

# Mission Meltaway Weekly Newsletter (Week 9/May 7, 2009)

## Backyard BBQ



### Did you know...?

Load your plate with the typical high-fat BBQ fare - cheeseburger, one beef/pork sausage, large scoop macaroni salad, handful of chips, 16-oz glass of lemonade and apple pie a la mode - and your body gets hit with 2,260 calories, 126 grams of fat, 48 grams saturated fat, and more than 100 grams sugar. Yikes!



### In order to burn this all off:

- Walk on a treadmill at 3.5 mph for 6.3 hours
- Stay on the elliptical machine for 4.7 hours
- Hit the pool and swim the breast stroke for 4.7 hours
- Grab your gloves and garden for 6.3 straight hours



-Spend 9 straight hours scrubbing and straightening your home

### Who has the time?! Here are some ideas for a BBQ health makeover...

- Swap fatty steaks, ribs, and chicken wings for skinless poultry, fish and seafood.  
It's obvious we run into the same high fat problem with marbled beef, but some people don't realize that chicken wings are almost all fat. Save yourself excessive calories and fat by switching to skinless chicken breasts and fish.
- Swap calorie-laden side dishes (macaroni and potato salad!) for grilled vegetables.  
Grilled vegetables are low calorie and loaded with vitamins, minerals, phytonutrients and fiber. Easiest prep: lightly coat vegetables with non-stick cooking spray and sprinkle with kosher salt or salt substitute and preferred seasonings (ground black pepper, garlic, Cajun powder, etc.).

### Marinated Grilled Shrimp (273 calories)

1.) In a large bowl, stir together the garlic, olive oil, tomato sauce, and red wine vinegar. Season with basil, salt, and cayenne pepper. Add shrimp to the bowl, and stir until evenly coated. Cover, and refrigerate for 30 minutes to 1 hour, stirring once or twice.

2.) Preheat grill for medium heat. Thread shrimp onto skewers, piercing once near the tail and once near the head. Discard marinade.

3.) Lightly oil grill grate. Cook shrimp on preheated grill for 2 to 3 minutes per side, or until opaque.



### Ingredients

- 3 cloves garlic, minced
- 1/3 cup olive oil
- 1/4 cup tomato sauce
- 2 tablespoons red wine vinegar
- 2 tablespoons chopped fresh basil
- 1/2 teaspoon salt
- 1/4 teaspoon cayenne pepper
- 2 pounds fresh shrimp, peeled and deveined
- Skewers