

The sizzle on summertime grilling: Outset® brings smokin' flavor without the fat

May 2, 2006 — America is becoming more health conscious, according to a study published in the April 2006 issue of Food Technology magazine by the Institute of Food Technologies, reporting that 8 out of 10 consumers (82%) are aware of trans fats and 52% are consciously avoiding them.

Adding flavor to food without adding fat promises to be a fiery topic this summer, as more Americans avoid fats and oils and opt for healthier food choices by choosing to grill. A flavorful alternative to cooking with oils is grilling on a non-stick surface because it requires no added oils or fat. Outset's signature copper-colored **nonstick square grill wok** (\$30.00 retail) is not only a healthy alternative to cooking vegetables or seafood, the grid holes also allow the smoke to permeate the food and enhance the flavor.

Another way to cook without added fats is to use meats that are rich in healthy fats, like the omega-3 fatty acids found in cold-water fish like salmon and tuna. New for 2006 is Outset's rosewood **fish spatula** (\$12.00 retail), with its oversized, slotted head — perfect for handling larger, more delicate fish on the grill. Fish tastes superb on Outset's **wood grilling planks** (\$14 - 28.00 retail; available in assorted flavors), which not only enhance the taste, but also help foods retain moisture on the grill.

Perhaps the easiest way to add fat-free flavor is with Outset's **wood smoking chips** (\$10.00 retail; available in six flavors), which can simply be tossed onto burning coals or can be placed in Outset's stainless-steel **wood-chip smoking box** (\$12.00 retail) to add rich flavor to any grilled fare, whether using a gas or charcoal grill.

Founded in 2002, Outset, Inc. is headquartered in Chanhassen, MN. For more information, or to find out where Outset products may be purchased, consumers may visit www.outsetinc.com.

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