

# WELLNESS ON THE WATER: GRILLING GUIDELINES

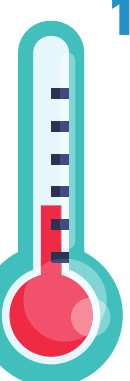



## Did you know

that exactly how you prepare and grill your food makes a huge difference when it comes to your general health and cancer prevention in particular?

As tasty as it may be, there is no escaping the fact that charred food is linked to the formation of carcinogens. Two compounds, Heterocyclic amines (HCAs) and Polycyclic Aromatic Hydrocarbons (PAHs) arise when meat is cooked at a very high temperature or comes into contact with flames. The Environmental Protection Agency in the U.S. has found sufficient data linking these compounds to tumours, birth defects and damage to the immune system.

This doesn't mean you can never char grill again, but given how much we grill in Bermuda, it's a really important factor to consider. Fortunately there's a silver lining here too – marinating meat is a really effective way of mitigating HCA and PAH formation. Here's the information with a few other tips as well. If you bear these in mind, you can make sure your BBQ season is a healthy one!

## Your Summer Grill Guidelines

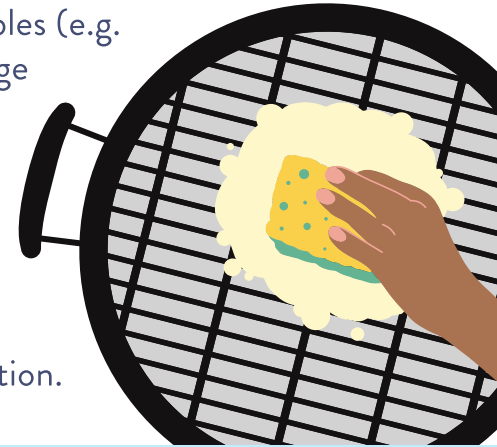
-  **1** Cook over a lower heat for longer. Obviously it's important to make sure that poultry and meat are cooked to the proper internal temperature, but there is no harm in taking a little more time if you can spare it.
- 2** Given that flames flare up when fat drips down onto the coals, try and choose leaner cuts of meat, trim visible excess or cook marbled cuts of meat on a shelf away from direct heat. 
- 3** The American Institute for Cancer Research recommends marinating meat for at least 30 minutes – the impact of which is impressive. In a recent study, the American Chemical Society noted that marinating meats in beer slowed down carcinogen formation by up to 53% (the darker the ale, the better.) However one study showed that a combination of olive oil and lemon juice was most effective, reducing cancer-causing compounds by 99%. 
- 4** Add fresh herbs to your marinade as these may reduce carcinogen formation too, according to Food Safety Consortium scientists at Kansas State University. Tear the herbs to allow their oils to infuse the marinade and consider adding extra fresh herbs to your salad too. 

- 5** Make half your plate vegetables. The “5-a-day” recommendation is only a starting point. Vegetables are full of the phytonutrients and fibre that help to reduce cancer risk. It’s also about what those vegetables replace too. If by eating more veg you eat less carbs, you’re onto a winner. Carbs can be healthy but they should only form about one quarter of your plate – especially in the evening.



- 6** Choose cruciferous vegetables (e.g. broccoli, cauliflower, cabbage and Brussels.) They contain glucosinolates which are protective against both HCAs and PAHs.

- 7** Clean that grill! This reduces the amount of burned char you eat. Char intake is linked to premature aging as well as carcinogen formation.



## Grilled Watermelon Salad

SERVES 6

### Ingredients

- 1 small red watermelon
- 1/4 cup extra virgin olive oil, plus extra for brushing the melon
- 3 tbsp lime juice (approx. 2 limes)
- 1 large orange (navel), juiced
- 1 pinch of sea salt
- A pinch of Cayenne pepper
- 1/4 fresh mint, chopped
- 1 large avocado, sliced (or crumbled feta)
- Local leafy greens (one handful per person)
- Pumpkin seeds

Pre-heat the grill

Cut the watermelon in half lengthways, then cut each half in half crosswise. Cut these quarters into 2-inch thick slices.

