

Summer Sex: Make It Even Hotter!

It's Good to Be You™

Women's Health

1-2-3 Abs!

Easy Steps
to a Lean,
Sexy Belly

**Eat
More,
Weigh
Less!**

No Cravings
No Crankiness
Just Results

**Boost
Your
Bliss**

New Ways
to Escape
Stress

**Glee's
Heather
Morris**

How she scored the
best body (and the best
lines) on the hit show

**Bikini
Confident**
Shrink Your
Thighs &
Butt—in
Days!

Is *Any*
Amount
of Sun
Healthy?

**THE FINAL
ANSWER**

play

*All you
NEED TO THROW A
spontaneous barbecue
ARE A FEW CLOSE
friends, clear skies,
A GRILL, AND SOME
fridge staples.
SUMMER IS SO AWESOME,
isn't it?*

Grown-up Grilled-Cheese Sandwiches

Try these inspiring
matchups (or
invent your own!)
on whatever
bread you have:

- > Mozzarella,
tomato, and basil
- > Goat cheese,
fig jam, and
prosciutto
- > Swiss and
spinach sautéed
with garlic
- > Gruyère and
grilled peaches
- > Aged cheddar,
avocado, and
crispy bacon
- > Provolone and
avocado topped
with fresh sprouts
- > Havarti with
grilled eggplant
and pesto
- > Fontina with
grilled fennel
and portobello
mushroom

Kicked-Up
Corn

Sweet
Veggie
Skewers

with fire

BY RACHEL MELTZER WARREN, R.D. / PHOTOGRAPHS BY ROMULO YANES



Light Beer Cocktail

Summer gatherings are the ultimate bliss boosters. In fact, research shows that hanging with happy friends can amp your joy and help reduce stress. Next time a get-together breaks out at your place, make the most of it: Fire up the grill and cook some delicious bites using whatever's on hand. (Suggestions here, but improvise!) Add refreshing beer cocktails and lawn games, and no one will believe you didn't plan this good-time affair weeks in advance.

Game On!

A few fun ways to get everyone's blood flowing

1

Spikeball

Teams of two face off and score points by spiking a ball into a trampoline-like net on the ground. "It can be as casual or as intense as you want, and it can be a hell of a workout," says Chris Ruder, who revived this game, which he played as a child. Buy a set for \$50 at spikeball.com.

2

Cantaloupe Bowling

You can find all the equipment for this version of a lawn bowling/bocce game in your kitchen, says Cathy Riva, a party planner in New York. Set up plastic bottles or empty beer or soda cans in a bowling-pin formation on your patio or in your yard. Then use a cantaloupe or honeydew melon to knock them down.

3

Water-Balloon Towel Catch

Split guests into two teams, and give each team a beach towel and a pile of water balloons. Two team members must use their towel to launch a water balloon toward another teammate, who tries to catch it without popping it, says Riva. The team to make the most successful (dry) catches wins.

one hot bbq menu

Kicked-Up Corn

Elevate a simple summer staple with some south-of-the-border flair.

PREP TIME: 5 minutes
COOK TIME: 20 minutes

- 1/4 tsp chili powder
- 1/2 cup grated Parmesan (or cotija cheese)
- 6 ears corn
- 1 Tbsp olive oil
- 2 limes, cut into wedges

1. Mix chili powder and cheese; set aside.
2. If grilling corn in husks, peel back husks, remove corn silk, and replace husks. Otherwise, strip husks and silk. Place on grill and rotate each ear 1/4 turn with tongs every 5 minutes or as husks become blackened.
3. Remove corn from grill and strip husks. Brush each ear of corn with olive oil, squeeze with one lime wedge, and sprinkle on cheese mixture to taste.

MAKES 6 SERVINGS. Per serving: 157 cal, 8 g fat (2 g sat), 20 g carbs, 167 mg sodium, 3 g fiber, 8 g protein

Grown-up Grilled Cheese Sandwiches

How do you make everyone's favorite sandwich even better? Get creative with the fillings and cook to perfection over an open flame.

PREP TIME: 5 minutes
COOK TIME: 10 minutes

- 6 slices sourdough bread
- 6 slices rye bread
- 1 medium red onion, sliced into 1/4-inch rounds
- 1 medium red pepper, sliced into 1/4-inch rings
- 3 Tbsp olive oil
- 3 slices cheddar
- 3 tsp coarse-grain mustard (such as Grey Poupon Country Dijon)
- 3 oz Gouda
- 1/2 Granny Smith apple, cored and sliced into rounds
- 1/2 cup baby arugula

1. Preheat grill to medium.
2. Brush one side of each bread slice and both sides of onion and red pepper with olive oil. Place onion and red pepper on the grill. Flip when grill marks form, about 3 to 5 minutes.

