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What's Happening *this* Month:

- * Make sure to download the Baritastic app and join using our Capital Health code (76777). Use the app to log your food and get recommendations from your dietitian, be reminded of program events and updates, and access recipes!
- * Our June Support Group for post-weight loss surgery patients is Wednesday, June 24 from 6 – 7 p.m. This support group will be hosted virtually, please check our online support group for the link to access, or message the dietitian at tbalestrieri@capitalhealth.org to receive the link.
- * For individuals interested in weight loss without surgery, or for bariatric patients experiencing weight regain, try our Medical Weight Loss Program, featuring great tasting Robard's New Direction Products! Weekly visits with our dietitians help you develop skills to lose weight (and keep it off) and customize the meal replacement plan to meet your needs! Call our office at 609.537.6777 to schedule your first appointment with Dr. Chung.

FIRING UP THE GRILL WITHOUT ADDING UP THE CALORIES

by Elizabeth George, Dietitian at
Capital Health Metabolic & Weight Loss Center

As the weather gets warmer, your dining opportunities expand. Taking your cooking outside can lead to delicious meals straight off the grill. Grilling opens the door to many great low-fat meal options, such as marinated meats and vegetables or a delicious low-fat cut of meat covered in dry rub.

Summer time calls to mind many classic seasonal recipes. Follow these tips to enjoy your favorite summer meals while cutting back on the calories and fat content! Pair with the salads from our May 2020 newsletter or hit up your favorite farmers market or stand for other fresh produce options.

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FIRING UP THE GRILL *continued*

CUTTING BACK ON CALORIES

- Grilling is a great way to reduce fat intake because we tend to use less fat in the cooking process. Even so, still look for leaner cuts when shopping for your cookout. Before grilling, remove the skin from chicken and cut out fat marbling in beef and pork. Avoid using toppings like full-fat dairy products and oils. Grilling adds a smoky flavor without the addition of these high-fat extras.
- Barbeque sauce is a traditional staple for grilling, but it can be high in sugar. But this doesn't mean that you can't have a flavorful cookout! Cut back on the calories by serving the BBQ sauce on the side as a dip, or try a low sugar alternative. If you're looking for more flavor, try grilling with a low-fat marinade or a delicious rub.

LOW-FAT PREPARATION

- To create tender meats without using high fat cuts, marinate your pork, fish, chicken, beef, or even vegetables in a low-fat high flavor marinade. By letting the meat soak up the marinade, you add moisture and flavor without adding a lot of extra calories! Many marinades are oil or soy sauce based, try to choose a low-sodium or vinegar based marinade. Try one of the marinades featured in our recipes section this month or experiment by making your own with fresh or dried herbs and low-fat, low-sugar sauces.
- If you are short on time and can't wait for your proteins to marinate, a dry rub is a flavorful change of pace (see two options in our recipes section). You can store your dry rub for years in a jar or airtight container, and because it's mainly made of spices, it doesn't add extra calories to your meal. Before grilling, liberally rub the mixture onto the meat and you're ready to go!

SWITCHING UP YOUR VEGGIE ROUTINE

- Slicing up your favorite vegetables and roasting them on the grill is a great way to switch up your normal sides. The char from the grill adds great flavor and texture to your veggies.



Try slicing a zucchini lengthwise and cooking directly on the grates. Use a grilling basket (see Product of the Month on page 4) or a bowl made for grilling to cook smaller sliced vegetables. For a fancy twist, soak wooden kabob sticks and cook chunks of alternating onions, peppers, and squash! Feel free to add meat in between your vegetables, to create a complete meal on a stick!

SAVORY DESSERT OPTIONS

- After enjoying your meal outside, why go indoors for dessert? Grilled fruit adds a sweet finish to your entrees, so you can experiment with peaches, mangos, pears, and pineapple for a unique dessert. Use larger pieces of fruit to help prevent them from falling between the grill grates. Sprinkle cinnamon on top of the fruit pieces and pair with fat free cool whip. For a twist, grill your fruits and pair with an acid to make a fruit salsa, like the recipe in our next section.

RECIPES OF THE MONTH



Start your summer grilling off right by trying these marinades and dry rubs. If fish is on your menu, the grilled fruit salsa recipe makes a delicious side or topping.



FAJITA MARINADE

From AllRecipes.com

INGREDIENTS

- 1/4 cup lime juice
- 1/3 cup water
- 2 tbsp olive oil
- 4 cloves of garlic, crushed
- 2 tsp low-sodium soy sauce
- 1 tsp salt alternative
- 1/2 tsp liquid smoke
- 1/2 tsp cayenne pepper
- 1/2 tsp ground black pepper

SIMPLE PORK DRY RUB

From HappyFoodsTube.com

INGREDIENTS

- 2 tsp salt
- 2 tsp garlic powder
- 2 tsp paprika
- 1/2 tsp black pepper
- 1/2 tsp cinnamon

CAJUN DRY RUB

From SavorTheBest.com

INGREDIENTS

- 3 tbsp smoked paprika
- 3 tbsp garlic powder
- 1 tbsp salt alternative
- 1 tbsp black pepper
- 1 tbsp white pepper
- 1 tbsp cayenne
- 1 tbsp oregano
- 1 tbsp sweet basil
- 1/2 tsp thyme
- 2 tbsp brown sugar

FAT-FREE BALSAMIC

From AllRecipes.com

INGREDIENTS

- 1/4 cup balsamic vinegar
- 1/4 cup white vinegar
- 1/4 cup water
- 1 tbsp garlic powder
- 1 tbsp onion powder
- 1/2 tsp salt
- 1/4 tsp dried thyme
- 1/4 tsp black pepper



GRILLED FRUIT SALSA

From [AllRecipes.com](https://www.allrecipes.com)

INGREDIENTS

- 3 slices fresh pineapple
- 1 red bell pepper
- 1 jalapeño pepper
- 2 large mangoes, diced
- 1 small red onion, diced
- 1/4 cup fresh chopped cilantro or parsley
- 1 lime, juiced
- 1/4 tsp lime zest

DIRECTIONS

1. Preheat an outdoor grill to medium-high heat; lightly oil the grate.
2. Cook the pineapple, red bell pepper, and jalapeño pepper on the preheated grill, turning frequently, until the pineapple has mild grill marks and the peppers are browned on all sides (about 3 minutes for pineapple and 5 to 7 minutes for peppers). Carefully remove from grill and place peppers in paper bag to cool.
3. After peppers are cool, rub skins off gently with paper towels, cut in half, and remove and discard seeds. Cut the cooled pineapple and peppers into a small dice and place into a bowl. Add the mango, red onion, cilantro, lime juice, and lime zest; stir to combine. Cover the bowl with plastic wrap and refrigerate for 8 to 24 hours before serving.



Product of the Month

GRILL BASKETS

Grill baskets help prevent your fruit or vegetables from falling through the grill grate and make stirring the vegetables much easier. You can find them on Amazon, with prices ranging from \$12 to \$20.