



BalanceHealthSM Newsletter

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Summer Grilling

Grilling can be a healthy and delicious way to prepare food. With the warm sunny weather, summer is the perfect time to get outside and light up that BBQ. This month, we provide a delicious grilled recipe for breakfast, lunch or dinner, and even dessert to tempt your taste buds this summer! If you are new to grilling, check out our "[grilling safety](#)" newsletter before you get started.

Start your day off with this simple, quick, and nutrient packed breakfast, courtesy of The Daily Meal.

Avocado Eggs on the Grill

Ingredients

1 ripe avocado	Salt and pepper to taste
Pinch of barbecue rub	1 red jalapeno, finely diced (optional)
2 eggs	1 tomato, chopped

Directions

Preheat the grill to 500 degrees.

Run a knife blade around the circumference of the pit of the avocado lengthwise and remove the pit. Scoop out enough of the green flesh to make room for an egg. Coat the inside of each avocado with a pinch of the barbecue seasoning. Crack an egg into each half.

Place the avocado halves on the grill for about 5 minutes, or until the egg whites are firm and the yolk is still runny. Remove from the grill, plate, and top with a little seasoning, diced pepper, and tomato.

Tip - if you like your eggs more well done, just leave this on the grill until desired level of doneness

For more information or advice about grilling contact your Wellness Coordinator by calling:

1.800.327.2255

eni's BalanceHealth program is a confidential service provided by your employer to help you achieve and maintain a healthy lifestyle.





Think tropical, with this sweet, but still healthy chicken recipe, courtesy of Delish.

Aloha Chicken

Ingredients:

1 cup unsweetened pineapple juice	1 tbsp. freshly grated ginger
3/4 cup ketchup	1 lb. boneless skinless chicken breasts
1/2 cup low-sodium soy sauce	1 pineapple, sliced into rings and halved
1/2 cup brown sugar	1 tsp. canola oil
2 cloves garlic, minced	Green onions, for garnish

Directions:

Make Marinade: In a large bowl, combine pineapple juice, ketchup, soy sauce, brown sugar, garlic and ginger and whisk until combined.

Add chicken to a large Ziploc bag or baking dish and pour over marinade. Let marinate in the refrigerator at least 3 hours and up to overnight.

When ready to grill, heat grill to high. Oil grates and add chicken. Baste with marinade and grill until charred, 8 minutes per side.

Toss pineapple with oil and grill until charred, 2 minutes. Serve chicken with pineapple and garnish with green onions.

Tip - Use a meat thermometer to ensure chicken is cooked thoroughly

This super simple dessert incorporates delicious grilled cake, with a healthy berry boost, courtesy of Taste of Home.

Grilled Angel Food Cake with Fruit Salsa

Ingredients

1/2 cup each fresh raspberries, blueberries and chopped strawberries	2 tablespoons sugar
1 kiwifruit, peeled and chopped	1 tablespoon lime juice
	1 loaf-shaped angel food cake split

Directions

In a small bowl, combine berries, kiwi, sugar and lime juice. Grill cake, cut side down, over medium heat or broil 4 in. from heat 1-3 minutes or until lightly browned. Cut into slices. Serve with fruit salsa

Remember that **eni's** Wellness Coaches are available to provide our members with additional healthy cooking techniques and healthy recipes.