



Healthy BBQ Kit



THE HEALTHIER APPROACH TO YOUR NEXT BBQ



Peninsula
Health

About this Resource

This *Healthy BBQ Kit* provides individuals, families and community groups with tips and ideas to help turn the traditional barbecue into a healthier meal.

With just a few small changes, like adding more fruit and vegetables to the menu, choosing lean meats and using healthier oils when cooking, the traditional barbecue (which typically consists of sausages, onion, white bread and tomato sauce) can be turned into a healthier and tastier meal.

How will a healthy Barbecue impact your community?

- It will contribute to the health and wellbeing of your community.
- It will show your community that you value their health and wellbeing.
- It will reinforce important health messages to children and their families.
- It will provide personal satisfaction of being a positive role model.

Just a few small changes can make a big difference to your community's health and wellbeing!

Acknowledgments:

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Some of the recipes included in this resource have been provided by [LiveLighter](#). LiveLighter is a public health education campaign which encourages Victorians to lead healthier lives by changing what they eat and drink, and being more active. Delivered by the Cancer Council Victoria and Heart Foundation, the LiveLighter campaign is funded by the Victorian State Government. For more information visit: www.livelighter.com.au.

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The Australian Dietary Guidelines

The Australian Dietary Guidelines provide advice about the amounts and kinds of foods that we need to eat to maintain or improve our health and wellbeing.

The guidelines recommend that we:

- Enjoy a wide variety of nutritious foods from the five food groups every day including:
 - Plenty of **vegetables** and **fruits** (different types and colours).
 - **Grain (cereal)** foods, mostly wholegrain and/or high cereal fibre varieties.
 - **Lean meats** and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans.
 - **Dairy foods** like milk, yoghurt, cheese and/or their alternatives, mostly reduced fat (*reduced fat milks are not suitable for children under the age of 2 years*).
- Drink plenty of **water**.
- Limit intake of foods containing saturated fat, added salt, added sugars and alcohol.

For more information visit www.eatforhealth.gov.au/guidelines



Top Tips for a Healthy BBQ

Drinks

Choose:

- Water is the healthiest option for people of all ages. It is also a free or low cost option.



Limit:

- Drinks such as juice, soft drink, flavoured milks and energy drinks. They generally contain a lot of sugar and energy and have little or no nutritional value.

Reduce fat and salt

Choose:

- Lean meats such as skinless chicken, minute steaks, lean meat kebabs, seafood and kangaroo
- Choose burgers which are low in fat and salt
- Choose bean, lentil, chickpea, tofu or vegetable patties, falafels and marinated firm tofu burgers/steaks
- Vegetable kebabs
- Small amounts of healthy oils (like olive or canola oil) when cooking.
- Meat servings that are palm size of an adult's hand.



Limit:

- Burgers, chops and sausages - ask your butcher to provide low fat and salt varieties
- The amount of oil used for cooking.

Other tips:

- Trim off any visible fat from meats before cooking
- A marinade can improve moisture and flavour of lean meats
- Provide reduced salt sauces, mustards and other condiments instead of margarine or butter.

Increase fruit

Add:

- Add fruit to the menu. They can be fresh, frozen, dried or canned and served fresh or grilled
- Add fresh fruit like pineapple rings or stoned fruits like peaches, nectarines and apricots. They are great on the BBQ plate.



Choose:

- Choose fruits that are in season. They are often cheaper!
- If using canned fruit, choose options with natural juice or no added sugar rather than syrup
- Choose reduced fat or natural yoghurts rather than full fat varieties when serving with fruit dishes.

Increase vegetables

Add:

- Add vegetables to the menu. They can be fresh, frozen, dried or canned (rinse before use)
- Add grated vegetables to meat or legume patties (this can also help to bulk up the meal reducing costs)
- Add vegetables such as corn, capsicum, zucchini, sweet potato or eggplant to the BBQ plate. These vegetables can be cut up and placed on the BBQ as is or made into mixed vegetable skewers.



Other tips:

- Provide a variety of side salads
- Provide single salad ingredients such as tomato, cucumber, grated carrot and lettuce. These can be added to bread options e.g. burgers and steak sandwiches
- Make jacket potatoes! Simply wrap in foil and place on the BBQ plate (for barbecues with closable lids only). Once cooked, they can be filled with salads and reduced fat cheese or yoghurt.

