

Heart-Healthy BBQ Recipes



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Table of Contents

Tofu with BBQ Sauce in Pitas	page 1
Thai BBQ Chicken Bundles	page 1
BBQ Summer Vegetables & Rice	page 2
Grilled Chutney Chicken	page 2
Slow Cooker BBQ Pinto Beans	page 3
Cajun Grilled Chicken Breasts	page 3
Basic Grilled Asparagus	page 4
Tex-Mex BBQ Chicken	page 4
Glazed Grilled Salmon	page 5
Grilled Caribbean Chicken Breasts	page 5
Boneless, Skinless Chicken Breasts BBQ	page 6
Peach BBQ Sauce	page 6
QualityHealth Network	page 7





Tofu with BBQ Sauce in Pitas

Servings: 4 Preparation Time: 5 min. Cooking Time: 10 min.

Ingredients

- 1 lb. firm tofu drained and cut into ½-inch slices
- 2 tsp. unsalted butter
- 1 cup barbecue sauce
- 2 whole wheat pitas, cut in half

Cooking Directions

Pat tofu dry with paper towels. Melt butter in a heavy non-stick skillet over medium high heat. Saute tofu 5 minutes, stirring frequently until golden. Add barbecue sauce. Remove from heat when sauce is just heated throughout. Stuff into pita loaves.

Nutrition Facts Per Serving:

calories: 217 fat: 6.2g calories from fat: 26% protein: 11.9g cholesterol: 5.2mg
dietary fiber: 3.1g

Thai BBQ Chicken Bundles

Servings: 4 Preparation Time: 2 hrs., 20 min. Cooking Time: 15 min.

Ingredients

- 1 small bunch cilantro
- 2 garlic cloves, smashed
- 3 tbsp. fish sauce
- 1 tsp. coarsely ground black pepper
- 6 boneless chicken breast halves, with skin, about 8 oz each
- 1 head green leaf or butter lettuce, washed and dried
- 1 English cucumber, halved lengthwise and cut into thin half moons
- 1 small bunch fresh mint
- ¼ cup Thai sweet and sour dipping sauce
- ¼ cup unsalted roasted peanuts, chopped

Cooking Directions

Coarsely chop half of the cilantro and place in a blender or food processor. Add the garlic, fish sauce, and pepper. Process to a paste. Place the chicken in a large bowl. Add the paste and toss well to coat. Cover and refrigerate for at least 2 hours or up to overnight. Preheat the broiler. Line a rimmed baking sheet with foil. Place the chicken on the sheet, skin side down. Broil about 4-6 inches from the heat for 4-5 minutes. Turn the pieces over and broil until the skin is crisp and the chicken is cooked all the way through (the juices should run clear when the thickest area is pricked with a fork). Arrange the lettuce, cucumber, and mint on a large platter. Remove the stems from the remaining cilantro and add to the platter. Cut the chicken into ¾-inch slices and place on the platter. Divide the dipping sauce among individual dipping bowls and sprinkle with the peanuts. To eat, take a lettuce leaf and tear it in half. Place a few cucumber slices, a few mint and cilantro leaves, and a slice or two of chicken on the leaf. Roll up into a snug bundle, dip into the sauce, and eat.

Nutrition Facts Per Serving:

calories: 384 fat: 7.7g calories from fat: 18% protein: 67.3g cholesterol: 158.3mg
dietary fiber: 1.7g





BBQ Summer Vegetables & Rice

Servings: 6 Preparation Time: 15 min. Cooking Time: 10 min.

Ingredients

- 1 tbsp. olive oil
- ½ cup chopped raw onions, or chopped green onion
- 3 tbsp. balsamic vinegar
- 2 cloves garlic, crushed
- 1 tbsp. Dijon mustard
- ⅛ tsp. black pepper
- 1 medium yellow summer squash, cut into ½-inch rounds
- 1 medium green zucchini, cut into ½-inch rounds
- 1 medium eggplant, cut into ½-inch rounds
- 2 cups cooked rice

Cooking Directions

Place first six ingredients in a bowl and blend thoroughly to make a marinade. Add the squash, zucchini, and eggplant to the marinade. Marinate for at least 10 minutes. Place vegetables on the grill, turning regularly and brushing with extra marinade. Cook until brown on each side. Serve over cooked rice. If desired, use part of the leftover marinade as a sauce.

