

25 Healthy BBQ Recipes

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Introduction

It starts with the warm weather as the gentle ambience of the incoming summer envelopes us. Then comes the crackle of the firewood or the sizzling of the gas stove in preparation for what comes next. Yes, it's the barbecue season; a time of long weekends spent with friends, as we enjoy the sweet savory smell of barbecued meat enriched with a myriad of sauces. We love the way that brisket or chicken breast turns dark brown along with heaps of potato salad. More so, we adore the way our BBQ sauce stain our fingers as we feast gladly on this blessing.

Sadly, it's not all rainbows and unicorns when it comes to feasting on barbecued meat. Recent studies reveal that grilled meat contains high levels of carcinogens which causes cancer. Furthermore, most grilled meat contains unhealthy fats called cholesterol, which is a major contributor to weight gain and heart disorders. So, you are faced with the hard choice of quitting Barbecues. Hold on! Don't lose hope! There's a way for you to enjoy your barbecue in a healthy way. For this reason, we have collated a list of healthy BBQ recipes and tips. With these recipes, it's possible to eat your cake and still have it.

Chapter 1: Healthy Beef BBQ Recipes

1. Beef and Broccoli Kebabs



Here's a delicious and healthy combination of tender beef sirloin and broccoli over a grill. Beef sirloins have low-fat content, while broccoli provides you with high fiber content.

Ingredients

- 1/4 c. brown sugar
- 1/3 c. low-sodium soy sauce
- 1 lb. sirloin steak, cut into cubes
- Freshly ground black pepper
- Green onions, for garnish
- Juice from two whole lemons or more.
- 1 tbsp. ground ginger
- 2 c. broccoli florets
- 2 tbsp. extra-virgin olive oil

Preparation Method

Firstly, heat the grill to medium-high. Whisk together brown sugar, lime juice, soy sauce and ginger. Secondly, the beef sirloin and toss until coated.

Let marinate in the fridge, at least for upwards of 15 minutes. The longer you marinate, the lower the level of carcinogens such as heterocyclic amine (HCA).

In another bowl, add olive oil to the broccoli florets.

Skewer broccoli and beef and season all over with pepper.

Grill for 8 minutes while turning occasionally, until steak is medium.

Garnish with green onions, squeeze with lime, and serve.

2. Texas Smoked Brisket



With its smoky and distinct flavor, the Texas smoked brisket with all-time favorite recipe for get-togethers.

Ingredients

- 11 pounds/ approx.5kg piece of beef brisket.
- 500ml of beef stock.
- For the Rub
- 2 tbsp each mustard powder and chili powder
- 1 tbsp each, ground cumin, ground black pepper, garlic powder, caster sugar
- 1 bay leaf, crushed

Preparation Method

Heat the oven to 172°F or 150°C. Mix all the ingredients together to create the marinade. Rub the mix on the brisket and place aside.

Mix the beef stock and half of the barbecue stock in a large roasting tin. Cover the brisket with the foil and cook for 4 - 5 hours until tender.

For the final touch, fire up your barbecue and wait until the coal or firewood turns to ash. Lift the beef out of the oven and place on the barbecue. Cover the lid and allow to cook for 20 minutes. Ensure its lightly charred all over before serving.

Serve with your favorite barbecue sauce.

Healthy Tip

Sprinkle some pepper on the beef in order to reduce the level of carcinogen in it. Add some veggies to your brisket to help reduce the risk of unhealthy cholesterol.

3. Marinated Flank Steak with Grilled Tomatoes & Onions



Mustard and molasses are great marinades for this recipe. These marinades add a tangy and spicy feel to this delicious delight. What's more? The grilled tomatoes and onions are the perfect complement since they provide you with antioxidants. Antioxidants protect you from carcinogens in BBQ.

Ingredients

- 1-pound beef flank steak
- 1/3 cup molasses
- 1/4 teaspoon caraway seeds, crushed
- 2 cloves of minced garlic
- 1/2 teaspoon freshly ground pepper, divided
- 1/2-inch thick slices of 1 medium red onion
- 2 tablespoons spicy brown mustard
- 1/8 teaspoon salt plus 1/4 teaspoon, divided
- 1-inch thick slices of 2 medium tomatoes
- 2 tablespoons of olive oil
- Cooking spray
- 4 lemon wedges.

