

Bold Flavors - Healthy Grilling –

How to Raise the Bar

- *Use an instant-read digital thermometer as your guide*
- *Know the food temperature for doneness*
- *Use 2-zone grilling- better temperature control*
- *Use Reverse grilling – low and slow*
- *Dry brine – helps with moisture and flavor*
- *Flip food frequently but not squeezing - improve doneness inside*
- *Forming burgers with a dimple — or even a doughnut-like hole — in the middle for even heating; kills bacteria*
- *Add herbs, especially rosemary and garlic*
- *Use Healthy Beans, Fresh Veggies, and Fresh Herbs; Grill 2-zone*
- *Reduce the need to deep fry by grilling; adds caramelized flavor*
- *Elegant healthy dinners – use frying pan or griddle; lots of herbs*
- *Turn your garden veggies into delicious grilled sauce; use spaghetti squash for your pasta*
- *Reduce breading and frying; decrease fat*
- *Farm fresh veggies and fruits create new flavors with grilled spices*
- *Thick slices use reverse grilling; adds natural caramelization*

