

The York University Staff Association Health & Wellness News & Views

The heat is on – literally. As here we are with the month of July in full swing and well Covid 19 has put much in this nation on hold, the art of grilling isn't one of them. With many Canadians looking towards comfort at home, there has already been a 5% increase in grilling in 2020 compared to the same time last year. The Covid 19 experience has changed our wants, needs, safety and company, however outdoor BBQ's offer a controllable option that provides a good way to socialize after months of social distancing. In fact, there are few things better suited than firing up the grill as we wait out Covid 19. From July 1st all the way through to Labour Day outdoor grilling is a staple of Canadian life. And what many of you may not know is that July is National BBQ Month. It's time to celebrate! When the weather outside is hot and humid, the last thing we want to do is turn on the oven or stand over the stove to make dinner, so bringing things outdoors is the natural solution. And, although this July may be a bit different, as you may invite fewer family and friends than before, it is still important to get outside and find your inner grill master. Anyone can and should make the most of barbecue season, no matter what their level of culinary expertise may be.

We love the relaxed vibe of summer that just makes everything seem easier. Nobody wants to fuss much – especially in the kitchen. As a bonus, barbecue is the ultimate family food—and unlike a formal dinner planned to perfection, it's casual cuisine that brings us together and lets us feel comfortable and completely ourselves. Do you have a grill? Then you have an instant party. There is something about the nature of grilling out that translates into instant fun. Kids love playing outside while eating hot dogs or hamburgers fresh off the grill, while adults can enjoy conversation and cocktails over a barbecue. Besides, there's something about the act of grilling that just makes food look and taste fantastic. Is it the smoky flavor, the fun flavors of marinades, the grill lines that form on the food, or the fresh taste that comes from cooking something over high heat for a short amount of time? Try all of the above!

There are many ways that you can turn your BBQ into a flavourful and fun way to cook, but also a healthy way to eat. By choosing foods that are low in fat, high in nutrients and full of flavor you can get great meals that are healthy. Grilling meats not only

adds that delicious smokey flavor, but most times foods are cooked without adding excessive fats and oils.

Nowadays, there's more to barbecuing than tossing hunks of meat on the fire. Vegetables and fruit deserve equal rights on the grill. As well as making your backyard cookout more colourful, adding produce to the menu will please vegetarians, as well as carnivores on your guest list. Grilling fruits and vegetables is a great idea, whether or not you're grilling meat or fish to go with them. We all need to eat more fruits and vegetables, and this is an appealing way to serve them. I probably don't need to remind you that eating fruits and vegetables benefits the body in so many ways -- reducing your risk of coronary heart disease, stroke, obesity, and some types of cancer

You know meats and vegetables taste delicious when grilled, but did you know that pizza, fruit, pound cake, quesadillas and even avocados taste amazing when cooked over a grill? The sky is the limit. Get creative and have fun impressing your friends and family by cooking some of their favorite meals on the BBQ.

There are a few basic rules for healthy outdoor grilling. Keeping your grill clean, avoid charring meats, (cooking meats at extremely high temperature can cause the formation of chemicals that may be linked to some cancers). Choose healthy foods and cook meats at the proper temperature.

Gas or Charcoal?" The most frequently asked question since "the Chicken or the Egg". This is an age-old grate debate, as chefs and novice cooks alike have been debating over charcoal and gas grill for forever. A charcoal grill takes more time to preheat therefore this may delay your serving time and have a negative effect on your party. In contrast, a propane gas grill heats up easily, sometimes just 10 minutes is enough to preheat, and it holds that temp consistently. Although, most charcoal grills can usually easily outsear gas grills because they simply produce more direct infrared heat. A few gas grills, usually expensive ones, come with special sear burners that can do a good job of searing. Regardless, charcoal purists are passionate and

border on rabid. They who would never ever never no *how no way* own a gas grill say that charcoal is the only way. But then gas gurus would argue that, the most convincing argument for gas?? Probably 90% of the world's greatest steakhouses grill their rare aged prime beef with gas. While I certainly can't settle the debate about whether a gas grill is superior to a charcoal grill, my advice, make sure you select the best option for you and your family. If after all this you still can't decide between gas and charcoal, there's no need to buy two grills. A hybrid grill, with the option to use both natural gas or propane and charcoal, exists for those who want the best of both fuel worlds.

shrimp on the barbee! After all, its National Grilling Month! Getting hungry yet?

July 2020



Marinate, Marinate, Marinate. You've gotta love the idea of infusing flavor into meats, fruits, and vegetables by soaking them in a tasty marinade. Marinades add flavour, moisture and help tenderize. Some favorite marinade ingredients include wines, vinegars, lemon or lime juice, low-sodium soy sauce, honey, garlic, onions, herbs, and spices. Use fat-free or low-fat marinades on your grilled meats, fish, and poultry to limit the fat that drips on the coals. For a quick, easy, and healthy marinade for beef, chicken or salmon try a good olive oil (Cold pressed) an aged balsamic vinegar, a little salt and pepper to taste. Marinate for a few hours and enjoy.

Outdoor grilling can be both healthy and flavourful. But most of all it keeps us where we want to be, outside. And, there is no shortage of reasons to start the grill and celebrate summer, especially during the Covid pandemic. So, get outside and put another