Brush the slices with olive oil and set aside until ready to grill.

Combine the juices, salt, cayenne and oil and whisk thoroughly into a dressing. Add the mint and set aside.

When ready to grill, place the watermelon slices over a clean grill, directly over the heat source. Grill until marked and just warm but still crunchy. Approximately one minutes each side. Let cool.

Cut off the rinds and dice the watermelon into bite-sized chunks. Put the watermelon into a salad bowl and toss in the dressing. At the last minute, stir in the avocado and toss gently.

Serve on a bed of leafy greens (We recommend Miles to Grow for an amazing local option!) and sprinkle with pumpkin seeds for an extra dose of omega 3.

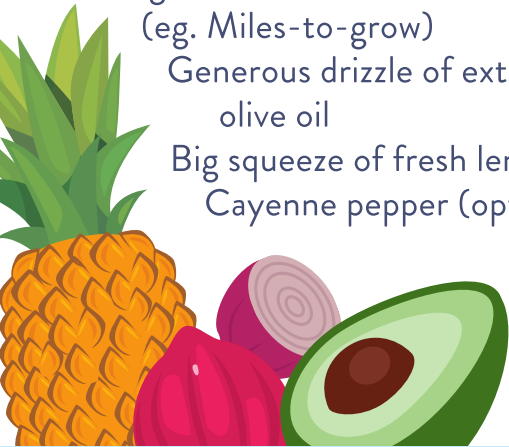


# Grilled Pineapple + Avocado Salad

SERVES 4

## Ingredients

- 1 whole or peeled pineapple
- 1 large avocado, prepared and chopped
- 1/2 small red onion, finely chopped
- 1 red pepper, deseeded and finely chopped
- 1/4 torn fresh cilantro (or mint, for cilantrophobes)
- 4 large handfuls of fresh leaves (eg. Miles-to-grow)
- Generous drizzle of extra virgin olive oil
- Big squeeze of fresh lemon or lime
- Cayenne pepper (optional)



Prepare the pineapple by removing skin if necessary and cutting large wedges off the core. Capture the juice and place it to one side. Save the core and grate into a different salad or use in a smoothie – it's rich in anti-inflammatory nutrients!

Grill the pineapple for a few minutes, turning occasionally, allowing it to catch a little for some grill stripes! Once done, cool and roughly chop.

Toss the pineapple, avocado, onion and red pepper in a bowl together with the pineapple juice, olive oil and lemon/lime. Add a shake of cayenne pepper for a spicy kick if you like!

Place the leaves and fresh herbs in a large bowl. Add the mix from above and again, gently toss.

Serve with grilled fish or chicken. Enjoy!

# Grilled Bermuda Corn Salad

SERVES 4 (but easy to scale up or down)

## Ingredients

- 5 ears corn - leaves + strings removed!
- 2 cups cherry tomatoes, halved
- 1 red pepper, deseeded and chopped
- 4 spring onions, peeled and finely chopped, including the green tops
- 1/4 cup fresh cilantro (try basil for cilantrophobe)
- 1 avocado, peeled and chopped

## Dressing

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|---------------------|------------------|
| 2 tbsp EV olive oil | 1 tsp paprika    |
| 2 limes, juiced     | 1/4 tsp salt     |
| 1 tbsp honey        | 1/4 black pepper |

Prepare the dressing by shaking together all the ingredients in a jar.

Grill the corn for 7-10 mins (until tender) at 400F (or boil if it's easier! Turn occasionally. The grilling just bumps up the flavour!!) Cool and then cut off the corn with a sharp knife.

Once cool, mix the corn with all the other veggies (except the avo)

Mix the veggies and the dressing and store in the fridge until needed. At the last minute, stir through the avocado.

