



# Chef Sam's Steps to Eco-Friendly Barbequing

Fire up the BBQ – grilling season is here! Chef Sam, Queen of Cuisine at Maple Leaf Foods, shares tips for more sustainable summer grilling – little changes that have a big impact on the planet. Let's dig in!



## Step 1: Choose a Greener Grill

Electric-powered BBQs eliminate more airborne carbon emissions than other fuel. Invest in a grill that's great for your family and the planet.

## Step 2: Cleaner is Greener

Food residue can burn and stick to BBQ grates, causing unnecessary fumes to be released into the air. Scrape off debris after each use and wipe grill grates with a mix of water and baking soda.



## Step 3: Sustainable Protein Choices

Where your meat comes from matters. Look for the Carbon Zero logo on Maple Leaf's range of pork and chicken products and get cooking!



## Step 4: Waste Not, Want Not

87% of Canadians throw away expired or spoiled food.\* Mindful shopping and planning will go a long way to ensure you don't buy too much. Refrigerate or freeze leftovers in airtight, organized containers.



To learn more about sustainability and what you can do to help the planet, check out [Maple Leaf Foods' Green Glossary](#).

## Step 5: 'Upcook' Your Leftovers!

75% of Canadians say they usually have food left over from BBQs or parties.\* Cut down on food waste and give BBQ leftovers a lift. For example, leftover chicken can be used to make chicken salad, or added to my recipe below.



## Southwest Grilled Chicken and Corn Caesar Salad

### Ingredients

2 Maple Leaf Prime RWA boneless skinless chicken breast  
10 cups romaine lettuce, chopped  
2 ears fresh corn, grilled and removed from cobb  
1 tbsp vegetable oil  
1 small avocado, sliced  
1/3 cup Caesar salad dressing, prepared  
1 lime  
2 tbsp dry chipotle or southwest seasoning + extra crunchy tortilla strips – optional

### Instructions

Preheat grill to medium high heat. In a medium bowl, drizzle chicken with oil and sprinkle with seasoning. Massage into chicken to coat. Grill chicken 7 to 8 minutes per side or until an internal temperature of 165 degrees is reached. Set aside and allow to cool. In a large bowl toss lettuce with dressing, corn and the juice from half of the lime. Arrange onto a large serving platter. Slice chicken and arrange over salad along with the avocado. Sprinkle with additional seasoning. Garnish with tortilla strips if using and serve with remaining lime cut into small wedges.



\*These are the findings of a study commissioned by Maple Leaf Foods among a nationally representative sample of 1,532 Canadians who are members of the online Angus Reid Forum, balanced and weighted on age, gender, region and education. For comparison purposes only, a sample of this size would yield a margin of error of +/- 2.4 percentage points at a 95% confidence level. The study was conducted in English and French from March 17-21, 2022.

