

Tips for hosting a healthy BBQ

Master your meat

- choose lean meats
- choose lean and lower salt burgers, sausages and rissoles
- chicken, tofu, eggs and prawns are great lean proteins
- try kebabs that alternate a protein with vegies (or even pineapple or peach!)
- cook marinated meats last to save on clean-up

Throw a veg on the barbie

Brush vegies with a little olive oil and cook until tender!

- field mushrooms (add pesto for extra kick!)
- thickly sliced zucchini
- capsicum cut into thick wedges
- slices of eggplant (need a long time to cook)
- corn cobs (serve with hot sauce and lime wedges)



Smart sides



- choose grainy or wholemeal bread, rolls and wraps (unbuttered)
- make friends with salad
- try fruit kebabs, fruit cups or a fruit platter for sweets
- have fancy water (sparkling water infused with fruit and herbs) instead of soft drinks



Healthy BBQ checklist

- Choose wholemeal or grainy breads
- Avoid margarine or butter
- Choose lean sausages and steaks
- Choose lean and lower salt burgers and rissoles
- Choose skinless chicken
- Have salad, vegies and fruit available
- Have cold water available (plain or fancy)
- Limit or avoid offering soft drinks and alcohol

HOT TIP: visit livelighter.com.au for recipe ideas