Flavour with sauces, dressings, herbs and spices

Choose:

- Make dressings using lemon juice, vinegar, mustard, and herbs such as pepper, parsley, basil and mint. Use just a dash of olive oil
- Commercial dressings that use 'no oil' or are a reduced fat and sugar variety
- Natural yoghurt to replace common creamy dressings.



Add:

- Add herbs and spices to meats or marinades. They can be fresh or dried. Popular herbs include parsley, basil, thyme, dill, rosemary, oregano and chives. Popular spices include ginger, paprika, pepper, nutmeg and cinnamon.

Other tips:

- Let people choose and serve their sauces and dressings
- Avoid chilli unless you know it will be enjoyed by everyone.

Increase fibre

Choose:

- Wholegrain, wholemeal and rye breads (bread, rolls, wraps, English muffins etc.).

Limit:

- White breads (bread, rolls, wraps, English muffins etc.).



Healthy cooking methods

Choose:

- Methods like grilling, steaming and roasting
- If frying, choose oil rather than butter or margarine. Canola oil is a good option.



Other tips:

- A cooking oil spray can help control the amount of oil you use and can also help to reduce costs! Be very careful when spraying close to gas grill plates
- Use the grill plate instead of the flat plate where possible to allow fat to drip away
- Toss onions and other vegetables in a bowl with a small amount of oil before cooking, instead of pouring oil directly on the barbecue plate
- Drain oil-based marinades off meats before cooking.

Food Safety

To ensure you are serving safe food to your community make sure everyone:

- Washes their hands:
 - o Before and after cooking
 - o Before touching any other foods if they have touched raw meats
- Wash all fresh fruit and vegetables before use
- Store foods at the appropriate temperature:
 - o Keep cold foods cold before cooking and eating (below 5°C)
 - o Keep hot foods hot until serving - especially meat (above 60°C)
 - o Make sure foods are thoroughly cooked and the centre reaches 75°C



Free food handler training is available at: <http://dofoodsafely.health.vic.gov.au>.

Healthy BBQ Menu Ideas

Mains

Steak sandwich - tenderised minute steak cooked and served on wholegrain bread, topped with tomato, low fat cheese and lettuce.

Australian burger - lean mince or vegetable patty cooked and served with tomato, lettuce, fresh or barbecued pineapple rings and sliced beetroot.

Skewers - marinated lean meat, tofu or haloumi threaded onto skewers with capsicum, mushroom, cherry tomatoes, and zucchini and then cooked.

BBQ wrap / yiros - thinly sliced lean meat or falafels served on wholemeal pita bread with fresh salad and tzatziki sauce.

BBQ toasties - pre-make toasties with wholegrain bread and toppings such as reduced fat cheese, tomato, avocado and lean ham. Lightly brush bread with canola oil before barbecuing each side on the hot plate until golden.

BBQ stirfry - finely sliced marinated meat or tofu, mixed vegetables and noodles.

Corn on the cob – corn placed directly on the BBQ.

Marinated garlic mushrooms - large mushrooms brushed/sprayed or tossed in canola oil with a small amount of crushed garlic and then grilled.

Vegetable kebabs - capsicum, zucchini, cherry tomatoes and mushroom brushed/sprayed or tossed in a small amount of canola oil and herbs, then threaded onto skewers and cooked.



Grilled vegetables - chopped vegetables such as capsicum, zucchini, sweet potato or eggplant cooked on the BBQ plate.

Jacket potatoes - potatoes wrapped in foil and cooked on the BBQ. Topped with salad or vegetables and low fat cheese or yoghurt.

Salads

Coleslaw - shredded carrot, cabbage, celery, and radish tossed in a reduced fat yogurt, lemon juice and parsley dressing.

Tabbouleh - cracked wheat, parsley, mint, onion, tomatoes, lemon juice and a small amount of olive oil.

Pasta salad - cooked pasta, tomatoes and spring onions tossed in balsamic vinegar.

Potato salad - cooked potato and spring onions dressed in a mixture of reduced fat yoghurt, mustard and black pepper or alternatively reduced fat yoghurt, fresh mint, garlic and lemon.

Marinades – for meat, tofu and vegetables

For the best result let your items marinate overnight or for at least two hours.

