



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Beat the Heat... Get Grilling!

Grilling is a great option for cooking foods using a minimal amount of added fat. The heat of the grill browns the outside of the food, sealing in rich flavors. Using direct or indirect heat, almost any food can be grilled including lean cuts of meat, poultry, fish, tofu, vegetables and fruits.

Get creative by utilizing skewers, grill-top baskets and foil-packets.

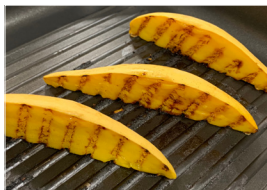
Fruits and vegetables can boost the flavors of any meal.

Add mashed berries or avocado slices onto a grilled cheese sandwich. Dice some grilled berries, watermelon or stone fruits, and add to pasta salad. For breakfast or a snack, serve grill peaches filled with oatmeal, cottage cheese or yogurt.



Grilled Avocado

- Pre-heat grill to medium-high heat.
- Slice in half and remove pits.
- Drizzle with olive oil, lime juice, salt and pepper.
- Grill cut side down for 3-4 minutes.



Grilled Mango

- Pre-heat grill to medium-high heat.
- Cut the cheeks off of the mango and into slices.
- Brush with oil and honey, if needed.
- Grill flesh side down for 1-2 minutes. Flip and grill 1-2 minutes more.

Mango and Avocado Chutney

Ingredients:

- 2 firm, ripe mangos, peeled, pitted and diced
- 2 Tbsps. chopped fresh cilantro leaves
- 2 firm, ripe avocados, peeled, pitted and diced
- 1 lime, zested and juiced
- 2 Tbsps. serrano pepper, seeded and minced
- 1 tsp. chili powder
- 1 Tbsp. extra virgin olive oil
- 1/4 cup red bell pepper, diced



Directions:

Combine all ingredients. Let them sit at room temperature for 10 minutes before serving to allow flavors to blend. Serve with grilled fish, seafood, or chicken.

Recipe adapted from National Mango Board (Mango.org).

