

## Pick Your Protein

- Choose fish, skinless chicken breast, and leaner cuts of meat to avoid excess fat, which can cause flames and smoke.
- The recommended serving size of animal protein is about 6 ounces. Divide or cut your proteins into serving sizes before placing them on the grill.
- For grilling larger cuts of animal proteins, you can pre-cook them by gently baking them in the oven to reduce the time the meat is exposed to the grill's direct heat.
- Plant proteins, like firm tofu and plant-based burger replacements, tend to be lower in fat than animal proteins, so make sure you grill them on a well-greased grate.

### Simple Proteins to Grill

- Turkey burgers
- Fish in foil
- Chicken & Veggie kabobs
- Shrimp skewers
- Pork loin or round cuts
- Choice/Select cut Beef



## Avoid Smoke & Fire

- Exposing animal proteins to high heat and open flames can create chemicals that have been linked to an increased risk of certain cancers
- How to reduce the development of these compounds:
  - Line the grill with foil that has holes
  - Cook for longer at a lower temperature
  - Have a spray bottle on hand filled with water to control fatty flare-ups
  - Remove the extra fat on meat or buy skinless proteins to reduce the flare-ups and charring
  - Cook your meat in the center of the grill and flip frequently
  - Grill meat gently, then finish in the oven to reach a safe internal temperature



## Use Marinades or Rubs

- Studies suggest that using marinades on meat prior to grilling can limit the formation of potential carcinogens.
- Rubbing spices or homemade marinades can add flavor without too much sodium often found in store-bought products.
- Keep it simple by not drowning your grilled meats and veggies in salty sauces, sugary condiments, or fatty dressings.

# Grilling Guide

## Don't Forget Your Fruits & Veggies

All veggies and fruits can be grilled, in fact, grilling tends to intensify the flavor of fruits and veggies. This is a great way to add color to any backyard BBQ party!

### Here are some great ways to incorporate fruit and veggies:

- Place veggies in tinfoil or brush with a little olive oil so they do not stick to the grill.
- Make kebobs with peppers and onion by alternating with a protein like chicken or shrimp.
- Swap the meat altogether by using eggplant cutlets, portabella mushroom steaks, or making some veggies burgers.
- Switch up traditional sides of baked beans or potato salad with fruit salad, a three-bean salad, or a simple leafy green salad.
- Grill fruits for your dessert such as pears, apples, and pineapple. Fruits tend to caramelize well in high heat which makes them taste extra sweet, perfect for an easy dessert.
- Try to incorporate whole grains either as a side dish such as a quinoa salad, or whole-grain buns and bread

## Practice Safety

- Keep raw meat, poultry, and seafood separate from vegetables and other foods.
- Remember to never reuse a marinade or rub after raw meat has already touched it.
- Place grilled foods on clean plates rather than on the ones that held them when they were raw.
- Use a food thermometer to check the internal temperature of grilled meat, seafood, and poultry.



- Ground beef, pork, veal, lamb = 160° F
- Steak, chops, roasts = 145° F - Let rest for at least 3 minutes
- Chicken & Turkey = 165° F
- Fish & Shellfish = 145° F
- Leftovers = 165° F

## Keep it Clean

- Use a wire brush to give your grill a nice clean and wipe it down with a cloth to avoid grill-cleaning brissels.
- Scrub down the rack or grill pan after each use.
- Remove leftover burnt pieces of food on the grill to prevent any burning or smoking.