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Build a Better Barbecue

Get Healthy July 3, 2012

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Grill your fruit and your buns for a juicy summer cookout



A grill full of fruit, healthy whole-grain buns, and oily fish might make the men in your life second guess letting you control the weekend barbecue. But we promise once he tastes your juicy grilled peaches, you might just hook that fish for life!

Throwing the typical burger-and-beer barbecue all summer long is sure to leave us with nothing but muffin top come fall. And while we know our man likes us juicy like J.Lo, we prefer to not cross the line from bootylicious to "just how many burgers did you eat this summer?" territory.

We are super sympathetic to the plight of the healthy summer partier and want to make sure you look fabulous year-round. Think more six pack abs and less six pack of Bud. So we talked to [Chef Renee Zonka](#), R. D., a professor at Kendall College School of Culinary Arts in Chicago to help us all build a better barbecue.

Get Fishy

Chef Zonka recommends throwing oily finfish such as cod or salmon straight on the grill to bask in the high contents of the fish's omega-3 fatty acids. Or, grab some sustainable and super lean tilapia and grill with your favorite spices on a banana leaf for a tropical treat.

Grill your fruit and your buns

Shake your peaches and then throw them on the grill! Stones fruits release irresistible juices when grilled on medium heat. And remember, all buns are not created equal. Pick whole grain over just whole wheat and always steer clear of white buns. Don't you flip when you tan? Throw your buns on the grill to heat them up for some added crunch.

Hot for Quinoa

Nix the super high-fat macaroni and potato salads and opt for the trendy plant protein, quinoa. Chef Zonka says quinoa contains all eight essential amino acids and bonus, it is gluten-free. Dress it up with your favorite homemade salad dressing for some extra flavor.

Get Saucy

Have you read the label of your favorite barbecue sauce lately? Most likely it is full of more sugar and sodium than anything else. Chef Zonka recommends creating your own amazeballs homemade barbecue sauce using a base of ketchup or a canned tomato product. Then, tasting as you go, add some sugar, spices, and vinegar. If you want even more flavor, add some molasses, Worcestershire sauce, fruit juice, or mustard.



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And of course, make sure to hit up the farmers market to get locally grown ingredients for your barbecue. Fresh from the farm produce and veggies are sure to be more delish. Finally, grab a skinny margarita and you are ready to go!

Cheers to an uh-mazing summer of healthy grilling and fabulous chilling!

xx, The FabFitFun Team

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