Prep Time: 25 minutes

Ready in: 4 hours, 50 minutes

Preparation Method

Trim the fat from the steak. Place the steak in a self-sealing plastic bag. Whisk the mustard, molasses, garlic, water, caraway seed, 1 tablespoon of oil, ¼ teaspoon of the pepper in a small bowl.

Add the mixture to the bag with the steak. Marinate steak in the refrigerator for upward of 4 hours. Remember, the longer the marinade, the better.

Remove the marinated steak 15 minutes prior to cooking. Discard the marinade and drain the steak. Coat with tomato and onion slices.

Place coated steak on a charcoal or gas grill. Grill steak for 15 minutes to 17 minutes. Grill tomatoes and onions for 5 and 8 minutes respectively.

Divide the grilled onion slices among four plates. Slice the steak and serve with lemon wedges.

4. Grilled Filet Mignon with Vegetable Kebabs



Here's another healthy barbecue recipe to add to your list. The low-fat beef stays juicy and absorbs other flavors perfectly. More so the kebabs are a delightful mix of fresh, vegetables, lemons, and spices.

Ingredient

- 1 lemon, zested and juiced.
- 2 tablespoon extra-virgin olive oil.

- 1 tablespoon dried oregano
- 1/4 teaspoon freshly ground pepper
- 16 cherry tomatoes
- 1-inch pieces of 1 medium zucchini
- 10 ounces white mushrooms, stemmed
- 1 small red onion, cut into wedges
- 1 1/2 to 2 inches-thick pound of filet mignon steak, cut into 4 pieces
- 1/2 teaspoon salt

Prep Time: 20 minutes

Ready In: 30 minutes.

Preparation Method

Pre-heat the grill to a high temperature.

In a large bowl, combine lemon juice, lemon zest, oregano, oil, pepper and salt. Reserve about 2 tablespoons of the marinade in a small bowl. Then, add tomatoes, zucchini, mushrooms and onions to the marinade. Thread the vegetables using 10-inch wooden or iron skewers.

Grill the steak per side for 4 to 6 minutes for medium. Grill the vegetable kebabs until lightly charred for 8 to 12 minutes.

Serve the steak with the vegetable kebab.

5. Grilled Rib-Eye and Tomato Salad



Red meat with tomato salad is a great way to eat healthy without compromising on the taste. What's more? It takes less than an hour to whip up this amazing recipe.

Grilled Rib-Eye

- 1-inch-thick slice of 1-pound boneless rib-eye steak
- 1/2 teaspoon extra-virgin olive oil
- 1/4 teaspoon kosher salt
- 1/4 teaspoon ground pepper

Tomato Salad

- 4 medium tomatoes, cut into wedges
- 1/2 cup thinly sliced sweet onion
- 2 teaspoons extra-virgin olive oil
- 1 tablespoon distilled white vinegar
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground pepper

Preparation Method

Coat the steak with oil and season on both sides with pepper and salt. Place on the rack and grill for 3 minutes on each side for medium-rare. For the tomato salad, combine onions, tomatoes, vinegar, and oil in a bowl. Add a pinch of salt and pepper.

Chapter 2: Healthy Chicken BBQ Recipe

6. Grilled Chicken Tenders with Cilantro Pesto



A fast, low-fat and lean meat recipe with the right balance of vegetables and spices to boost your healthy lifestyle.

Ingredients

- 1/4 cup lime juice
- 1teaspoon chili powder
- 1/4 cup reduced-sodium soy sauce
- 2 cups of fresh cilantro leaves
- 1-pound chicken tenders
- 2 scallions, sliced
- 2 tablespoons toasted sesame seeds,

Whisk soy sauce, lemon juice, chili powder and oil in a large bowl. Leave about 2 tablespoons of the marinade in another bowl.

Coat the chicken with the remaining marinade. Marinate the chicken in the refrigerator for upwards of 20 minutes to one hour.

Preheat grill to medium-high temperature. Oil the grill to prevent the chicken from sticking to it.

Remove the chicken from the marinade and grill for about 2 minutes on each side.

Meanwhile, place scallions, cilantro, the reserved marinade, and sesame seeds in a food processor or blender and blend until fairly smooth.

