

How to Enjoy Summer BBQ the Healthy Way

Outdoor grilling is a summer tradition, and we are here to show you how to make your summer grilling healthier.

While cooking enhances the flavor and safety of food, cooking at high heat or over an open flame can create toxic by-products.

The latest research indicates that you can benefit from a little careful preparation when getting ready to grill. The principles and recipes of *The Fat Resistance Diet* can help make your grilled foods taste wonderful while making them healthier.

The key lies in the details. Pairing grilled food with antioxidant-rich fruit, herbs, spices and vegetables can make a big difference.

Delicious recipes from *The Fat Resistance Diet*, such as Citrus Chicken Kebabs (recipe provided below), Ginger Lime Grilled Tuna and Grilled Vegetables with Tofu make it easy to grill the healthy way.

Under-cooking meat or poultry is not a solution, because it increases the risk of food-borne intestinal infection. The solution lies in the proper use of herbs, spices and marinades containing natural ingredients that prevent formation of these toxic by-products or reverse the damage they can create.

A study at the University of Hawaii demonstrated that steaks marinated in traditional teriyaki sauce or turmeric-garlic sauce diminished formation of toxins by about two-thirds. In contrast, commercial barbecue sauce increased formation of toxins by 300 to 400 percent.

In another study, marinating chicken with garlic and olive oil decreased levels of the most prominent toxins by 90 percent. The addition of brown sugar to marinades, however, increased production of a second toxin ten-fold.

These studies clearly show that when it comes to grilling it is healthier to make your own marinade using the right ingredients.

Green or black tea, parsley, chives, berries, red grapes, herbs and fruits or vegetables that are rich in polyphenolic antioxidants protect the DNA and enzymes in your cells from toxic effects. Pomegranate juice, cherries, red grapes and other brightly colored fruits and juices inhibit or reverse toxicity.

The Fat Resistance Diet gives you delicious ways to marinate and flavor meat, fish, or poultry with healthful recipes designed to reverse the danger posed by grilling your food. Our book comes with 100 recipes for delicious meals that are easy to prepare and six weeks of meal plans.

Citrus Chicken Kebabs with Vegetables

Refreshing citrus and fresh parsley give this dish a wonderful freshness. Grilling the chicken with the vegetables and lemon wedges imparts a lot of flavor to the kebabs. Here's the recipe:

- 2 eight-ounce chicken breasts
- 8 cherry or grape tomatoes
- 6 mushrooms, halved
- 1/2 onion, cut into quarters
- 2 lemons, cut into wedges
- 1/4 cup parsley, finely chopped
- 4 cloves of garlic, chopped
- 1 tablespoon olive oil
- Juice of 1 lemon
- 1/4 teaspoon salt

Freshly ground black pepper

Cut the chicken into one-inch cubes. To make the marinade, whisk together olive oil, lemon juice, salt and black pepper, and then mix in the chopped parsley and garlic. Put the chicken in the marinade mixture and coat well. Remove chicken from marinade and put on skewers, alternating with mushrooms, tomato, onion and lemon pieces.

Heat an electric grill or grill pan. Place the skewers on the grill and cook for 5-6 minutes, or until chicken is cooked through. Remove the chicken and vegetables from the skewers.

Serves two.

Further information about adopting a healthy lifestyle is available at .

***Dr. Leo Galland** is a board-certified internist who is internationally recognized as a leader in nutritional medicine. He has written several dozen scientific papers, textbook chapters, and three highly acclaimed popular books, The Fat Resistance Diet, Power Healing, and Superimmunity for Kids. Jonathan Galland, co-creator of The Fat Resistance Diet, is a health writer who contributes regularly to . He writes a weekly column for a New York City newspaper, Carib News, and is frequently interviewed on national radio shows including Martha Stewart Living.*

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