



The

PTI BUZZ

Carol Kur, MSRE

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IT'S BBQ TIME!!!!

Healthy & Fun BBQ Choices

Marinated Chicken -soy sauce, juice & zest of one lime

Monkfish Kebabs - very meaty, so easy to cook

Vegetable Kebabs -assortment of your favorites

Simply Salmon -some lemon juice and season to taste

Grilled Asparagus -2-3 minutes on the grill

Sweet Potatoes- just wrap in foil

You can burn almost 100 calories while preparing and barbecuing your food.

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