

# Healthy BBQ Catering



*get active* | Glenelg2Grampians



*This initiative is funded by the Australian Government*

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**Health BBQ Catering contains the following appendixes:**

- Appendix 1: Commercial BBQ Meat Cost Comparison
- Appendix 2: Healthy BBQ Catering Checklist

### INTRODUCTION

In Australia, around three in five adults and one in four children are overweight or obese, and the National Health and Medical Research Council predict that by 2025, 83 per cent of men and 75 per cent of women will be overweight or obese if current trends continue.

Council recognises that environments where the healthiest food choice is the easiest choice (accessible, available and affordable) are fundamental in preventing this trend, and is committed to ensuring the community, staff, volunteers and visitors have access to healthy food and drink choices when attending council operated facilities and sponsored events.

'Healthy BBQ Catering' was developed as part of the Australian Government funded Healthy Communities Initiative – Get Active Glenelg2Grampians (G2G) Project. It contains simple, nutritious and appetizing BBQ ideas to support implementation of council's healthy catering policy / guidelines.



### BACKGROUND

The Get Active G2G Project was delivered in partnership by Glenelg and Southern Grampians Shire Councils, and Southern Grampians Glenelg Primary Care Partnership.

Fully funded by the Commonwealth Government through the Healthy Communities Initiative, Get Active G2G implemented a range of programs to increase participation in physical activity and healthy eating to help reduce the prevalence of overweight and obesity.

Initial surveys conducted by Get Active G2G suggested the community wanted to increase access to healthy food options, evident by;

- Over 96% of community organisations, who cater for community events, believing they had a role to play in promoting healthy food choices; and
- Over 90% of community residents wanting more healthy options to be available when purchasing food away from home.

Get Active G2G implemented Healthy Catering Programs within various settings including council, commercial food premises, and community organisations to improve the nutrition of food catered within the community.

One component of the Healthy Catering Program was the Healthy BBQ catering workshops conducted by Tony 'Gilly' McGillivray, Manager, Hamilton and District Skills Centre for community organisations. A total of 57 people attended the workshops, representing 20 community organisations.

All post workshop survey respondents believed their organisation would make healthy changes to their catering after attending the workshop. This 'Healthy BBQ Catering' resource was developed to support these changes.



### HEALTHY BBQ CATERING

According to 'Gilly', Healthy BBQ catering is about quality ingredients and taste.

Reducing portion sizes, while increasing the "wow" factor, will also ensure you are able to maintain or increase your profitability at the same time as providing healthier choices to your community.

Simple changes such as switching to lean meat and wholegrain bread can have a significant impact on the nutrition of catered BBQ foods.

This resource provides recipes, ideas and tips for Healthy BBQ Catering including Healthy Meat, Salad, and Vegetarian options.

### HEALTHY MEAT OPTIONS

Meat has traditionally dominated the Australian BBQ menu with the typical 'sausage sizzle' consisting of a sausage in white bread with sauce. While this meal is easy, cheap, quick and tasty, the nutritional value is low and energy density high. Offering more nutrient dense food is important to increase access and consumption of healthy food.



General tips for healthier meat

- BBQ meat should be lean or trimmed of all visible fat or reduced fat.
- Limit processed meat to reduce sources of saturated fat.
- Marinating meat with monounsaturated oil, lemon juice-based marinades and fresh herbs such as basil, mint, rosemary, thyme, oregano, and sage can reduce production of carcinogens (substances linked with cancer), as well as tenderize, add great flavour, and help keep moist during cooking.



### 1. Koftas

Koftas are a practical BBQ option; they are easy to make, cook and handle.

#### Lamb Koftas

- 1kg lean lamb mince
- 2 tbs parsley, finely chopped
- 2 tbs coriander, finely chopped
- 1 clove garlic, crushed
- ½ teaspoon all spice
- 1 tsp ground cumin
- 1 egg
- ½ tsp ground coriander
- ¼ teaspoon chilli



#### **DIRECTIONS**

1. Mix all ingredients thoroughly. Form into sausages (approximately 10 cm long and 3cm thick). Place a skewer lengthwise through the sausage.
2. After cooking, place the kofta inside the flat bread and pull skewer out. Serve with Tzatziki, garlic sauce or hummus, along with salad / coleslaw.

