

A close-up photograph of a black grill with a silver metal grate and a silver metal spatula resting on it. The background is a lush green lawn. The text is overlaid on the image.

# GRILLING

# Good Eats

— RECIPE GUIDE —



# Welcome to the Grilling Good Eats Recipe Guide!

The Grilling Good Eats Recipe Guide is the perfect complement to your meal planning arsenal. From sauces and sides to preparing your grill and testing for doneness, this guide will help you whip up some creative, delicious and supportive meals all made on the grill.

Cooking outdoors is one of my favorite ways to prepare my supportive meals. Grilling can be quick and easy with a little planning and know how.

Get started by browsing through the options you have from sauces and marinade, sides, grilled entrée's, grilled salads, grilled veggies and grilled fruits. There are not only enough recipe ideas to fill your summer menus, but the combinations you have to create your own custom meals make your options nearly endless.

While some portion sizes and nutrition facts are provided, don't feel bound by amounts or proportions. You might start with the recipe as written, and then adjust as your taste buds demand. No need to get bogged down in calorie counting or macronutrients. When you create your meals around protein and produce and use the flavor suggestions in this guide, you will be in a much better place to enjoy the meals you make and continue to get results.

Have your tools, food, platter, cutting boards, utensils, marinades/rubs, sides, condiments, and hungry mouths ready before you light up the grill.

Unlike indoor cooking, which you can shut off and restart at moment's notice, with an outdoor grill, once the fire gets going, you must be sure you are ready to put it all together.

Enjoy!!



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## 10 Getting Started Tips

**1. Always keep your grill clean.**

This is essential for good-tasting food and general safety.

**2. Always keep a close eye on what you're grilling.**

While estimated cook times are shared, food can burn quickly, so be on guard.

**3. Avoid Sticking.**

Apply oil or nonstick cooking spray to the grill grate before the grill is heated.

**4. Cook vegetables and fruits at the outer, cooler edges of the grill** since they tend to burn more quickly than meat.

**5. Don't overcrowd.**

Space food evenly on the grill- think two to three fingers' width between each item.

**6. Turning food is essential to even cooking.**

However, turning too often slows cooking and can result in tough, dry food. Ideally, most fish and meats should be turned only once during cooking time.

Note: Avoid flipping "meats" until at least two minutes into cooking- the protein needs time to release or it will stick to the grate.

**Don't press down.**

Resist the urge to flatten food with a spatula, which will cause the delicious juices to run out.

**7. Keep the grill closed.**

This helps air circulate around the food and results in more even cooking. The exception is if you want to char the outside of your food while keeping the inside rare.

## **8. Enjoy Skewers?**

Soak wooden skewers in water for at least 20 minutes before building to prevent skewers from burning. Even better, invest in a set of stainless steel skewers.

## **9. Adding Flavor**

Plan to flavor your food a good hour before you grill. This allows food to absorb the flavors. Don't apply sauces prior to grilling. Not only do they tend to and cause flare-ups, but most also contain sugar, which will burn quickly and give the food a burnt taste. Consider marinades or rubs instead.

## **10. Give it a rest.**

After removing from the grill, give food at least 3 minutes to rest - 10 to 15 minutes for larger cuts of meat - under loosely tented foil, allowing the flavors & juices to redistribute evenly.

## 5 Must Have Grilling Tools

There is no need to purchase a complicated grill set. Chances are, you won't need the majority of the items in this kit, and the two that you do need will be of an inferior quality. You're better off buying high quality tools a la carte and building up a set yourself.

1. **Long-Handled Tongs.** For a hot grill, it's nice to have a sturdy set of tongs that allow you to keep your distance as you manage your food. Skip the grilling fork, which pierces meat and causes you to lose flavorful juices. The OXO Good Grips 12-inch Tongs (\$10.99) are sturdily made, have a comfortable handle, can also be locked shut when not in use, and are inexpensive.
2. **Two Sturdy Spatulas.** Two spatulas are helpful with flipping delicate items like fish, or for holding a burger in place with one while you slide the other one underneath. Good brands like the OXO Good Grips Brushed Stainless Steel Turner (\$9.99) or the Weber Style Fish Turner (\$15.99), along with one smaller, flexible fish spatula, like the MIU Slotted Flexible Fish Turner (\$9.99).
3. **Grill Brush.** The first rule of grill maintenance is to brush your grill every time you use it. Frequent brushing prevents buildup and the need for a big cleaning. Choose a long-handled brush that has stiff wire bristles and a scraping blade. To clean, preheat the grill and when it's hot, brush the grate.
4. **Skewers.** It's simply fun to put your meal together on a skewer!
5. **Grilling basket or wok.** Avoid losing food that slips through the grates of the grill.

# Firing Up Your Grill

Gas and charcoal each offer a different grilling experience.

## Charcoal Grills

To light a charcoal fire, place the coals in a pyramid shape 20 to 30 minutes prior to cooking. The pyramid provides ventilation for the coals to catch fire. Charcoal grills guarantee a smoky flavor to all the foods you cook.

## Gas Grills

Gas grills use either natural gas or liquid propane. They light instantly and take about 10 minutes to heat up. Gas makes it easy to grill delicate foods like chicken breast, fish, fruit, and vegetables, whose flavors can be overwhelmed by smoke. A smoke box (like a drawer for wood chips) can achieve some of the smokiness of a charcoal grill.

## Indirect Versus Direct

Both charcoal and gas grilling allow for the two main forms of outdoor barbecuing- direct heat and indirect heat grilling. Different setups will create warmer and cooler areas on the grill, which will cook the food differently. Which method you should use depends on what you're cooking.

**Direct grilling means high heat- think of it like broiling, except the heat source is directly *under* the food.** Use direct heat if food takes less than 20 minutes to cook.

To set up a gas grill for direct grilling, after preheating, simply turn all the burners to medium. To set up a charcoal grill for direct grilling, once the charcoal is covered with white-gray ash, spread it evenly, in a single layer, across the charcoal grate.

**Indirect grilling means lower heat and is more akin to baking or roasting- heat is equally distributed and hot air circulates around the food as it cooks.** Use indirect heat if food takes more than 20 minutes to cook.

Indirect grilling can only be done in a covered grill. To set up a gas grill for indirect grilling, turn the outside two burners to the "medium" or "medium-low" position, and turn the inside burner (or burners, if there are more than one) off. An easy way to remember this configuration is "MOM": "medium-off-medium."

To set up a charcoal grill for indirect grilling, place a foil drip pan in the middle of the charcoal grate and pour equal amounts of charcoal on either side. The food will be placed over the drip pan.

## **Basic Grilling Rule:**

**If it takes less than 20 minutes to cook, use direct heat; if it takes more than 20 minutes to cook, use indirect heat.** For instance, pieces of chicken on the bone take 35 to 45 minutes, depending on their size, so they're best cooked using indirect heat, whereas boneless chicken breasts only take about 15 minutes, so they're best on direct heat.

## Grilling Meat Tips

Grilling Myth: meats such as steak cooks best when at room temperature. **Never leave raw meat of any kind sitting out to warm up**- any extended time outside of refrigeration can create bacteria growth.

Always have two obviously separate plates or platters when grilling meats; one for uncooked and one for cooked. Never use the same plate to store both because you can cross contaminate your food. The same precaution should be used for your utensils as well; have one for placing the meat on the grill and turning it, and another for removing cooked meat after it is done.

Meat will continue to cook after it's removed from the heat, so you should take it off when it's at slightly less than your desired degree of doneness.

In addition, once meat comes off the grill, it needs to rest in order reabsorb its juices, which travel to the surface during cooking. If you skip this step, your meat could be dry and tough.

Simply set it aside on a platter in a warm place and leave it undisturbed for a few minutes. **The larger the cut of meat, the longer it should rest.** Smaller pieces like chicken breasts only need about five minutes, but larger items, such as pork butt, need about 20 minutes.

### Seafood

The one thing to remember when grilling seafood is not to overcook it. Shrimp is done when the shells turn pink. Lobster should be cooked only until opaque in the center. Marinades are great, but not always needed, sometimes salt and pepper and a little lemon juice is all you need with grilled seafood. Shrimp, scallops, and small bits of fish also work nicely for kabobs.



## MEAT, POULTRY, AND FISH GRILLING CHART

Use the following as a guide to approximate cooking times. You can also determine how well cooked your meat is with a good meat thermometer. Medium-rare beef will register 150°F on a meat thermometer; poultry, 180°; pork, 160°; lamb, 160°.

<b>Meat</b>	<b>Thickness / Weight</b>	<b>Approx. Cooking Time (over medium heat)</b>
Chicken	Boneless skinless breasts	5 minutes per side
Chicken	Cut-up broiler/ fryer	45 to 60 minutes
Fish fillets	6 oz	3 to 5 minutes per side
Fish steaks	1 inch	5 minutes per side
Hamburgers	1/2 inch	14 to 16 minutes
Pork baby back ribs	3 1/2 to 4 lb	30 to 45 minutes
Pork loin chops	3/4 inch	10 to 12 minutes
Porterhouse / T-bone steak	3/4 inch	14 to 17 minutes
Ribeye steak	3/4 inch	6 to 8 minutes
Sausages		10 minutes
Shrimp	Medium	2 to 3 minutes per side
Sirloin steak	3/4 inch	13 to 16 minutes

## Grilling Vegetables Tips

Vegetables are excellent choices for grilling because the fire brings out a super tasty, sweet-smoky flavor that you would never know existed in a vegetable. All kinds of veggies can be grilled with delicious results. Just browse the produce section and use your imagination!

