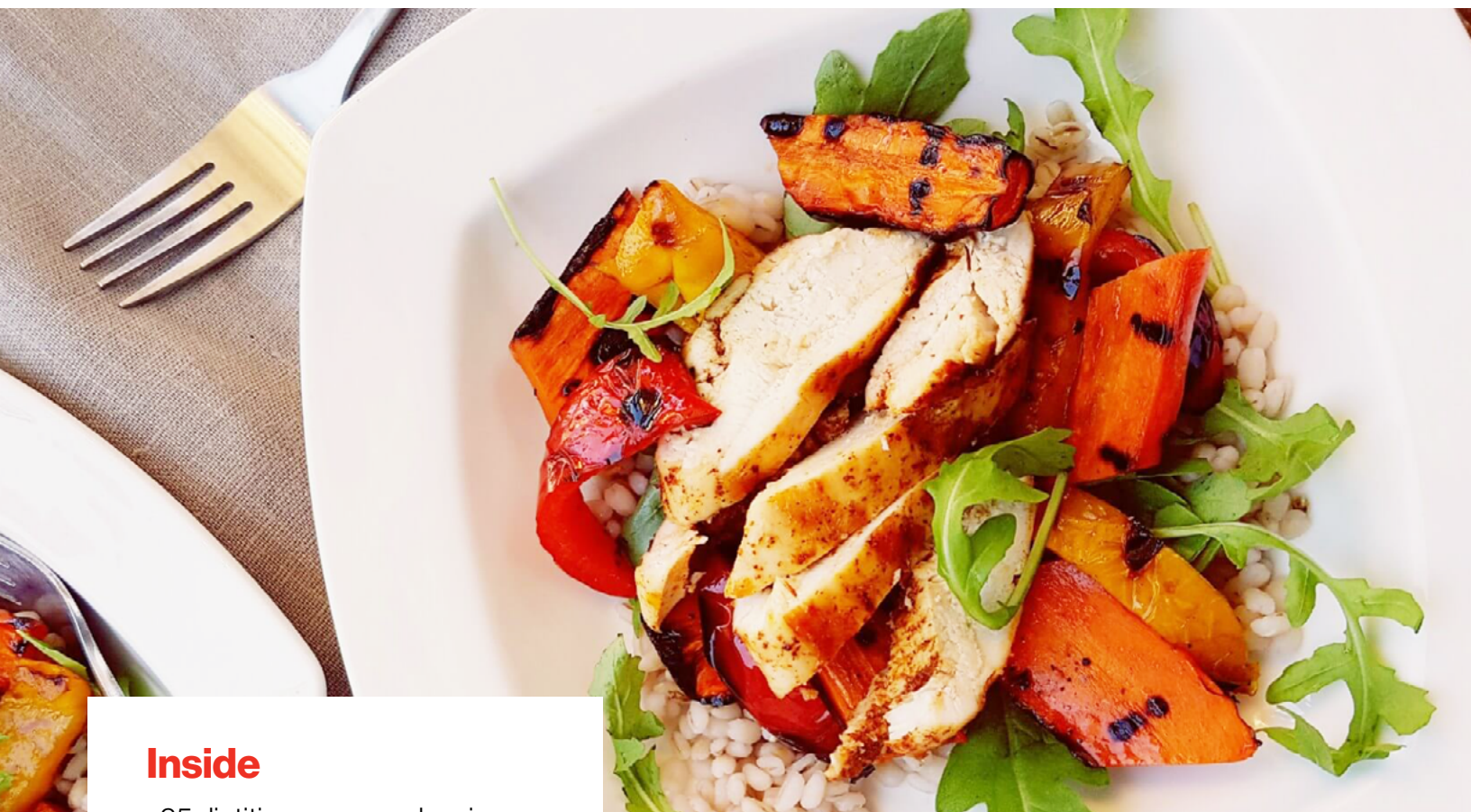




Heart
&Stroke™

Healthy grill guide

Summer means simple, fresh meals from the grill. Raise your game with delicious recipes and heart-healthy tips for BBQ season.