Nutrient Information (per serving)

168 calories; 1 g fiber; 6 g fat (1 g sat); 3 g carbohydrates; 17 mcg folate; 24 g protein; 63 mg cholesterol; 0 g added sugars; 0 g sugars.

7. Barbecue Chicken



The All-time favorite barbecue chicken recipe never gets old. It's low-fat content and rich burst of flavor makes it an ideal Ketogenic or Paleo diet. Ensure to go for organic chicken breast if you are on a Paleo diet.

Ingredients

- 2 cloves garlic, minced
- 5 tablespoons ketchup
- 1 1/2 tablespoons olive oil
- 1/4 cup diced onion
- 3 tablespoons honey
- 2 tablespoons apple cider vinegar
- 3 tablespoons brown sugar
- 1 tablespoon Worcestershire sauce
- 2 skinless, boneless chicken breasts +halves
- salt and pepper to taste

Prep Time: 5 minutes

Ready In: 40 minutes.

Preparation Method

Firstly, heat olive oil in a skillet over medium heat.

Then, saut garlic and onion until tender. Add in honey, ketchup, brown sugar, salt, apple cider vinegar, pepper, and Worcestershire sauce for a few minutes to thicken sauce.

Remove from heat, and allow to simmer

Preheat the grill for medium heat.

Lightly coat the grill grate with oil. Dip chicken in sauce, and turn to coat.

Grill the chicken for 10 to 15 minutes, turning once.

Move chicken from the grill to the skillet with sauce

Cook the chicken over medium heat for 4 to 6 minutes on each side.

Nutritional Information (Per Serving)

452 calories; 60.1 g carbohydrates; 13.1 g fat; 25.7 g protein; 714 mg sodium; 67 mg cholesterol.

8. Moist Oven Baked BBQ Chicken



This is for those who want the taste of BBQ chicken without the stress of using a barbecue. It's a fast and easy recipe to include in your daily routine.

Ingredients

- 4 bone-in Chicken Breast Halves
- 1 1/2 teaspoons smoked paprika
- 3 tablespoons olive oil
- 2 tablespoons fresh lemon juice
- 1/2-3/4 teaspoon kosher salt
- a cup favorite prepared BBQ sauce
- 3 cloves garlic, minced
- pepper to taste.

Prep Time: 1 hour.

Ready In: 1 hour and 40 minutes.

Preparation Method

Remove skin from chicken breast and place in a sealable plastic bag. Mind you, this part is optional. Chicken skin contains a lot of saturated fat and this might result in health disorders.

Combine olive oil, garlic, and smoked paprika lemon juice in a small bag and pour over chicken.

Marinate the chicken marinade for at least one hour. Take care not to marinate for over 24 hours as this might change the texture of your chicken.

Preheat oven to 350 degrees

Discard the marinade and drain the chicken. Season with salt and pepper.

Bake for 20 minutes and add a thick layer of BBQ sauce to the chicken.

Open the oven and repeat brushing with sauce every 5 minutes. Continue with this action until its cooked through.

The Chicken is well-cooked when it reaches an internal temperature 132°C or 168°F when read with a thermometer inserted into the thick part of the breast.

Nutrient Information (Per Serving)

Calories 611; Saturated Fat 7g; Total Fat 31g; Cholesterol 144mg; Sugars 24g; Protein 47g; Total Carbohydrates 30g; Sodium 1168mg; Potassium 689mg

9. Double-Apple Chicken



Apples are rich in antioxidants which may reduce your chances of getting cancer or heart diseases. Combining grilled apple slices with delectable grilled chicken, is a sure-fire way of getting the best of flavor and nutrients.

Ingredients

- 1 pound each of 4 boneless chicken breast halves (you could decide to get a skinless one)
- 1/4 teaspoon salt (see Tip)
- 3 tablespoons cider vinegar
- 3/4 teaspoon apple pie spice
- 1/4 teaspoon ground black pepper
- 1/4 cup apple butter
- 8 slices of apples, cored and cut into 1/2-inch-thick rings

Prep Time: 20 minutes

Ready In: 35 minutes

Preparation Method

Sprinkle salt and pepper on chicken. Whisk vinegar oil, apple pie spice, and apple butter in a small bowl.

Reserve 3/4 of the apple mixture for the chicken; reserve the remaining mixture for the apples.