Select vegetables that are firm and that can hold up to slicing and grilling. Slice them in large, thick (at least 1/4 inch) sections, since small pieces can easily fall through the grid and into the fire. Cut zucchini lengthwise or on a long diagonal, for example. If you plan to prepare a recipe that calls for smaller pieces, try grilling them on skewers or wrapping them in foil packets.

Veggies like eggplant, fennel, onions, mushrooms, peppers, sweet potatoes, summer squash and tomatoes should be raw when placed on the grill.

Veggies such as peppers can simply be grilled whole– this is my favorite way to grill them. Even better when I can find the mini sweet bell peppers to slide right onto a skewer.

Some veggies (including artichokes, asparagus, beets, broccoli, carrots, parsnips, potatoes and winter squash) can be pre-cooked to shorten grilling time and ensure that the inside and outside cook evenly. To pre-cook: Steam or blanch until just barely tender. Then, pat dry, brush lightly with oil and grill until completely tender and lightly browned.

Because vegetables lack fat, they need oil, liquid, or some sort of marinade to prevent them from burning and sticking and to keep them moist.

Brush vegetables with oil (preferably vegetable or coconut oil because it has a high smoke point) or a flavored oil mixture, such as a salad dressing or your own mixture of oil and herbs or other seasonings. Or marinate vegetables in a dressing or marinade of your choice for at least 30 minutes before grilling.

## VEGETABLE GRILLING CHART

Brush vegetables lightly with vegetable oil and/or an oil-based salad dressing or marinade of your choice; season with sprinklings of chopped fresh or dried herbs, salt or pepper. Place large cuts directly on grill; grill smaller cuts in a grid basket. To speed up cooking time, blanch vegetables before grilling.

<b>Vegetable</b>	<b>Preparation for Grilling</b>	<b>Grilling Time</b>
Bell or chile peppers	Whole or halved, stemmed and seeded	10 to 20 minutes
Corn on the cob	Unhusked; remove silk; Soak in cold water 30 minutes	20 to 30 minutes
Eggplant	Cut into 1-inch thick rounds	20 minutes
Mushrooms	Stems removed	10 minutes
Onions	Peel; cut into halves, wedges, or rounds; insert wooden picks to prevent separating.	20 to 30 minutes
Potatoes	Cut into 1/2 inch thick rounds	10 to 12 minutes
Summer squash	Cut into halves or thick slices	5 to 10 minutes
Tomatoes	Cut into halves or thick slices	5 to 10 minutes

# Grilling Fruit

When flame meets fruits, incredible happens. Grilling causes the sugars in fruits to caramelize, creating new smoky concoctions that remind you how decadent, yet low-calorie and chock-full of vitamins, fruit can be.

Grilling fruit is simple; just keep these tips in mind as you begin.

Always begin with a clean, freshly oiled grill grate when grilling fruit. Use a light brushing of olive, grapeseed, coconut or canola oil to help prevent sticking. The use of a non-stick grate or foil packets lightly coated with oil can also be helpful.

Select fruit that is ripe, but still firm enough to hold its shape when exposed to the heat of the grill.

Don't peel before grilling unless recipe calls for peeling- you'll get more nutrients and enjoy a smokier flavor.

Choose the proper grilling method depending on the texture, size, and shape of the fruit. Dense, whole, round fruits, like apples and pears, do well indirect grilled.

Soft, succulent fruits, like figs, peaches, plums, and pineapple, are better suited to direct grilling over high heat. Cut them in half to maximize the surface area exposed to the smoke and fire.

If the fruit is small (such as berries), thread on skewers or use a grilling grid to prevent pieces from falling into fire. Most berries are too fragile to grill directly, but make wonderful smoke-roasted crisps and cobblers.

For savory preparations, brush cut fruit with olive oil or melted butter, dust with chili powder or your favorite rub, stuff with cheese, and/or wrap with bacon, pancetta, or prosciutto. There are many possibilities.

# Adding Flavor to your Fit and Fun Grilled Fare

There are many flavors that can be added to help enhance the grilled foods you are preparing.

You have the option to add flavor with Marinades, Dry Rubs, Sauces and Salsas. Having these flavoring techniques available only adds to the variety and delicious success of your grilled meals.

In addition, try Cedar Planks. Cooking chicken, salmon, fish and other cuts of meat directly on a cedar plank, this will give a light smokiness to the meat. Soak plank in water for at least one hour before using.

Soak fresh herbs in water for about 5 minutes then lay across coals (or lay directly underneath food items). A few herbs you can try: thyme, lavender, rosemary, oregano. Try a Citrus infusion. Soak lemon or orange rinds in water for several minutes then toss on top of coals (or directly underneath food). This will add a light fruity flavor

# Marinating

A marinade is a liquid mixture of fat, such as oil for flavor and moisture, and acid, such as vinegar for penetration and some tenderizing, that flavors food during a precooking soak.

Marinades generally only penetrate the outer quarter inch of the ingredient you'll be grilling, but since you get some of the surface with each bite, this is enough.

Marinades work best for leaner or blander foods that could use some extra moisture and/or flavor, and also tougher cuts of meat, such as flank steak, that need tenderizing.

**Acid:** Wine, vinegar, citrus juice, beer, and yogurt weaken the proteins in meat and seafood, rendering them more tender and moist. Acidic ingredients also tend to make fish taste delicate and less fishy.

**Fat:** Usually oil but also coconut milk. It adds moisture and helps keep marinated food from sticking to the grill.

**Aromatics:** Garlic, citrus zest, lemongrass, minced chiles, and herbs penetrate the surface of the meat, giving it flavor. Experiment with whatever appeals to you, from pesto to pepper jelly.

**How to Use:** Thirty minutes to two hours before cooking - any earlier and food could get mushy. Soak food in a nonreactive container in the refrigerator. Choose a glass, plastic, or stainless-steel - not aluminum - container. Resealable plastic bags also work well. Drain before cooking.

Always marinate meat, poultry or seafood in the refrigerator.

### **Marinade Times**

Shrimp- 15 to 20 minutes

Scallops- 5 minutes

Fish Filets- 30 minutes

Chicken- 2 hours to overnight

Pork- 2 hours to overnight

Steak- 2 hours to overnight

If a marinade is to be brushed on food while it cooks, for safety's sake, do not brush it on during the last five minutes of grilling. If it will be served as a dipping sauce, be sure to boil it for 1 or 2 minutes before serving.

When grilling poultry, meat or seafood, transfer the grilled food to a clean plate, not to the plate used for the raw food.

### **Additional Marinade Combinations**

- White wine, oil, garlic, onion, and celery
- Yogurt, garlic, pepper, curry, and cardamom
- Vinegar, soy sauce, oil, sugars, and ginger
- Lemon juice, olive oil, lemon zest, minced garlic, salt and pepper
- Pineapple juice, soy sauce, lemon juice, and garlic
- Orange juice, turmeric, ginger, garlic, and lemon zest
- Soy sauce, lime juice, minced garlic, coriander, salt
- Soy sauce, balsamic vinegar, olive oil, minced garlic, salt and pepper
- Lemon Juice, olive oil, minced garlic, thyme, oregano, bay leaf, salt and pepper
- Cider vinegar, white vinegar, olive oil, fresh cilantro, garlic, minced, lime juice, cumin, pepper
- Olive oil, lime juice, honey, cayenne, salt and pepper
- Olive oil, lemon juice, pomegranate molasses, chopped mint leaves, minced garlic, salt

Mix together three parts oil for every one part acid used then add in your choice of flavorings to taste.

Consider the texture of the ingredient to determine marinating time. Mushrooms and summer squash may need only 30 to 40 minutes to marinate. Tougher ingredients, such as sliced carrots, potatoes or peppers can marinate for a couple of hours.

## Dry Rubs

Ready in minutes, these spice-based concoctions take seconds to apply to vegetables, meat, fish, and poultry. A dry rub is a mixture of herbs and spices, with no liquids. It creates a crust; enhancing flavor, texture and color without adding moisture.

The length of time a rub should stay on a food depends on what you're cooking. For vegetables or meats that are cut into small pieces for kabobs, apply the rub 15 minutes before cooking. Leave a rub on chicken breasts, chops, steaks, and fish fillets for 15 to 30 minutes.

For larger cuts such as beef roasts and whole chickens, apply the rub 30 to 90 minutes before cooking. Apply a rub to a rack of ribs, a pork shoulder, or a turkey anywhere from 2 to 8 hours before you cook. Rubs can last up to 3 months, store in cool, dark place with rest of spices.



