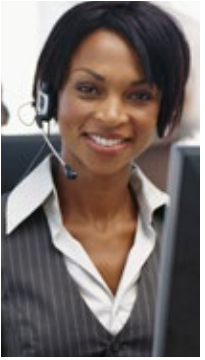




BalanceHealthSM Newsletter

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Get Your Grill On!

As we mentioned last month, grilling can be a really healthy and delicious way to cook all summer! Grilling meat can reduce the fat content as the fat is able to drip off while the meat cooks. Grilling food can also result in a lower calorie content as the food is not sitting in oil as it cooks, so it will not absorb additional fat and calories.

Before we provide you with some delicious recipes, let's review some basic tips to ensure you are grilling safely all summer:

Be sure to clean your grill grates and utensils thoroughly by scrubbing with hot, soapy water before you begin cooking.

Keep raw meat and their juices away from cooked meat at all times.

Use different platters, utensils, and cutting boards for cooked meats than what was used for the raw meats.

Always wash your hands after touching raw meat.

Use a meat thermometer to ensure meat reaches the proper internal temperature needed to kill bacteria.

Refrigerate leftovers right away.

Grilling and Carcinogens

When meat comes in contact with intense heat and flame, it can produce cancer causing agents. These carcinogens are formed mostly from fat, either by fat being heated to extreme temperatures or by the smoke created by fat burning. Follow these simple tips to reduce the levels of carcinogens in your grilled food and keep grilling healthy:

Trim excess fats from foods.

Use marinades made with olive oil and/or citrus juices to reduce the formation of carcinogens by as much as 99%.

Avoid flare-ups, which burn foods and increase carcinogen formation.

Don't overcook food - the charred bits on food are the largest sources of carcinogens so if you have charred sections of meat cut them off.

Grilling isn't just for hamburgers and hot dogs! You can grill delicious food for breakfast, lunch, dinner, and even dessert! Try these scrumptiously simple grilled recipes this summer!

Plum Glazed Sausage

Courtesy of myrecipes.com

Ingredients

- 3/4 cup plum preserves
- 2 tablespoons balsamic vinegar
- 2 teaspoons chopped fresh thyme
- 1/4 teaspoon freshly ground pepper
- 2 pounds fresh sausages *use chicken sausage for a healthier option*

Preparation

Preheat grill to medium heat. Cook first 4 ingredients in a saucepan over low heat, stirring often, 5 minutes; reserve half of mixture.

Grill sausages, covered with grill lid, 10 to 12 minutes or until done, turning occasionally and brushing with remaining half of plum mixture during last 5 minutes of grilling. Remove from heat; let stand 5 minutes. Serve with reserved plum mixture.

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

1.800.327.2255

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Pair these sweet and savory grilled sausages with grilled eggs. Simply fry the eggs on a cast iron skillet that you can place right on the grill – breakfast is complete!

Pizza Margherita

Courtesy of Prevention

This grilled pizza satisfies your pizza craving and makes a healthy complete lunch.

Ingredients

1 tablespoon extra virgin olive oil
1 teaspoon minced garlic
2 pizza crusts
1½ cup shredded part-skim mozzarella
1 pound sliced tomatoes
½ cup fresh basil leaves
Black pepper, freshly ground
1 tablespoon balsamic vinegar

Preparation

Preheat grill to medium-high heat. Mix olive oil and garlic then brush one side of each crust with half of the garlic oil. Next place crusts oil side down on grill and heat until bottoms are golden brown, about 2 minutes. Flip crusts, brush with remaining garlic oil, and sprinkle mozzarella evenly over them. Grill until bottoms are golden brown, about 2 minutes longer.

Remove to cutting board. Scatter tomatoes and basil evenly on pizzas. Sprinkle with pepper and drizzle with balsamic vinegar. Cut and enjoy

Grilled Halibut and Fresh Mango Salsa

Courtesy of Cooking Light

Ingredients

2 cups plum tomatoes, seeded and diced
1 1/2 cups diced peeled ripe mango
1/2 cup diced onion
1/2 cup chopped fresh cilantro
2 tablespoons fresh lime juice
1 tablespoon cider vinegar
1 teaspoon sugar
1 teaspoon salt, divided
1 teaspoon black pepper, divided
2 cloves garlic, minced
4 (6-ounce) halibut fillets
1 tablespoon olive oil

Preparation

Combine first 7 ingredients. Stir in 1/2 teaspoon salt, 1/2 teaspoon pepper, and garlic. Rub halibut with oil; sprinkle with 1/2 teaspoon salt and 1/2 teaspoon pepper. Place fish on grill rack; grill 3 minutes on each side

or until fish flakes easily when tested with a fork. Serve with mango salsa.

Keep this dinner super healthy and low cal by grilling up some romaine lettuce as a side dish. Simply sprinkle the lettuce with olive oil, salt, pepper, and garlic, and grill on both sides for just a few minutes each until lettuce begins to char.

Grilled Plums with Spiced Walnut Yogurt Sauce

Courtesy of Bobby Flay

Ingredients

6 plums, halved and pitted
2 teaspoons canola oil
1 tablespoon honey
Pinch ground cinnamon
Pinch finely grated orange zest
Spiced Walnut Yogurt Sauce, recipe follows

Spiced Walnut Yogurt Sauce:

1 cup Greek yogurt
1 tablespoon honey
2 tablespoons fresh orange juice
1 teaspoon grated orange zest
1/4 teaspoon ground cinnamon

Preparation

Heat grill to high. Brush cut side of plums with oil, drizzle with 1 tablespoon honey, and sprinkle with a pinch each of cinnamon and orange zest. Place plums on the grill, cut side down, and grill for 2 minutes or until golden brown and slightly caramelized. Turn over and grill until just heated through, approximately 1 minute longer. Place 3 plum halves in each of 4 bowls and top with a few tablespoons of the Spiced Walnut Yogurt Sauce.

Spiced Walnut Yogurt Sauce:

Whisk all ingredients together in a small bowl. Cover and refrigerate if not using right away.

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

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