Classic soy - reduced salt soy sauce, small amount of sesame oil, ginger and garlic.

Lemon and chilli - garlic, reduced salt soy sauce, lemon juice and sweet chilli sauce.

Tandoori - reduced fat yoghurt with chilli, coriander, garlic, cumin and turmeric.

Ginger and soy – reduced salt soy sauce, garlic and ginger.



Healthy BBQ Recipes

BBQ Vegetables

Prep: 7 minutes

Cook: 10 minutes

Serves: 6 people

Ingredients:

- 1 tablespoon olive oil
- 1 lemon, juiced
- 1 large red onion, cut into wedges
- 3 flat mushrooms, thickly sliced
- 3 eggplants, halved lengthways
- 3 zucchinis, halved lengthways
- 1 capsicum, seeded and cut into six
- 3 yellow squash, halved
- 3 tomatoes, halved
- Olive or canola oil spray



Method:

1. Combine oil and juice in a small bowl
2. Brush vegetables with this mixture
3. Heat barbecue and lightly spray with oil
4. Barbecue vegetables until tender (about 10 minutes total depending on thickness), turning after 5 minutes.



If a barbecue is unavailable, use a heavy pan with grill markings on a gas hotplate, or place vegetables under a grill on a foil-covered tray, turn after 5 minutes.

Find this recipe and more at: www.livellighter.com.au/Recipe

Chicken or Beef Burger

Prep: 15 minutes

Cook: 10 minutes

Serves: 6 people

Ingredients:

- 500g chicken mince or beef mince
- 100g mushrooms, roughly chopped
- 1 stick celery, roughly chopped
- 1 brown onion, roughly chopped
- 1 handful of chopped parsley
- 1 egg
- 2 tsp reduced-salt soy sauce
- 1/2 -1 cup breadcrumbs
- A little flour to shape patties
- Olive or canola oil spray



Method:

1. Finely chop mushrooms, celery, onion and parsley (or blitz in a food processor until finely chopped)
2. Mix the finely chopped vegetables with chicken mince, soy sauce, egg and enough breadcrumbs to make a soft but manageable texture
3. Divide mixture into six and shape with a little flour into round patties larger than the width of the rolls
4. Spray a non-stick fry pan (or BBQ plate) with oil and cook for 4-5 minutes on each side until golden brown and cooked through.



Extra raw patty mixture can be portioned and frozen. When ready to use defrost in the fridge.

Find this recipe and more at: www.livellighter.com.au/Recipe

Lentil Burger

Prep: 5 minutes

Cook: 10 minutes

Serves: 8 people

Ingredients:

- 375g can of Lentils, drained
- 1 egg, beaten
- 1 cup of breadcrumbs
- ½ cup of plain wholemeal flour
- 2 tablespoons of peanut butter
- 1 tablespoon of sweet chilli/tomato sauce
- 1 tablespoon of oil (for frying)



Method:

1. Mix all the ingredients (except the oil) in a large bowl, or with a food processor
2. With floured hands form into burgers
3. Refrigerate burgers for 30 minutes (optional)
4. Heat a little oil on the BBQ or fry pan and cook burgers for about 3 minutes on each side, using more oil for the next batch.



- Try serving this lentil burger on a wholegrain bun with salad ingredients like lettuce, carrot and tomato
- If seeking a nut free alternative to peanut butter try substituting with tahini (sesame seeds) or hummus (chickpeas).

Find this recipe and more at: www.communitykitchens.org.au

Tofu Burger

Prep: 10 minutes

Cook: 4 minutes

Serves: 8 people

Ingredients

- 300g firm tofu
- 1 clove garlic, crushed
- 1 tablespoon chilli sauce
- 1 tablespoon reduced-salt soy sauce
- 2 tablespoons peanut butter
- 6 spring onions (including green tops), chopped
- 1/2 cup instant oats
- 1 tablespoons fresh parsley or coriander, finely chopped
- Freshly ground or cracked black pepper, to taste
- Olive or canola oil spray



Method:

1. Mash tofu with garlic and sauces
2. Mix in remaining ingredients
3. Season well with pepper and shape into 8 patties
4. Lightly spray a hot pan or grill with oil and cook for 2 minutes on each side.