**Tip:** Cut skewers in half and soak skewers in water to prevent burning.

### 2. Burgers

Making your own burger patties can be cheaper and healthier than store bought patties.

#### Beef Burgers

- 1kg lean beef mince
- ½ red capsicum, finely diced
- 1 egg
- 2 spring onions, finely chopped



#### **DIRECTIONS**

1. Mix all ingredients in a bowl. Roll into a 7-8 cm ball (approx. 80gm).
2. Serve on multigrain bread with home-made chutney or sauce.



### 3. Steak

Minute Steak is inexpensive, quick and easy to cook, making it a practical addition to the catered BBQ. Just add herbs and spices or marinade.

#### Mini-chicken Steaks

- 1 kg chicken fillet, sliced into 80-90gm pieces
- 2 tablespoons olive oil
- 1 teaspoon Cajun seasoning
- Pepper, to taste
- 3 tablespoons Dijon mustard



#### **DIRECTIONS**

1. Slice chicken evenly, approximately 1cm thick, 10cm in diameter.
2. Mix remaining ingredients in a bowl, then add chicken and combine well.
3. Leave to marinate for at least half hour, place on BBQ and cook through.
4. Serve on flat bread or in small multigrain bread roll with salad or coleslaw.

### 5. Kebabs / Skewers

Skewers are an easy way to incorporate lean meat into your BBQ menu. They are cheap, easy to make and handle, and kids love them! Add vegetables to reduce cost and increase nutrition. Alternate meat and vegetables.

#### Chicken Skewers

- 1kg chicken (or lean meat) fillets
- Juice of lemons
- 2 tablespoon olive oil
- 2 tablespoons parsley, finely chopped
- 1 teaspoon Moroccan spice
- Skewers soaked in hot water



#### **DIRECTIONS**

1. Slice chicken into 10cm by 2.5cm pieces.
2. Mix ingredients, toss chicken through, and weave onto skewers. Cut sharp end off stick. Leave to marinate for at least 15 minutes. Cook on the BBQ.
3. Add assorted vegetables / fruit, eg mushroom, capsicum, pineapple.

### 6. Sausages

While sausages feature predominantly on the Australian BBQ menu, there is increasing demand for healthier BBQ options. For a healthy sausage consider the following tips;

- Boil sausages before you cook them, remove skin and then grill
- Prepare BBQ with a splash of olive oil and wipe excess with paper towel to prevent sausages stewing in oil,
- Keep BBQ plate consistent temperature for better finished product;
- Sausages can be made healthier by reducing fat and salt. If bulk buying ask your butcher to prepare sausages with > 10g per 100g and >500mg salt per 100g. Look out for Tick approved options of sausages and burgers which contain no more than 3% saturated fat at supermarkets.
- Offer half-size sausages to provide smaller portions for different appetites.



### SAUCE

Menu items should contain no or minimal salt. Serve sausages / burgers without sauce and allow people to self-serve. Use Tomato Salsa as an alternative to Tomato Sauce.

#### Tomato salsa

- 3 tomatoes, diced
- ½ - 1 fresh chilli, finely chopped
- 3 tablespoons chopped coriander



#### DIRECTIONS

1. Combine all the ingredients in a bowl and season to taste.
2. Vary the recipe by adding diced avocado for extra colour and flavour.




### HEALTHY SALADS

Providing salads introduces different food groups to your BBQ to accommodate the needs of customers looking for a healthier meal. Fill a wrap with salad, with or without lean meat.

Some healthy salad catering tips include;

- Serve dressings on the side,
- Use dressings made from;
  - low fat natural yoghurt and herbs, or
  - lemon juice, vinegar, herbs and healthy oil, eg canola, or
  - Asian style ingredients.

