

Grilling For Your Health

(NAPSA)—According to the 2008 Weber GrillWatch Survey, 31 percent of American grill owners are grilling more than they were a year ago because they're "trying to eat healthier."

To help people make their next barbecue healthy yet delicious, Weber Grills enlisted Monique Ryan, MS, RD, LDN, registered dietitian, and Chef Jamie Purviance to create the new "Weber's Grilling What's Good for You" booklet, offering tips and recipes for the healthy griller.

"It's no secret that making deliberately healthy food choices day after day has a positive impact on your health," says Ryan. "Outdoor grilling allows you to bring a variety of wonderful flavors to healthy foods really quickly," adds Purviance.

Follow these tips from "Weber's Grilling What's Good for You" for your next barbecue:

The Skinny On Lean Meats

Ryan recommends limiting red meat consumption to 18 ounces weekly. Choose lean red meats and trim any remaining visible fat to a ¼" before grilling. Also, opt for fresh meat over frozen whenever possible and limit processed meats such as hot dogs and sausage.

Go Fishing For Omega-3s

The American Heart Association recommends three fish meals weekly for adults because fish is a source of omega-3 fatty acids. Consuming these fats can reduce blood clotting, boost immune function, reduce inflammation and may also help prevent heart disease, stroke, rheumatoid arthritis and Alzheimer's disease.

Think Globally, Eat Locally

The vegetables that you buy locally and in season are richer in nutrients and flavors than the ones shipped from far distances. Cut vegetables in ways that expose as much surface area as possible to



Grilled Peaches with Blackberry Sauce is a perfect end to a healthy barbecue.

the hot grate. The more direct contact the vegetable has with the grill, the better the flavors will be.

Pack In The Produce

The American Heart Association recommends a minimum of five servings of fruits and vegetables daily to lower the risk of heart disease.

For a decadent yet healthy end to your barbecue, try this recipe from Chef Purviance.

Grilled Peaches With Blackberry Sauce

Sauce:

- 6 ounces fresh blackberries, about 1 cup**
- 2 to 3 tablespoons granulated sugar**
- 2 tablespoons unsalted butter**
- 1 tablespoon granulated sugar**
- 4 medium peaches, firm but ripe, halved and pits removed**
- 1 cup vanilla frozen yogurt (optional)**

1. To make the sauce: In a food processor, puree the blackberries with 2 tablespoons water. Add the sugar to taste.

2. In a small saucepan over medium heat, melt the butter, then add the sugar and stir to dissolve. Remove the saucepan from the heat. Brush the peach halves all over with the butter mixture.

3. Grill the peach halves over direct medium heat until they are browned in spots and warm throughout, 8 to 10 minutes, turning them every 3 minutes or so. Serve the peaches warm with the blackberry sauce and frozen yogurt, if desired. Makes 4 servings.

Calories, 172; Total Fat, 6g; Saturated Fat, 4g; Cholesterol, 16mg; Sodium, 1mg; Carbohydrate, 31g; Dietary Fiber, 4g; Protein, 1g.

For a free copy of "Weber's Grilling What's Good for You," call the Weber Grill-Line at (800)GRILL-OUT® or download it at www.weber.com/goodforyou.