Place medium-hot coals around a drip pan. Now, test for medium heat above drip pan. Set the chicken on grill hanging over the drip pan. Coat chicken with the reserved mixture. Close and grill for 5 minutes.

Brush the chicken with the mixture and turn. Discard the remaining apple butter mixture use for coating the chicken. Use a clean brush to coat both sides of each apple slice with the mixture.

Turn chicken; brush again with apple butter mixture. Throw out the remaining mixture used as the brush-on. Use a clean brush to brush both sides of each apple slice with some of the mixture, and place it directly on the grill rack.

Grill for 10 to 15 minutes until the chicken is tender and whitish. Turn apple slices once.

Serve apple slices with chicken.

Nutritional Information

288 calories; 3 g fiber; 5 g fat (1 g sat); 33g carbohydrates; 7 mcg folate; 28 g protein; 66 mg cholesterol; 26 g sugars;

10. BBQ Chicken Sandwiches



This is a fast and easy barbecue that takes less than 35 minutes to prepare and has less than 12 grams of fat per serving - this fall within health standards.

Ingredients

- 1 3/4 pounds sliced onion (about 3)
- 6 garlic cloves, halved
- 1 pound of skinless, boneless chicken thighs
- 2 teaspoons olive oil
- 1/2 cup jarred barbecue sauce
- 2 tablespoons light sour cream
- 1 1/2 tablespoons cider vinegar

- 4 ciabatta rolls, toasted
- 6 ounces cabbage-and-carrot coleslaw mix
- 1 teaspoon agave syrup or honey
- 1/4 teaspoon pepper

Prep Time: 15 minutes

Ready In: 35 minutes

Preparation Method

Preheat broiler. Arrange garlic and onion on a foil-lined baking sheet, and toss with oil. Broil the mixture for 5 minutes until onion is golden brown. Remember to broil at 6 inches from heat.

Preheat oven to 425°.

Place the onion mixture on square glass baking dish, and top with chicken. Furthermore, pour some barbecue sauce over the mixture and cover tightly. Bake until the chicken is cooked through - this might take up to 20 minutes.

Whisk vinegar, sour cream, and honey in a small bowl. Toss with pepper and coleslaw mix.

Shred chicken, and place top bottoms of rolls with sauce mixture, onions, chicken, and coleslaw. Place roll tops on sandwiches.

Chapter 3: Healthy Pork BBQ Recipe

For years, pork served as the "poster child" for unhealthy weight gain and high cholesterol levels. Well, not anymore. There are better ways to enjoy pork barbecue without harming your body system. Here are a few healthy pork barbecue recipes you need to try out.

11. BBQ Pulled Pork with Sweet Potato



Perfect for get togethers, this healthy and delectable delicacy is low in fat (the fatty portion is trimmed off before cooking). Furthermore, it combines the crispy taste of potato we all adore with green onions and spices.

Ingredients

For the Sweet Potato Slice:

- 2 large sweet potato, divide into 4 slices each
- salt to season
- 4 tablespoons olive oil
- 2 tablespoons cream cheese, softened
- 4 oz. goat cheese, softened
- 3/4 cup sliced green onions

BBQ Pulled Pork

- 2-3 lbs. pork loin roast
- 1 large red onion, diced

- 1/2 cup balsamic vinegar
- 15 oz. tomato sauce, no salt
- 3 whole garlic cloves, peels removed
- 1 teaspoon smoked paprika
- 5 dried apricots
- 1/2 teaspoon salt

Prep Time: 5 minutes

Ready In: 5 hours and 5 minutes.

Preparation Method

In a small bowl, add garlic cloves, balsamic vinegar, diced onions, tomato sauce, salt, smoked paprika, and salt. Gently mix together.

Trim the fat portion of the pork loin before cooking.

Add pork loin to pot and pour balsamic mixture over it.

Cook on high temperature for 4 to 5 hours. Shred the pork, and leave in the sauce.

Blend cream cheese and goat cheese in a food processor until the mixture has a whipped cream appearance.

Preheat the oven. Add olive oil to the tin foil and brush the top of the potato slices before baking.

Bake for 15 minutes until it's crispy.

Assemble as shown in the picture above, and voila!.