- Can be served on a roll with lettuce, tomato and cucumber
- For quick and easy preparation, place all ingredients in a food processor and pulse until combined
- If seeking a nut free alternative to peanut butter try substituting with tahini (sesame seeds) or hummus (chickpeas).

Find this recipe and more at: www.livelifter.com.au/Recipe

Tabbouleh

Prep: 10 minutes

Cook: None

Serves: 4 people

Ingredients:

- 1 cup cracked wheat (bulgar)
- 2 tomatoes, diced
- 1 small cucumber, diced
- 3 spring onions (including green tops), sliced
- 1 cup parsley, chopped
- 1 cup mint leaves, chopped
- 2 tablespoon lemon juice
- 1 tablespoon olive oil



Method:

1. Cover the cracked wheat with cold water and soak for 15 minutes.
2. Strain through a sieve and squeeze out excess moisture.
3. Mix with remaining ingredients and serve chilled.



- This salad may be made a day ahead
- Serve with pita breads and yoghurt or as a side with your favourite meat, poultry or seafood.

Find this recipe and more at: www.liveliighter.com.au/Recipe

Beetroot and Potato Salad

Prep: 10 minutes

Cook: 60 minutes

Serves: 6 people

Ingredients:

- 5 medium potatoes, cut into chunks
- 4 medium beetroot
- 4 spring onions (including green tops), sliced
- 2 sticks celery, sliced
- 1 Lebanese cucumber, sliced
- 1/2 cup sultanas
- 1 tablespoons olive oil
- 1 tablespoons red wine vinegar
- 1 tablespoons orange juice
- 3 tablespoons fresh herbs (parsley, mint, coriander and/or basil), chopped



Method:

1. Steam potatoes for 15-20 minutes until tender
2. Boil unpeeled beetroot for 30-40 minutes until tender. Cool, peel and cut into wedges
3. Mix all salad ingredients in a serving bowl
4. Combine remaining ingredients in a screw-top jar and shake well to make the dressing
5. Toss through salad and serve immediately.



- Salad can be prepared beforehand but do not add beetroot and dressing until just before serving - the beetroot will colour the potato and cucumber!

Find this recipe and more at: www.livelifter.com.au/Recipe

Coleslaw

Prep: 10 minutes

Cook: None

Serves: 6 people

Ingredients:

- 3/4 of a long cabbage
- 3 medium carrots
- 3 tablespoons low fat mayonnaise
- 3 tablespoons low fat milk
- 1 teaspoon sugar



Method:

1. Grate carrots and shred the cabbage. Place into a salad bowl
2. In a smaller bowl, mix mayonnaise, milk and sugar together to form a dressing
3. Add mayonnaise mixture dressing to the cabbage and carrots. Mix and stir through
4. Serve on top of baked potatoes



- Spring onion, capsicum or nuts can also all be added
- Coleslaw is a great salad to have at a BBQ! It can be eaten as a side salad or inside a burger!

Find this recipe and more at: www.livelifter.com.au/Recipe

Ginger and Soy Marinade

Prep: 10 mins

Ingredients:

- 2 cloves garlic, crushed
- 2 tablespoons ginger, grated
- 1 tablespoons reduced-salt soy sauce
- Freshly ground or cracked black pepper

Method:

1. Mix garlic, ginger and soy in a small bowl; season with black pepper.



- Make sure the meat or seafood is completely covered
- To get the best flavour marinate food overnight in the fridge
- If you are in a hurry, marinades can give a flavour boost in as little as 20 minutes.

Find this recipe (within the basil, beef and bean stir fry recipe) and more at:
www.livellighter.com.au/Recipe

Easy Budgeting for a Healthy BBQ

Item	Cost	Sale Price A	Sale Price B	Sale Price C	Sale Price D	Sale Price E	Sale Price F
Lean Steak Sandwich							
Total	\$2.02	\$2.50	\$3.00	\$3.50	\$4.00	\$4.50	\$5.00
Multigrain bread	\$0.47	\$0.47	\$0.47	\$0.47	\$0.47	\$0.47	\$0.47
Lean minute steak	\$1.10	\$1.10	\$1.10	\$1.10	\$1.10	\$1.10	\$1.10
Lettuce mixed leaves	\$0.30	\$0.30	\$0.30	\$0.30	\$0.30	\$0.30	\$0.30
Sliced tomato (20g)	\$0.15	\$0.15	\$0.15	\$0.15	\$0.15	\$0.15	\$0.15
% Profit	0.00%	19.20%	32.67%	42.29%	49.50%	55.11%	59.60%

These costs are an estimate of supplier prices.

