The simplest way
...to add veg to a barbecue.

The weather is warming up and so are the backyard barbecues. But it need not be an entirely meat affair. Here are some ideas for adding healthy veg to the barbie:

Kebabs - capsicum, zucchini, eggplant and mushrooms work well. Add to pork, chicken or lamb.

Chips - slice potato or sweet potato, and grill on the hotplate.

Salad – grab some green leaves and toss in tomato, cucumber, carrot, beans, capsicum or whatever takes your fancy!

Vegie sticks and dip – chop up carrot, cucumber, and celery sticks to dip in yummy hummus, or an eggplant or beetroot dip.

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

The Eat It To Beat It program is supported by the Western Sydney Local Health District Live Life Well @ School Program.