

The long, sunny days of summer are upon us which means
GRILLING SEASON is here!!



If you haven't broken out the **grill** yet, now is the time to clean it off and get started! **Grilling** is one of the best ways to add flavor to food without the need for added fat or sodium.

Follow these tips by the American Institute for Cancer Research on safe **Grilling** practices:

- Marinate meats before **grilling**. Marinating muscle meats (red meat, poultry, fish) can significantly reduce the amounts of Heterocyclic Amines (HCA's), carcinogenic compounds that form when these meats are exposed to high temperatures, as in grilling, broiling or frying.
- Choose lean meats and trim visible fat before **grilling**. Doing so, reduces fat juices from dripping into flames, or onto the coals, and causing smoke or flare ups which can deposit Polycyclic Aromatic Hydrocarbons (PCA's) back onto the food. PCA's are another cancer-causing substance.
- Decrease overall **grill** cooking time by precooking muscle meats in the oven or microwave first.
- Flip frequently and keep meat portions small. Small portions, like kebobs, cook faster on the **grill** and flipping also accelerates the cooking process.

Remember, just about ANY and EVERY type of produce can be **grilled**, and grilled vegetables and fruits do not pose the same threat of HCA's or PCA's. Plus, increasing your consumption of fruits and veggies can boost your intake of the many vitamins, minerals, antioxidants and phytonutrients that promote overall good health and may help prevent the risk of cancer and other chronic diseases.

Here are some recipes to get you started

Grilled Romaine

PREHEAT THE GRILL FOR MEDIUM HEAT. CUT A HEAD OF ROMAINE LETTUCE IN HALF KEEPING THE CORE INTACT. BRUSH THE CUT SIDE WITH OLIVE OIL. PLACE THE CUT SIDE DOWN ON THE PRE-HEATED GRILL. COOK UNTIL LETTUCE IS SLIGHTLY WILTED AND CHARRED ~5 MINUTES. PLATE AND DRIZZLE WITH CEASAR DRESSING.

Information from: *The Facts About Grilling*. American Institute for Cancer Research.
www.aicr.org

Grilled Avocado

3 avocados halved and pitted

1 TBSP lime juice

1 TBSP olive oil

1 TBSP cilantro chopped

1 lime cut into wedges

salsa, sour cream

Preheat grill to medium heat. Whisk together lime juice and olive oil. Brush each avocado half with marinade. Place avocados flesh side down on hot grill. Cook 5-7 minutes until grill marks appear and avocado is warm but not mushy. Remove from grill. Fill hole left by pit with salsa and a dollop of sour cream. Squeeze the wedge of lime over the avocados and sprinkle with cilantro.

Eat with a spoon or pita chips.