

# HEALTHY BITES

Issue #9 | September

## The ultimate BBQ spread

Are you keen to swap the usual greasy snag and coleslaw dripping with mayo for something a little healthier and tastier? Lift your BBQ game with our top tips for hosting a healthy get-together.

### 1. Throw some veg on the barbie

Grilled veggies taste great and are super easy to do, plus you'll be on your way to getting your five serves for the day. Brush veggies with a little olive oil and throw on the BBQ until tender.

Here are some of our favourite BBQ veg choices:

- ▲ Corn cobs
- ▲ Eggplant 'steaks'
- ▲ Field mushrooms (add pesto for extra flavour)
- ▲ Thickly sliced zucchini
- ▲ Capsicum slices
- ▲ Asparagus
- ▲ Onion

### 2. Choose better meats

Swap fatty sausages and burger patties for a healthy home-made version, or check the label on store-bought varieties to find the healthiest option. You could also branch out and try other lean protein options like chicken, tofu, eggs or prawns.

### 3. Smart sides

Sensational sides, appetisers and desserts can be prepared ahead of time to reduce stress on the day.

- ▲ It's time to make friends with salad! They make the perfect BBQ accompaniment
- ▲ Whip up some pita crisps and serve with hummus or guacamole
- ▲ Use wholemeal or grainy bread and rolls
- ▲ Fruit kebabs, chunks of watermelon or a fruit platter make an easy and refreshing dessert

### 4. Think before your drink

Help your guests enjoy the weekend minus the thumping headache by providing no and lower-alcohol options. Keep bottles of water handy in the esky or for something a bit fancy, combine sparkling water with fruit or herbs in a clear jug. If you're offering alcoholic drinks, include lower alcohol options like light beer and reduced alcohol wine.

### 5. Bottoms up

Give your guests a nudge in the right direction by having sports equipment out and ready to play.

A game of footy, backyard cricket, frisbee, bocce or finska will get people moving.

To avoid going the same colour as a lobster don't forget hats, sunscreen and sunnies, and make sure there's somewhere shady for people to sit.

# HEALTHY BURGERS

**Prep:** 25 min

**Cook:** 15 min

**Serves:** 2

## Ingredients

- ▲ 200 g lean beef mince
- ▲ 1 onion, one quarter finely chopped, the rest thinly sliced
- ▲ 1 carrot, grated
- ▲ 1 tsp Worcestershire sauce
- ▲ 2 tbs breadcrumbs
- ▲ to taste pepper, to taste
- ▲ spray olive or canola oil spray
- ▲ 2 wholemeal or wholegrain rolls
- ▲ 2 tbs salt-reduced tomato sauce, optional
- ▲ 4 leaves lettuce
- ▲ 4 slices canned beetroot slice
- ▲ 1 tomato, sliced
- ▲ ½ avocado, sliced

## Method

1. In a medium bowl, add the mince, the finely chopped quarter of the onion, half the grated carrot, the Worcestershire sauce, breadcrumbs and a good crack of pepper. Mix, and use hands to shape into two patties about 2 cm thick. Put in the fridge for at least 20 minutes to firm up.
2. Meanwhile, heat up a frypan and/or BBQ and spray with a little oil. Cook the sliced onions on medium heat, stirring often, until golden (at least 5 minutes). Remove onions from the pan.
3. Spray the pan with a little more oil and cook the patties on high heat for about 4 minutes each side, until nicely browned and cooked all the way through.
4. Slice open the rolls, spread the bottom slice with a small amount of tomato sauce (if using), and stack the lettuce, beetroot, patties, onions, tomato, avocado and leftover carrot on top.

**VARIATION:** Make smaller patties and use dinner rolls or English muffins to make “slider” burgers.



Healthy pizzas are a great way to use up leftover BBQ vegies. They are also an easy way to get those vegetable serves in!