## All American BBQ

- 2 tbsp mild paprika
- 2 tbsp packed dark brown sugar
- 1 tbsp dry mustard
- 1 tbsp chile powder
- 1 tbsp onion powder
- 2 tsp garlic powder
- 2 tsp salt
- 1 tsp ground cumin
- 1 tsp ground cinnamon
- 1 tsp ground black pepper

## Smoky Paprika

- 3 tbsp smoked Spanish paprika
- 3 tbsp salt
- 4 tsp granulated onion powder
- 2 tsp granulated garlic powder
- 2 tsp freshly ground white pepper
- 1 1/2 tsp freshly ground black pepper
- 1/4 tsp dried thyme
- 1/4 tsp dried oregano

## Moroccan

- 1 tbsp ground cumin
- 1 tbsp paprika
- 1 tsp onion powder
- 2 tsp turmeric
- Pinch of cayenne pepper
- Pinch of garlic powder
- 1 tbsp dried parsley
- 2 tsp dried coriander
- Pinch of salt
- Pinch of pepper

## **Jamaican Jerk**

- 2 tbsp brown sugar
- 2 1/2 tsp salt
- 2 tsp allspice
- 1 tsp cayenne pepper
- 1 tsp freshly ground black pepper
- 1 tsp granulated onion powder
- 1/2 tsp ground cinnamon
- 1/2 tsp granulated garlic powder
- 1/4 tsp ground cumin
- 1/4 tsp dried thyme

## **Mexican**

- 3 tbsp chili powder
- 1 tbsp ground cumin
- 1 tbsp dried oregano
- 1 tbsp garlic powder
- 1 tsp kosher salt

## **5 C's**

- 1 tbsp coriander
- 1 tbsp cumin seeds
- 1 tbsp cardamom seeds (or pods)
- 1 small cinnamon stick
- 3-4 cloves
- 1 tbsp kosher salt
- 1 tbsp sugar

# Supportive Sauces

## A Better For You BBQ Sauce

- 1 tbsp unrefined coconut oil
- 1 cup minced fresh onion
- 1 tbsp soy sauce
- 3 cloves minced garlic
- 1 tsp ground cumin
- 1 tsp dry mustard
- 1/3 tsp ground chipotle chili powder
- 1 tsp dry basil
- 1 tsp dry oregano
- 1 6oz. can tomato paste
- 1 1/4 cups beef broth
- 2 tbsp raw apple cider vinegar (Braggs)
- 1/4 tsp stevia
- 1 tbsp honey

Heat oil in a 1 quart saucepan over medium heat. Add onions and stir until tender, about 5 minutes. Add remaining ingredients and whisk until smooth. Bring to a low boil, cover, reduce heat, and simmer, stirring periodically until mixture thickens, 20 to 30 minutes.

Pour into wide-mouth glass jar; allow to cool. Cover and refrigerate. Use within 2 weeks or freeze.

## Raspberry Chipotle BBQ Sauce

- 2 tbsp olive oil
- 1 jalapeño pepper, seeded and minced
- 1 tbsp apple cider vinegar
- 2 cups of fresh or frozen raspberries
- 1/4 CUP honey
- 1 tbsp Mexican adobo seasoning
- Splash of lemon juice (optional)

In a small pan, heat olive oil over medium heat. Add minced jalapeño peppers and cook until caramelized. Add apple cider vinegar to pan and stir gently, scraping the bottom of the pan to incorporate the browned jalapeño juices. Add raspberries, honey, and adobo seasoning and cook down until sauce forms, stirring regularly. Simmer until reduced to desired thickness. Remove your raspberry chipotle sauce from heat and pour into jar or bowl. Allow to cool before serving.

## Healthy Homemade Ketchup

- 1 tbsp olive oil
- 2 garlic cloves minced
- 1 cup chopped onion
- 1/4 cup apple cider vinegar
- 1/4 cup red wine vinegar
- 1/4 cup honey
- 1 tsp salt
- 28 oz can tomato puree
- 12 oz can tomato paste
- 1/2 tsp ground cloves
- 1/2 tsp oregano

Heat oil and sauté garlic until golden. Add onion and cook until softened. Pour in vinegars, honey and salt. Bring to a boil. Add tomato puree and paste. Bring to a boil. Add in cloves and oregano. Cook until reduced and sauce thickens about 15-20 minutes. Pour into blender and blend until smooth. Refrigerate for 2 hours in order for flavors to meld.

Makes 30 oz. Serving Size: 2 tbsp at 35 Calories

## Homemade Healthy Teriyaki Sauce

(Makes about 1 1/2 cups)

- 1-3 tsp organic, freshly grated ginger
- 3-4 organic garlic cloves
- 2 tbsp toasted sesame oil
- 2 tbsp rice vinegar
- 2 tbsp raw honey
- 1 cup soy sauce

Mince and mash the garlic gloves. Mix with the freshly grated ginger and whisk in the remaining ingredients. Pour into a one-pint glass mason jar. Stir in optional liquid whey, affix the lid and leave on the counter overnight before refrigerating. Teriyaki sauce will keep for a month or two if liquid whey is added and a couple of weeks if not used.

## Reduced Balsamic Glaze

As balsamic vinegar reduces down, it becomes a thick, sweet syrup that is good on everything. Pour small amount balsamic vinegar into saucepan keeping in mind that the vinegar will reduce down by 1/3, so pour accordingly. Set heat to medium and let it slowly simmer, watching closely. Whisk it occasionally and keep checking for consistency. After it begins to thicken up, you can choose how much longer you want it to simmer/thicken. Do not let it burn. When it reaches desired thickness, remove from heat and let cool in the pan for about 10 minutes. Pour the sauce into a container (a plastic squeeze bottle works best) then drizzle on your favorite eats....consider poring over veggies, berries, desserts, seafood, chicken, etc.

## Honey Basil Sauce

Excellent on greens or fresh fruit for a sweet touch.

- 1/2 cup packed whole basil leaves
- 1/4 cup honey
- 1/3 cup olive oil (or vegetable oil)
- 1/4 cup cider vinegar
- Pinch salt

Roughly chop or tear basil leaves (to give them a head start), and combine all ingredients in a blender and puree until dressing is smooth. There will be small basil flecks. (If you have an immersion blender, you can try that instead.) Pour into a jar and refrigerate before serving. Keeps for a week or more in the refrigerator.

## Mayonnaise Alternative “Better Than Mayo Spread”

- 2 cups cottage cheese (1%)
- 1 cup fresh spinach
- 1 cup basil

Process until smooth – keeps in fridge for 1 week.

16 tbsp = 1 cup. This recipe makes about 2 cups. If serving size is 1 tbsp, this will be about 20 calories.

## Tzatziki Sauce

Greek Yogurt and Cucumber Sauce  
(Makes about 3 1/2 cups)

- 3 cups Greek Yogurt (2% or fat free)
- 3 tbsp lemon juice
- 1 garlic clove, chopped
- 2 medium cucumbers, seeded and diced
- 1 tsp kosher salt for salting cucumbers
- 1 tsp finely chopped fresh dill
- Salt and pepper to taste

Peel cucumbers, cut in half lengthwise and using a small spoon, scrape out and discard seeds. (TIP: use a small seedless or European cucumber to skip this step.) Slice cucumbers and put in a colander, sprinkle 1 tbsp salt, and let stand for 30 minutes to draw out water. Drain and wipe dry with paper towels.

In food processor add cucumbers, garlic, lemon juice, dill, and a few grinds of black pepper. Process until well blended. Stir this mixture into the yogurt. Taste before adding any extra salt, then salt if needed. Place in refrigerator for at least two hours before serving so flavors can meld.

This will keep for a few days or more in the refrigerator, drain off any extra water and stir before each use.

We enjoy dipping savory meatballs in it, using it as a dressing on any salad featuring olives or feta, and pairing it with freshly sliced veggies like red bell peppers, tomatoes, carrots, summer squash, cucumbers, or celery.

Per 1/4 cup serving (based on fat free Greek yogurt) is about 33 calories, 5 g protein, 2 carbohydrates, 0 fats

# Salsas

## Mango Salsa

- 3 large fresh mangos, peeled
- 1 tbsp crushed jalapeno peppers
- 4 green onions, chopped
- 2 tbsp cilantro leaf
- 2 tbsp freshly squeezed lime juice
- Pinch of finely chopped red chili peppers

Remove fleshy part from mango seed. Discard seed chop the mango flesh. Combine mango with remaining ingredients in medium sized bowl and stir to combine. Wrap tightly and refrigerate one day before serving or leave covered for two hours at room temperature to allow flavors to blend. May be stored in refrigerator up to 5 days. Add a dash of crushed red chili peppers over salsa for color before serving.

## Grilled Pineapple Salsa

- 5- 1/2 inch thick slices of fresh pineapple
- 1 small red onion, finely dices
- 2 jalapenos, seeded and finely diced
- 1/4 cup cilantro, chopped
- Juice of 1 lime
- 1/4 tsp kosher salt

Heat grill or grill pan to medium-high heat. Add the sliced pineapple and grill for about 2 minutes on each side, or until nice grill marks develop. Remove to plate and set aside to cool. Combine pineapple, red onion, jalapenos, cilantro, lime, and salt. Toss to combine. Season to taste with salt before serving.

## Grilled Peach Salsa

This one goes with everything!

- 1 sweet yellow onion, minced
- 1 lb yellow peaches
- 1 jalapeno pepper, seeded and minced
- Juice of 1 lime
- 1 large tomato, minced
- 1 bunch cilantro, minced
- 1 tsp minced garlic
- Pinch of sea salt to taste

Rub a little olive oil over the grates of preheated grill. Slice peaches down the middle and discard the pit. Once the grill is hot, set peaches (cut-side down) on the grill and close the top. Grill for 8-10 minutes, until peaches are very juicy and have those nice charred lines running across.

Remove and set grilled peaches aside to cool. Meanwhile, combine the minced sweet onion, jalapeno pepper, tomato, cilantro and garlic in a large bowl. Once peaches are cool enough to handle, chop them up and add them to the bowl. Squeeze a lime over everything; toss well and season with sea salt to taste.

This salsa is excellent on anything from chicken tacos to chips to scrambled eggs. It tastes better once it has time to marinate in the fridge. If possible allow to marinate overnight for the most flavorful outcome.

