

Barbecue Basics

DID YOU KNOW?

Grilling food at high temperatures to the point where they burn can produce unhealthy chemicals. Check out the tips below to help you make delicious and nutritious food on the grill!

Grill on LOW for Longer!

This limits the possibility of exposing the food to potentially harmful chemicals from the smoke.

Watch the Sugar!

Many barbecue sauces contain lots of sugar. Read the ingredients and choose a low-sugar option.



Grill Colourful Vegetables!

Drizzle with olive oil and a pinch of salt and pepper, then place on grill for 5-10 minutes per side. This provides a dose of healthy nutrients and adds to the 5-8 vegetables we aim to eat in a day.



Clean It!

Make sure the grill is clean. Once clean, try rubbing half an onion on the grill to add flavour.



Trim Away!

Buy skinless meat and trim the fat off before grilling to limit fat intake.

Marinate the Meat!

Marinate protects the meat, keeping the flames from touching it. It also adds a ton of flavour.

Check the Temperature!

Use a thermometer. Red meat should be cooked to 160°F and chicken to 165°F.

Make sure to place the thermometer in the thickest part of the meat.



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Cajun Dry Rub

Prep Time
2-3 min

This is a Cajun spice mix that has a little heat and is made with common spices found in your pantry. For a less spicy option, add less cayenne pepper and no red pepper flakes.

Servings
5+

INGREDIENTS

- ¼ tsp pink Himalayan salt (or natural salt)
- 2 tsp garlic powder
- 2 ½ tsp paprika
- 1 tsp ground black pepper
- 1 tsp onion powder
- 1 tsp cayenne pepper
- 1 ¼ tsp dried oregano
- 1 ¼ tsp dried thyme
- ½ tsp red pepper flakes (optional for more spice)



DIRECTIONS

Stir all ingredients together until evenly mixed.

Gently rub the spice mix onto your meat or add to your marinade before cooking.

Store leftovers in an airtight container.

Why a Dry Rub?

A dry rub is perfect for roasts, such as lean cuts of beef or pork. It can also be very tasty on skinless chicken breasts without adding many calories!

If you want more sauce on your food, you can add the dry rub spices to marinades, dipping sauces, or just about anything else that you want to put on the BBQ.

Nutrition Information

Serving Size	5+
Calories	12
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Fat	0.3 g
Saturated fat	0.1 g
Protein	0.5 g
Total Carbohydrates	2.7 g
Fiber	1 g
Sugars	0.6 g
Sodium	32 mg
Cholesterol	0 mg
Iron	1 mg
Potassium	62 mg
Calcium	18 mg

