

# Better BBQs



A good old barbeque is an essential part of the Aussie lifestyle and is readily used in both the home and community. As a cooking method, barbequing is a healthy choice. It often falls down when high fat sausages and greasy burgers are used; not to mention the high salt sauces.

We know sausage sizzles are a crowd favourite. Make your next sizzle a healthy one by using:

- reduced fat sausages - aim for 5g or less saturated fat per 100g
- chicken sausages
- wholemeal rolls and/or bread
- themed toppings which pack extra flavour and a nutritious punch:
  - > Mexican - homemade salsa (diced tomato, capsicum, red onion and coriander or mint)
  - > Mediterranean - add grated carrot and/or sliced capsicum to the barbecued onions
  - > Fresh 'n' crunchy - top with crunchy coleslaw.



## Going for more than a sausage sizzle?

Next time you are hosting a barbeque at your community venue try something new and tasty.

### Cut the fat

- Choose leaner cut of meats and trim any visible fat e.g. minute steak for steak sandwiches
- Opt for lean, skinless poultry (chicken, turkey)
- Select reduced fat and salt sausages and burger patties
- Kebabs with skewered lean meat, vegetables and fruit add colour and variety

### Go wholegrain

- Swap white bread for wholegrain, wholemeal or multigrain varieties
- Keep a few gluten-free rolls or wraps on hand
- Avoid serving margarine or butter

## Winning menu

### Mains

Tasty beef burger - with lettuce, tomato, carrot, onion and beetroot

Grilled chicken burger - with lettuce, tomato, carrot, onion and beetroot

Mixed vegetable kebab - with onion, mushroom, capsicum, zucchini

### Sides

Grilled corn on the cob

Coleslaw

### Drinks

600mL water

300mL flavoured milk





## Vegetarian options

- Always include vegetarian options such as zucchini burgers, lentil patties, vegetarian sausages, grilled vegetables.

## Serve with sides

- Salads are a good way to bulk up what's on offer while also encouraging vegetable consumption
- Choose meat free salads and reduced fat dressings
- For recipes and ideas visit:
  - > [livelighter.com.au](http://livelighter.com.au)
  - > [waschoolcanteens.org.au](http://waschoolcanteens.org.au)



## Ditch the oils and sauces

- Use only a small amount of mono or polyunsaturated spray oil such as canola, olive or sunflower oil (be careful using oil sprays near an open flame)
- Use herbs and spices for flavour, think pepper, paprika, garlic, chilli, lemon or lime juice
- If sauce and mustard is a must, serve no added salt varieties
- Or serve on the side.

## Set-up for success!

- It's much easier to keep up with demand when you have all ingredients ready to go. Preparation is key! Before service:
  - > ensure barbeque is extra clean – top tip, using halved lemons on a hot barbeque works a treat!
  - > prepare salads; keep dressing (if using) on the side
  - > pre-chop, grate, slice vegetables
  - > pre-slice rolls, ready for filling
  - > thread meat/vegetables onto skewers ready for barbecuing.



## Hungry for more?

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