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## Dietitians' Favorite Foods to Grill

by JENNIFER MONCAYO • May 22, 2013

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With grilling season upon us, we picked the brains of the healthiest eaters we know—registered dietitians. Take a cue from these weight loss experts, and grill some of their favorite foods at your next summer barbecue.

**Turkey and Goat Cheese Burgers**

**Dietitian:** Jennifer McDaniel, RD, a spokesperson for the Academy of Nutrition and Dietetics

**What's to love:** "Compared to a regular burger, a ground breast turkey burger has about half the calories and two-thirds less fat with similar protein content," says McDaniel. "So I feel good about having a burger more than once a week."

**Cooking tip:** Since turkey breast is so lean and can easily dry out on the grill, she mixes the ground turkey with a little goat cheese, lemon zest, breadcrumbs, and a seasoning blend, and then shapes the meat into patties.

**How to eat them:** Place the patty in whole-wheat pita bread with a little non-fat plain Greek yogurt, and top it with a mixture of jarred roasted red bell peppers and caramelized onions.

**Blueberries**

**Dietitian:** Erin Palinski-Wade, RD, CDE, author of *Belly Fat Diet for Dummies*

**What's to love:** "Blueberries contain higher levels of antioxidants than most fruits, making them powerful inflammation fighters," says Palinski-Wade.

**Cooking tip:** In a bowl, toss in ¼ cup lemon juice, 1 tsp sugar, and ½ cup blueberries. Pour the mixture into foil and fold the sides to seal the packet of berries and juice. Place on a warm grill and cook for 7 minutes.

**How to eat them:** Pour the grilled berries over salad or yogurt for a refreshing sweet treat.

**Red Bell Peppers**

**Dietitian:** Tammy Lakatos Shames, RD, co-author of *The Secret to Skinny*

**What's to love:** Red bell peppers are packed with fiber and antioxidants, such as vitamins A, C, and E, which are great for healthy skin, says Lakatos-Shames.

**Cooking tip:** Spray the peppers with canola oil before placing on the grill, she says. This helps them take on the flavor of the grill for a heartier taste.

**How to eat them:** On top of Portobello mushroom burgers with a drizzle of balsamic vinegar.

**Pineapple**

**Dietitian:** Lyssie Lakatos, RD, co-author of *The Secret to Skinny*

**What's to love:** "Grilled pineapple caramelizes and tastes like candy," says Lakatos. "But unlike candy, it is high in fiber, packed with nutrients, and two slices are only 60 calories."

**How to eat them:** Cut up the pineapple, place it on a skewer with other veggies, and drizzle it with teriyaki sauce before placing on the grill.

**Peaches**

**Dietitian:** Rachel Begun, RD, a spokesperson for the Academy of Nutrition and Dietetics

**What's to love:** "Peaches are rich in potassium, fiber, and vitamins A and C," says Begun. "Plus, grilling makes them taste like syrup, which adds sweetness to recipes without any sugar."

**How to eat them:** Cut grilled peaches in half, brush them with cinnamon and honey, and serve in Greek yogurt.

**Shrimp**

**Dietitian:** Keri Glassman, RD, author of *The New You (and Improved) Diet*

**What's to love:** "Shrimp are low in fat and calories, and are a great way to 'lighten' typical BBQ fare," says Glassman. "They are also a great source of lean protein, omega-3 fatty acids, vitamin B12, vitamin D, iron and selenium."

**How to eat them:** Opt for shrimp kebabs: Grill four to six large shrimp on a skewer. Then, add 2 tsp of olive oil, and sea salt and pepper to taste.

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