vinegar
1/2 c honey
Dash salt
6 peaches, pitted & halved

Directions

In a small pot, combine vinegar, honey and salt, cooking on low until blended, or about 3 minutes. Remove from heat, and scope out 1/3 c of the glaze.

Bring remaining glaze to a boil over medium heat. Cook, stirring, until mixture reduces and begins to thicken, about 4-6 minutes. Do not overcook or let bottom burn. Remove from heat.

Brush peaches with the balsamic mixture. Grill, covered, on an oiled rack over medium heat, brushing with glaze every so often. Grill about 6-8 minutes each side. Plate peaches, drizzle with reduced glaze and if desired, a dollop of vanilla Greek yogurt.

Chipotle Lime Watermelon Skewers

1 small seedless watermelon
1 T lime juice
1 tsp lime zest
1/2 tsp chipotle chili powder
1/2 T honey (or maple syrup)
1/2 T olive oil
1 T shredded mint
1/2 tsp sea salt

Directions

Cut the rind off of the watermelon and then cut watermelon into 2 inch cubes

In a bowl whisk together the lime juice, lime zest, olive oil, chipotle powder and honey.

Heat grill to high heat. Thread the watermelon cubes onto 5-6 skewers. Place on the grill and brush with the sauce. Cook skewers on 1 side for about 1 minute until grill marks form, flip and grill for 1 more minute. Remove from the heat.

Brush skewers with remaining sauce and sprinkle with shredded mint and salt before serving.



ANDY'S AWESOME MARINADES

HEALTHY & FLAVORFUL

Break out of a baked-bean rut with these delicious and healthy sides to accompany your grilled foods.



ANDY'S AWESOME MARINADE

4 servings
(Marinate 2-6 hours)

2.5 T soy sauce, tamari or coconut aminos
¼ cup extra virgin olive oil
2.5 T lemon juice
2.5 tsp garlic powder
2 tsp dried basil
2 tsp dried parsley flakes
½ tsp ground pepper
⅛ tsp hot sauce (Optional)
½ tsp dried minced garlic (Optional)



BALSAMIC MARINADE

4 servings
(Marinate 2-6 hours)

¼ bottle balsamic vinaigrette
2 T dried basil
2 T dried oregano
1 tsp minced garlic
1 tsp garlic powder (Optional)

Balsamic Marinade is excellent on chicken, pork or beef, as well as zucchini, eggplant and onion slices.

MARINADE BASICS

A marinade will add flavor, AND reduce possible carcinogens (HCA's and PAH's) that develop when meats are cooked at high temperatures.

Try this foolproof formula for your next marinade, or one of Andy's favorite combinations at the left:

1/2 cup olive oil
2 - 3 T vinegar or lemon juice
2 - 3 T fresh or dried herbs
2 garlic cloves, crushed and peeled

Let stand on vegetables or protein for 30 minutes - 24 hours, grill and enjoy! If brushing on more marinade as you grill, ensure you dip your brush in a new batch.



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NO-NOSENSE SIDE DISHES

HEALTHY & FLAVORFUL

Break out of a baked-bean rut with these delicious and healthy sides to accompany your grilled foods.



FATTOUSH

Ingredients

Chunky chopped vegetables
(Traditionally lettuce,
cucumbers, tomatoes, green
pepper, onions, radishes)
2 Pita bread loafs

Dressing

1/8 cup olive oil
1/8 cup fresh squeezed lemon
1 tbsp ground sumac
1 tsp dried mint
3 garlic cloves minced
Salt and pepper to taste



Directions

Chop pita into 1" cubes. Line
baking pan with parchment and
spread chopped pita in a single
layer, do not crowd. Bake at 350
for 15 minutes or until crunchy.
Let cool.

Blend ingredients for dressing in
food processor until smooth.
Chop and toss with dressing.
Top with cooled crunchy pita
chips.



HUMMUS

Ingredients

1 can drained chickpeas
3 tbsp tahini sauce
¼ cup juice of fresh lemon
4 tbsp olive oil
1 garlic clove minced
Salt to taste

Directions

Blend all ingredients until
smooth.

SIDE DISHES CAN BE AN OPPORTUNITY TO ADD NOT ONLY FLAVOR, BUT NUTRITION, TOO. FROM VEGETABLES AND WHOLE GRAINS, TO BEANS, NUTS AND SEEDS, PLANT-FOODS CAN PLAY A MAJOR ROLE ON YOUR GRILL MENU.

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