



FIT FOOD FINDS

FIT FOOD FINDS: Brother Jimmy's BBQ - Have a Healthy Barbeque Outing



"Fit [Food Finds](#)" readers know that we visit a variety of restaurants to discover [healthy meals](#). We found Brother Jimmy's BBQ to be a great choice. We visited Brother Jimmy's on Lexington Avenue and 31st Street in [New York City](#) for dinner and there are plenty of convenient locations throughout Manhattan.

People who rely on lean meats for a source of protein will find that Brother Jimmy's does it just right. They also have fresh salads, and tasty starters. Their original drinks, beer and wines perfectly compliment their menu.

We started with their Portobello Mushroom Skewers (\$7.95) and the crushed garlic sauce accentuates the smoky taste of the mushrooms. Their House Salad (\$6.95) and their Chopped Cobb Salad (\$12.95) are low-carb choices that nicely accompany any barbeque meal.

Brother Jimmy's barbeque is specially prepared; all of their barbeque is smoked over hickory and [apple wood](#) for up to 16 hours. Barbeque can be served as sandwiches, or as platters. Like any BBQ lover, we indulged in some of Brother Jimmy's meat selections and found them to be lean and tasty. Their ribs are both the popular peel-off-the bone type with a wet BBQ sauce and the dry rub uses a medley of spices; both are extremely tender. We asked for our [beef brisket](#) to be served lean, and it had a very mellow, smoky taste.

For barbeque enthusiasts that may not like red meats, pulled chicken is an excellent alternative and Brother Jimmy's also serves burgers including their Turkey Burger. Their sandwich choices start at \$10.95 and platters start at \$15.95. Both include a choice of sides.

Portions are generous at Brother Jimmy's and the service is friendly and welcoming. With the chill of winter, "Fit Food Finds" readers will want to step out of the cold and into the inviting warmth of a place that serves [comfort foods](#) with healthy choices that help you "eat to stay fit."

Brother Jimmy's has locations throughout Manhattan and beyond. They also offer [catering services](#) and can easily accommodate parties. Visit their website at www.brotherjimmys.com for information about a restaurant near you, menu items, and specials.