Summer Outdoor

GRILLING GUIDE

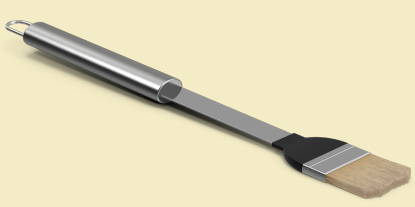
Tips for a perfectly grilled summer meal on your backyard gas barbecue



1 PREHEAT

Preheat a gas grill according to the manufacturer's directions.

2 BRUSH ON SOME OIL



Spread a light coating of vegetable oil or cooking spray over the grate. DON'T spray cooking oil into a hot grill.



3 KEEP THE LID CLOSED

An open lid on your grill you will ensure you don't lose heat. Your food will cook faster and flare-ups will be less likely to occur.

4 CHECK THE TEMPERATURE



Using a meat thermometer, make sure that your meat is thoroughly cooked before taking it off the grill.

5 MARINATE

Marinating your meat helps tenderize it, locks in moisture, and reduces the amount of carcinogenic heterocyclic amines that are produced.



ENJOY!