Nutrition Facts Per Serving:

calories: 141 fat: 5.7g calories from fat: 36% protein: 3.7g cholesterol: 0mg
dietary fiber: 3.6g

Grilled Chutney Chicken

Servings: 4 Preparation Time: 10 min. Cooking Time: 10 min.

Ingredients

- 4 boneless skinless chicken breast halves
- ½ lb. mango chutney, coarsely chopped
- ½ lb. canned crushed pineapple, drained
- 1 tbsp. curry powder
- 1 tbsp. lime juice
- 2 tbsp. brown sugar
- 1 tbsp. vegetable oil
- 1 lime, sliced

Cooking Directions

Prepare grill. With the tip of a knife, cut a horizontal pocket in the thickest part of each chicken breast. Combine chutney and next 4 ingredients in a bowl. Set aside half of chutney mixture for serving. Stir vegetable oil into remaining chutney mixture. Stuff 1 tbsp. oil-chutney mixture into each chicken breast pocket. Brush chicken breasts with remaining oil-chutney mixture. Place chicken breasts on grill over medium heat. Cook 10 minutes, turning occasionally, until lightly browned and juices run clear when chicken is pierced with a knife. Serve chicken with lime slices and reserved chutney.

Nutrition Facts Per Serving:

calories: 386 fat: 6.9g calories from fat: 16% protein: 43.5g cholesterol: 105.6mg
dietary fiber: 3.3g





Slow Cooker BBQ Pinto Beans

Servings: 6 Preparation Time: 15 min. Cooking Time: 7 hrs., 15 min.

Ingredients

- 1 lb. dried pinto beans, rinsed and picked over
- 4 cups hot water
- 2 onions, cooked, chopped
- 1 tbsp. chili powder
- ¾ cup barbecue sauce
- ½ cup ketchup
- 4½ tsp. prepared mustard
- ⅛ tsp. hot red pepper sauce, or to taste

Cooking Directions

Combine first 4 ingredients in an electric slow cooker on low heat. Cover and cook about 7 hours or until beans are tender. Drain cooking liquid. Stir in remaining ingredients. Set on high heat and cook uncovered 10-15 minutes, or until heated through.

Nutrition Facts Per Serving:

calories: 331 fat: 2.5g calories from fat: 7% protein: 17.7g cholesterol: 0mg
dietary fiber: 20.3g

Cajun Grilled Chicken Breasts

Servings: 4 Preparation Time: 5 min. Cooking Time: 10 min.

Ingredients

- 4 boneless chicken breast halves
- 2 tsp. olive oil
- 2 tsp. Cajun blended spice mix
- 1 tbsp. parsley, chopped

Cooking Directions

Prepare grill or broiler. Place chicken between 2 sheets of plastic wrap and pound lightly with a mallet or other heavy flat object to flatten slightly. Brush both sides of chicken with oil and sprinkle with spice. Grill or broil 4-6 minutes per side 5 inches from heat source until cooked through. Serve sprinkled with parsley.

Nutrition Facts Per Serving:

calories: 224 fat: 3.9g calories from fat: 16% protein: 42.2g cholesterol: 105.6mg
dietary fiber: 0.1g





Basic Grilled Asparagus

Servings: 4 Preparation Time: 5 min. Cooking Time: 5 min.

Ingredients

- 1 lb. fresh asparagus, cooked
- 2 tbsp. olive oil

Cooking Directions

Brush spears (blanched if jumbo size) with olive oil and place directly on the grill. Cook, turning several times, for 3-6 minutes. Courtesy: California Asparagus Commission

Nutrition Facts Per Serving:

calories: 87 fat: 7.6g calories from fat: 79% protein: 2.9g cholesterol: 0mg
dietary fiber: 1.8g

Tex-Mex BBQ Chicken

Servings: 6 Preparation Time: 8 hrs., 10 min. Cooking Time: 90 min.

