

JULY 2010

IN THE MOOD FOR BBQ?

HEALTHFUL GRILLING TIPS

By now, you've probably dusted off your grill and fired it up a few times on these lazy summer evenings. Nothing smells or tastes better than meats, fish, vegetables and even potatoes grilled on the barby, and it's an easy clean-up, too! But, can too much of a good thing, be not-so-good for your health? Some experts believe so.

There is scientific evidence which shows that exposing meat proteins to very high temperatures can convert them into chemicals called heterocyclic amines, or HCA's. These compounds are thought to play a role in the development of certain cancers including prostate, breast, colon, and stomach cancers. As the fat from meat comes into contact with the hot grill, smoke is produced. Carcinogenic hydrocarbons are released from the smoke, which then get deposited on the surface of the meat.

Does this mean that you need to retire your beloved grill? Not at all, but you may want to grill more safely. Take the following steps to reduce the production of harmful chemicals from smoke, which can reduce your risk for cancer.

≈ Select lean cuts of meat such as chicken and beef that is at least 93 percent lean, and fish. Grill high fat ribs and fatty steaks or ground beef less often as they produce more smoke during the grilling process.

≈ Avoid processed meats like sausage, hot dogs, or kielbasa as these items contain other carcinogens that are equally as harmful to your health if consumed regularly.

≈ When preparing meat, remove excess fat and skin. Marinate meat in mixtures that contain vinegar and citrus fruits such as lemons or oranges. These types of marinades can reduce the amount of hydrocarbons that are produced when grilling. Sauces made with honey or sugar tend to burn, possibly increasing the production of carcinogenic compounds.

≈ Keep foods at least six inches from the heat source and use aluminum foil to prevent juices from leaking and producing more smoke.

≈ Flip meats frequently to avoid overcooking, and cut away charred pieces before serving.

≈ Do something different like grilling vegetables, fruits, and even tofu which do not form harmful HCA's!



[Click here](#) to view our featured recipe!

TOP 5 SUPER FOODS

Scientists from USDA have analyzed the antioxidant content of 100 foods and have identified the top 20 that are highest in these substances. Antioxidants are compounds that fight disease-causing free radicals, which have been linked to an increased risk for cancer, heart disease, Alzheimer's disease and even, aging. The following five power foods made the cut, and some may even surprise you!

- Small red beans and black beans
- Blueberries, blackberries, and strawberries
- Artichokes
- Pecans
- Russett potatoes

For a complete list of the top 20 foods highest in antioxidants visit:

<http://www.rd.com/living-healthy/top-10-antioxidant-rich-fruits-and-veggies/article16245.html>



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Spicy Grilled
Chicken with Bok
Choy and Carrots

Pair Super Veggies with Chicken for a Tasty BBQ!

Four Servings per Recipe

Ingredients

- 3 cloves garlic, minced
- 2 tablespoons minced fresh ginger root
- 1 lime, zested and juiced
- 1/4 teaspoon crushed red pepper flakes
- 1/2 cup water
- 1/4 cup soy or tamari sauce
- 1/4 cup Worcestershire sauce
- 1 tablespoon brown sugar
- 4 heads of baby bok choy (about one pound)
- 2 large carrots, washed and cut julienne
- 4-4 oz. skinless, boneless chicken breasts

Directions

In a medium bowl, combine the garlic, ginger, lime zest, lime juice, crushed red pepper flakes, water, soy or tamari sauce, Worcestershire sauce and sugar.

Reserve 1/3 of a cup of marinade to use for vegetables when grilling.

Place the chicken in the sauce, turning several times to coat. Cover and marinate in the refrigerator overnight.

Rinse bok choy thoroughly to remove grit.

Trim large leaves from the bok choy and cut heads in half, length-wise.

Preheat an outdoor grill on high heat and lightly oil grate. Grill chicken for six to eight minutes on each side, lightly brushing with reserved marinade.

Remove from grill and wrap in foil or place in warm oven to retain heat.

Toss bok choy and carrots in reserved marinade to coat thoroughly. Remove and reserve marinade.

Place carrots, and bok choy, cut side down on the grill. Cover with foil and cook for 10 minutes or until tender.

Remove vegetables from grill.

Place vegetables on a platter and top with grilled chicken breasts .

Drizzle with remaining sauce and serve.

Mindful Nutrition Counseling

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Nutrition Facts per 11 oz. Serving:			
Calories	290	Fat	9 g
Carb.	15 g	Sat. Fat	2.4 g
Protein	36 g	Fiber	3 g
Chol.	101 mg	Sodium	925 mg