

Tips for Healthy Summer BBQs



Summer barbecues are here, and they bring tempting but unhealthy food options. Here are tips to stay healthy at BBQs while maintaining your wellness goals.

- Choose lean proteins like skinless chicken, turkey burgers, fish, or lean cuts of beef.
- Grill vegetables like peppers, zucchini, eggplant, and corn for healthy and flavorful sides.
- Substitute high-calorie condiments with Greek yogurt, hummus, or homemade salsa. Use whole-grain buns or lettuce wraps instead of refined bread.
- Stay hydrated with water, unsweetened iced tea, or fruit-infused water. Opt for sparkling water with a splash of lemon or lime for a fizzy drink.
- Practice mindful eating by being aware of portion sizes and savoring each bite. Listen to your body's hunger and fullness cues.

By making mindful choices and adding nutritious options, you can enjoy summer BBQs while staying on track with your health goals. [Healthy Recipes: Mediterranean Grilled Salmon](#)

Ingredients (Servings 4)

- 4 tablespoons chopped fresh basil
- 1 tablespoon chopped fresh parsley
- 1 tablespoon minced garlic
- 2 tablespoons lemon juice
- 4 salmon fillets, each 5 ounces

- Cracked black pepper, to taste
- 4 green olives, chopped
- 4 thin slices of lemon

Directions

1. Prepare a hot fire in a charcoal grill or heat a gas grill or broiler. Away from the heat source, lightly coat the grill rack or broiler pan with cooking spray. Position the cooking rack 4 to 6 inches from the heat source.
2. In a small bowl, combine the basil, parsley, minced garlic, and lemon juice. Spray the fish with cooking spray. Sprinkle with black pepper. Top each fillet with equal amounts of the herb-garlic mixture.
3. Place the fish herb side down on the grill. Grill over high heat. When the edges turn white, turn the fish over after about 3 to 4 minutes and place it on aluminum foil.
4. Move the fish to a cooler part of the grill or reduce the heat. Grill until the fish is opaque throughout when tested with the tip of a knife and an instant-read thermometer inserted into the thickest part of the fish reads 145 F (about 4 minutes longer).
5. Remove the salmon and place it on warmed plates. Garnish with green olives and lemon slices.

Nutrition Analysis (Per Serving)

Calories:214; Total fat: 10 g; Saturated fat: 1 g

Trans fat: 0 g; Monounsaturated fat: 3 g; Cholesterol: 78 mg

Sodium: 143 mg; Total carbohydrate: 3 g; Dietary fiber: 1 g

Total sugars: 0.5 g; Added sugars: 0 g; Protein: 28 gDisclaimer: It's important to note that these tips are not intended to replace advice from a healthcare professional. If you have concerns about your health or medical conditions, consult with your physician before making any significant changes to your routine.