Commercial coleslaw often comes loaded with oil-based mayonnaise. A yogurt dressing is much healthier and adds a pleasant tang.

| Coleslaw  |  |
|---|--|
| <p>Coleslaw</p> <ul style="list-style-type: none"><li>• ¼ red cabbage, finely sliced</li><li>• ¼ savoy cabbage, finely sliced</li><li>• 2 carrots, grated</li><li>• 1 stick celery, finely diced</li><li>• 1 red capsicum, finely diced</li><li>• 1 purple onion, finely diced</li></ul> <p>Dressing</p> <ul style="list-style-type: none"><li>• 250ml low fat Greek yoghurt</li><li>• 1 clove garlic crushed</li><li>• 1 zucchini, grated</li><li>• 1 tablespoon parsley, chopped</li><li>• 3 tablespoons basil, chopped</li></ul> |  |
| <p><b>DIRECTIONS</b></p> <ol style="list-style-type: none"><li>1. Mix all slaw ingredients thoroughly.</li><li>2. To maintain the crispness of the vegetables, <b>DON'T</b> dress all the slaw.</li><li>3. For a 'non-creamy' dressing, try olive oil, red wine vinegar &amp; Dijon mustard.</li></ol>  |  |

## Healthy BBQ Catering

Tabouleh adds colour, nutrition, texture and taste to barbecued meat.

### Tabouleh

- $\frac{3}{4}$  cup burghul (cracked wheat), rinsed
- 3 cups fresh flat-leaf parsley leaves, chopped
- $\frac{3}{4}$  cup fresh mint leaves, chopped
- 3 medium tomatoes, finely chopped
- 1 small red onion, finely chopped
- 2 tablespoons olive oil
- $\frac{1}{4}$  cup lemon juice



### DIRECTIONS

1. Cover burghul in a bowl of boiling water. Stand for 20 minutes or until soft. Drain. Rinse under cold water. Drain, pressing out water with metal spoon.
2. Place burghul, parsley, mint, tomato and onion in a bowl. Stir to combine.
3. Place oil and lemon juice in a screw-top jar. Secure lid. Shake to combine. Drizzle over tabouleh. Season with pepper. Toss to combine.

## HEALTHY DRESSING AND SPREAD OPTIONS

For a healthier spread or dressing for wraps and rolls, try Tzatziki.

### Tzatziki

- 500ml low fat Greek yoghurt
- 2 Lebanese cucumber, deseeded & grated
- 1 tablespoon fresh mint, chopped
- 1 tablespoon fresh oregano chopped
- Juice of 1 lemon
- 1 clove garlic, crushed
- Pepper to taste



### DIRECTIONS

1. Cut the cucumber into quarters lengthways, remove seeds and grate. Squeeze the grated cucumber to remove as much liquid as possible.
2. Mix all ingredients in a bowl and use as a sauce or dressing.

## Healthy BBQ Catering

Use Hummus as a healthy alternative spread for wraps and burgers, or for a healthy twist, to replace mayonnaise in salads.

### Hummus

- ¼ cup fresh lemon juice
- ¼ cup tahini
- ½ large garlic clove, minced
- 2 tablespoons olive oil
- ½ teaspoon ground cumin
- 425gm can of chickpeas, rinsed and drained
- 2-3 tablespoons water



### DIRECTIONS

1. In a food processor bowl, combine tahini & lemon juice. Process for 1 minute. Scrape down side & bottom, then process for another 30 seconds.
2. Add the olive oil, minced garlic, cumin and salt, process for 30 seconds,
3. Add drained, washed chickpeas & process for 1-2 mins or until thick and smooth.

## HEALTHY VEGETARIAN OPTIONS

It is a good idea to have vegetarian options on hand to accommodate different needs and you may find customers may like to try something different. Avoid overcooking them. The longer they cook the more certain vitamins like vitamin C and B-complex vitamins break down

One of the easiest ways to make barbecuing healthier is to add vegetables as much as possible.