## Strawberry Salsa

- 2 cups strawberries, coarsely chopped
- 1 cup avocado, seeded, peeled, chopped
- 1/2 cup cucumber, coarsely chopped, seeded
- 2 tbsp honey
- 1 tsp lime peel, finely shredded
- 2 tbsp lime juice
- 1-2 tbsp jalapeno chile pepper, seeded, finely chopped
- 1/4 tsp black pepper, coarsely cracked

In medium bowl, combine ingredients. Cover and chill for 2 to 24 hours. Makes 12 (1/4 cup servings).

12 Servings Per Recipe- 50 calories, 1 g protein, 7 g carbohydrates, 3 g fats



## Sweet and Spicy Strawberry Radish Salsa

- 2 cups fresh strawberries, hulled and chopped
- 1/4 cup lime juice fresh
- 12 small radishes, thinly sliced
- 2 large jalapeno, chopped
- 1/4 cup cilantro, chopped
- 1/4 cup chives, chopped
- 1/2 tsp salt

Chop the berries. Place in a bowl and add the lime juice. Slice the radishes and dice them finely; add to the bowl. Chop jalapeno, cilantro, and chives and combine all; salt to taste. Allow to sit in fridge to marinate if time permits.

# Grilling Good Eats

## Skewer Recipes

### Tips for Grilling with Skewers

- Group foods with similar cooking times together
- To stabilize round or hard-to-skewer foods like tomatoes and shrimp, use two skewers parallel to each other
- When using wooden skewers for kabobs, always soak them in water for 20 to 30 minutes before placing food on them to prevent burning
- When using metal skewers, leave a little space between pieces of food so the metal will heat, speeding up cooking time.

### Salad Skewers

Take your favorite salad items and skewer them to grill.

#### Caesar Salad Skewer

hunk of romaine, hunk of bread, hunk of par-cooked chicken breast or fully raw shrimp, when done, douse with Caesar dressing and grated Parmesan.

#### Caprese Salad Skewer

Mozzarella, tomato, bread, garnished with chopped basil and olive oil, don't leave this on too long or your mozzarella will be all over your grill.

#### Nicoise Salad Skewer

Hunks of fresh tuna steak, cured black olives, par-boiled potato, grape tomatoes, garnish with chopped hard-boiled egg and capers, and a vinaigrette of red wine vinegar, minced shallot, Dijon mustard, bit of garlic, anchovy paste (optional), and olive oil.

## Luau Chicken Skewer

- 8 skinless, boneless chicken breast halves cut into 2 inch pieces
- 3 tbsp soy sauce
- 2 tbsp sherry
- 1 tbsp sesame oil
- 1/4 tsp ground ginger
- 1/4 tsp garlic powder
- 1 can pineapple chunks, drained
- 2-3 large bell peppers, cut into chunks

Mix the soy sauce, sherry, ginger, garlic powder, and sesame oil. Add the chicken, pineapple and peppers into the marinade. Cover and marinate in the refrigerator for at least 2 hours. After, preheating grill, thread chicken, pineapple and peppers alternately onto skewers. Grill 15 to 20 minutes, turning occasionally. Make sure chicken is cooked thoroughly.

8 servings- 203 calories, 23.6g protein, 17.1g carbohydrate, 4.2g fat

## Pineapple and Scallops Skewers

- 2 tsp finely shredded lime peel
- 1/4 cup lime juice
- 1/4 cup snipped fresh cilantro
- 2 small green and/or red jalapeno pepper, seeded and finely chopped
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1/3 cup olive oil
- 16 sea scallops (about 1 1/2 lb)
- 12 large fresh pineapple chunks
- 1 avocado, peeled, pitted, and cut into 8 chunks

In a small bowl combine lime peel, lime juice, cilantro, jalapeno, salt, and pepper. Slowly whisk in oil until combined; set aside.

In a large bowl combine scallops, pineapple, and avocado. Toss with 2 tbsp of the lime juice mixture. Let stand for 15 minutes, stirring occasionally.

Alternately thread 4 scallops, 3 pineapple chunks and 2 avocado chunks on each of 4 12 to 16-inch skewers.

Grill kabobs on a well-greased grill rack directly over medium-high heat for about 8 minutes or until scallops turn opaque, turning once halfway through grilling. Transfer kabobs to a serving platter and serve with remaining lime juice mixture.

## Thai Beef Tenderloin Skewers

- 1 lb beef tenderloin, cubed in 1" pieces
- 2 tbsp oyster sauce
- 2 tbsp fish sauce
- 2 tbsp lime juice
- 1 tbsp cilantro, chopped
- 1 tsp sesame oil
- 1 tsp red pepper flakes
- 1 tsp ginger, fresh grated

Mix all ingredients except the beef and then toss it in too. I let it marinate for 2-3 hours. Place beef on skewers. Grill about 2-4 minutes per side or until desired degree of doneness. Serve sprinkles with diced red peppers and chopped peanuts (optional).

## Grilled Greek Meatball Skewers

- 2 tbsp long-grain rice
- 2 small red onions
- 14 oz lean minced lamb
- 1 small onion, very finely chopped
- 1 garlic clove, crushed
- 1 tbsp chopped fresh thyme, plus extra to garnish (optional)
- 1/2 tsp grated nutmeg
- Finely grated zest of 1 lemon
- Salt and pepper
- 1 large red pepper, deseeded and cut into 24 small squares
- Extra virgin olive oil for brushing

Place the rice in a saucepan, cover with cold water and bring to the boil. Cook for 10 minutes or according to the packet instructions. Drain and set aside. Cut each red onion into 12 thin wedges, keeping them attached at the root end so each wedge remains intact.

Combine the minced lamb, finely chopped onion, cooked rice, garlic, thyme, nutmeg and lemon zest in a bowl, then season with salt and pepper to taste. Mix together well using your hands. Shape the meat mixture into 24 small balls.

Thread a meatball, 1 red onion wedge and 1 piece of pepper onto each cocktail stick. Arrange in one layer on the grill tray. Brush lightly with the oil, then grill for 15-18 minutes, turning occasionally, until golden brown and thoroughly cooked.

Serve the kabobs with a side of Tzatziki sauce.

Each skewer is about 75 calories, 7 g protein, 4 g carbs, 4 g fats

## Rosemary Salmon Skewers

- 2 tsp minced fresh rosemary
- 2 tsp extra-virgin olive oil
- 2 cloves garlic, minced
- 1 tsp freshly grated lemon zest
- 1 tsp lemon juice
- 1/2 tsp kosher salt
- 1/4 tsp freshly ground pepper
- 1 lb center-cut salmon fillet, skinned and cut into 1-inch cubes
- 1 pint cherry tomatoes

Combine rosemary, oil, garlic, lemon zest, lemon juice, salt and pepper in a medium bowl. Add salmon; toss to coat. Alternating the salmon and tomatoes, divide among eight 12-inch skewers. Grill the skewers, carefully turning once, until the salmon is cooked through, 4 to 6 minutes total. Serve immediately.

TIP: Prepare the skewers- cover and refrigerate for up to 8 hours. Proceed with grilling (Steps 1 & 3) when ready to serve.

Serves 4, 2 Skewers each- 172 calories; 7 g fat,4 g carbohydrates; 23 g protein

## Balsamic Salmon Skewers

- 4 salmon filets, about 5 oz each
- 2 sprigs fresh rosemary, minced
- 2 sprigs fresh thyme, minced
- 1/2 cup olive oil
- Pinch of sea salt
- 1/4 cup balsamic vinegar
- 1 tbsp whole grain mustard
- 1 tsp minced garlic
- 2 zucchini, sliced into 1/2 inch coins
- 1 red bell pepper, large diced
- 1/2 large red onion, large diced
- Cut salmon into cubes

In a large bowl, whisk together the olive oil, balsamic vinegar, rosemary, thyme, salt, mustard and garlic. Add the salmon and toss. Then, add the veggies and toss well so everything is covered with the marinade. Cover bowl with plastic wrap and set in the fridge for 45 minutes. If your kabob sticks are wooden, soak in water. Heat up your grill and rub oil on the grates so the kabobs don't stick. After salmon and veggies have finished marinating, remove from fridge and place on kabob sticks.

Grill kabobs for about five minutes, until salmon is just done. Be careful, it's easy to overcook the fish here. Stay close to the grill to make sure your salmon doesn't dry out- it doesn't take long!

Serves 4- about 300 calories, 28 g protein

## **Brussels Sprout Skewers**

- 1 lb Brussels Sprouts
- 2 tbsp olive oil
- 2-3 tbsp balsamic vinegar
- Rosemary
- Salt and Pepper to Taste

Cut off the stem end of the Brussels sprouts and remove any yellowing outer leaves. Place the Brussels sprouts into a large, microwave-safe bowl and heat in the microwave on high for 3 minutes. Remove from the microwave and add the olive oil, balsamic vinegar, rosemary, salt and pepper to taste. Toss to combine. Skewer 4 to 5 Brussels sprouts onto each metal skewer with the stem ends facing in the same direction, leaving at least 1/2 inch in between each sprout. Place the skewers onto the prepared grill with stem end closest to the flame. Cover and cook for 5 minutes. Turn the skewers over and continue to cook for another 5 minutes.

# Grilling Good Eats

## Entrée Recipes

### Firecracker Grilled Chicken

- 6 skinless, boneless chicken breast halves
- 1/4 cup chipotle peppers in adobo sauce
- 1/3 cup finely chopped onion
- 3 cloves garlic, minced
- 1 cup ketchup
- 3 tbsp white wine vinegar
- 3 tbsp full-flavored molasses or sorghum
- 1 tbsp Worcestershire sauce
- Olive Oil spray

For sauce, remove any stems from chipotle peppers. Place peppers and adobo sauce in a blender. Cover and blend until smooth. Set aside. Cook onion and garlic in saucepan until tender. Stir in chipotle pepper mixture, ketchup, vinegar, molasses, and Worcestershire sauce. Bring to boiling. Reduce heat and simmer, uncovered, about 10 minutes or until sauce is slightly thickened.

