

What's New On The Grill?

It's Not Just Meat Anymore

(NAPSA)—This summer, there's a new trend heating up barbecue grills across the country. Many people are serving sizzling portions of savory grilled vegetables and delectable meat alternatives instead of, or in addition to, traditional barbecue fare.

Recent information about the health benefits of soy has fired up interest in meatless products. According to the Food and Drug Administration, consuming 25 grams of soy protein a day, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. What better reason to grill meatless?

If you're not sure where to start, Curtis Aikens, host of Food Network's "Calling All Cooks," recommends these simple tips for a mouthwatering meatless feast:

- Organize and prioritize. Make a list of all ingredients and grilling accessories and buy them ahead of time.
- Brush fresh produce—peppers, zucchini, onions, eggplant, corn, or other favorites—with a little olive oil or your favorite marinade and grill until tender.
- Change it up. Instead of traditional hamburgers, treat your family and friends to the great taste of **Boca™** Burgers. Preparation is simple—brush a little olive oil on the grill, to prevent sticking, and bring the grill to medium heat. Grill frozen burger in a covered grill for about eight minutes turning once and being careful not to overcook.
- Think you're limited to tradi-



tional meat-based pork sausages? Not anymore. **Boca Sausages** cook up in just minutes and are available in delicious Italian, Smoked and Bratwurst varieties.

- Pull out all the stops. Seasonings and condiments make your traditional dishes more distinctive and interesting. Try topping your Bratwurst with sauerkraut, or serve your Italian sausage on a bun, with peppers and onions. Experiment with different tastes and textures to determine what will be a hit on your table.

If you follow these simple tips, you'll be on your way to a fun-filled, tasty summer.

Boca Foods partnered with renowned experts in the fields of motivation, fitness, nutrition, cooking, organization, and volunteerism, and asked them to share their tried and true secrets for creating balance in their lives.

The results...The Boca Book of Basics. To order your free copy, write to: Boca Book of Basics, c/o: Hunter Public Relations, 41 Madison Avenue, New York, NY 10010, Attn: Marnie McLaughlin or log onto www.bocaburger.com.