### General tips

- To prevent contact between meat and vegetarian food, use a frypan on the corner of the BBQ, or a separate burner, to cook vegetarian food.
- Have the vegetarian product on hand and prepared, but don't cook until an order is received.



Vegetarian Options include burgers, kebabs and grilled vegetables.

### 1. Burgers

Chickpea, lentil or vegetable burgers can be served on their own or with a wholemeal roll full of salad fillings such as, lettuce, tomato, beetroot, onion, avocado, sliced capsicum, and grated zucchini.

#### Vegetable burger

Makes 15

- 2 carrots grated
- ½ zucchini grated
- 1 x 130g can corn niblets drained
- Medium potato grated
- 2 celery sticks, finely chopped
- 1 small onion finely chopped
- 2 eggs
- ½ cup self raising flour
- 1 tsp salt
- Small amount of oil for frying



#### **DIRECTIONS**

1. Mix ingredients in bowl except oil.
2. Form mixture into patties or scoop out spoonful's straight onto BBQ.
3. Place cooked patty onto a wholemeal roll with salad and sauce such as sweet chilli, tomato or BBQ if desired.

### 2. Vegetables kebabs

Kebabs are a great way to add vegetables to the BBQ menu. By alternating lean meat and vegetables, the veggies will not only add flavour, they'll also help to keep the meat moist and add fibre and nutrients.

- Cut 1 cm thick slices of vegetables such as zucchini, capsicum, eggplant and mushroom,
- Coat with marinade include garlic, salt-reduced soy sauce, lemon juice or sweet chilli sauce,
- Cook directly on BBQ. Add haloumi for a different flavour.

### 3. Grilled Vegetables

Any of these items can be served in a wrap, topped with tomato salsa, coleslaw or tabouleh.

- Sweet potato chips: Peel and slice into ½ cm thick piece. Brush with a little olive oil, and then grill.
- Zucchini: Halve lengthwise, and cut into 10cm piece. Brush with olive oil and sprinkle with a little paprika or other seasoning. Cook uncut side first, and then flip.
- Capsicum: Cut into 2cm wide strips and place on BBQ plate. As an alternative, capsicums can be roasted in the oven whole, peeled, then cut into strips prior to placing on the BBQ.
- Asparagus: Wash and place on BBQ
- Corn Cobs: Grill sliced corn cobs on the BBQ. Use healthy spray. Serve with toothpicks. Add grain mustard or spices.



### OTHER HEALTHY OPTIONS TO EXTEND MENU

Other menu items to consider

1. Soup. You can find lots of healthy soup recipes at the Healthy Together Victoria website, eg chicken and corn chunky noodle, farmhouse, vegetable chowder. Serve in takeaway cups with wholegrain bread.
2. Fruit Kebabs. A fun and appealing way to serve fruit. Thread alternate types of fruit, such as strawberries, cantaloupe, bananas, apple and pineapple onto skewer. Serve with a drizzle of honey yoghurt dressing.
3. Jacket Potatoes: Wrap small potatoes in foil and cook on grill for 45-60 mins. Serve with coleslaw, dollop of natural yoghurt & reduced fat grated cheese.
4. Warm salad in a box. Add barbecued meat to a salad and serve in a box, eg. warm chicken salad. Alternatively just serve salad on its own for a vegetarian option.





### Process for Introducing Healthy Changes to menus

The following information has been adapted from Vic Health: Healthy Club Canteens Program. Refer to the Programs Manual for further information.

1. **Develop your healthy eating options goals.** Decide what proportion of your menu will be healthy. Develop a policy / plan.
2. **Prepare for change.** Engage your staff / volunteers / customers in the process. Assess your budget; revise your menu and general operations.
3. **Make the change.** Let customers know to help build demand, rearrange production to promote healthy options, update menus or promotional material. Emphasise the many benefits of providing healthy options.
4. **Review the progress.** Have a look at the response to changes, what has worked and what hasn't, including impacts on staff and budget.