Grill chicken on the rack of an uncovered grill directly over medium coals for 12 to 15 minutes or until chicken is no longer pink (170 degrees F), turning once halfway through grilling and brushing with sauce during the last 5 minutes of grilling. (For a gas grill, preheat grill. Reduce heat to medium. Place chicken on grill rack over heat. Cover and grill as above.) Top chicken with remaining sauce and serve.

Makes 6 servings- about 225 calories, 28 g protein

## Jamaican Chicken

- 6 skinless, boneless chicken breast halves- cut into chunks
- 4 limes, juiced
- 1 cup water
- 2 tsp ground allspice
- 1/2 tsp ground nutmeg
- 1 tsp salt
- 1 tsp brown sugar
- 2 tsp dried thyme
- 1 tsp ground ginger
- 1 1/2 tsp ground black pepper
- 2 tbsp vegetable oil
- 2 onions, chopped
- 1 1/2 cups chopped green onions
- 6 cloves garlic, chopped
- 2 habanero peppers, chopped

Place chicken in a medium bowl. Cover with lime juice and water, and then set aside. Put allspice, nutmeg, salt, brown sugar, thyme, ginger, black pepper and vegetable oil in a food processor. Blend, and then mix in onions, green onions, garlic and habanero peppers until nearly smooth.

Pour majority of the marinade into bowl with chicken, but save a small amount for basting later on. Cover, and marinate in the fridge for at least a couple hours.

Grill chicken slowly on a preheated grill. Turn often, basting with remaining marinade. Cook until done.

6 servings- about 225 calories, 28 g protein, 13 carbohydrate, 6 g fat



## Spicy Cilantro & Mint Grilled Chicken

- 6 small skinned and boned chicken thighs
- 2/3 cup olive oil
- 2 tbsp fresh lemon juice
- 4 medium-size jalapeño peppers, seeded
- 2 bunches fresh cilantro (about 3 cups loosely packed leaves)
- 2 bunches fresh mint (about 1 cup loosely packed leaves)
- 4 garlic cloves
- 1 tsp table salt
- 1 tsp ground ginger
- 8 plum tomatoes, halved
- Freshly ground black pepper

Process first 4 ingredients and 1/4 cup water in a blender until smooth. Add mint and next 3 ingredients, and process until smooth, stopping to scrape down sides as needed.

Rub 1/2 cup cilantro mixture over chicken; cover and chill 10 minutes. Reserve 1/2 cup cilantro mixture to serve with chicken. Grill chicken, covered with grill lid, 5 to 6 minutes on each side or until done. Remove from grill and let stand 5 minutes.

Meanwhile, grill tomato halves 3 to 5 minutes or just until they begin to blister. Sprinkle with salt and pepper, drizzle with desired amount of olive oil, and top with chopped fresh herbs.

Makes 3-4 servings

## Chili Parmesan Grilled Chicken

- 1/4 cup Fresh Grated Parmesan cheese
- 2 tsp chili powder
- 4 boneless skinless chicken breasts

Mix cheese & chili powder on plate. Add chicken; turn to evenly coat all sides. Grill chicken until cooked through. Makes 4 servings.

## Grilled Cilantro Chicken Tenders

- 1 lb chicken tenderloins
- 1/4 cup lime juice
- 1/4 cup reduced-sodium soy sauce
- 1 tbsp canola oil
- 1 tsp chili powder
- 2 cups loosely packed fresh cilantro leaves, (1-2 bunches)
- 2 scallions, sliced
- 2 tbsp toasted sesame seeds

Whisk soy sauce, chili powder, and lime juice in bowl. Keep 2 tbsp of marinade in a separate, smaller bowl. Add chicken to the marinade in the larger bowl. Marinate for a half hour to an hour while preheating grill to medium-high.

Next, put scallions, sesame seeds, cilantro and 2 tbsp of marinade in food processor until reasonably smooth, and then oil the grill. Remove the chicken from the marinade and grill until ready to serve. Serve the chicken with the cilantro-sesame pesto.

4 servings- 168 calories, 24g protein, 3g carbohydrate, 6g fat

## Grilled Chicken Sausage and Peppers

- 8 3-oz fully cooked Italian-flavored chicken sausages (your choice of brand)
- 2 medium red bell peppers, quartered lengthwise and seeded
- 2 medium yellow bell peppers, quartered lengthwise and seeded
- 2 large red onions, root ends intact, each cut into 8 wedges
- 2 tbsp extra virgin olive oil
- 2 tbsp balsamic vinegar
- 2 garlic cloves, minced
- 1/2 tsp salt
- 1/4 tsp black pepper
- 2 tbsp slivered fresh basil
- Olive oil spray

Grill the bell peppers and onions (approx. 12 to 15 minutes). Separately, combine the olive oil, vinegar, garlic, salt, and black pepper in a large bowl. Add the grilled vegetables and the basil, and then toss. Put the chicken sausages on grill and cook for 10 minutes, turning occasionally, until thoroughly cooked. Slice sausages in half and place on plate. Serve with peppers and onions.

6 servings- about 275 calories, 20g protein, 14g carbohydrate, 14g fat

## Blackberry Chicken

- 1 tbsp plus 1 tsp olive oil, divided
- 1 tbsp ground cumin
- 1 tsp kosher salt, divided
- 3/4 tsp freshly ground pepper
- 1 16 to 18-oz tube prepared plain polenta
- 1 lb boneless, skinless chicken breast, trimmed
- 2 nectarines, halved and pitted
- 1 pint blackberries, coarsely chopped
- 2 tbsp chopped fresh cilantro
- 1 tbsp lime juice
- Hot sauce, to taste

Combine 1 tbsp oil, cumin, 3/4 tsp salt and pepper in a small bowl. Rub 1 tsp of resulting mixture on polenta. Rub the rest into chicken. Cut polenta crosswise, forming 8 slices. Rub the nectarine halves with the remaining 1 tsp oil.

Place chicken, polenta slices and nectarines on the grill. Grill the polenta until hot and slightly charred (approx. 4 minutes per side). Transfer to plate. Grill the nectarines, turning occasionally, until tender (approx. 7 minutes). Grill chicken, until cooked through and no longer pink in the middle. After removing from grill, coarsely chop nectarines and chicken.

Now, combine the chopped nectarines, blackberries, cilantro, lime juice, hot sauce and the remaining 1/4 tsp salt in a bowl. Layer the polenta, chicken and blackberry salsa on 4 plates and serve.

4 servings- about 317 calories, 27g protein, 34g carbohydrate, 8g fat

## Red Wine Marinated Chicken

- 2 cups red wine (dry, I prefer pinot noir or a shiraz)
- 1 small onion, diced
- 2 3-inch strips orange zest
- 2 sprigs fresh rosemary, coarsely chopped
- 2 tbsp red currant jelly
- 1 tsp kosher salt
- 1 tsp freshly ground pepper
- 4 boneless, skinless chicken breasts

Combine wine, onion, orange zest, rosemary, jelly, salt and pepper in a medium bowl. Pour the marinade into a Ziploc bag, and then add the chicken breasts. Let marinade for 2 hours to overnight. When ready, grill so that the chicken is cooked through.

4 servings- 356 calories, 54g protein., 9g carbohydrate, 9g fat

## Grilled Teriyaki Pork Lettuce Wraps

- 1 pork tenderloin (about 1 lb)
- 1/3 cup prepared teriyaki sauce, plus more for serving
- 1 head Bibb or Boston lettuce
- 2 cups shredded crisp vegetables (carrots, Napa cabbage, radishes and/or cucumbers)
- 1/2 cup chopped fresh herbs (any combination basil, cilantro, mint or chives)

Combine pork and teriyaki sauce in a bowl or resealable plastic bag and refrigerate for at least 1 hour and up to 1 day.

Prepare a grill for medium-heat cooking. Remove pork from marinade and discard leftover marinade. Grill pork, turning frequently, until browned all over and cooked through, about 12 minutes; if pork browns too quickly, move it to a cooler part of the grill. Transfer pork to a cutting board, cover loosely with foil and let rest 10 minutes. Cut into thin slices, and then cut the slices into thin strips.

Meanwhile, rinse 12 of the largest lettuce leaves. Pat leaves dry and place them on a large platter. Top each with shredded vegetables, pork and herbs. Drizzle with additional teriyaki sauce and serve.

Serves 4 Per Serving- 210 calories 6g total fat, 20g carbohydrate 20gprotein

## Rhubarb Pork Chops

- 1 tbsp fresh thyme leaves, chopped
- 1 tbsp extra-virgin olive oil
- 1/2 tsp salt
- 1/2 tsp freshly ground pepper
- 4 bone-in pork chops, 1/2 - 3/4 inch thick, trimmed
- 1/2 cup pomegranate juice
- 1/2 cup reduced-sodium beef broth
- 2 tbsp honey
- 3 medium shallots, thinly sliced
- 1 1/2 cups sliced rhubarb

While preheating grill, combine thyme, oil and 1/4 tsp each salt and pepper in a small bowl. Next, smear mixture over pork chops. Combine juice, broth, honey, shallots and the remaining 1/4 tsp each salt and pepper in a microwavable container and microwave on high for 8 minutes. Mix in rhubarb and microwave once more until the rhubarb starts to break down (approx. 5 minutes). Meanwhile, grill the pork chops until cooked through, making sure to turn midway through. Serve with the sauce.

