

## Grilling is great for weight loss!

It adds a flavor that no other cooking process can, doesn't require any added oils or butter for cooking, and also allows much of the unwanted fat to drip off!

As you'll see in the recipes on this newsletter grilling is not just for meat! You can cook your entire meal - from salad to dessert on the grill.



## Grilling Safety

Though come the end of February it seemed as if the warm months would never be here, summer has in fact finally arrived. Warm weather means a great opportunity to enjoy the outdoors, including grilling! Grilling is a fun and healthy way to prepare flavorful food without adding fat, but grilling can be dangerous if not done properly. There are some very important safety tips to keep in mind while grilling.

First of all it is important to read and become familiar with your grill and the owners manual that came with it. This will outline how to assemble your grill properly if it is new, or refresh your memory on usage and safety measures specific to that particular grill. Also remember there is a reason we only grill in the summer - grills are for outdoor use only. Never bring a grill inside a structure.

When grilling make sure you are in a well



## Grilled Pizza

Makes 8 servings

### Ingredients:

Whole wheat pizza dough  
Olive oil  
Part skim mozzarella (fresh or shredded)  
Canned tomato sauce\*\*  
Any toppings you like

### Directions:

Use a small amount of all purpose flour to roll out dough. Use a piece of heavy duty aluminum foil. Spread about 1 Tablespoon of olive oil over foil using a pastry brush. Place dough on foil and use the pastry brush to spread another tablespoon of olive oil over the top of the dough. Place the dough on foil on the grill and leave for about 8 minutes or until you see dough start to bubble on top. Flip over and place toppings on cooked side of dough. Leave on grill an additional 5 - 8 minutes. Cut into 8 slices and serve. Also makes a great appetizer, just cut into 16 - 32 pieces.

\*\*Make sure it is a thicker sauce - if it has too much liquid it will make the pizza dough mushy\*\*

Some favorite topping combos: 1.) Fresh tomatoes, fresh mozzarella, and pesto (instead of tomato sauce) You can add chicken or shrimp to this one, too. 2.) Grilled chicken, shredded mozzarella, sauteed red onion, and bbq sauce (instead of tomato sauce). 3.) Chicken sausage (taken out of casing and cooked in a pan), spinach, mushrooms, shredded mozzarella, and tomato sauce.

ventilated area and that the grill is on stable level ground so it doesn't pose a risk of tipping over. When grilling make sure you are using long utensil tools, particularly those with rubber handles so they won't get too hot. Make sure the clothes you wear while grilling are not loose to avoid the chance of catching fire.

Be ready to extinguish flames should they get out of control and lastly remember to never move a hot grill!



## Hot Weather Safety Tips

The sun is powerful during the summer months and it is important to know how to protect yourself from ultra-violet rays and heat exposure. The sun is the strongest between 10 AM and 4 PM so avoiding activities that put you in direct sunlight during this time is a good idea. Sun that is reflected off pavement or that is reflected off or through the water is more intense so make sure you are wearing a water proof sunscreen that is at least 15 SPF when swimming or playing outside.

Wearing tightly woven, loose fitting, and light colored clothing can help keep you cool. You want to make sure you are drinking plenty of fluids, keeping in mind that things like alcohol and caffeine dehydrate you more, especially on a hot day. You are at the highest risk for heat related injury when it is humid so take extra caution when the temperature and the humidity are high. A car on a hot day is like an oven; never leave a pet or child in the car even with the windows open. A child's core body temperature can increase

## Grilled Salad

Makes 4 servings

### Ingredients:

2 heads romaine lettuce washed and dried  
½ cup crumbled feta cheese  
½ cup light balsamic vinaigrette  
Pompeian OlivExtra Plus oil  
Salt  
Pepper

### Directions:

Split each head of lettuce lengthwise and drizzle each cut side with a tablespoon of oil and season with salt and pepper. Grill each half over hot direct fire for about 90 seconds. Sprinkle evenly with cheese and let cool slightly. Drizzle each half with dressing. Cut each in half width wise.



## Grilled Angel Food Cake and Strawberries

Makes 6 servings

### Ingredients:

1 prepared angel food cake  
1 quart fresh strawberries washed and hulled  
1 Tablespoon sugar  
1 Tablespoon butter  
Butter flavored cooking spray  
3 cups lite cool whip topping

### Directions:

Use aluminum foil to create a pouch. Slice strawberries in half and fill pouch with strawberries, 1 Tablespoon butter, and 1

3 - 5 times faster than an adult's, making them much more susceptible to injury or death from heat. Be aware of the power of the sun and protect yourself.



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Tablespoon sugar. Fold pouch shut. Slice angel food cake and lightly spray each side with butter flavored cooking spray. Place foil pouch on grill for about 5 minutes. Remove and let set. Meanwhile grill each side of angel food cake for about 5 minutes. Place each cooked slice on a plate and top with strawberries and whipped topping.

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