Inside

- 35 dietitian-approved recipes
- Make the perfect marinade
- Nutrition advice and safety tips

All recipes are approved by Heart & Stroke dietitians and can be found at heartandstroke.ca/recipes

Tap the power of protein

Skip processed meats like hotdogs and sausages in favour of fresh, lean options. Reduce saturated fat by trimming visible fat from meat and removing skin from poultry.

Fish: Best options include steaks such as tuna, salmon or swordfish, or whole fish including trout, red snapper, striped bass and bluefish.

Recipes to try:

[Grilled scallops puttanesca \(pictured, right\)](#)

[Grilled shrimp skewers](#)

[Grilled tuna steaks with cilantro and basil](#)

Poultry: Grill chicken or turkey breast, chicken thighs or drumsticks.

Recipes to try:

[Grilled cauliflower and chicken dinner \(pictured, right\)](#)

[BBQ drumsticks](#)

[Chicken souvlaki skewers](#)

[Pineapple ginger chicken](#)

[Zippy chicken thighs](#)

Pork: Lean cuts like tenderloin or loin chops are great for the BBQ.

Recipes to try:

[Pork with black bean salad](#)

[Pork and petite peppers with fresh ginger hot sauce](#)

[Caribbean grilled pork with tropical salsa](#)

Burgers: Make your own with lean or extra lean ground beef, turkey or chicken.

Recipes to try:

[Slider slaw salad \(pictured, right\)](#)

Steak: Try grilling eye of round, sirloin tip, tenderloin, top sirloin or striploin.

Recipes to try:

[Yucatan spiced skirt steak \(pictured, right\)](#)

[Lemon herb grilled steak](#)

[Garlic herb steaks](#)

Vegetarian options: Good choices are marinated extra firm tofu and medium-hard cheese such as halloumi or scamorza (grill on top rack).

Recipes to try:

[Sweet potato and black bean burgers](#)

[Grilled tofu and bok choy](#)



Grilled scallops puttanesca



Grilled cauliflower and chicken dinner



Slider slaw salad



Yucatan spiced skirt steak

Safety tips



- Use a meat thermometer to ensure meat and poultry is done.
- Always use separate cutting boards for produce and meats, to keep bacteria in raw meat away from vegetables and fruit.
- Discard any marinade that has been used on raw meat. Use a fresh batch to marinate vegetables or dress a salad.
- Soak wooden skewers for 20-30 minutes before using so they won't flame up.





Grilled chicken barley bowl

 **4 servings**

 **30 min**

Ingredients

- ☐ **1/2 cup** (125 mL) pearl or pot barley
- ☐ **2 cups** (500 mL) baby arugula
- ☐ **4** carrots, sliced lengthwise
- ☐ **2** red peppers, quartered
- ☐ **2** boneless, skinless chicken breasts (about 1 lb/454 g)
- ☐ **2 tsp** (10 mL) canola oil, divided
- ☐ **1 tsp** chili powder
- ☐ **2 tsp** (10 mL) balsamic vinegar

Directions

- 1.** In a small saucepan, cover barley with water; bring to a boil. Reduce heat and simmer for about 20 minutes or until barley is tender but still chewy. Drain well and toss with arugula; set aside.
- 2.** Spray carrots and peppers with cooking spray; set aside.
- 3.** Toss chicken breasts with 1 tsp (5 mL) of the oil and chili powder to coat.
- 4.** Heat grill to medium high heat and grill carrots, peppers and chicken breasts for about 7 for the vegetables and about 12 minutes for the chicken. Turn occasionally until vegetables are tender and chicken is no longer pink inside. Remove to cutting board.
- 5.** Slice carrots and peppers; toss with remaining oil and vinegar. Divide barley mixture among 4 bowls and top with vegetables. Slice chicken and place over top to serve.

Nutrition info per serving (1 of 4)

- Calories 280 • Protein 26 g
- Total fat 6 g: Saturated fat 1 g • Cholesterol 60 mg
- Carbohydrates 33 g: Fibre 5 g • Sugars 7 g • Added sugars 0 g
- Sodium 120 mg • Potassium 700 mg

Featured recipe



This recipe is
on video!
Watch it here.



