

GRILLING YOU ABOUT PROTEIN

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My patients often ask, “How can I add protein to my summer meals, and please don’t say chicken again.”

Why protein?

- *Boosts your immune system:* adequate protein helps to build cells to fight illness; 55g (minimum) to 100g (maximum) recommended daily for adults.
- *Keeps you lean and full:* studies show that eating protein throughout the day speeds your metabolism and helps curb your appetite.
- *Feel the strength:* eating protein helps you build lean muscle tissue.
- *Can be a heart healthy choice:* keep it lean – shop for tenderloin, top round cuts of pork or beef, skinless turkey and chicken and firm flesh fish or large size shrimp.


Show me the Nutrition Facts:

NUTRITIONAL COMPARISONS						
Per 100 Gram (3.5 oz.) Serving – Cooked Meat – Updated March 2007						
SPECIES	FAT g	PROTEIN g	CALORIES kcal	CHOLESTEROL mg	IRON mg	VITAMIN B-12 mcg
BISON	2.42	28.44	143	82	3.42	2.86
BEEF (Choice)	18.54	27.21	283	87	2.72	2.50
BEEF (Select)	8.09	29.89	201	86	2.99	2.64
PORK	9.66	29.27	212	86	1.1	0.75
CHICKEN (Skinless)	7.41	28.93	190	89	1.21	0.33
SOCKEYE SALMON	10.97	27.31	216	87	0.55	5.80

Beef, composite of trimmed retail cuts, separable lean only trimmed to 0" fat, choice, cooked USDA NDB No. 13362
Beef, composite of trimmed retail cuts, separable lean only trimmed to 0" fat, select, cooked USDA NDB No. 13366
Pork, fresh, composite of trimmed retail cuts (leg, loin and shoulder), separable lean only, cooked USDA NDB No. 10093
Chicken, broilers or fryers, meat only, roasted USDA NDB No. 05013
Salmon, sockeye, cooked, dry heat, USDA NDB No. 15086

Grilling Proteins with Flavor:

Options for heart healthy, lower carb and almost Paleo lifestyle:

QUICK AND EASY SKEWERS	PROTEIN	VEGGIE/FRUIT COMBO	FLAVOR OPTIONS
 Internal Cooking Temps for Fish: 145° degrees Steak: 145° degrees Hamburgers: 165° degrees Pork: 160° degrees Chicken: 170° degrees	1 lb. salmon filet or halibut steak chunks (great source of omega-3 fatty acids)	1 cup each red pepper, zucchini and peach chunks	Bright & Tangy Ginger Teriyaki (1 tbsp less sodium soy sauce, 1 tbsp brown sugar and 1 tsp ginger paste and ¼ cup orange juice)
	1 lb. boneless beef sirloin steak	1 cup each, broccoli florets and partially cooked cubed Yukon Gold potatoes	1 tbsp McCormicks Perfect Pinch (salt free) Garlic and Herb seasoning with ½ cup Hellmann’s Olive Oil Mayo
	1 lb. boneless skinless chicken breast	1 cup each cut-up asparagus, yellow peppers and nectarine	½ cup Wishbone Lite French Dressing

Follow these 3 simple steps:

1. **PREHEAT** grill to medium heat. Cut protein into 1-inch cubes. Thread onto 8 skewers (pre-soak wooden skewers in water) alternate with **fruit** and **vegetables**. Place in shallow dish; set aside.
2. **POUR** 1/2 cup marinade or dressing over kabobs; refrigerate 10 minutes to marinate. Drain; discard marinade.
3. **GRILL** kabobs until meat is cooked throughly, turning occasionally. Serve over fresh spring greens, baby spinach or chopped romaine leaves.

For Vegetarian Lifestyle:

You can use extra firm tofu in place of the above proteins in any of the recipes, 2.5” x 2.25” x 1” chunk = 10g protein

Plant Proteins do not contain the B-12 and heme iron of animal proteins so

Vegans may wish to add a B-12 supplement.

Adapted from Hannaford Supermarket, Kraft Healthy Living

The Elliot.
Live Better!