

# It's that season again, BBQ season. Who doesn't love a good BBQ?

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## Clean Chipotle Burgers

### Ingredients

1-1/2 pounds lean ground sirloin  
2 chipotle peppers plus 1 tablespoon adobo sauce (from 7-ounce can), minced  
2 cloves garlic, minced  
2 tablespoons chopped, fresh cilantro  
1/4 teaspoon pepper  
6 (0.67 ounce) slices reduced-fat provolone cheese  
6 leaves green leaf lettuce  
1 medium tomato, cut into 6 slices  
6 (1.5 ounce) whole wheat hamburger buns, toasted  
1 avocado, pitted and mashed



### Directions

Preheat grill to medium-high heat.  
Combine ground beef, peppers and adobo sauce, garlic, cilantro, and pepper in a medium bowl, mixing just until combined.  
Shape into 6 equal patties.  
Grill patties, covered with grill lid, 6 minutes per side or until done; top with cheese slices during last 1 minute of cooking.  
Place 1 patty and avocado slice on bottom half of each bun; cover with bun tops.

## Skinny Sweet and Tangy Cole Slaw

### Ingredients

1/2 cup apple cider vinegar  
1/4 cup pure maple syrup  
Kosher or sea salt to taste  
1/4 cup canola oil  
2 tablespoons Dijon Mustard (I used Grey Poupon Country Dijon)  
6 cups thinly sliced green cabbage  
1/2 cup grated carrots  
1/2 red bell pepper, diced  
1/2 cup grated Vidalia Onion, or regional sweet onion  
1 teaspoon caraway or celery seeds  
1/2 teaspoon freshly ground black pepper



### Directions

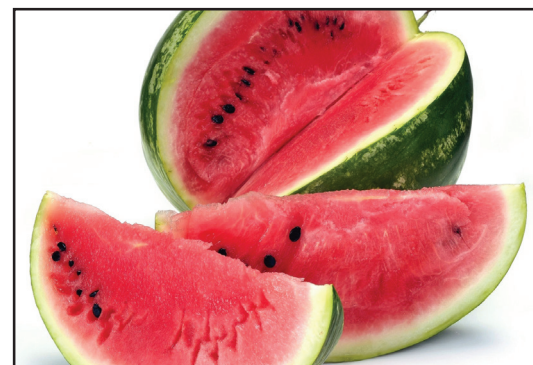
Whisk together the first 5 ingredients.  
In a large mixing bowl, combine cabbage, carrots, bell pepper, onion, caraway seeds and black pepper. Add the vinegar mixture and toss to coat. Serve immediately or refrigerate until ready to serve.

## CLEAN RECIPES

The problem with hosting a BBQ or being a guest at one is that typically along with the incredible smells of grilled meat and vegetables, comes the jumbo sized bowls of unhealthy snacks and equally unhealthy cold beverages.

For those of you who have big fitness goals for the summer, here are some of my favorite HEALTHY ALTERNATIVES to the typical BBQ 'treats'.

## My Top Healthy Summer BBQ Saver's



**In place of the dessert trays** which are often full of cookies, cupcakes, maybe even donuts.... (oh the donuts), I always bring freshly chopped Watermelon with fresh squeezed lime juice- This is always a hit, everybody loves the combo flavors

Another favourite is freshly chopped coconut chunks.  
Start with the husk on and poke a hole in the top centre with a screwdriver and hammer, Drain the coconut water into a cup and ENJOY  
Begin smashing (literally) with a hammer into bite size pieces  
Peel away the outer husk and enjoy

**In place of a beer or cider**, I will drink Buchanan – Kombucha comes in many flavors such as ginger, grape, mint green, black chia and passionfruit.

**In place of potato or french fries**, try making Yam Fries  
Slice your peeled yam into fry sized bits, place in mixing bowl and add 1Tbsp oil of choice, toss in herbs of choice, toss together  
Bake at 425 for 15 min per side

**In place of chips**, the new phenomenon is Kale Chips  
There are a few ways to do these, some require a food dehydrator, however this version only needs an oven.  
a. Rinse and tear your kale into chip sized bits and pat dry.  
b. Place in bowl and drizzle with a small amount of oil (avocado is a nice option) Sprinkle with herbs and spices of choice (salt and pepper is simple and nice)  
c. Spread out on baking dish and bake for 8-12 @400

The next time you are hosting or attending a BBQ, try these healthier options and leave the guilt out of it.