### Acknowledgements

Most of the information, photos and recipes included in this resource were obtained from the Get Active Glenelg2Grampians Healthy BBQ workshops. Further information was sourced from the following websites;

- Heart Foundation; [www.heartfoundation.org.au/catering](http://www.heartfoundation.org.au/catering).
- Healthy Eating Advisory Service:  
<http://heas.healthytogether.vic.gov.au/food-industry-and-outlets/recipes>.
- AIHW. Overweight and Obesity: [www.aihw.gov.au/overweight-and-obesity](http://www.aihw.gov.au/overweight-and-obesity)
- NHMRC. Australian Dietary Guidelines:  
[www.nhmrc.gov.au/\\_files\\_nhmrc/publications/attachments/n55\\_australian\\_dietary\\_guidelines\\_o.pdf](http://www.nhmrc.gov.au/_files_nhmrc/publications/attachments/n55_australian_dietary_guidelines_o.pdf).
- World Health Organisation. Obesity and Overweight:  
[www.who.int/mediacentre/factsheets/fs311/en/](http://www.who.int/mediacentre/factsheets/fs311/en/)
- Vic Health: Healthy Eating - Healthy Club Canteens.  
[www.vichealth.vic.gov.au/~/\\_media/ProgramsandProjects/HealthyEating/Healthy%20Club%20Canteens%20project/HealthyClubCanteens\\_kit.ashx](http://www.vichealth.vic.gov.au/~/_media/ProgramsandProjects/HealthyEating/Healthy%20Club%20Canteens%20project/HealthyClubCanteens_kit.ashx)



### Appendix 1: COMMERCIAL BBQ MEAT COST COMPARISON

Developing a good relationship with your butcher is an important part of catering. Often your butcher can accommodate requests for healthier options, eg reducing fat content of bulk sausage orders.

| BBQ item          | Description   | Bulk cost               | Approximate Individual Cost |
|-------------------|---|-------------------------|-----------------------------|
| Chicken Shaslicks | Chicken & vegetables on a skewer  |                         | \$3                         |
| Chicken sticks    | Chicken marinated on skewers  |                         | \$1.60                      |
| Kebabs            | Marinated   | \$16 per tray           | \$1.34                      |
|                   | Purchase plain & add your own healthy marinade, eg lemon juice or Asian style |                         |                             |
| Beef Burgers      | Premium mince with McCormack seasoning  | \$10.99 per kg          | \$1.10                      |
| Sausages          |   | \$7 per kilo (Over 3kg) | \$0.50                      |

### Appendix 2: HEALTHY BBQ CHECKLIST

Healthy BBQ catering includes the following provisions:

- Healthy lean cuts of meat or meat has been trimmed of all visible fat.
- Unbuttered wholemeal / multigrain bread or high fibre white bread.
- Plenty of cold water to drink (ideally self-serve).
- Vegetarian options offered, eg. Veggie burgers or vegetarian sausages.
- Food prepared using healthy oils, eg sunflower, safflower, olive, soybean, canola, peanut and sesame.
- No unhealthy fats and oils such as palm oil, palm kernel, coconut, cottonseed, hydrogenated or partially hydrogenated vegetable. Tallow, lard, and butter, used in food preparation.
- Minimal use of oil including the removal excess oil from BBQ plate.
- A range of seasonal salads and vegetables.
- Homemade tomato sauce, chutney or relish instead of tomato sauce. or reduced salt sauces, eg tomato, BBQ, sweet chilli, (self-help ideal).
- Fresh garden herbs and spices ingredients to reduce the need for salt.
- Homemade marinades, eg olive oil / lemon / herbs eg parsley / spices eg Cajun or Moroccan, instead of high sugar content marinades that turn black and sticky on cooking.
- Reduced sugar food & drink options, eg. Soft drink, artificial sweetener.