4 servings- 303 calories, 28g protein, 18g carbohydrate, 8g fat

## Aloha Grilled Pork Chops

- 2 lb bone in pork chops (4 chops)
- 3 oz pineapple juice
- 3 tsp soy sauce
- 4 tsp water
- 1/2 tsp pepper
- 1/2 tsp ground mustard seed
- 2 tsp minced garlic

Prepare marinade and let pork chops marinate for at least 1/2 hour. Heat grill and cook pork chops until done.

4 servings- 219 calories per serving

## Grilled Jerk Flank Steak

- 1- 2 lb flank steak
- 1 hot chile pepper, stemmed and seeded
- 4 cloves garlic
- 1 tbsp grated ginger
- 1 cup chopped fresh or frozen pineapple
- 1/2 cup dry white wine
- 1/4 tsp ground allspice
- 1 tsp ground cumin
- 1/2 tsp ground coriander
- 2 tsp dried thyme
- 1/4 tsp ground turmeric
- Salt to taste

Put pepper, garlic, ginger, pineapple, wine, allspice, cumin, coriander, thyme, turmeric and salt into a blender and process until smooth. Transfer marinade to a large re-sealable plastic bag, add steak and seal. Toss bag around gently so that marinade coats steak then refrigerate for at least 30 minutes or overnight. Remove steak from bag and transfer to a large plate. Cover with plastic wrap and set aside to let come to room temperature.

Preheat grill to medium-high heat. Arrange steak on grill and cook, flipping once, about 6 to 7 minutes total for medium rare or 8 to 9 minutes total for medium well. Transfer to a cutting board and set aside to let rest for 5 to 10 minutes. Slice against the grain and serve with topping/sauce of choice.

Serves 4-6- 200 calories, 7g fat, sodium, 3g carbohydrate, 28g protein

## Grilled Steaks with Mushrooms and Bleu Cheese

- 3 tsp extra virgin olive oil, divided
- 2 tsp balsamic vinegar
- 2 cloves garlic, finely chopped
- Salt and pepper, to taste
- 2 (8 oz) New York strip steaks
- 1/2 lb mushrooms, sliced
- 2 oz bleu cheese crumbles

In a small bowl, whisk together 2 tsp of the oil, vinegar, garlic, and salt and pepper to make a marinade. Place the steaks in a container just large enough to hold them, then pour marinade over the steaks and rub in well over both sides. Allow the steak to marinate in the refrigerator for up to two hours.

Grill steaks over medium high heat until desired doneness, about five minutes per side.

Meanwhile, heat remaining oil in a large skillet over medium high heat. Add mushrooms with a pinch of salt and cook, stirring constantly, until mushrooms have given up most of their liquid, about 5 minutes. Add bleu cheese and stir to blend. If desired, season the mushrooms with fresh ground black pepper.

When the steaks are ready, smother with mushroom and bleu cheese mixture and serve.

Serves 2- 490 calories, 24g total fat, 5g carbohydrate, 61g protein

## BBQ Ribs

- 1/4 cup chili powder
- 1 tbsp garlic powder
- 2 tsp ground cumin
- 1 1/2 tsp dried oregano
- 1 1/2 tsp dried thyme
- 3/4 tsp hot dry mustard
- 3/4 tsp salt
- 1/4 tsp black pepper
- 1/8 tsp ground cloves
- 1 rack pork back ribs (2 1/4 to 2 1/2 lb), fat trimmed, cut in half lengthwise
- 2 limes, quartered

In a bowl, mix chili powder, garlic powder, cumin, oregano, thyme, mustard, salt, pepper, and cloves. After rinsing ribs and patting them dry, rub spice mix over them. Put in the fridge for up to 24 hours before grilling.

Preheat grill. Lay ribs on grill, but not directly over heat. Grill, turning once midway through, until meat is browned (approx. 15 minutes). Wrap ribs in foil and return to grill. Cook until meat is tender when pierced (approx. a half hour more). Transfer ribs to a platter and cut apart between bones. Garnish with lime wedges to squeeze over portions to taste.

4 servings- 494 calories, 32g protein, 6.6g carbohydrate, 38g fat

## Grilled Adobo-Rubbed Fish Tacos

- Adobo-Rubbed Fish
- 4 tsp chili powder, preferably made with New Mexico or ancho chilis
- 2 tbsp lime juice
- 2 tbsp extra-virgin olive oil
- 1 tsp ground cumin
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp salt
- 1/2 tsp freshly ground pepper
- 2 lb mahi-mahi or Pacific halibut, 1/2 - 3/4 inch thick, skinned and cut into 4 portions
- Coleslaw
- 1/4 cup reduced-fat sour cream or Greek yogurt
- 1/4 cup low-fat mayonnaise
- 2 tbsp chopped fresh cilantro
- 1 tsp lime zest
- 2 tbsp lime juice
- 1 tsp sugar
- 1/8 tsp salt
- Freshly ground pepper to taste
- 3 cups finely shredded red or green cabbage
- 12 corn tortillas, warmed

To prepare fish: Combine chili powder, lime juice, oil, cumin, onion powder, garlic powder, salt and pepper in a small bowl. Rub adobo rub all over fish. Let stand 20 to 30 minutes for the fish to absorb the flavor.

To prepare coleslaw: Combine sour cream, mayonnaise, cilantro, lime zest, lime juice, sugar, salt and pepper in a medium bowl; mix until smooth and creamy. Add cabbage and toss to combine. Refrigerate until ready to use.

Oil the grill rack or use a grilling basket. Grill the fish until it is cooked through and easily flakes with a fork, 3 to 5 minutes per side. Transfer the fish to a platter and separate into large chunks. Serve the tacos family-style by passing the fish, tortillas, coleslaw and taco garnishes separately. Tip: Prepare coleslaw up to 4 hours ahead.

6 Servings, 2 tacos each- 318 calories; 9 g fat, 29 g carbohydrates; 31 g protein

## Moroccan Grilled Salmon

- 1/2 cup plain yogurt
- Juice of 1 lemon, plus lemon wedges for garnish
- 1 tbsp extra-virgin olive oil, plus more for the grill
- 2 to 3 cloves garlic, smashed
- 1 1/2 tsp ground coriander
- 1 1/2 tsp ground cumin
- Kosher salt and freshly ground pepper
- 4 6-8 oz skinless center-cut salmon fillets
- 1/4 cup chopped fresh cilantro or parsley, for garnish

Stir together the yogurt, lemon juice, olive oil, garlic, coriander, cumin, 1/4 tsp salt, and pepper to taste in a small bowl. Pour half of the sauce into a large resealable plastic bag; cover and refrigerate the remaining sauce. Add the salmon to the bag and turn to coat with the marinade. Refrigerate for 20 to 30 minutes, turning the bag over once.

Preheat a grill to medium-high. Remove the salmon from the marinade and blot off excess yogurt with paper towels. Lightly oil the grill and add the salmon; cook, turning once, until browned on the outside and opaque in the center, 4 to 6 minutes per side, depending on the thickness. Serve with the reserved yogurt sauce and garnish with the herbs and lemon wedges.

Serves 4- 290 calories; 20 g fat 2 g carbohydrates; 23 g protein

## Grilled Salmon w/Dill Pickle Butter

- 4 tbsp unsalted butter, softened
- 1/4 cup finely diced dill pickles
- 1 tsp minced fresh tarragon
- 1/2 tsp Dijon mustard
- Salt and freshly ground black pepper
- 4 6 oz salmon fillets, with skin
- Extra-virgin olive oil, for rubbing

Preheat grill.

In a small bowl, blend butter with diced pickles, tarragon and mustard; season with salt and pepper. Rub salmon w/oil and season with salt and pepper. Grill over moderately high heat, skin-side-down, until the skin is lightly charred and crisp, about 3 minutes.

Using a metal spatula, turn the fillets and grill until barely done in the center, about 4 minutes longer. Transfer the salmon to plates. Top with dill pickle butter and serve.

Serves 4- 300 calories per serving, 33 g protein, 1 g carbohydrate, 17 g fats



## Grilled Teriyaki Scallops & Pineapples

- 12 large sea scallops, washed and dried
- 12 chunks fresh pineapple
- 1/4 cup teriyaki sauce

Toss scallops, pineapple, and teriyaki sauce together in a bowl and marinate for 1/2 hour to 1 hour. When ready to cook, drain skewers. Heat the grill to medium. Place 2 pineapple chunks and 2 scallops on each skewer. Grill, turning as needed, for 6 to 8 minutes or until scallops are just cooked through. Nutritional Info:

Serves 6 as an appetizer; Per Serving- 80 calories 14g carbohydrate, 6g protein

## Garlic Grilled Scallops

- 8 cloves garlic, minced
- 1 tbsp extra-virgin olive oil
- 2 tsp stone-ground mustard
- 1 1/2 tsp kosher salt
- 1/2 tsp freshly ground pepper
- 1/2 tsp freshly grated lemon zest
- 20-25 large scallops

Combine garlic, oil, mustard, salt, pepper and lemon zest in a small bowl. Pat scallops dry. Work in rub, and then grill for about 2 to 3 minutes on each side. Serve immediately.