Ingredients

- 1 whole chicken, about 4 lbs., halved, with backbone removed
- 1 lemon, halved
- 6 cloves garlic, crushed
- 1 tbsp. cayenne pepper
- 1 tbsp. white pepper
- 2 tbsp. paprika

Cooking Directions

Wash chicken thoroughly and pat dry. Rub both sides with lemon. Combine remaining ingredients and salt to taste in a bowl. Rub mixture on both sides of chicken. Place chicken halves in a baking dish skin side up. Marinate in refrigerator for 8 hours, or up to 24 hours. Prepare grill. Place chicken halves about 5 inches from coals, skin side up. Cover and grill 1½ hours, turning every 20 minutes.

Nutrition Facts Per Serving:

calories: 504 fat: 33.5g calories from fat: 60% protein: 39.1g cholesterol: 162.5mg
dietary fiber: 1.6g





Glazed Grilled Salmon

Servings: 2 Preparation Time: 10 min. Cooking Time: 10 min.

Ingredients

- 3 tbsp. dark brown sugar, packed
- 4 tsp. Dijon mustard, or prepared Chinese-style hot mustard
- 1 tbsp. soy sauce
- 1 tsp. rice vinegar
- 2 salmon steaks, about 8 oz each, ¾-inch thick

Cooking Directions

Prepare grill. Combine first 3 ingredients in a bowl. Mix well. Transfer 1 tbsp. glaze to a small bowl. Mix in vinegar and set aside. Brush 1 side of salmon steaks with half of soy sauce mixture. Place salmon steaks, glazed side down, onto grill. Grill about 4 minutes, until browned slightly. Brush top of salmon steaks with the remaining glaze. Turn salmon and grill another 5 minutes, until salmon is just opaque in center. Serve salmon drizzled with reserved vinegar glaze.

Nutrition Facts Per Serving:

calories: 459 fat: 9.6g calories from fat: 19% protein: 64.2g cholesterol: 165.4mg
dietary fiber: 0.3g

Grilled Caribbean Chicken Breasts

Servings: 6 Preparation Time: 2 hrs., 10 min. Cooking Time: 10 min.

Ingredients

- ¼ cup fresh orange juice
- 1 tsp. orange peel
- 1 tbsp. olive oil
- 1 tbsp. lime juice
- 1 tsp. fresh ginger, minced
- 2 cloves garlic, minced
- ¼ tsp. fresh oregano, minced
- 1½ lbs. boneless skinless chicken breasts, halved

Cooking Directions

In a blender, combine all ingredients except the chicken. Pour the marinade over the chicken breasts and marinate in the refrigerator for at least 2 hours and up to 48 hours. Grill or broil the chicken for about 6 minutes per side, until no trace of pink remains.

Nutrition Facts Per Serving:

calories: 152 fat: 3.4g calories from fat: 20% protein: 26.4g cholesterol: 65.8mg
dietary fiber: 0.1g





Boneless, Skinless Chicken Breasts BBQ

Servings: 4 Preparation Time: 5 min. Cooking Time: 10 min.

Ingredients

- 4 boneless skinless chicken breast halves
- 1 tbsp. olive oil
- salt and pepper. to taste

Cooking Directions

Rinse chicken breasts and pat dry. Brush with oil and season with salt and pepper to taste. Place chicken breasts in center of grill. Grill 10-12 minutes, or until tender and no longer pink inside, turning once halfway through cooking time.

Tasty variations: Grilled chicken breasts can be sliced and served on top of a tossed green salad with a light vinaigrette dressing. Grilled chicken breasts also make delicious sandwiches: Place grilled breast on a bun and top with lettuce and sliced tomato or a grilled red pepper half. Serve with your favorite dressing.

Nutrition Facts Per Serving:

calories: 230 fat: 4.9g calories from fat: 19% protein: 42g cholesterol: 105.6mg
dietary fiber: 0g

Peach BBQ Sauce

Servings: 8 Preparation Time: 10 min. Cooking Time: 0 min.

Ingredients

- 1 lb. canned peaches, drained
- ½ cup brown sugar
- ⅓ cup ketchup
- ⅓ cup vinegar
- 2 tbsp. soy sauce
- 2 cloves garlic, chopped
- 2 tsp. fresh ginger root, chopped

Cooking Directions

Combine all ingredients and salt and pepper to taste in a blender. Puree until smooth.

Nutrition Facts Per Serving:

calories: 98 fat: 0.5g calories from fat: 4% protein: 0.7g cholesterol: 0mg
dietary fiber: 0.9g





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