

What's On Your Grill

Grilling is a great way to shake up your summertime plate. A balanced barbecue meal includes more than just a juicy burger or pork chop. Adding grilled vegetables gives you new flavours and a healthier plate. Complete your meal with a grain or starch. What does a balanced barbecue meal look like? It could be as simple as a salad served with a burger on a wholegrain bun, or grilled vegetables with a pork chop and sweet potato.



Make Vegetables the Star of Your Grill

- Pack your plate with colourful vegetables.
- Cut vegetables in even-sized pieces. Drizzle with oil. Toss in a grill basket, thread on skewers or place right on the BBQ to cook. Asparagus, tomatoes, eggplant and zucchini are great grillers.
- Top your burger with grilled mushrooms, peppers and onions.
- Grill a whole portabella mushroom for a veggie "burger".
- Save extra grilled vegetables. They're great in sandwiches or salads.
- Check the produce department for vegetables that are ready to grill.

Go Lean for Protein

- Ask for help at your meat counter to choose leaner cuts of meat. Marinate before grilling for best results.
- Trim fat from meat and remove skin from chicken before grilling to reduce the fat you eat and avoid flare-ups on the grill.
- Make ground chicken or turkey burgers for a new flavour with less saturated fat.
- Grill fish, scallops or shrimp for a quick-cooking protein choice.
- Marinate firm tofu in your favourite salad dressing and grill for a vegetarian meal solution.

Food of the Month

Peaches



Peaches are a sweet and juicy fruit you can sink your teeth into! They will give you a boost of antioxidants, fibre and potassium.

- Reach for a fresh peach as a satisfying snack.
- Add peach slices to green salads for a pop of colour.
- Blend frozen peaches into a smoothie.
- Look for canned peaches packed in fruit juice rather than syrup to reduce sugar. Drain and rinse canned fruit for a less sweet taste.
- Try a unique appetizer. Grill peach halves and serve with crumbled goat cheese, chopped fresh basil, chopped pecans and a drizzle of honey.
- Serve grilled peach halves with a dollop of vanilla yogurt for dessert.

Yogurt Marinated Chicken



Serves 4

Ingredients:

¾ cup	175 g	Greek yogurt, plain, 0% M.F.
1 tbsp	15 ml	Oregano, fresh, chopped
2 tsp	10 ml	Canola oil
2 tbsp	30 ml	Lemon juice
1 tbsp	15 ml	Lemon zest, grated
2 cloves		Garlic, minced
½ tsp	2 ml	Pepper
0.8 lb	400 g	Chicken breasts, skinless boneless
4		Lemon wedges

Directions:

1. Whisk yogurt, oregano, oil, lemon juice, zest, garlic and pepper together in a large bowl.
2. Add chicken to marinade and mix to coat. Cover and refrigerate for twenty minutes to an hour.
3. Place chicken on grill over medium heat; brush with remaining marinade. Close lid and grill 6 minutes per side or until chicken breasts reach 165°F (74°C).
4. Serve with lemon wedges.

Nutrition Information per 100 g serving

Calories	151
Fat	4 grams
Carbohydrate	4 grams
Fibre	1 gram
Protein	25 grams
Sodium	66 milligrams

Did you know?

Using tongs instead of a fork to flip meats on the BBQ will keep your meats juicy and reduce flare-ups.

In Your Kitchen

Tasty BBQ Ideas

- Use salad dressing as a quick marinade for meats, poultry, fish and vegetables.
- Drizzle cobs of corn or thick slices of sweet potato with oil and sprinkle with no-salt-added seasoning blends.
- Make your BBQ sides a bit healthier. Use whole wheat pasta in macaroni salad or try sweet potato in potato salad. Swap out half of the mayo in the dressing for plain yogurt.
- Try pesto, tzatziki or hummus on burgers for a different flavour.
- Top your burger with something new. Try feta and tomato slices with beef or smoked Gouda and apple slices with turkey.
- Serve grilled chicken, fish or pork with fruit salsa.
- Enjoy grilled fruit for a simple dessert. Try peach halves, pineapple slices or apple wedges.

Pharmacy Corner

Do you have questions about supplements? Our pharmacy teams are here to help! Our pharmacists can help you choose which supplements are right for you, whether or not they're okay to take with other medications and how much you should take.

Our Pharmacists and Dietitians are your partners in better health!



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