

# SIZZLING SUMMER GRILLING

MAKE A NUTRITIOUS AND BALANCED MEAL, STARTING WITH THE GRILL

Grilling is one of the easiest—and most delicious—ways to cook because the flames bring out food’s natural flavor. Use this guide to create a perfect summer meal on the grill—choose your protein, round it out with a rainbow of veggies, add a whole grain and you’re ready to go!



**1 Choose Your Protein.** Proteins such as chicken, fish, lean beef or tofu are great cooked on the grill. Grilling infuses a unique, smoky flavor, and it’s a super-quick cooking method. **TIP:** If you go for tofu, choose the extra-firm water-packed variety.

**GARLIC LOVER’S RUB:** Combine 8 cloves minced garlic, 1 tablespoon extra-virgin olive oil, 2 teaspoons stone-ground mustard, 1½ teaspoons kosher salt, ½ teaspoon freshly ground pepper and ½ teaspoon freshly grated lemon zest in a small bowl. Using your hands, spread the rub evenly onto 1½ pounds (6 servings) of your chosen protein just before grilling.



**2 Load Up on the Vegetables.** Cooking vegetables on the grill imparts a delicious smokiness and a sweet, caramel-like flavor. Simply toss with olive oil and a pinch of salt before grilling. **TIP:** Grilling times vary; check out the chart at right for tips.



**3 Pick a Grain.** While the grill is heating, prep 2-4 cups of an easy-to-make whole grain (e.g., whole-wheat couscous, bulgur).



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## VEGETABLE GRILLING GUIDE

Vegetable	Amount for 4 Servings	Prep	Grill Time	Analysis Per Serving*
<b>Asparagus</b>	1 pound	Trim tough ends.	6-8 min	55 calories; 4 g carbohydrate; 2 g fiber
<b>Bell Peppers</b>	2 large peppers	Halve, seed and stem the peppers.	5 min	53 calories; 6 g carbohydrate; 1 g fiber
<b>Corn</b>	4 ears	Husk the corn.	8-12 min	120 calories; 19 g carbohydrate; 2 g fiber
<b>Eggplant</b>	1 pound	Cut into ¼-inch-thick rounds.	2-3 min	59 calories; 6 g carbohydrate; 4 g fiber
<b>Onions</b>	2 medium	Peel and cut into ¼-inch-thick rounds.	2-3 min	54 calories; 5 g carbohydrate; 1 g fiber
<b>Portobello Mushrooms</b>	4 large	Remove stems and scrape out gills with a spoon, if desired.	6-8 min	50 calories; 3 g carbohydrate; 1 g fiber
<b>Summer Squash &amp; Zucchini</b>	1 pound	Slice diagonally into ¼-inch-thick slices.	4-6 min	49 calories; 4 g carbohydrate; 1 g fiber

\*Nutrition analysis based on preparing vegetables with 1 Tbsp. olive oil.