

# Less-Than-100-Calorie BBQ Sides!

(NAPSA)—BBQ lovers, you can have it all—delicious, quick, better-for-you side dishes in 100 calories or less per serving! Registered Dietitian and weight-loss instructor Jennie McCary, MS, RD, LD, says that “every BBQ should have tasty, easy-to-prepare side options that won’t derail your diet.” Here are her three grill favorites, from the fruity to the traditional to the unexpected.

**1. Fruity favorite: Pineapples rings.** “I like to add a little fruity sweetness to my BBQ menu by grilling fresh pineapple rings,” says McCary. Grilling brings out the natural sweetness of the fruit, and one fresh, thick slice of pineapple is about 80 calories.

**2. Traditional favorite: Corn on the cob.** For a buttery corn on the cob, spray your husked ears of corn with 10 sprays of *I Can’t Believe It’s Not Butter! Spray Original* instead of using butter. McCary says, “The spray adds the great butter taste to corn with 0 grams of fat, 0 calories and 0 grams of trans fat per serving.\*”

**3. Unexpected favorite: Green beans.** “I rarely hear of people grilling their green beans, but it’s a supersimple way to make a tasty BBQ side that has 90 calories per serving,” says McCary. Try her favorite recipe made with *I Can’t Believe It’s Not Butter! Light Spread*, which has 50 percent less fat and calories than butter and no partially hydrogenated oils, so there’s 0 grams of trans fat per serving.\*

\**I Can’t Believe It’s Not Butter! Spray* contains 0g fat (0g saturated fat, 0g trans fat) and 0 calories per serving. 1 serving = 1 spray for topping & 5 sprays for cooking. *I Can’t Believe It’s Not Butter! Light Spread* contains 5g fat (1.5g saturated fat, 0g trans fat) and 45 calories per serving. One serving (1 Tbsp.) of butter contains 100 calories, 11g total fat, 7g saturated fat (<http://ndb.nal.usda.gov/>).



**Give your green beans a thrill—cook them on the grill.**

## GRILLED GREEN BEANS

4 servings

Prep Time: 10 minutes

Cook Time: 10 minutes

- 1 lb. green beans, trimmed**
- 2 shallots or 1 small onion, cut into wedges**
- 1 Tbsp. apple cider vinegar**
- 1 Tbsp. honey**
- 2 Tbsp. I Can’t Believe It’s Not Butter! Light Spread, divided**

Combine all ingredients except 1 tablespoon I Can’t Believe It’s Not Butter! Light Spread in center of 30 x 18-inch sheet heavy-duty aluminum foil. Wrap foil loosely around mixture, sealing edges airtight with double fold. Place on another 30 x 18-inch sheet of foil; seal edges airtight with double fold in opposite direction. Grill, shaking package occasionally and turning package once, 10 minutes or until green beans are tender. Top with remaining 1 tablespoon Spread.

### Nutrition Information per serving:

Calories 90, Calories From Fat 25, Saturated Fat 0.5g, Trans Fat 0g, Total Fat 2.5g, Cholesterol 0mg, Sodium 50mg, Total Carbohydrate 15g, Sugars 6g, Dietary Fiber 4g, Protein 3g, Vitamin A 70%, Vitamin C 35%, Calcium 4%, Iron 8%