

# Grilling with a Side of ENERGY SMARTS

*Keep your kitchen cool, your meals tasty, and your energy use low this summer*

When the temperatures rise in Bryan, there's no better way to enjoy the season than by firing up the grill. Using your grill instead of your oven or stove is a great way to keep your home cooler and reduce the load on your air conditioner, which is one of the biggest energy users in your home. It is also social and fun! Gather the family outside, play games, and enjoy the breeze.



## Energy-Saving Grilling Tips

- Prep indoors, cook out. Chop, season, and marinate in the cool of your kitchen, then take it outside.
- Grill in the evening to avoid peak heat hours.
- Cook multiple meals. Grill in batches to store leftovers for later.
- Use a meat thermometer. It saves fuel by preventing overcooking and ensures food safety.
- Grilling often means fewer dishes and less time spent in a hot kitchen.



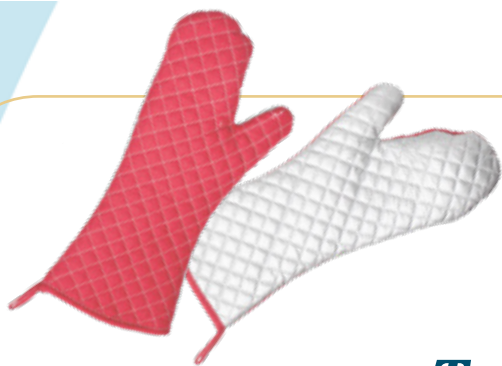
Clean grease buildup to avoid flare-ups.

## Grilling Safety Reminders

- Always grill at least 10 feet away from your home, garage, or any overhang.
- Never leave the grill unattended, especially if children or pets are nearby.

Keep a fire extinguisher or water source nearby—just in case.





## *Try This:* **BRAZOS VALLEY BBQ CHICKEN**

*Here's a simple, crowd-pleasing recipe  
inspired by local flavors:*



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### ***Ingredients:***

- 4 bone-in chicken quarters
- 1/2 cup of your favorite Texas-style BBQ sauce
- 1 tbsp olive oil
- Salt, pepper, and garlic powder to taste
- Optional: A squeeze of lime for extra zing

### ***Instructions:***

- Rub chicken with olive oil, salt, pepper, and garlic powder.
- Preheat grill to medium heat (about 350°F).
- Grill chicken skin-side down for 5–6 minutes, then flip.
- Baste with BBQ sauce and grill until internal temp reaches 165°F.
- Let rest for 5 minutes before serving. Enjoy with grilled corn or seasonal veggies!



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***From BTU to your backyard, here's to a  
cool, delicious, and efficient summer!***