



Your guide to

Summer grilling

Bonus:
6 recipes
for the Grill

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The Teladoc Health balanced cookout plate

If you're a guest at a cookout, you may not have much say in what foods are being served. But you do get to control what goes on your plate. Your Teladoc Health balanced plate skills can help you build a balanced meal, whatever the options. **Remember, a balanced plate has 50% non-starchy veggies, 25% lean protein, and 25% carbs.** Here's how it can work at a cookout:

Carbs

Make 25% of your plate with a whole grain or starchy veggie like corn on the cob, a small baked potato, or pasta salad.

Non-starchy veggies

Fill 50% of your plate with a colourful salad, grilled veggies, or tomato and onion slices.



Proteins

Complete the last 25% of your plate with lean proteins like a turkey burger, grilled fish, or tofu kebabs.

Healthy fats

If you have the opportunity, add healthier fats like avocado, nuts, and olive oil.

6 Better-for-you cookout swaps

Some cookout meals earn their reputation of not being the best for you. But delicious cookouts can also be filled with balanced meals. Here are some simple swaps you can make to keep all the flavour and stick with your health goals.



90% lean ground sirloin hamburger instead of a higher-fat hamburger.

Choosing leaner ground beef means your burger patty will have less saturated fat, which makes it better for your heart.



Fish and veggie kabobs instead of beef kabobs.

Fish and veggie kabobs add heart-healthy omega-3 fatty acids, vitamins, and minerals.



Vinegar-based coleslaw instead of creamy coleslaw.

The light dressing lets the veggies shine. This salad has less saturated fat and few calories.



Grilled veggies instead of baked potato.

Grilled veggies have loads of vitamins, minerals, and flavour, and fewer carbs.



Lemon-flavoured seltzer instead of lemonade.

You'll get all the hydration and refreshment. And, you'll save on calories and carbs.



Grilled peaches instead of strawberry shortcake.

You'll gain nutrients and fibre by making fruit the focus of your dessert.

6 Healthy and delicious grilled recipes



Sirloin burger with sesame green beans

Ingredients

3 oz ground sirloin, lean
1 tsp olive oil
Salt and pepper, to taste
2 cups green beans, fresh or frozen
½ tsp dark sesame oil
1 tsp sesame seeds
1 light whole grain bun, toasted
2 slices each of lettuce, tomato, and onion

Preparation

Makes: 1 serving
Preparation time: 5 minutes
Cook time: 20 minutes

Form sirloin into patty, drizzle with olive oil, and season with salt and pepper. Grill or broil on baking sheet about 6 minutes per side (until 160°F). Sauté green beans in sesame oil with sesame seeds for 8 minutes. Serve burger on bun with lettuce, tomato, and onion with green beans on the side.

Nutrition per serving (1 burger and 2 cups green beans)

| Calories | Fat | Sat.Fat | Sodium | Cholesterol | Carbs | Fibre | Sugars | Protein | Potassium |
|------------|-------------|------------|---------------|--------------|-------------|------------|-------------|-------------|-----------------|
| 400 | 11 g | 2 g | 504 mg | 76 mg | 46 g | 5 g | 18 g | 30 g | 1,245 mg |



Chipotle barbecue chicken with crispy kale & sweet potato

Ingredients

3 oz uncooked skinless chicken breast
2 Tbsp barbecue sauce
1/4 tsp chipotle powder
1 tsp olive oil
2 cloves garlic, minced
2 cups finely chopped kale
Salt and pepper, to taste
1 small cooked sweet potato, baked or microwaved
1 tsp honey
1/4 tsp cinnamon

Preparation

*Makes: 1 serving
Preparation time: 5 minutes
Cook time: 15 minutes*

Heat outdoor grill or use grill pan on stovetop. Grill chicken breast until internal temperature reaches 165°F. Mix barbecue sauce with chipotle powder and brush on grilled chicken. In skillet over medium heat, sauté garlic and kale in oil for 4 minutes until kale is crisp-tender, then season with salt and pepper. Top sweet potato with honey and cinnamon.

