

SPICE IT UP

If you're trying to keep your waistline in mind when you're firing up the grill, a smart place to start is the pantry. You only need a few ingredients to give your meals a lot of flavor.

When working with fruits and vegetables, apply a light coating of oil--olive, canola or Enova (a blend of soy and canola oil that's lower in saturated fat than canola oil)--and grill over a medium flame (280 to 350 degrees) to avoid burning. If you want grill marks, let the grill heat for a while before you add food and don't constantly flip pieces, checking to see if they're done. One easy way to change up veggies, such as parboiled corn, is to apply flavored oil, vinegar or dressing just prior to grilling. Fruits need little beyond oil, since the heat from the grill chemically changes them and brings out their sweetness.

When it comes to meat, poultry and fish stay away from prepared mixes, which tend to be mostly made of salt or sugar-laden barbecue sauces. Add a sprinkling of cayenne pepper, coarsely ground black pepper and granulated garlic to your steak to create a slightly sweet flavor. Or try spreading stone-ground mustard on chicken and then seasoning it. The mustard flavor will burn off and your choice of healthy herbs will stay in place. Most fish--catfish in particular--will come out perfect with just a dab of salt, pepper and a squeeze of lemon.

Rich in Vitamin C and fiber, acidic citrus fruits also work as flavorful, natural meat tenderizers. A marinade of lemon or lime, Worcestershire sauce and soy sauce or a citrus fruit paired with fresh thyme, parsley or oregano will liven up whatever you're cooking.

Produced by ADA's Public Relations Team