6 servings- 332 calories, 48g protein, 3g carbohydrate, 1.6g fa

## Grilled Mahi-Mahi & Asparagus

- 1 lb mahi-mahi, skinned if desired, cut into 4 portions
- 2 bunches asparagus, trimmed
- Cooking spray
- 1/2 tsp salt plus a pinch, divided
- 1/4 tsp freshly ground pepper
- 1/8 tsp garlic powder
- 2 tbsp butter
- 2 tbsp lemon juice

Preheat grill, and then place fish and asparagus on a large baking sheet and coat both sides with cooking spray. Next, sprinkle with 1/2 tsp salt, pepper and garlic powder.

Place the asparagus on one side of the grill, orthogonal (perpendicular) to the grates. Then, place the fish on the other side. Grill the mahi-mahi, turning once, until opaque (approx. 5 minutes per side). Now, grill the asparagus, turning occasionally, until lightly charred (approx. 5 to 7 minutes).

Place butter, lemon juice and the pinch of salt in a microwave-safe bowl. Microwave on High to melt. Drizzle each portion of fish and asparagus with about 1 tbsp of the lemon butter.

4 servings- 189 calories, 24g protein, 6g carbohydrate, 8g fat

## Polynesian Burger

- 1 lb lean ground beef
- 1/2 cup Teriyaki Marinade, divided
- 1 cup finely chopped bell pepper
- 4 pineapple slices

Mix ground beef, 1/4 cup of the marinade and bell pepper in medium bowl until well blended. Shape into 4 patties.

Grill 4 to 6 minutes per side or until burgers are cooked through (internal temperature reaches 160°F).

Meanwhile grill pineapple slices 1 to 2 minutes per side or until golden brown. Brush burgers and pineapple slices with remaining 1/4 cup marinade while cooking.

Serve burgers on toasted rolls (optional) with grilled pineapple slices.

1 burger about- Calories: 330, Fat: 10 g, Carb: 37 g, Protein: 29 g

## Chicken Fajita Hobo Burgers

- 2 lb ground chicken
- 2 tbsp homemade fajita mix or 1 store bought packet
- Juice of 1 lime
- 2 garlic cloves, minced
- 2 tbsp finely chopped cilantro
- 1 bell pepper, sliced into strips
- 1 red onion, sliced into strips

Combine the ground chicken, fajita mix, lime juice, garlic and cilantro. Form into 7-8 burgers. Spray or brush both sides of burgers lightly with olive oil.

Create a hobo pack by placing the peppers and onions in the center of a piece of foil, large enough to fold up into a packet. Before folding up the packet, drizzle the peppers and onions with about 1 tbsp olive oil and sprinkle with salt and pepper, about 1/4 tsp each. Fold the packet up tightly, so juices don't drain out when you flip the packet while grilling.

Place burgers and hobo pack on the hot grill. Grill one side for 6 minutes. Flip burgers and hobo pack and grill the other side for another 6 minutes or until burgers are done.

Top the burgers with the peppers & onions and any other favorite fajita toppings. such as grilled avocado, a summer salsa or Greek yogurt for a healthier sour cream option.

## Spinach Feta Turkey Burgers

- 1 lb ground turkey
- 1 egg, slightly beaten
- 2-3 cups steamed spinach, chopped
- 3/4 cup feta cheese
- 1 tbsp minced garlic
- 1 tsp salt + pinch of pepper
- 1 tbsp oregano

Mix together all ingredients with your hands and form four medium sized patties. Grill for about 6 minutes per side, or until meat is completely cooked. Serve with tzatziki sauce, roasted peppers, grilled tomatoes.

Makes 4 Burgers- Calories: 187 Fat: 5g Carbs: 3g Protein: 32g

## Grilled Gouda Turkey Burgers

- 2 lb ground turkey (preferably 1 lb thigh and 1 lb breast)
- 1/2 cup dried whole wheat bread crumbs
- 1/2 cup finely chopped yellow onion
- 2 tbsp Worcestershire sauce
- 1 tsp fine sea salt, divided
- 1 red onion, thickly sliced
- 1 tsp extra-virgin olive oil
- 6 oz Gouda cheese, sliced

In a large bowl, combine turkey, bread crumbs, onion, Worcestershire sauce and 1/2 tsp salt. Using your hands or a large spoon, gently mix the ingredients together- do not overmix. Divide the mixture into 6 equal portions. Flatten into patties about 5 inches in diameter and no more than 3/4 inch thick (patties will shrink and thicken as they cook).

Skewer the onion slices on metal skewers, putting about 2 slices on each skewer. Brush slices on both sides with olive oil and sprinkle lightly with remaining 1/2 tsp salt.

Grill burgers and onion slices until browned on one side, about 4 minutes. Turn burgers and onions and grill on the other side, about 2 minutes. Top burgers evenly with Gouda slices, cover grill, and continue cooking until the onions are browned and the burgers are cooked through and the cheese is melted, about 2 minutes more. Serve burgers topped with onions as they are or in buns with your choice of condiments.

Serves 6, Per Serving- 400 calories, 25g total fat, 9g carbohydrate, 35g protei

## Grilled Veggie Bean Burgers

- 2 large Vidalia onions, cut into wedges
- 2 large summer squash, thickly sliced
- 2 tbsp extra virgin olive oil
- 1 tbsp chopped herbs (such as basil, tarragon, parsley or rosemary)
- Salt and pepper to taste
- 1 15 oz can baked beans
- 1 oz package classic veggie burgers
- 4 whole grain hamburger buns
- Ketchup
- Yellow mustard
- Sweet relish
- Lettuce leaves
- Sliced tomatoes

Prepare grill. Lightly toss onions and squash with olive oil, herbs, salt and pepper in a large bowl, then transfer to the grill and cook until just tender; transfer to a plate. Grill veggie burgers until heated through and buns until just toasted. Meanwhile, heat baked beans in a small pot until heated through. Serve veggie burgers on toasted buns, topped with ketchup, mustard, relish, lettuce and tomatoes. Serve grilled vegetables and baked beans on the side.

Serves 4, per Serving- 520 calories, 15g total fat, 75g carbohydrate, 25g protein

## Wild Rice Burgers

- 1 cup cooked wild rice
- 2 tbsp olive oil, divided
- 1/3 cup small-diced onion
- 1/3 cup small-diced celery
- 1 clove garlic, minced
- 1/2 cup breadcrumbs
- 1/4 cup shredded aged Asiago cheese
- 1/2 tsp Kosher salt
- 1/2 tsp dried oregano
- 1/2 tsp dried thyme
- 1/4 tsp paprika
- 1/8 tsp cayenne pepper
- 1/16 tsp black pepper
- 2 large eggs, beaten

Heat 1 tbsp olive oil in a skillet over medium-low heat and sauté onions, celery, and garlic until onion is translucent. In a large bowl, combine onion-celery-garlic mixture with wild rice, breadcrumbs, Asiago cheese, salt, oregano, thyme, paprika, cayenne pepper, and black pepper. Cool completely and then add eggs, stirring to combine.

Divide mixture into 4 and shape into 1/2 inch thick patties. Grill patties 2-3 minutes on each side until crisp and golden. Serve with your favorite burger toppings.

1 serving is about- 311 calories, 12 g fat 30 g carbohydrate, 20 g protein.

# Grilling Good Eats

## Grilled Salad Recipes

Get a completely different take on Salads this summer ~ Try them grilled! Grilling your greens gives them caramelized edges, while their interior leaves remain crisp-tender. Their flavor gets concentrated and infused with smokiness, making for salads that are complex and satisfying.

Choose greens with thick leaves that won't wilt too quickly, turn slimy, or burn to a crisp. You should also use greens with a sturdy core, so you can cut a head into halves or wedges and have the leaves stay together on the grill.

Save the delicate ones like arugula, watercress, or mizuna to compliment your other grilled eats.

### Grilled Romaine

Quarter a head of romaine the long way so that the root keeps each of the 4 pieces together. Lightly brush with olive oil and put the lettuce cut-side down directly on the grill.

Char till you have gorgeous grill marks. The leaves will get a fabulous charred and smoky taste that works well in cold or hot salads. You can also try charring other greens like chard or kale to serve as side dishes or to accompany grilled meats or fish.

Try these toppings...

- Red wine vinegar and crumbled bleu cheese
- Balsamic vinegar, black pepper, sunflower seeds
- Olive oil, salt and fresh lemon
- Avocado, artichokes and un---dried tomatoes
- BBLT- Bacon bits, bleu cheese crumbles and tomatoes

## Grilled Romaine with Greek Yogurt Dressing

- 2 bunches Romaine Lettuce
- Olive oil
- Salt and ground black pepper, to taste
- Greek Yogurt Dressing (recipe below)
- 1/2 cup grape tomatoes, quartered
- 1/4 cup crumbled feta cheese
- 1/4 cup pitted Kalamata olives, chopped

Cut romaine heads in half lengthwise, leaving root intact. (remove any blemished outer leaves.) Rinse and pat dry. Sprinkle all side with olive oil; salt and pepper, to taste. Grill 4 to 5 minutes total, turning until grill-marked on all sides. (In large grill pan, grill only 2 romaine halves at a time.)

Arrange cooked romaine cut-side up on large salad plates. Drizzle each with Greek Yogurt Dressing, to taste and sprinkle with tomatoes, feta cheese and olives. Refrigerate any leftovers.

Greek Yogurt Dressing: Whisk together 1/2 cup plain fat-free Greek yogurt, 3 tbsp olive oil, 1 tbsp lemon juice, 1 tsp each fresh chopped parsley, fresh chopped chives and honey, 1/2 tsp Dijon-style mustard, salt and ground black pepper, to taste until blended. Makes about 2/3 cup.

