



What gets your grill going?

Firing up the grill to cook fish and veggies is one of the best parts of summer. But making sure you're dishing up a healthy meal may take some revisions to your traditional family barbecue. And we're not talking about replacing your hamburger with nothing but Hamburger Helper, as Cousin Eddie did in Chevy Chase's first "Vacation" movie. Today we're talking about what you burn and how you ignite it.

Lighter fluid + charcoal + match = Problem. Lighter fluid (petroleum-based) produces volatile compounds that leave petroleum residue on food and in your lungs. We say, skip the lighter fluid. Try these healthier ways to get the grill going.

- A charcoal chimney starter (\$10 to \$35) looks like an oversized metal beer mug with a grate near the bottom. Put in the charcoal, ignite with paper, and in 12 to 15 minutes the briquettes are good to glow.
- An electric charcoal starter (\$10 to \$20) is a metal coil you bury in a mound of charcoal and plug in. In eight to 15 minutes, the fire is on its way.

Is it better to eliminate charcoal completely? Yes, propane and gas grills are cleaner and more energy efficient. But charcoal is probably OK a few times a year. Just know that it produces soot that irritates respiratory conditions such as asthma and releases the carcinogenic VOC benzene, so stand away from the smoke. Also, avoid quick-start charcoals soaked with lighter fluid and those with additives such as sodium nitrate. Now go flip that veggie burger.

At the height of **LAUGHTER**,
the universe is flung into a
kaleidoscope of new possibilities.
Jean Houston

Leadership is about making others
better as a result of your presence and
making sure that impact lasts in your
absence. - Sheryl Sandberg

Another Favorite Tool

for your kitchen



So handy and can save you lots of \$.

Wide-Mouth Funnel

And plastic mason jar replacement lids. Can be purchased in packs of 4 everywhere canning supplies are sold.



Ever have a jar of salsa or pasta sauce go bad? Wonder why when you didn't think you had it that long? It is the metal lid that causes the contamination. Use a wide-mouth funnel to transfer the contents to a pint or quart mason jar (saved from my local honey supplier) and replace the metal lid with a plastic one. Also write the date on the lid.

Added benefit with the extra lids I am able to change to a clean lid every time I open the honey.

