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# HCSF Newsletter

Long summer days mean lots of time to play outside! So get the grill out and enjoy some time with friends and family in the fresh air. Check out our tips on how to build a better BBQ by cutting the calories without skimping on taste! See page 2 for some great recipes for summer favorites!



## Hot 'n' Healthy Barbeque



With summertime here, using the BBQ provides a great opportunity for healthy eating that tastes great. Read on for tips for some healthy (and very tasty) alternatives to grill instead of high-calorie, high-fat hamburgers and sausages.



### Meats—Try these leaner meats on the grill

**Chicken**- For chicken full of flavor, marinate boneless, skinless chicken pieces in honey, soy sauce, orange or lime juice overnight, then grill! For a fun change, cut up skinless chicken breasts into large chunks to make kebabs.

**Lean Beef**- Choose the leanest cuts of beef and trim off all visible fat before cooking. To select the leanest cuts of beef, look for the word "round" or "loin" in the name, such as top sirloin, top round, ground round and tenderloin. Flank steak is lean, too. **Check out the grilled flank steak recipe on the next page!**

**Ground Turkey**- Delicious when made into turkey burgers straight off the grill!

**Turkey or Chicken Hot Dogs**- You save 170 calories and 8.5-17g of total fat (respectively) by eating turkey or chicken hot dogs versus regular beef hot dogs!

**Fish**- Wrap Trout, Bluegill, Crappie, Northern, or Bass filets in aluminum foil with a few drops of lemon juice on each side of fish and add ½ tsp of Old Bay Seasoning or other seasoning. Cover and set over charcoal or wood fire for 20-30 mins or until fish flakes easily. Put on a drop or two of lemon juice and serve!

**Pork**- Marinate some skinless boneless pork loin chunks overnight. Throw on the grill with skewers for an appetizing lean meat choice for kebabs! Try adding cherry tomatoes, green peppers and mushrooms, even pineapple in between the meat chunks for a complete meal on a stick!

### Vegetables—Great for kebabs

- Place big pieces of squash, potatoes, mushrooms, onions, bell peppers, and cherry tomatoes through skewers and place on the grill to make colorful and flavorful **veggie kebabs**. A great meal all on their own!
- Wrap potatoes, mushrooms, peppers, squash (or any other vegetable you can think of) in **tin foil**, then place on the grill to roast the veggies. Plus it's easy clean up after they're done cooking!
- What's a BBQ without **corn on the cob**? Try out the **grilled corn on the cob recipe** on page 2!

### Fruits—Even fruit is delicious cooked on the BBQ!

- Slice up some apples, pears, peaches, nectarines, plums, and/or pineapple and place them face down on the grill. Turn occasionally until you have grill marks on all sides of the fruit.
- Thread fruit onto skewer, alternating types of fruit for a colorful presentation, for yummy **fruit kebabs**.



*Walk tall as the trees  
Live strong as the mountains  
Be gentle as the spring winds  
Keep the warmth of the summer sun in your heart,  
and the great spirit will always be with you.  
-American Indian Proverb*





# Cool Treats!

## Watermelon Pop Stars

### Ingredients:

- Watermelon
- Popsicle sticks
- Star-shaped cookie cutters



### Directions:

Use a cookie cutter to cut juicy star shapes from 1-inch thick slices of seedless watermelon. Insert a popsicle stick into each star. Cover stars in aluminum foil and freeze for 1 hour or until firm.

## Strawberry Watermelon Slush (Pops)

Yields 12 servings

### Ingredients:

- 4 cups seedless watermelon chunks
- 1 cup frozen strawberries
- apple or white grape juice, to taste

### Directions:

*For Slush:* Place all ingredients in a blender and blend until slushy. Serve.

*For Pops:* Place all ingredients in blender and puree until smooth. Spoon mixture into 3-ounce paper cups and cover. Insert wooden popsicle sticks into cups and freeze until firm.



## Water In, Soda and Sugar Out!

When it's hot outside and you've been sweating, you get thirsty— Keep the fun going by staying hydrated with **water**, **juicy pieces of fruit**, or even **low fat milk**! Limit soda and other sugary drinks, like fruit punches, lemonades, and iced teas—which contain a lot of sugar your body doesn't need. The average can of pop contains between **9-11 teaspoons of sugar**! Plus many of these drinks contain caffeine, which can make your body even more dehydrated. Sports drinks are fine once in a while, but still contain a lot of sugar and sodium. The best way to stay cool and beat dehydration is with an ice-cold glass of **water**, the **drink of champions**! Try adding a slice of lemon, lime, or orange to add flavor!



# Healthy Grillin' Recipes

## Marinated and Grilled Flank Steak

Serves 4-6

### Ingredients:

- garlic powder
- 1½ to 2 pounds flank steak
- 1/3 cup soy sauce
- 3 Tbs Worcestershire sauce
- 3 Tbs vegetable oil



### Directions:

1. Sprinkle garlic powder lightly on both sides of steak. Prick steak with fork all over on both sides.
2. Combine soy sauce, Worcestershire sauce, and oil; pour over steak. Marinate at least 8 hours in refrigerator. Turn steak frequently to keep coated with marinade.
3. Remove steak from marinade; grill, turning to cook both sides, over medium coals to desired doneness. About 9 minutes for medium well. Slice thinly across grain to serve.

**\*\*Bonus:** Leftovers make great lunches, too! Slice up some leftover steak and toss it in a salad, or put it in a tortilla wrap with some fresh veggies for a tasty sandwich.

## Grilled Corn-On-The-Cob

Serves 4

### Ingredients:

- 4 ears fresh corn, in their husks



### Directions:

1. Prepare your grill, gas or charcoal, with direct, high heat, about 550°F.
2. Remove just the visible silks from the tips of the corn. Place the corn in their husks on the hot grill. Cover. (The husks protect the corn from getting dried out and the corn essentially steams in its own moisture.) Turn the corn occasionally, until the husks are charred on all sides, about 15 to 20 minutes.
3. Remove corn from grill. Let sit for 5 minutes. **Caution: HOT!** Use a hand towel or oven mitt to protect your hands while removing the silks and charred husks from the corn.