Grilled shrimp and corn casserole

 **4-6 servings**

 **38 min**

Ingredients

- ☐ **1 1/2 lb** (750 g) mini potatoes, halved
- ☐ **1/3 cup** (75 mL) sodium reduced vegetable broth or water
- ☐ **3 tbsp** (45 mL) chopped fresh parsley, divided
- ☐ **1/2 tsp** (2 mL) pepper
- ☐ **1 tbsp** (15 mL) canola oil
- ☐ **2 cobs** of corn, husked, each cut into 4 pieces
- ☐ **1 tsp** (5 mL) chili powder
- ☐ **1 lb** (500 g) large (21/25) peeled shrimp, thawed
- ☐ **1 tomato**, diced
- ☐ **4 cloves** garlic, minced
- ☐ **1/4 tsp** (1 mL) cayenne

Directions

- 1.** In a foil or grill safe baking dish, toss potatoes with broth, 2 tbsp (25 mL) of the parsley and pepper. Place on preheated medium-high grill; close lid and grill for 10 minutes, stirring once.
- 2.** In a bowl, toss corn with oil and chili powder. Open lid and stir corn into potatoes. Close lid and grill for 5 minutes.
- 3.** In same bowl, toss shrimp with tomato, garlic and cayenne. Open lid and stir vegetables. Stir in shrimp mixture; close lid and grill for about 8 minutes or until shrimp are firm and pink and potatoes are tender. Sprinkle with remaining parsley to serve.

Nutrition info per serving (1 of 4)

- Calories 300 • Protein 23 g
- Total fat 5 g: Saturated fat 0.5 g • Cholesterol 160 mg
- Carbohydrates 41 g: Fibre 6 g • Sugars 6 g • Added sugars 0 g
- Sodium 260 mg • Potassium 1150 mg



Kick up your veggies

Grilling brings out heavenly flavours in vegetables, which deliver heart-healthy fibre, vitamins and minerals. Toss them with marinade or just brush with oil.

Best choices for grilling:

- asparagus
- zucchini
- onions (quarter lengthwise and leave the roots intact)
- eggplant
- peppers
- mushrooms
- sweet potatoes
- corn on the cob.

Recipes to try:

[Grilled asparagus and broccoli salad \(pictured, right\)](#)

[Grilled broccoli and tomato skewers](#)

[Grilled corn and pepper salad \(pictured, right\)](#)

[Grilled tofu and bok choy \(pictured, right\)](#)

[Grilled veggie and grain platter \(pictured, right\)](#)

[Tangy grilled asparagus](#)



Grilled corn and pepper salad



Grilled veggie and grain platter



Grilled asparagus and broccoli salad



Grilled tofu and bok choy

3 steps to the perfect marinade

A zingy combo of acid, oil and herbs adds flavour and juiciness to your grillables, and can dress up vegetables, salads and grain-based dishes. Many bottled marinades are high in sugar and salt. So why not create your own with what's in your kitchen?

Here's how:

- 1. Pick an acid.** Try vinegar, wine or citrus juice.
- 2. Add an equal amount of oil.** Vegetable oils such as olive or canola are good choices for the grill.
- 3. Don't forget the flavour!** Add your favourite herbs, spices, minced garlic or onion, or finely chopped fruit or vegetables such as apples, peaches or peppers.




Featured recipe



Chunky grilled vegetable guacamole

 **8 servings**

 **15 min**

Ingredients

- ☐ **2 tbsp** (25 mL) canola oil, divided (plus more for the grill)
- ☐ **1 small zucchini**, cut lengthwise in 3 long strips
- ☐ **1 red bell pepper**, cored, seeds removed, sliced in half
- ☐ **1 just ripe avocado**, peeled, sliced in half
- ☐ **½ small red onion**, sliced in half
- ☐ **juice of 1 lime**
- ☐ **¼ cup** (50 mL) cilantro, minced

Directions

- 1.** Prepare grill by brushing with canola oil. Preheat grill to medium-high.
- 2.** Lightly brush both sides of vegetables with 1 tbsp (15 mL) of the canola oil. Place zucchini strips, bell pepper, avocado and onion halves on the grill for about 3 to 4 minutes per side.
- 3.** Remove from grill. Finely dice zucchini, pepper and onion. Place in large bowl. Add avocado and mash in.
- 4.** Stir in remaining canola oil, lime juice and cilantro. Refrigerate until serving.