Nutrition per serving (1 chicken breast, 1 cup kale, and 1 sweet potato)

| Calories | Fat | Sat.Fat | Sodium | Cholesterol | Carbs | Fibre | Sugars | Protein | Potassium |
|------------|-------------|------------|---------------|--------------|-------------|------------|------------|-------------|---------------|
| 426 | 20 g | 5 g | 245 mg | 72 mg | 38 g | 9 g | 6 g | 30 g | 897 mg |



Hoisin grilled fish & summer vegetables

Ingredients

Nonstick cooking spray
4 oz fish, such as salmon or tilapia fillets
1 Tbsp hoisin sauce
½ cup chopped yellow squash
½ cup pea pods
½ cup chopped carrots
⅔ cup cooked brown rice

Preparation

*Makes: 1 serving
Preparation time: 8 minutes
Cook time: 12 minutes*
Spray a sheet of tinfoil with cooking spray and place fish, hoisin sauce, yellow squash, pea pods, and carrots in foil. Fold and seal. Cook packet on grill for 10-12 minutes. Vegetables should be tender and fish should flake easily with a fork. Serve over brown rice.

Nutrition per serving (Fish fillet, 1½ cups veggies, ⅔ cup brown rice)

| Calories | Fat | Sat.Fat | Sodium | Cholesterol | Carbs | Fibre | Sugars | Protein | Potassium |
|------------|------------|------------|---------------|--------------|-------------|------------|------------|-------------|---------------|
| 335 | 9 g | 1 g | 353 mg | 50 mg | 38 g | 4 g | 9 g | 27 g | 908 mg |



Fennel-pomegranate salad with grilled chicken

Ingredients

1½ tsp olive oil
¼ cup fresh orange juice
1 medium fennel bulb, thinly sliced
1 (4 oz) skinless, boneless chicken breast
⅛ tsp salt
¼ tsp black pepper
2 cups baby spinach
½ cup orange sections
½ cup pomegranate seeds
1½ Tbsp roasted, unsalted almonds, chopped

Preparation

Makes: 1 serving
Preparation time: 1 hour (10 minutes active)
Cook time: 10 minutes

Combine olive oil and orange juice in a medium bowl; add fennel. Toss to combine, cover, and chill 1 hour. In the meantime, heat grill or grill pan to medium-high. Season chicken with the salt and pepper; place on grill and cook for about 4-5 minutes on each side, or until cooked through. Set aside and keep warm. Add orange sections and pomegranate seeds to fennel mixture, then toss gently with spinach. Top with almonds and mint. Serve salad with chicken breast.

Nutrition per serving (Fish fillet, 1½ cups veggies, ⅔ cup brown rice)

| Calories | Fat | Sat.Fat | Sodium | Cholesterol | Carbs | Fibre | Sugars | Protein | Potassium |
|------------|-------------|------------|---------------|--------------|-------------|-------------|-------------|-------------|-----------------|
| 459 | 17 g | 2 g | 512 mg | 64 mg | 51 g | 13 g | 21 g | 31 g | 2,064 mg |



Grilled bok choy

Ingredients

- 1 tsp olive oil
- 1 clove garlic, minced
- 1 baby bok choy, cut in half

Preparation

*Makes: 1 serving
Preparation time: 3 minutes
Cook time: 5 minutes*
Toss bok choy with oil and garlic.
Grill 5 minutes, flipping once.

Nutrition per serving (1 baby bok choy)

| Calories | Fat | Sat.Fat | Sodium | Cholesterol | Carbs | Fibre | Sugars | Protein | Potassium |
|----------|-----|---------|--------|-------------|-------|-------|--------|---------|-----------|
| 54 | 5 g | 1 g | 56 mg | 0 mg | 3 g | 1 g | 1 g | 2 g | 226 mg |



Grilled peaches

Ingredients

1 peach, halved and pit removed
½ tsp olive oil

Preparation

*Makes: 1 serving
Preparation time: 3 minutes
Cook time: 5 minutes*

Heat grill to medium. Brush both sides of the peach halves with olive oil. Grill, cut side down, until the fruit has grill marks (around 4-5 minutes). Turn peaches to the other side and move to indirect heat for another 4-5 minutes, or until fruit has softened.

Nutrition per serving (1 peach)

| Calories | Fat | Sat.Fat | Sodium | Cholesterol | Carbs | Fibre | Sugars | Protein | Potassium |
|----------|-----|---------|--------|-------------|-------|-------|--------|---------|-----------|
| 79 | 3 g | 0 g | 0 mg | 0 mg | 14 g | 2 g | 14 g | 1.4 g | 285 mg |