



BalanceWorks® Newsletter

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It's Grilling Season

Now that the weather is finally starting to warm up, grilling season is right around the corner! Backyard BBQs are a fun way to spend time with friends and family and they can turn lunch, dinner or even breakfast into a festive event rather than just a meal. For many people, just the smell of food on the grill brings back memories of the carefree summers we enjoyed as children.

Grilling food is also an extremely healthy and delicious way to cook. Grilled meats have reduced fat content because fat is able to drip off as the meat cooks. Grilled food also results in lower calorie content than other cooking methods such as frying because fried foods are cooked by sitting in oil and they end up absorbing additional fat and calories.

Now let's review some basic grill and food safety tips to ensure you are grilling safely all summer.

Grilling Safety

- Be sure to clean your grill grates and utensils thoroughly by scrubbing with hot, soapy water before you begin cooking.
- Keep raw meats and their juices away from cooked meat at all times.
- Use different platters, utensils, and cutting boards for cooked meat than what was used for the raw meat.
- 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.

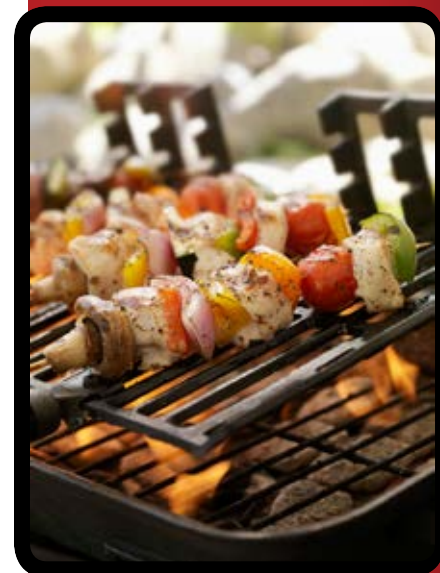
Grilling and Carcinogens

When meat comes in contact with intense heat and flame, two chemicals called Heterocyclic Amines (HCA) and Polycyclic Aromatic Hydrocarbons (PAH) are formed. These chemicals are known cancer causing agents.

For more information or support on grilling safety, contact the work/life experts at BalanceWorks® by calling:

1.800.327.2255

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HCA and PAHs 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 HCA and PAHs in your BBQ'd food and keep grilling healthy:

- Trim excess fats from foods, as fat contributes greatly to HCA formation.
- Use marinades made with olive oil and/or citrus juices to reduce the formation of these chemicals by as much as 99%.
- Avoid flare-ups, which burn food and can increase HCA formation.
- Don't overcook food. The charred bits on foods are the largest sources of PAHs and HCAs so if you have charred sections of meat cut them off.

Grill your Breakfast

Make your pancake batter as you normally would, but instead of cooking them inside, drop the batter on a large cast iron skillet that you can place directly on your grill. This method preserves the flavor and adds a delicious crisp to the outside of the pancakes. As a tasty and healthy side, grill some fruit skewers directly on the grill.

It's Time for Lunch

Invite some friends over and offer a grilled feast that takes minimal time and effort. Make some burgers,

try to get at least 80% lean ground beef, add your favorite cheese, and grill the buns. You can also buy your favorite marinade, soak chicken breast in the marinade overnight and grill the marinated chicken alongside the burgers for a nice variety of meat. For a side dish grill some juicy corn.

A Delectable Dinner

Grill up an elegant and romantic dinner for two. Buy two lobster tails, cut along the underside to expose the meat, brush on some melted butter, then grill, cut side down, until the shells turn bright in color (about 5 minutes) then flip the tails and cook for another 4 minutes. Make grilled zucchini as a side dish. Cut the zucchini lengthwise, drizzle some olive oil over the inside and sprinkle on salt, pepper and basil. Grill skin side up until the flesh is charred and the zucchini begins to soften - about 12 minutes.

Contact eni's Personal Assistants for additional healthy and delicious grilling recipes. Happy barbequing!

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