

How to Create Healthy BBQ's

It is coming into the warmer weather and that means lots of social events including barbecues. I love a BBQ with friends and family. Its an excuse to get outside, kick the footy around or get some vitamin D from the sunshine, all while enjoying some delicious food. Now barbecues have the potential to be fairly healthy, or on the flip side they can be really not healthy. Lets look at a classic not so healthy BBQ.

Start with some cheese and crackers, followed by maybe a sausage thrown in some white bread topped with sugar loaded tomato or BBQ sauce, or maybe some rissoles with a side of that creamy potato salad, coleslaw and pasta salad from Woolworths that seems to be brought to every BBQ by someone. Wash it all down with some wine or beer, or maybe some soda. Then sometimes there is dessert.



Someone has baked cookies or cupcakes, or maybe just a block of chocolate to share. Or those store bought mud cakes from Woolworths, they are a big hit! This menu comes with way too much sugar, processed crap, useless calories in the form of alcohol and overall just too many calories for one meal. Not to mention there are no veggies, fruit or anything slightly nutritious in the mix. Now don't get me wrong, I am all for cheese, wine and chocolate. In fact they are probably my 3 favourite things, especially when combined. But it is always good to have some other things to nibble on so you don't over indulge on the yummy but not so good for you foods. Everything in moderation is what I like to live by. So lets add some other things in there to make it a little more nutritious.



Some cut up veggie sticks with some dip would go great with the cheese and crackers. Things like carrots, celery, green beans, capsicum, even some cherry tomatoes, with some hummus or tzatziki to dip them in. Some nuts on the side, not the honey roasted cashews and salted beer nuts, but some raw almonds or cashews, or my personal favourite, macadamias. For the main course, avoid white bread, get wholemeal or wholegrain if sandwiches. Make your own skewers of chicken and marinade them yourself so you know what is in the sauce. A BBQ chicken is always good, pre

cooked, ready to rock and roll. ALWAYS have lots of salad options. You can keep it simple and have a green garden salad or greek salad, or get creative with a kale and sweet potato salad or a quinoa and apple salad. But have a few varieties to choose from. Dress with vinegars or mustard based dressings. Then for dessert, fruit salad... Especially with summer fruits, you can make it so bright and delicious looking. Or if you want your chocolate hit, maybe some chocolate coated strawberries.

As you can see, there are two ways you can go with BBQs. A combination of both is always good, keeps most people happy and ensures that you have plenty of healthy options. So next time you throw a BBQ, you can be confident that you wont completely blow out and can enjoy everything in moderation.