



Better BBQ Menu Ideas

Here are some tasty, healthy menu ideas for your next barbecue.

Main meal

- **Steak Sandwich** - tenderised minute steak served on wholemeal bread, topped with tomato and lettuce.
- **Australian burger** - lean mince or vegetable patty served with tomato, lettuce, fresh or barbecued pineapple rings and sliced beetroot.
- **Skewers** - marinated lean meat, tofu or haloumi, and thread onto skewers (soak wooden skewers in water first) with capsicum, mushroom, cherry tomatoes, and zucchini brushed/sprayed with healthy oil.
- **BBQ Wrap/Yiros** - thinly sliced lean meat or falafels served on wholemeal pita bread with fresh salad and tzatziki sauce.
- **BBQ Toasties** - pre-make toasties with wholemeal bread and toppings such as reduced fat cheese, tomato, avocado or lean ham. Lightly brush bread with oil before barbecuing each side on the hot plate until golden.
- **BBQ Stirfry** - finely sliced meat or tofu, mixed vegetables and hokkien noodles. Marinate the meat for extra flavour.



BBQ vegies

- **Jacket Potatoes** - cooked potatoes in wrapped foil on BBQ, then top with salad or vegetables and low fat cheese or yoghurt.
- **Corn on the cob** - although not necessary, you can thread the corn onto skewers for easy cooking and eating
- **Marinated garlic mushrooms** - brush/spray or toss large mushrooms with healthy oil and a small amount of crushed garlic, then grill.
- **Vegetable kebabs** - brush/spray or toss capsicum, zucchini, cherry tomatoes and mushroom with healthy oil and herbs then thread onto skewers.
- **Grilled vegetables** - brush/spray or toss chopped vegetables such as capsicum, zucchini, sweet potato or eggplant and grill or barbecue.



Salads

- **Coleslaw** - shredded carrot, cabbage, celery, and radish tossed in a reduced fat yogurt, lemon juice and parsley dressing.
- **Tabouli** - cracked wheat, parsley, mint, onion, tomatoes, lemon juice and a small amount of olive oil.
- **Pasta salad** - cooked pasta, tomatoes and spring onions tossed in balsamic vinegar.
- **Potato salad** - cooked potato and spring onions dressed in a mixture of reduced fat yoghurt, mustard and black pepper or alternatively reduced fat yoghurt, fresh mint, garlic and lemon.



Marinades – for meat, tofu and vegetables

- **Classic soy** - reduced salt soy sauce, small amount of sesame oil, ginger and garlic to taste.
- **Lemon and chilli** - garlic, reduced salt soy sauce, lemon juice and sweet chilli sauce.
- **Tandoori** - reduced fat yoghurt with chilli, coriander, garlic, cumin and turmeric.
- **Honey soy** - garlic, honey and reduced salt soy sauce.



For the best result let your items marinate overnight or for at least two hours.