12. Magic 2-Ingredient Grilled Pork Tenderloin



Searching for a fast dinner recipe? Well, this is the right recipe for you.

Ingredient

- 1-pound whole pork tenderloin
- Salt and pepper
- 2 tablespoons Dijon mustard

Prep Time: 5 minutes

Ready In: 10 minutes

Preparation Method

Preheat the grill to medium heat.

Cut a gulley through the pork tenderloin by using a paring knife. Mind you, don't cut all the way through.

Open the pork loin and make some additional cuts to make it wider.

Coat the pork tenderloin with Dijon mustard. Sprinkle pepper and salt on both sides.

Grill for 5 minutes on each side. Cover with foil for 5 minutes before serving.

13. Spicy Grilled Pork Chops



Cumin, chili powder, and hot pepper guarantee these pork chops live up to their name.

Ingredients

- 4 pork rib chops, cut $\frac{3}{4}$ inch thick
- 1 tablespoon chili powder
- $\frac{1}{4}$ cup lime juice
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 2 teaspoons ground cumin
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon ground cinnamon
- $\frac{1}{2}$ teaspoon hot pepper sauce
- $\frac{1}{4}$ teaspoon salt
- fresh chili peppers (optional)
- Sliced mango

Prep Time: 15 minutes

Ready In: 4 hours 25 minutes

Preparation Method

Put the meat in a sealable plastic bag.

To marinate, stir together chili powder, oil, garlic, cinnamon, lime juice, cumin, salt, hot pepper sauce, and pour over the pork chops in the plastic container. Marinate in a refrigerator for upwards of 4 hours. Drain the pork chops and discard the marinade.

Preheat the grille to medium heat. Grill for 10 minutes until the pork juice run clear
Garnish with sliced mango or Chile pepper.

Nutrient Information

196 calorie per serving. 9g fat; 3g carbohydrates; 61mg cholesterol; 25g protein.

14. Grilled Pork Tenderloin Marinated in Spicy Soy Sauce



Crisp on the outside and creamy tender on the inside, this low-fat and low-calorie spicy grilled pork is perfect for so many events. Mind you, soy sauce is not gluten-free. So, you can substitute this for any other sauce of your choice.

Ingredients

- ¼ cup reduced-sodium soy sauce
- 2 tablespoons sugar
- 1 peeled and finely grated or minced large garlic clove
- 1 tablespoon finely minced ginger
- 1 stemmed, seeded and minced fresh red Thai chili or cayenne chili pepper
- 1 tablespoon toasted sesame oil
- 1½ pound pork tenderloin, trimmed of fat and cut into 1-inch-thick medallions.

Prep Time: 20 minutes

Ready In: 2 hours 20 minutes

Preparation Method

In a medium bowl, whisk sugar and soy sauce until the sugar is completely dissolved. Add chili, ginger, garlic, and oil.

Place the meat in small sealable plastic bag. Marinate the pork by adding the marinade and refrigerate for 2 hours. Ensure that the pork is evenly coated with the marinade.

Remove the pork from the marinade. Preheat the grill to medium heat and grill until it's cooked through.

Nutrient Information (per serving)

131 calories; 0 g fiber; 1 g carbohydrates; 3 g fat (1 g sat); 24 g protein; 74 mg cholesterol; 1 g sugars; 1 g added sugars; 0 mcg folate.

15. Grilled Pork Loin with Spicy Apricot Chutney



Ingredients

- 1 1/2-pound of fat-trimmed boneless pork top loin roast (single loin)
- 1/4 cup honey
- 2 tablespoons olive oil
- 1/2 cup lemon juice

- 2 teaspoons Dijon-style mustard
- ¾ teaspoon kosher salt
- 4 cloves garlic, minced
- 1 Recipe Spicy Apricot Chutney

Prep Time: 10 minutes

Ready In: 1 hour 10 minutes

Preparation Method

Place meat in a resealable plastic bag set. For marinade, whisk together lemon juice, 1 Tbsp. of the oil, honey, garlic, the mustard and salt.

Pour marinade over meat in the plastic bag.

Seal bag and turn to coat meat.

Allow to marinate in the refrigerator for upward of 8 hours, turning occasionally.

Discard marinade and drain meat. Use the remaining teaspoon of oil to brush the meat.

Prepare grill for indirect heat by using a drip pan.