Ask your supplier for discounts to support your healthy event.

Vegetable Burger							
Total	\$2.05	\$2.50	\$3.00	\$3.50	\$4.00	\$4.50	\$5.00
Multigrain Roll	\$0.70	\$0.70	\$0.70	\$0.70	\$0.70	\$0.70	\$0.70
Vegetable burger pattie	\$0.90	\$0.90	\$0.90	\$0.90	\$0.90	\$0.90	\$0.90
Lettuce mixed leaves	\$0.30	\$0.30	\$0.30	\$0.30	\$0.30	\$0.30	\$0.30
Sliced tomato (20g)	\$0.15	\$0.15	\$0.15	\$0.15	\$0.15	\$0.15	\$0.15
% Profit	0.00%	18.00%	31.67%	41.43%	48.75%	54.44%	59.00%

Lean Beef Burger							
Total	\$2.35	\$2.50	\$3.00	\$3.50	\$4.00	\$4.50	\$5.00
Multigrain Roll	\$0.70	\$0.70	\$0.70	\$0.70	\$0.70	\$0.70	\$0.70
Lean hamburger pattie (100g)	\$1.20	\$1.20	\$1.20	\$1.20	\$1.20	\$1.20	\$1.20
Lettuce mixed leaves	\$0.30	\$0.30	\$0.30	\$0.30	\$0.30	\$0.30	\$0.30
Sliced tomato (20g)	\$0.15	\$0.15	\$0.15	\$0.15	\$0.15	\$0.15	\$0.15
% Profit	0.00%	6%	21.67%	32.86%	41.25%	47.78%	53.00%

Corn cob 1/2	\$0.40	\$0.50	\$1.00	\$1.50	\$2.00		
% Profit	0.00%	20.00%	60.00%	73.33%	80.00%		

Bottled water 600mL	\$0.83	\$1.00	\$1.50	\$2.00	\$2.50		
% Profit	0.00%	17.00%	44.67%	58.50%	66.80%		

Cheap, Easy & Healthy BBQ

Quick Sheet



Add vegetables and fruits to the menu!

- ✓ Serve salads, and salad items (e.g. sliced tomatoes and lettuce).
- ✓ Add grated vegetables to lean meat patties – it can bulk up the serve and reduce the overall cost.
- ✓ Corn on the cob is very popular among all age groups and is an item that can make a large profit.
- ✓ Serve BBQ vegetable kebabs
- ✓ Sliced watermelon is another popular item which can make a large profit.

Cut down on the fat

Choose:

- ✓ Minute steaks
- ✓ Lean meat kebabs
- ✓ Skinless chicken
- ✓ Vegetable burgers
- ✓ If using sausages and meat patties, ask your butcher for reduced fat and reduced salt options.

Remove or reduce:

- ✓ Remove any visible fat from meats before cooking.
- ✓ Reduce the amount of oil you use when cooking, and choose healthy oils such as canola.

Swap the seasoning

- ✓ Use herbs and spices to flavour meats instead of salt
- ✓ Use salt-reduced foods such as:
 - Sauces
 - Dressings (check sugar content on dressings, especially low fat options)

Provide water

- ✓ Always have water available and keep cold if possible. Other drinks such as soft drink, sport drinks, juice and flavoured milks are not recommended as they often contain high amounts of sugar.

Provide healthier bread

- ✓ Choose multigrain or wholemeal breads instead of white breads (breads, rolls, wraps etc.)

Make healthy eating easy

- ✓ Support healthy eating by making the healthy options the only options. People generally enjoy eating healthy tasty foods however will eat the fatty, more familiar foods, if they are available.

Get the numbers right

- ✓ To help you achieve your planned profit, and to avoid a lot of leftovers, estimate how many people will be attending – it may be better to under cater than over cater.

Trial healthy options

- ✓ Start by offering a few healthy options (such as vegetable burgers, grilled corn on the cob etc.) and increase supply once you know how popular each option will be.

