

Healthy Grilling Ideas



Try grilling more veggies and fruits for added color, flavor and more vitamins and nutrients in your meals. Start today with these easy suggestions:

Favor fruits

Fruits that are firm and ripe work well for grilling. **Try mangos or papayas** – a sweet addition to any meal.



Ever tried grilled watermelon? If not, give it a go! Since this fruit is mostly made up of water, it takes only about 30 seconds to grill each side.

Make fruit kabobs. Skewer banana or pineapple slices or peach halves. Grill them on low until slightly golden and hot.

Besides enjoying grilled fruit with your main meal, have some as a healthy dessert. Eat grilled fruit plain or add it to low-fat frozen yogurt or served on top of angel food cake.

Vary your vegetables

Try grilling burgers – minus the meat! Marinate large Portobello mushrooms and grill them (gill sides up) like you would burgers. Serve on a whole-grain bun. You can even add more grilled veggies!

Carrots and potatoes aren't just for stews – try grilling them with other veggies on a kabob skewer.

Cut any vegetables you want – such as eggplant, cherry tomatoes, onions, red or yellow bell peppers and mushrooms – and alternate them on a skewer. Brush veggies with olive oil and spices of your choice. Grill over medium heat – about 12 to 15 minutes (the cherry tomatoes may take less time).

Happy grilling!

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