Place meat on greased rack over drip pan.

Cover and grill for 1¼ to 1½ hours and turn once. Remove meat from grill. Wait for 4 minutes before slicing.

Add Chutney and sprinkle cilantro.

Nutrient Information (per serving)

262 calories; 1 g fiber; 7 g fat (2 g sat); 23 g carbohydrates; 21 g sugars; 7 mcg folate; 26 g protein; 71 mg cholesterol.

Chapter: Healthy Fish BBQ Recipes

16.Smoky Chermoula Salmon Recipe



The smoked chermoula salmon recipe contains a healthy dose of Omega-3 fatty acid, which helps to prevent heart diseases.

Ingredients

- 1 500g/1lb 2oz salmon fillet, skin on is essential
- 4 garlic cloves
- 1/2 tbsp
- 1 tbsp powdered
- 1/2 tsp cayenne pepper
- 1 tbsp smoked paprika
- 4 tbsp of juice
- 1 pinch strands
- bunch coriander, roughly chopped, plus extra to serve
- 1 red chili, deseeded and chopped, to serve

Prep Time: 30 minutes

Ready In: 45 minutes

Preparation Method

Process all the ingredients for the marinade by using a food processor, and blend until it forms a rough paste. Set the salmon fillet in a dish and rub the marinade over the body. Let it marinate for one hour or overnight in the refrigerator.

Fold a length of foil and sit the salmon on top, with the skin-side facing touching the foil. Heat the barbecue. Using the ends of the foil, place the fish on the barbecue bars.. Leave it for 15 minutes until its cooked through.

Let it simmer for a while and serve with your favorite salad toppings.

Nutrient Information (per serving)

Calorie 356; Carbohydrate 4g; Sugar 0g; fat 26g; Saturates 4g; Protein 27g; Salt 0.16g

17. Tikka-style Fish



This recipe is perfect for the barbecue or oven.

Ingredients

- 2 tbsp finely grated fresh root ginger
- 4 garlic cloves, finely grated or crushed
- 900g each of 2 whole red snapper or sea bream or use 6 fish steaks like tuna
- 6 tbsp plain yogurt
- 2 tbsp olive oil
- 2 tsp turmeric

- 2 tsp mild chili powder
- 3 tsp cumin seed

Prep Time: 10 minutes

Ready In: 16 minutes

Preparation Method

You can use any fish for this recipe. Slash the skin of the fish with a sharp knife. Mix garlic, ginger, and salt, then rub all over the fish.

In a small bowl, mix the oil, spices, yogurt, and seasoning. Use it to coat the fish, and refrigerate until ready to cook.

For the barbecue, cook on the rack for 6 to 8 minutes for each side of the fish. Grill tuna steaks for 3 to 4 minutes.

Serve with your choice toppings.

Nutritional Information

Calorie 266kcal; fat 11g; carbohydrate 4g; saturated 2g; protein 39g; sugars 1g; salt 0.67g.

18. Grilled Ginger-Lime Swordfish



In this recipe, the swordfish's mild taste works perfectly with Asian-inspired flavors when marinated.

Ingredients

- 2 swordfish steaks, about 6 ounces each
- 3 tablespoons honey
- 3 tablespoons soy sauce
- 1 tablespoon vegetable oil
- 1 to 2 cloves garlic (minced)
- 1 tablespoon grated fresh ginger
- 1 teaspoon lime zest
- Juice of 1 lime
- 1/4 teaspoon white pepper.

Prep Time: 15 minutes

Ready in: 25 minutes

Preparation Method

Place fish in a shallow baking dish.

Mix the marinade ingredients in a small bowl and use to coat the fish evenly.

Marinate for 30 minutes to one hour.

Preheat the grill to medium heat. Remove the fish from the marinade.

Oil the grill rack before placing the fish. Allow to grill for 3 to 4 minutes on each side. Allow the fish to cook for 5 more minutes.

Remove the fish from heat when it's opaque in the center.

Allow to simmer and serve.

Nutritional Information

Calories 511; Carbohydrate 58; Fat 14g; Protein 47g.

19. Grilled Onion-Butter Cod



With a buttery and warm flavor, this deliciously grilled cod is the perfect weekend meal or entree for a gathering.

