

Smart Summer \$pend With Fruit and Veg! December – February

Fact sheet 3: Barbecuing for better health

Barbecues don't have to mean fatty, greasy sausages. In fact, barbecuing is one of the healthiest cooking methods...it's what you cook that makes the difference. This fact sheet provides some simple ideas on how to provide a healthy barbecue for you and your family and friends and help you get your 2 serves of fruit and 5 serves of vegetables each day.

To get you started

- Plan to supply a mix of dishes including red meat, poultry, fish and plenty of fresh salads and vegetables.
- For economy and flavour choose ingredients that are in season, especially salads, vegetables, fruit and fish.

Meat, poultry and fish

- Choose lean cuts of meat (i.e. trimmed of fat and chicken without skin).
- Limit fatty meats including sausages or choose reduced fat varieties.
- Be creative, don't just settle for sausages in bread. Try making your own kebabs and patties.
- Incorporate some seafood into your menu. Ideal types of fish for barbecuing during Summer include: Salmon, Tuna, Blue Eye, Flathead, Leather Jacket, Mullet, Deep Sea Perch and Shark. Choose boneless fillets so children can enjoy them as well.
- Prawns, crabs, scallops, calamari, baby octopus, mussels and bugs are also all suitable for barbecuing and taste great as is, with a squirt of lemon or marinated to taste.
- To add interest or flavour to grilled or barbecued meat, poultry and fish try marinating your meat for 2-3 hours before cooking.

Salads and vegetables

Salads tend to go hand in hand with barbecues, however, don't be afraid to experiment and try something new to compliment the traditional garden salad. Why not try vegetables cooked on the barbecue for a healthy alternative?

- Add variety to your barbecue with these healthy, tasty vegetable ideas:
 - Jacket potatoes wrapped in foil and topped with your favourite salad vegetables and low fat cheese
 - Vegetarian patties (i.e. caramelized onion and chickpea or lentil and ricotta)
 - Vegetable kebabs
 - Corn on the cob
 - Marinated mushrooms
 - Char grilled asparagus, capsicum or eggplant.

Fruit

Fresh Summer fruits don't have to be a stranger to the barbecue hot plate either. Barbecued pineapple and stone fruits such as peaches, nectarines and apricots taste great lightly seared as a sweet finale to your healthy barbecue. Fresh seasonal fruits cut up on a platter or thrown into a large bowl as a fruit salad, are also a great hit with both children and adults and a quick and easy way to end your healthy barbecue.

By following the tips above you will be well on your way to healthier Summer entertaining as well as getting your 2 and 5 each day!!!

Information adapted from National Heart Foundation of Australia's 'Better Barbecuing. Your Guide to Healthier Summer Entertaining', 2001.