

# ARE YOU FEELIN' HOT HOT HOT

## FRESH & FANCY SUMMER FOODS

Nothing says summer like a bountiful salad made with colourful and juicy local produce from the farmer's market. Combined with tasty grilled meats, fish, and poultry on the grill, the tastes of summer make it easy to stay on track with a healthy lifestyle. Transform almost any standard summer meal into something fresh and fancy to enjoy at a casual summer barbecue or an elegant outdoor dinner party. It can be as simple as adding a unique flavour to what you are serving.



### DITCH THE BBQ SAUCE.

You'll eliminate unwanted ingredients like sugar and preservatives and wow your guests with a juicy and flavourful entrée with a fresh taste they won't forget!

#### Citrus Basil Marinade

- 3/4 cup fresh orange juice
- 2 Tbs chopped fresh basil
- 2 Tbs fresh squeezed lime juice
- 1 Tbs olive oil
- 1 garlic clove, minced or pressed
- 1/2 tsp salt



Put into a sealable bag with a lean protein and lay flat in fridge for minimum of 5 hours.

Nutrition Per Serving: Fat: 3.6g Chol: 0g Sodium: 291g Carb: 5g Fibre: 0g Sugar 4g

### TIDY UP THE BURGER

How can you have a BBQ without burgers? Instead of purchasing the high sodium, high fat, frozen patties, why not impress your guests with some homemade unforgettable burgers? These burgers replace beef with lean turkey or chicken, mixed with an unusual but complimentary ingredient that will not disappoint your taste buds!

#### Spinach, Feta, Turkey Burgers

A burger you can feel good about eating and serving your guests!

- 2 eggs, beaten
- 2 cloves garlic,
- 4 oz crumbled feta cheese
- 1 (10 oz) box frozen chopped spinach, thawed and squeezed dry
- 2 lbs. ground turkey
- 8 whole wheat buns
- Toppings: lettuce, onion, mustard



Preheat an outdoor grill for medium-high heat and lightly oil grate. While the grill is preheating, mix together eggs, garlic, feta cheese, spinach, and turkey in a large bowl until well combined. Form into 8 patties. Cook on preheated grill until no longer pink in the center, 15 to 20 minutes. Serve with mustard, red onion, and lettuce.

Nutrition Per Serving: Fat: 13g Protein: 27g Chol: 138g Sodium: 290g Carb: 2g Fibre: 0.8g Sugar 0.8g

### TAKE THE BORE OUT OF SALAD

Green salads can get boring but not when you get creative!

#### Grapefruit & Avocado Spinach Salad

A unique combination of ingredients with a fresh and zesty punch!

- 2 avocados
- 2 pink grapefruits
- 2 handfuls lamb's lettuce
- 2 handfuls spinach
- 4 Tbs olive oil
- 4 Tbs balsamic vinegar
- dash salt and pepper to taste



Peel and slice the grapefruits and avocados. In a salad bowl, combine the avocado, grapefruit slices, spinach and lamb's lettuce. Mix the olive oil, balsamic vinegar, salt and pepper and toss.

Nutrition Per Serving: Fat: 22.5g Chol: 0g Sodium: 7g Carb: 10g Fibre: 5g Sugar 3g

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Hot temperatures and humidity can lead to fatigue and a loss of energy. If you notice that you're not able to keep up to the activity you have planned, try to incorporate the following tips into your daily routine to help bring back that summer "zest"!

### 5 Ways to Keep Your Health in Check This Summer!

#### 1. Choose Your Meats Wisely

Summer time usually means grilling time, but meat can be a major source of saturated fat in the diet, which can lead to weight gain and increase your risk of heart disease. So, when choosing meat for your summer meals, make sure that it is lean! Lean options for the grill include poultry, unprocessed pork products and your steaks should have as little marbling as possible. Try to stay away from highly processed foods like hotdogs and sausages; they are high in fat and full of salt. Your portion sizes still count in the summer too, so don't forget that 75g or 3oz of meat counts as one serving and is about the size of the palm of your hand.

#### 2. Load Up on Fresh Fruits and Veggies

During the summer season the grocery store and local markets are filled with inexpensive, fresh fruits and vegetables. Now is the time to load up on your vitamins and minerals by eating plenty of fruits and vegetables as recommended by Canada's Food Guide. <https://food-guide.canada.ca/en/>. Try something new like veggies skewered on the BBQ or grilled pineapple salad!

#### 3. Stay Hydrated Without the Fat & Calories

Iced Cappuccinos and other frozen concoctions become the craze when the hot weather comes, but these drinks can also pack on the pounds with fat and calories! When it comes to staying hydrated in the summer water is best. Most of us need a minimum of 6-8 cups of fluid per day, or more if it is hot or humid. Try to drink consistently throughout the day, and remember if you are thirsty, you are already partially dehydrated, so drink up!

Sources: [https://portal.ewsnetwork.com/upload/resources/201106151710001336577700\\_day1daysofsummer.pdf](https://portal.ewsnetwork.com/upload/resources/201106151710001336577700_day1daysofsummer.pdf)  
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#### 4. Don't Let Weight Gain from Alcohol Creep Up on You!

Alcoholic beverages are also high in sugar, and full of 'empty calories' that provide little to no nutritional value. You can also choose light beer instead of regular (save 56 calories) or drink mixes that are lower in calories (such as sparkling water or kombucha instead of soda). But remember to control your intake and be responsible for a safe, fun summer!

#### 5. Keep Active!

Summer gets busy with social events, camping, and vacations, but staying active should be a priority in the summer too! With the warm sunny weather there are lots of activities you can enjoy outdoors. Go for a walk, organize a neighbourhood soccer or baseball game, enjoy cycling on local bike paths. When travelling on the road, you can play a game of Frisbee at the rest stop, play games in the hotel pool, or get a game of catch on your campsite. Your heart and waistline will thank you for it!