Nutrition info per serving (1/4 cup/50 ml)

- Calories 80 • Protein 1 g
- Total fat 7 g: Saturated fat 1 g • Cholesterol 0 mg
- Carbohydrates 4 g: Fibre 2 g • Sugars 1 g • Added sugars 0 g
- Sodium 0 mg • Potassium 185 mg



Side with great taste

BBQ mains go well with just about anything, from a classic green salad to baked beans or hummus.

Boost nutrition in your side dishes and salads by choosing whole grain pasta, keeping skins on potatoes and experimenting with whole grains such as brown rice, quinoa or buckwheat. Amp up the nutrients by doubling the vegetables and adding nuts and fruit.

Recipes to try:

Asian green beans with wild mushrooms and Cipollini onions

Avocado tomato and feta salad

Black-eyed pea and roasted garlic salad

Cilantro and black bean farro salad (pictured, right)

Fast and easy bean salad

Greek lentil salad (pictured, right)

Three-grain salad with goat cheese (pictured, right)

Vegetable confetti quinoa (pictured, right)



Vegetable confetti quinoa



Three grain salad with goat cheese



Greek lentil salad



Cilantro and black bean farro salad

The right gear helps

Investing in a few basic tools will see you through a summer of delicious meals from the grill.

**Skewers
(metal or wood)**



**Heat-proof
oil brush**



Meat thermometer



**Grill
basket**



Featured recipe



Crunchy wild rice salad with blackberry dressing

 **6 servings**

 **1 hr 15 min**

Ingredients

- ☐ **½ cup** (125 mL) wild rice
- ☐ **2 cups** (500 mL) water
- ☐ **½ cup** (125 mL) celery, diced
- ☐ **½ cup** (125 mL) cucumber, diced
- ☐ **¼ cup** (50 mL) green onion, chopped
- ☐ **½ cup** (125 mL) fresh or frozen blackberries, divided
- ☐ **3 tbsp** (45 mL) red wine vinegar
- ☐ **1½ tbsp** (22 mL) canola oil
- ☐ **2 tsp** (10 mL) granulated sugar
- ☐ **¼ tsp** (1 mL) freshly ground pepper
- ☐ **¼ cup** (50 mL) toasted pecans, chopped

Directions

- 1.** In a large saucepan, combine rice and water. Bring to a boil, cover, reduce heat and simmer for 45-60 minutes, until grains have started to pop. Remove from heat with lid still on and allow to stand for 30-60 minutes until desired texture is achieved. Drain and cool.
- 2.** In a large bowl, combine rice, celery, cucumber and green onion.
- 3.** Prepare dressing: Whisk well or use blender to combine ¼ cup (50 mL) of the blackberries, red wine vinegar, canola oil, sugar and pepper.
- 4.** When ready to serve, in a large bowl or individual plates, place rice mixture on bottom, sprinkle with remaining ¼ cup (50 mL) blackberries, pecans and drizzle attractively with dressing.

Nutrition info per serving (1 cup/250 ml)

- Calories 130 • Protein 3 g
- Total fat 7 g: Saturated fat 0.5 g • Cholesterol 0 mg
- Carbohydrates 16 g: Fibre 2 g • Sugars 3 g • Added sugars 1 g
- Sodium 10 mg • Potassium 135 mg



Don't forget dessert

Barbecue heat caramelizes the natural sugars in fruit to deliver succulent flavour along with vitamins and fibre.

Best choices for grilling:

- pineapple
- peaches
- nectarines
- apricots
- plums
- pears
- apples.

For scrumptious skewers try:

- cantaloupe
- watermelon
- banana
- strawberries.

Brush fruit lightly with a flavourless oil (such as canola) to prevent sticking. Avoid extra virgin olive oil as the flavour is too strong.

Make sure you are working on a clean grill — nothing ruins the taste of grilled fruit like bits of leftover fish!

Serve with plain low-fat Greek yogurt, a drizzle of honey, a sprinkle of cinnamon and fresh mint. Or go savoury and scatter with goat cheese and a balsamic reduction (simmer ½ cup of balsamic vinegar until the amount is reduced by half).



Tip: Soak fruit in a cold-water bath for about 30 minutes before grilling to keep it juicy.



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