Ingredients

- 1/4 cup butter
- 1 small onion (finely chopped)
- 1/4 cup white wine
- 4 cod fillets, about 6 ounces each
- 1 tablespoon extra-virgin olive oil
- 1/2 teaspoon salt, or to taste
- 1/2 teaspoon black pepper
- Lemon wedges for serving

Prep Time: 10 minutes

Ready In: 25 minutes

Preparation Method

Preheat grill to medium-high heat.

Melt butter in a small skillet, add onions and cook for 1 to 2 minutes. Mix in white wine and let the mixture simmer for an additional 3 minutes. Let it cool for 5 minutes.

Coat fillets with olive oil and sprinkle with pepper and salty. Preheat and oil the grill rack. Place the fish on it and let it cook for 8 minutes.

Baste the fish with butter sauce, flip it over and cook for 6 more minutes. Baste it two or three times until it reaches an internal temperature of 146°F, or flakes easily with a fork.

Remove the fish from the grill, and top with lemon wedges.

Nutritional Information (per serving)

Calories 544; Carbohydrate 58; Fat 14g; Protein 47g

20. Grilled Red Snapper Recipe



Want to try something new? Well, this Mexican traditional dish is worth a try. It requires a grilling a whole snapper marinating in exotic spices to excite your taste buds.

Ingredients

- 1 whole split butterflied red snapper.
- 1/2 cup/120 mL orange juice
- 1/2 cup/120 mL achiote paste
- 3 tablespoons/45 mL lime juice
- 3 tablespoons/45 mL lemon juice

Prep Time: 15 minutes

Ready In: 25 minutes

Preparation Method

Mix achiote paste with citrus juices. You can get achiote paste from the local Mexican store close to you. Cover all surface of the fish with the marinade. Place in refrigerator and leave it for 2 hours

Preheat grill for medium heat. Coat the grill rack with oil a few times before you place the fish on the rack, skin down. Turn and cook for additional 3 minutes when it's halfway done. The fish is thoroughly cooked when Once hot, oil grates a few times and place fish skin side down.

Check to see if the fish is halfway done after 5 minutes. Turn the fish and continue cooking for another 3 minutes.

At this point, you should be able to lift main bone when the fish is cooked. Remove from the grill and cut into bite-size portions.

Serve with a salsa of your choice.

Nutritional Information (per serving)

Calories 420; fat 41g; carbohydrate 8g; Protein 10g

Chapter 5: Healthy BBQ Sauce Recipes

Our barbecue recipes are incomplete without the sauce. Heck! It's the life of these recipes. Most times, we rush to the nearest store to get these sauces for the next BBQ get-together. These store brands often have a high sugar content with a whole load of ingredients that aren't good for our health. For this reason, we have collated the list of 5 healthy barbecue sauce recipes to help you live a healthier life.

21. St. Louis Barbecue Sauce



Ingredients

- 2 cups ketchup
- 1/2 cup water
- 1/3 cup apple cider vinegar
- 1/3 cup brown sugar
- 2 tablespoons yellow mustard
- 1 tablespoon onion powder
- 1 tablespoon garlic powder
- 1/2 teaspoon cayenne
- 1/4 teaspoon salt

Prep Time: 10 minutes

Ready In: 30 minutes

Preparation Method

Mix all the sauce ingredients in a saucepan. Stir continuously and let it simmer for 15 minutes. At this point, the sauce should be thin.

Remove the sauce it from the heat after 2 minutes, and let it cool.

You can either use it immediately at refrigerate it at least for a day. You can refrigerate for up to 3 weeks or up to 3 months when in a freezer.

Nutritional Information (per serving)

Calories 30; Carbs 8g; Protein 0g; Fat 0g.

22. Texas Barbecue Sauce



This is a traditional home-made recipe that's thinner and less sweet than store-bought barbecue sauce. However, it's an all-time favorite for so many barbecue recipes.

Ingredients

- 1 cup water
- 3 stalks celery (chopped)
- 1/4 cup butter
- 1/4 cup onion (minced)

- 2 cloves garlic (minced)
- 1 teaspoon beef bouillon (1 cube)
- 1 cup ketchup
- 1/2 cup cider vinegar
- 3 tablespoons Worcestershire sauce
- 2 tablespoons honey
- 2 tablespoons spicy mustard
- 2 teaspoons chili powder
- 1 tablespoon paprika
- Salt, to taste
- Pepper, to taste

Total time: 25 minutes

Preparation Method

Melt butter and add the celery and onion in a medium saucepan over medium heat. Cook until the onions and celery are soft - this should take about 4 to 5 minutes.

