

5 HEALTHY ALTERNATIVES FOR YOUR BBQ

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Try out one of our healthy alternatives next time you cook out and be the (healthiest) star of your neighborhood BBQ!

1. Throw some Fruits and Vegetables on the Grill

While the meat of the BBQ is usually center stage, don't forget about your fruits and vegetables! Many can be thrown on the grill right alongside your meat and are quite tasty with the added char from the grill. Anything from peppers and carrots to peaches and pineapple- you'd be amazed at how many fruits and vegetables you can grill. [Check out this website](#) for some great tips on how to make the best grilled produce with the richest flavors.

2. Make Your Own Sauce

Often times, the unhealthiest part of any BBQ is the sauce. Most classic BBQ sauce recipes are loaded with sugar and sodium and they aren't doing any favors for your attempts at a healthy diet. But don't let that discourage you from enjoying some delectable sauce with your Q- make your own healthy sauce at home! You control exactly which healthy ingredients make the cut, and you can even experiment with new flavors. [This website](#) has some great healthy homemade BBQ sauces. Give one a try and we promise it'll be even better than the classic stuff.

3. Try Healthy Substitutions

There are tons of substitutions you can make to classic BBQ dishes to make them healthier. Use whole grain mustard and homemade relish on your burgers instead of yellow mustard and mayonnaise. Use Greek yogurt instead of mayonnaise in your potato salad- or better yet, replace it all together with a big bowl of fruit salad! Skip the sugary lemonade and serve fresh fruit water. Get creative! How many more healthy substitutions can you think of?

4. Bring Nutritious Sides

To some, the sides are the best part of any BBQ. Serve up delicious sides while boosting your friends' nutrition by making side dishes with healthy ingredients. There are so many delicious fruits and vegetables in season during the summer- highlight them in your sides! A big green salad, light cole slaw or homemade salsa are all great examples of sides that are not only healthy, but will also be the hit of the party! [This website](#) has some more healthy examples.

5. BBQ Fish

While classic BBQ mostly consists of beef and pork, why not shake things up by BBQing some fish? Salmon and cod both make for delicious BBQ that will keep your guests full and happy, and the healthy Omega 3s will keep your heart happy too. Who knows? You may even like it better than steak!

References:

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