



HEALTHY BBQ EATING

EATING HEALTHY DURING BBQ SEASON

THE IMPORTANCE OF EATING HEALTHY DURING BBQ SEASON

As it warms up outside, the air is filled with the delicious smell of BBQ season lighting up as the grills come out.

It's that time of the year when friends, family, and neighbors come together to enjoy the season outside and share in some delicious food.

Thanks to all of the delicious dishes; it can also be a time where you start to feel your waistline expand, your body seemingly bloated, and exhaustion creeps up out of nowhere.

This is because the food that tends to be served at a BBQ, while delicious, is filled with carbs, sugar, and of course, meat.

Excess carbs and sugar are huge contributors to inflammation and weight gain. All the pasta salads, stuffed noodles, potatoes, bread, and desserts can really start to add up; slowing down your body's metabolism and you as well.

Meat is a great source of protein, but it is also very heavy and takes longer for your body to digest. Adding carbs and sugar on top of that, and you end up with a recipe for a sleepy BBQ season.

Thankfully, there are many healthier and delicious options you can swap some of your favorite sides out for that everyone will love.

Here are some of my favorite nourishing recipes to bring and make for a BBQ!

HEALTHY RECIPES FOR YOUR NEXT BBQ

SIDES

GRILLED SALAD

Serves 4

2 hearts of romaine, cut in half lengthwise and leave root intact

2 tbsp olive oil

Salt and pepper to taste

Heat grill pan to medium high heat. Brush hearts with olive oil and sprinkle with salt and pepper. Cook on grill until they begin to char and wilt, about 5 minutes.

SQUASH CHIPS

Serves 2

1 tbsp nutritional yeast

1 tsp turmeric

1 tbsp onion Powder

1 medium zucchini, sliced thinly

1 medium yellow squash, sliced thinly

Olive oil

Salt and pepper to taste

Combine seasonings in bowl and mix well. Toss squash slices in olive oil. Pour seasoning blend over squash slices and toss until coated. Spread out on baking sheet. Bake at 450F for 10 minutes. Take out of oven and toss chips. Bake for 10 more minutes or until chips are lightly browned.

BACON WRAPPED VEGETABLE BUNDLES

Serves 6

1 lb asparagus

4 medium carrots, cut into sticks

4 medium parsnips, cut into sticks

12 slices bacon

Divide up vegetables into twelve bundles. Wrap each bundle with a piece of bacon. Place bundles on baking rack set inside a baking sheet to catch grease. Bake at 400F for 30 minutes or until bacon looks crisp.

GARLIC MASHED 'POTATOES'

Serves 4

1 head of cauliflower separated into florets

1 small onion, chopped

1 pint of chicken stock

1 garlic clove

Salt and pepper to taste

Parsley for garnish

Place florets, garlic, onion, stock, and salt and pepper into large pot and cook in medium high heat. Place lid on pan while cooking. Cook until florets can be smashed with the end of cooking utensil. Set aside and let cool a few minutes. When safe to handle, pour mixture into blender or food processor and puree until smooth.

BROCCOLI RABE WARM CITRUS SALAD

Serves 4

1 lb broccoli rabe, cut into 2 inch pieces
1 tbsp olive oil 1 red bell pepper, cut into strips
1 red onion, sliced thin
1 orange bell pepper, cut into strips
1 yellow bell pepper, cut into strips
1/8 tsp crushed red pepper flakes
1 garlic clove, minced
Juice and zest of 1 orange
Salt and pepper to taste

Bring a large pot of water to a boil. Add broccoli rabe and cook for 2 minutes. Drain and set aside. In skillet on medium high heat, add olive oil, onion, peppers, pepper flakes, and garlic. Cook for 2-3 minutes until vegetables soften. Add broccoli rabe. Cook for another two minutes. Add juice and zest of orange. Toss to coat. Salt and pepper to taste.

DESSERT

ROASTED GRAPEFRUIT

Serves 2

1 grapefruit cut in half

Honey to drizzle

Drizzle honey on each side of grapefruit, approximately 2 tsp on each side. Broil for five minutes until fruit starts to brown.

BLUEBERRY NECTARINE SALAD

Serves 4

2 cups blueberries

3 nectarines, pitted and cut into wedges

1 tbsp honey

1 lime, juiced and zested

4 tbsp coconut cream

Fresh mint

Combine blueberries and nectarines in a bowl. Drizzle with honey, lime zest and juice, and sprinkle on chopped mint. Mix well. Serve each person with 1 tbsp of coconut cream on top of salad.

BERRIES & MOUSSE

Serves 6

1 ¼ cup raw, soaked macadamia nuts

1 cup plus 2 tbsp water

3 tbsp honey

2 ¼ tsp unflavored gelatin

2 cups fresh berries including strawberry, raspberry, blueberry, and blackberry

Fresh mint

Place macadamia nuts, 1 cup of water, and honey in food processor. Pulse until smooth. In a small sauce pot combine gelatin and 2 tbsp water. Heat over medium heat until gelatin dissolves. Remove from heat and add to food processor. Pulse for another couple minutes. Place mousse in refrigerator to cool and set. Serve with fresh berries and mint.

APPLE & RASPBERRY FRUIT CUP

Serves 4

1 cup granny smith apple, chopped

1 cup raspberries

1 lemon, juiced and zested

Fresh mint

Combine apple, raspberries, and lemon juice with zest. Serve with fresh mint.

BANANA POP

Serves 2

1 banana, cut in half

4 tbsp almond butter

1 tbsp coconut milk

2 tsp honey

2 popsicle sticks

In small bowl combine almond butter, coconut milk, and honey. Place popsicle sticks in bananas through cut end. Spoon almond butter mixture over banana and freeze.

LEARN MORE



If you're interested in more healthy tips and strategies, check out the resources I have for you here...

www.DoctorVenus.com