



August 2013

## Quick Bites — Grilled Veggies

Labor Day is right around the corner, and with it, one of the biggest grilling weekends of the season. The secret to safe grilling that cuts the risk of carcinogens lies in what you grill and how you grill it. Research has shown that vegetables and lean protein are better than red meat and that marinating food before it hits the grill can significantly reduce carcinogens during grilling.

Try out some of these grilled vegetables at your next backyard barbeque!

- From AICR Health Talk - [www.aicr.org](http://www.aicr.org)

**Asparagus** – Plunge spears into boiling water for 1 minute. Blot dry with paper towels. Line up 3-4 spears like soldiers and insert a toothpick through them 1-inch below the tips. Insert another toothpick 1-inch above the bottom. Brush lightly with olive oil. Grill for 2 minutes, turn and grill 2 minutes.

**Broccoli** – Select spears with fat stems. Cut off the stems 2 inches below the crown, then stand spears on end and cut them vertically into 3/4-inch slices. Blanch for 1 minute. Blot dry with paper towels. Brush slices lightly with olive oil. Grill for 1½ - 2 minutes on each side.

**Carrots** – Cut off the top and bottom of a fat, medium-large carrot. Cut lengthwise into 1/4-inch slices. Brush lightly with olive oil. Grill slices for 3 minutes, turn and grill for 2 more minutes.

**Onions** – (red, yellow or sweet) Cut crosswise into 1/2-inch slices. Insert 2 toothpicks crosswise into slices to hold them together on the grill. Brush lightly with olive oil. Grill for 2 minutes on each side.

**Portobello Mushrooms** – Select mushrooms about 3-inches across. Discard the stems and use a small knife to pare away ragged edges. Brush lightly with olive oil. Grill the mushrooms gill side up for 2 minutes, turn and grill for 2 minutes, or until no longer raw-looking inside at the thickest point.

**Sweet Peppers** – Choose peppers that are as square or triangular as possible, with sides that are flat. Standing a pepper on its bottom, hold a large knife and vertically cut off each side as a slab. Brush pepper pieces lightly with olive oil. Grill for 3 minutes, turn, and grill for 2 minutes.

**Zucchini Squash** – Cut off the top and bottom off a fat, medium-large squash. Cut the squash lengthwise into 1/2-inch slices. Brush lightly with olive oil. Grill for 2 minutes on each side.



### Did You Know?

The substances in the muscle proteins of red meat, poultry and seafood react under high heat to form heterocyclic amines (HCAs), carcinogenic compounds that can damage the DNA of our genes and contribute to the process of cancer development.

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