Add the billion cube and water, and stir until the bullion is completely dissolved.

Mix in the remaining ingredients and simmer on low heat ior 15 minutes while stirring continuously.

Allow the mixture to cool for 15 minutes.

Pour the mixture into a food processor or blender and blend until it forms a paste.

You can use it immediately or refrigerate it.

Nutritional Information (per serving)

Calories 36; Carbs 10g; Protein 0g; Fat 0g.

23. Chermoula Sauce



Made with fresh herbs, garlic, and lemon, this sauce is the perfect complement for fish grills and barbecue. What's more? You can also use it for chicken BBQ recipes.

Ingredients

- 3/4 teaspoon coriander seeds
- 3/4 teaspoon cumin seeds
- 3/4 cup extra-virgin olive oil
- 2 garlic cloves
- 1/4 teaspoon finely grated lemon zest
- 1 teaspoon smoked paprika
- 1/4 cup fresh lemon juice
- 3/4 teaspoon kosher salt
- 1/2 cup (packed) mint leaves
- 1 cup (packed) cilantro leaves with tender stems
- 1/4–1/2 teaspoon crushed red pepper flakes
- 1 cup (packed) parsley leaves with tender stems

Total Time: 25 minutes

Preparation Method

In a small skillet, toast cumin and coriander seeds. Toss continuously until very fragrant, about 2 minutes. Lightly crush with a heavy skillet after it is cool.

Purée toasted seeds, oil, lemon zest, garlic, lemon juice, salt paprika, and red pepper flakes in a food processor or blender until it forms a smooth paste

Add parsley, mint, and cilantro; process until well combined but slightly textured.

Nutritional Information (per serving)

24. Honey and Bourbon Barbecue Sauce



This is what we add honey and Kentucky bourbon to a tomato-based sauce. This recipe uses Dijon Mustard for tanginess in lieu of vinegar.

Ingredients

- 2 cups honey
- 1 (6 ounces) can tomato paste
- 2 ounces bourbon
- 1 tablespoon garlic powder
- 1 tablespoon Dijon mustard
- 1/2 cup dark brown sugar
- 1/4 teaspoon Tabasco
- 1 tablespoon cayenne pepper
- Optional: 1/3 cup jerk seasoning

Total Time: 10 minutes

Preparation Method

Combine the ingredients together in a medium or large bowl

Leave for a while before using.

Store the sauce in a refrigerator if not using immediately.

Nutritional Information (Per Serving)

Calories 56; Carbohydrate 14g; Protein 0g; Fat 0g.

25. Chimichurri Sauce



A traditional Argentinian sauce that works perfectly as marinade and sauce for BBQ meat. It contains a fine blend of nutritious vegetables and spices that you will definitely adore.

Ingredients

- 1 shallot, finely chopped
- 2 Tbsp. finely chopped oregano
- 3–4 garlic cloves, thinly sliced or finely chopped
- 1 Fresno chili or red jalapeño, finely chopped
- 1/2 cup red wine vinegar
- 2 Tbsp. finely chopped oregano
- 1/2 cup finely chopped cilantro
- 1/4 cup finely chopped flat-leaf parsley
- 3/4 cup extra-virgin olive oil

Total Time: 10 minutes

Preparation Method

Mix chili, garlic, shallot, vinegar, and 1 tsp. salt in a medium bowl.

Leave it for 10 minutes and stir in parsley, oregano, cilantro, and whisk in oil.

Transfer half of the chimichurri, season with salt and reserve as sauce.

Nutritional Information

Calories 104; fat 12g; saturated fat 2g; fiber 0.3g; sodium 129mg.

Conclusion

Barbecues are more than just foods; they've become a way of life to so many people. Heck! It's the official American cuisine, and a favorite relic of our childhood memories. Therefore, integrating these healthy recipes will reduce the chances of health disorders without compromising on the irresistible taste of meat. So, explore these recipes and discover a new way of life!

Heading 2

Heading 3