3. Place bread on grill, olive-oil side down. Top sourdough bread with cheddar. On the rye bread, spread mustard and add a thin slice of Gouda. When cheese begins to melt and grill marks have formed on the bread, 3 to 5 minutes, remove from heat.

4. Assemble sandwiches: Put onions and red peppers between sourdough slices, and an apple round and a few arugula leaves between rye slices.

MAKES 6 SERVINGS (3 OF EACH SANDWICH). Per cheddar on sourdough sandwich: 342 cal, 13 g fat (4 g sat), 43 g carbs, 589 mg sodium, 3 g fiber, 16 g protein. Per Gouda on rye sandwich: 326 cal, 16 g fat (6 g sat), 36 g carbs, 737 mg sodium, 4 g fiber, 11 g protein

Sweet Veggie Skewers

Grill some veggie kebabs, then serve them over greens for a fast salad that's full of fresh flavor.

PREP TIME: 15 minutes
COOK TIME: 10 minutes

- 1 Japanese eggplant (about 1 lb), cut into rounds and then halved
- 24 cherry tomatoes
- 1 orange pepper, cubed
- 1 zucchini, cut into rounds and then halved
- 1 sweet onion, cut into rounds and then quartered

MARINADE:

- 3 Tbsp canola oil
- 3 Tbsp orange juice
- 1 tsp honey
- 1/4 tsp chili powder
- 1 clove garlic, minced

1. Whisk together marinade ingredients and pour over cut vegetables in a wide, shallow dish. Let sit for 5 to 10 minutes.

2. Thread vegetables onto 12 skewers. Grill, brushing with extra marinade, for 5 minutes per side or until veggies are lightly charred.

MAKES 6 SERVINGS. Per serving (2 skewers): 129 cal, 7 g fat (1 g sat), 15 g carbs, 12 mg sodium, 4 g fiber, 2 g protein

Light Beer Cocktail

Lucy Saunders, author of *Grilling with Beer*, suggests this refreshing American twist on a shandy, a British drink made with ale, citrus juice, and ginger ale.

- 6 oz India pale ale
- 4 oz lemonade
- Lemon peel or mint sprig for garnish

Fill a tall goblet, highball, or flared pilsner glass halfway with ale. Top off with lemonade and stir gently. Garnish with a citrus twist or a sprig of mint.

MAKES 1 SERVING. Per serving: 135 cal, 0 g fat, 21 g carbs, 9 mg sodium, 0 g fiber, 1 g protein

Thirsty for More?

Take a break from the heat and kick back with this Michelada, a classic Mexican beer cocktail, courtesy of Mambo Seafood Restaurants in Texas.

- 6 oz beer (pale Mexican lager like Dos Equis)
- 5 oz tomato juice
- 1 oz hot sauce
- 1 splash Worcestershire sauce
- 1 dash black pepper
- Juice from 1/2 lime
- Lime wedge and a sprig of fresh cilantro for garnish

Rim a mug with lime juice and salt. Combine all ingredients in mug over ice.

MAKES 1 SERVING. Per serving: 120 cal, 0 g fat, 16 g carbs, 1,210 mg sodium, 1 g fiber, 3 g protein

Grilled Tropical Fruit with Greek Yogurt

There's no beating the juicy, seared-in flavor of fruit on the grill. Topped with cinnamon and a dollop of Greek yogurt (with honey and coconut for a little extra sweetness), it's a fresh and satisfying way to end a meal.

PREP TIME: 5 minutes
COOK TIME: 10 minutes

- 1/2 pineapple, cubed
- 1 mango, cubed
- 1 1/4 cups nonfat plain Greek yogurt
- 1 tsp cinnamon
- 6 Tbsp toasted coconut
- 2 Tbsp honey

1. Skewer pineapple and mango chunks and grill for about 5 minutes on each side until lightly browned.

2. Distribute fruit evenly among 6 small bowls and top each serving with Greek yogurt. Sprinkle with cinnamon and coconut, then drizzle with honey.

MAKES 6 SERVINGS. Per serving: 170 cal, 1.5 g fat (1.5 g sat), 26 g carbs, 332 mg sodium, 2 g fiber, 5 g protein



Grilled Tropical Fruit with Greek Yogurt