

# Barbecue Basics

Summer is here and that means many people have started to clean off their barbecues to enjoy more grilled meals. Regardless of the type of food you choose to grill, it is important to be aware that grilling food at high temperatures (to the point where they burn!) can produce unhealthy chemicals. But this doesn't mean you need to put your barbecue away!

**DID YOU KNOW:** Grilling food at high temperature to the point where they burn can produce unhealthy chemicals. Check out the tips below to help you make delicious and nutritious food on the grill!

**Check out the tips below to enjoy healthier BBQ meals:**

1. *Grill on low for longer:* this limits the possibility of exposing the food to potentially harmful chemicals from the smoke.
2. *Watch the sugar:* many barbecue sauces contain a lot of sugar. Read the ingredients and choose a low-sugar option.
3. *Grill colourful vegetables:* drizzle with olive oil and a pinch of salt and pepper, then place on grill for 5-10 minutes per side. This provides a dose of healthy nutrients and adds to the 5-8 vegetables we aim to eat in a day.
4. *Trim away:* buy skinless meat and trim the fat off before grilling to limit fat intake.
5. *Check the temperature:* use a thermometer. Red meat should be cooked to 160°F and chicken to 165°F. Make sure to place the thermometer in the thickest part of the meat.
6. *Marinate the meat:* marinade protects the meat, keeping the flames from touching it. It also adds a ton of flavour.



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## Cajun Dry Rub Recipe

This is a Cajun spice mix that has a little heat and is made with common spices found in your pantry. For a less spicy option, add less cayenne pepper and no red pepper flakes.

A dry rub is perfect for roasts, such as lean cuts of beef or pork. It can also be very tasty in skinless chicken breasts without adding many calories!

If you want more sauce on your food, you can add the dry rub spices to marinades, dipping sauces, or just about anything else that you want to put on the BBQ.



**Prep time:** 2-3 min

**Servings:** 5+

### Ingredients:

- ¼ tsp pink Himalayan salt
- 2 tsp garlic powder
- 2 ½ tsp paprika
- 1 tsp ground black pepper
- 1 tsp onion powder
- 1 tsp cayenne pepper
- 1 ¼ tsp dried oregano
- 1 ¼ tsp dried thyme
- ½ tsp red pepper flakes (optional for more spice)

### Directions:

1. Stir all ingredients together until evenly mixed.
2. Gently run the spice mix onto your meat or add to your marinade before cooking.
3. Store leftovers in an airtight container.



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