



## Experts from Aramark and the American Heart Association Share Their Sizzling Secrets for Healthy Summer Grilling

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PHILADELPHIA, June 28, 2017 /PRNewswire/ -- Summer is officially here, which means firing up the grill and enjoying the fresh flavors of the season with family and friends.



Serving more than two billion meals each year, [Aramark](#) (NYSE: ARMK), a global leader in food, facilities and uniforms, and the American Heart Association (AHA), the nation's largest voluntary organization dedicated to fighting heart disease and stroke, are sharing tips to make the average summer cookout superb, with secrets straight from the grill.

Aramark's team of chefs and dietitians rolled up their sleeves and joined forces with experts from the AHA to create the ultimate healthy summer grilling guide, as part of the recently launched Feed Your Potential 365 public health and well-being campaign, encouraging individuals and families to make healthy eating a part of everyday life. The campaign is part of Aramark's five-year commitment with the AHA to improve the health of Americans 20 percent by 2020.

"Grilling in an excellent way to boost the flavors of food with in season and better for you ingredients and techniques," said Annette Gray, Leader Culinary Innovation and Research and Development Chef for Aramark. "With so much great and often local produce available, summer is the perfect time to test out new recipes and unlock the full potential of your food."

"Grilling can be one of the healthiest ways to cook," said Penny Kris-Etherton, Distinguished Professor of Nutrition at the Pennsylvania State University and American Heart Association spokesperson. "One of my favorite grilling tips is to use lean meats, poultry, and fish whenever possible to reduce cholesterol and saturated fat. Eating fish can also help get you those heart healthy omega-3s."

**[TAKE FLAVOR FURTHER:](#)** Take flavors to the next level with a few healthy tips and twists.

- **Soak up the marinade**

Start with a healthier marinade before you even light the grill. Healthier marinades contain herbs, spices & healthy oils. Reduce salt with wine vinegar, citrus-infused oil or a little mustard. Reduce added sugar with fruit purées. Try ripe mango or peach purée blended with dried cranberries or white raisins.

- **Rub on the spices**

Spice rubs add flavor to meats, fish and chicken and have fewer calories than traditional BBQ sauces. Spice combinations are endless – from garlic, onion powder, dried basil, oregano, paprika, chili powder and cayenne to spicy Jerk chicken rub.

- **Burst of lemon everywhere**

It's easy to cut the amount of salt you use on your grilled meats or seafood by 50%. Just replace with lemony goodness. Replace each ½ teaspoon of salt with 5 teaspoons of juice and 1 teaspoon of zest and drizzle flavor directly over foods as they cook. How you tend to food while it's on the grill can enhance and lock in flavor.

**COLOR YOUR PLATE:** Make the most of summer's bounty by tossing garden fresh fruits and veggies on the grill.

- **Start with Veggies on the Grill**

Vegetables are great on the grill. Try them in Kabobs or grill them in slices to serve right next to fish, chicken or meat. Grilled veggies add excitement, freshness and flavor to any meal. Try grilling two or three for every main dish.

- **Pair Fruits with Entrées**

Fruit is no longer just a snack or dessert. The sweet flavors of summer fruits help to enhance grilled seafood, chicken, or beef. Replacing other side dishes with fresh fruit is also a great way to add flavor with fewer calories. Add fruit to the plate and see the colors of summer in a whole new light.

- **Baste on the flavor**

Use a basting brush and pack on additional flavor over the flame. Baste green veggies with olive oil and herb mixes.

- **Top it all off**

Not all flavor is added on the grill, some can be added afterward. Try toppings that add healthy flavors to the plate like a fresh fruit compote or salsa, or top with finely chopped grilled veggies.

**REIMAGINE COOKOUT STAPLES:** Who says the grill is limited to burgers and franks? Try these unexpected twists on summer grilling staples.

- **Grilled Capresé Chicken Sandwich:** Top grilled chicken breasts with sliced, ripe tomatoes, thinly sliced fresh mozzarella, fresh basil and arugula lightly drizzled with olive oil, balsamic vinegar and a dash of salt and pepper.
- **Greek Turkey Tzatziki Burger:** Top grilled turkey burgers with a dollop of tzatziki spread, feta crumbles and pickled pepperoncini peppers. Add chopped lettuce, cucumbers, tomato and red onion, and serve on a whole grain pita.
- **New American Grilled Salmon Tacos with Dill Avocado Crema:** Top grilled salmon tacos with diced mangoes, avocados and radishes. Smash a few avocados and add equal parts of Greek yogurt – stir in some fresh lime juice and freshly chopped dill, to make a Greek yogurt and dill avocado crema.

**KEEP SAFETY TOP OF MIND:** Before firing up the grill, keep the following safety tips in mind, to ensure summer cookouts are safe and successful.

- **Food Refrigeration Safety**

The summer months can reach scorching temperatures, which means careful refrigeration is a priority with raw meats, fish and poultry before they reach the grill. Always refrigerate meats even when thawing and marinating. Place the food in a tray or container deep enough to collect any draining fluids to prevent contamination of other foods in your refrigerator. If you are grilling on-the-go this summer, be sure to pack meats in a cooler over ice to keep them chilled and fresh.

- **Personal Safety**

Exercise caution while wearing long or loose fitting clothing or aprons around the grill. Use flame retardant mitts and grilling utensils with long handles. More importantly, never leave a hot grill unattended.

- **Food Handling**

Keep it clean. Always wash your hands BEFORE preparing your food and in between other tasks. Keep kitchen counters, cutting boards and utensils clean at all times to prevent cross contamination among food and hard surfaces.

- **Food Preparation**

Cook your raw meat products to the minimum internal temperatures as stated on the product packaging. Poultry browns quickly on the grill but may not be fully cooked inside. You should use a food thermometer to make sure that the internal temperature reaches at least 165°F for poultry, 160°F for ground beef and 145°F for steaks and chops.

- **Leftovers**

Savor those cookout creations the next day with leftovers. Remember to keep leftovers cooled to below 70°F (21°C) within 2 hours, and then to 41°F (5°C) or below within 4 hours.

For more grilling tips and recipes, please visit [www.fyp365.com](http://www.fyp365.com) or join the conversation on [Instagram](https://www.instagram.com/).

**About Aramark**

Aramark (NYSE: ARMK) proudly serves Fortune 500 companies, world champion sports teams, state-of-the-art healthcare providers, the world's leading educational institutions, iconic destinations and cultural attractions, and numerous municipalities in 19 countries around the world. Our 270,000 team members deliver experiences that enrich and nourish millions of lives every day through innovative services in food, facilities management and uniforms. We operate our business with social responsibility, focusing on initiatives that support our diverse workforce, advance consumer health and wellness, protect our environment, and strengthen our communities. Aramark is recognized as one of the World's Most Admired Companies by FORTUNE, as well as an employer of choice by the Human Rights Campaign and DiversityInc. Learn more at [www.aramark.com](http://www.aramark.com) or connect with us on [Facebook](#) and [Twitter](#).

**About the American Heart Association**

The American Heart Association is devoted to saving people from heart disease and stroke – the two leading causes of death in the world. We team with millions of volunteers to fund innovative research, fight for stronger public health policies, and provide lifesaving tools and information to prevent and treat these diseases. The Dallas-based association is the nation's oldest and largest voluntary organization dedicated to fighting heart disease and stroke. To learn more or to get involved, call 1-800-AHA-USA1, visit [www.heart.org](http://www.heart.org) or any of our offices around the country. Follow us on [Facebook](#) and [Twitter](#).

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