## Honey Lime Grilled Romaine Salad

- 3 heads romaine lettuce
- 2 cans (15.5 oz) black beans, rinsed
- 4 Roma tomatoes
- 1 cup frozen corn kernels (or 2 ears of fresh corn, shucked)
- 1 avocado
- 3 bell peppers, halved
- 3 limes, halved
- 1/4 cup crumbled feta cheese

Grill lettuce, tomatoes, corn, peppers and limes until softened and charred. Chop lettuce, tomatoes, peppers, and avocado into bite size pieces. Mix all the ingredients, except limes, in a large bowl. Reserve grilled limes to make the honey-lime dressing.

## **DRESSING**

- 1/4 cup honey
- 1/2 tsp dry mustard
- 1/2 tsp salt
- 1/4 cup apple cider vinegar
- Juice of 3 grilled limes
- 1/4 cup chopped onions
- Grapeseed oil

Add all the ingredients, except the oil, to a food processor. Process ingredients together, until smooth. Stream in oil until the dressing reaches your desired consistency. Pour the dressing over the grilled salad and toss to coat. Serves 4-6.

## **Crispy Grilled Kale**

- 1 cup olive oil
- 2 cloves garlic, finely minced
- 2 tbsp balsamic vinegar
- 2 bunches kale, washed and spun dry
- Zest and juice of 1 lemon
- Salt and pepper, to taste

In a large mixing bowl, combine the olive oil, garlic, vinegar, zest and juice of lemon and kale. Season with salt and pepper and gently toss until the kale is evenly coated. Carefully lay the kale side-by-side in a single layer on top of the grill and grill until crispy, about 2 minutes. Turn over and grill on the other side for another 1-2 minutes. Pile the kale in a big stack on a large plate or cutting board and serve immediately. Serves 4.

## **Grilled Chili Lime Bok Choy**

- 1 lb bok choy, cut in half lengthwise
- 1 tbsp grape seed oil, or olive oil
- 1/2 tsp sea salt
- 1/4 tsp freshly ground black or white pepper
- Chili Lime Dressing
- 1 tsp Sesame Hot Chili Oil
- 1/2 whole Lime Juice
- 1 tsp Ancho Chili Powder
- 1 tbsp Honey
- 1 tbsp Dijon Mustard



Soak bok choy under cold water for at least 15 minutes, or longer for a crispy texture. Drain well. For the dressing, combine oil, lime juice, chili powder, honey and mustard with a whisk. Drizzle on a tsp or more of the oil and sprinkle 1/2 tsp sea salt over the top of bok choy when ready to grill. Grill for 3 to 5 minutes on each side until it is translucent but still firm. Remove and serve with dressing! Serves 4.

## Grilled Fennel & Parmesan Salad

- 4 fennel bulbs, cut horizontally into 1/3-inch thick slices, fronds
- Olive oil
- Fresh herbs like basil, parsley and thyme and some fennel fronds
- Lemon juice and zest
- Parmigiano Reggiano shavings

If your fennel bulbs have stalks and fronds on them, then you'll want to trim them off. Cut off any hard and inedible outer parts. Trim a tiny bit off the bottom, the core helps to keep your slices intact. Holding your fennel bulb upright cut 1/4 inch slices vertically from top to bottom. Brush each side with olive oil and a sprinkling of salt and pepper. Place slices on a medium hot grill turning until you get a nice char on each side and fennel is tender to the touch. Whisk together the lemon, olive oil, herbs and zest adding salt and pepper to taste, then drizzle all over. Garnish with the shavings of Parmigiano Reggiano. Delicious slightly warm or at room temperature.

## Tomato and Fennel Side

- 1 tbsp extra-virgin olive oil
- 1 tbsp champagne vinegar, or white-wine vinegar
- 1/2 tsp salt
- Freshly ground pepper, to taste
- 1 lb tomatoes, cut into wedges
- 2 cups thinly sliced fennel bulb
- 1/4 cup chopped fresh parsley
- 1/4 cup toasted pine nuts

Whisk oil, vinegar, salt and pepper in a bowl until combined. Add tomatoes, fennel, parsley and pine nuts. Toss before serving.

4 servings- 141 calories, 3g protein, 9g carbohydrate, 10g fat

## Grilled Red & Green Coleslaw

- 1 medium head of red cabbage, quartered through core
- 1 medium head of green cabbage, quartered through core
- 2 cup mayonnaise, or substitute half of the mayo for plain Greek yogurt
- 4 tbsp apple cider vinegar
- 3 tbsp olive oil
- 4 tbsp honey
- 1 tsp onion powder
- 2 pinches of sea salt
- 2 pinches of pepper

Brush cabbages with oil; sprinkle with salt and pepper. Grill cabbages until dark grill marks form, about 5 minutes per side.

Combine mayonnaise, apple cider vinegar, olive oil, honey, onion powder, salt and pepper and whisk until smooth. Taste and season to your preference.

Once the cabbage has cooled enough to handle, cut your cabbage into small bite size pieces and add the shredded carrots. Add about one quarter of the dressing if you doubled the batch or half if you didn't. Then toss the slaw really good until all pieces are coated. Add more dressing as needed and mix well. Let your slaw "soak" in the dressing for at least one-half hour before serving.

# Grilling Good Eats

## Grilled Veggie Recipes

### Whole Peppers

Whether you go green, red or orange bell pepper, the almost spicy banana pepper, or the slightly spicier poblano pepper, you can place the pepper directly on the grill and let the outside char.

Grill it on all sides and when thoroughly charred, place them in a bowl and tightly cover so they steam from their own emanating moisture. After 5 minutes, uncover and douse with olive oil and salt.

Serve whole or cut in half. Add vinegar to allude to the Italian style of marinated roasted red pepper.

### Grilled Italian Stuffed Peppers

- 4 large bell peppers, any color
- 1-2 tbsp coconut oil
- 3 cloves garlic, minced
- 1 onion, finely diced
- 2 cup cooked brown rice
- 1 cup grape tomatoes, halved
- 2 tbsp grated Romano cheese
- Fresh basil
- Fresh Mozzarella

In a large pan heat coconut oil until hot. On medium-high heat sauté garlic and onions until translucent; about 5 minutes. Add rice, tomatoes, Romano cheese, and basil. Stir occasionally until heated through; about 5-7 minutes. Wash each pepper and cut in half, removing seeds and veins.

Stuff each pepper evenly with rice filling and top with fresh mozzarella. Grill on medium heat about 10 minutes.

## Grilled Mexican Stuffed Peppers

- 3 red bell peppers, halved, stemmed and seeded Olive oil spray
- Salt & ground black pepper

### FILLING

- 1 can black beans, drained and rinsed
- 4 oz queso fresco, crumbled
- 3/4 cup corn
- 1 jalapeno, finely chopped
- 1/2 cup red onion, finely chopped
- 1/2 cup fresh cilantro, chopped
- 2 cups cherry tomatoes, halved
- 1/2 avocado, chopped

### DRESSING

- 3 tbsp ketchup
- 1 tbsp red wine vinegar
- 1 tbsp olive oil
- 1/2 tbsp Worcestershire sauce
- 1/3 tsp garlic powder
- 1/2 tsp brown sugar (optional)
- 1/4 tsp salt
- 1/2 tsp paprika
- 1/2 tsp ground cumin
- Dash cayenne pepper
- Dash black pepper

Mix together all dressing ingredients and set aside.

Combine all filling ingredients, then fold in dressing ingredients.

Heat a grill to medium heat. Spray the outsides of peppers with olive oil spray. Sprinkle the insides with salt and pepper. Spoon filling mixture into each pepper, filling all void spaces.

Place peppers over direct heat on the grill and cook for ~10 minutes, until outsides are lightly charred. Move peppers into indirect heat and cook for additional 10 minutes, until filling is warm.

Nutrition Info per filled pepper half: 223 calories, 10 g fat, 9.5 g protein, 21 g carbohydrates

## Grilled Onion Flowers

Delicious as is or add to your favorite grilled dish as a side or topping!

- A medium Vidalia onion
- 1-2 tbsp Vegetable oil
- 1/4 cup Balsamic Vinegar
- 1 tbsp oregano
- Salt and Pepper to taste

Peel onion, cut top but leave root end. Cut top into 8 wedges to 1/2 inch of the root end. Gently loosen wedges. Brush oil on foil. Place onion in middle and loosely shape foil around onion. Sprinkle with vinegar, oregano, salt and pepper. Wrap onion securely. Grill 50-60 minutes.

## Onion Basil Grilled Veggie Medley

- 3 medium ears fresh corn, cut into 3 pieces
- 1 lb medium red potatoes, quartered
- 1 cup fresh baby carrots
- 1 large green pepper, cut into 1-inch pieces
- 1 large sweet red pepper, cut into 1-inch pieces
- 1 envelope onion soup mix
- 3 tbsp minced fresh basil or 1 tbsp dried basil
- 1 tbsp olive oil
- 1/4 tsp pepper
- 1 tbsp butter

In a large bowl, combine the first nine ingredients. Toss to coat. Place on a double thickness of heavy-duty foil (about 28 in x 18 in). Dot with butter. Fold foil around vegetable mixture and seal tightly.

Grill, covered, over medium heat for 25-30 minutes or until potatoes are tender, turning once. Yield: 6 servings.

## Portobello Mushrooms

The wonderful thing about a Portobello mushroom is its size. These massive mushrooms can serve as a main dish or as a healthy and flavorful side dish.

My prep is simple- Remove the stems, brush with olive oil, grill cap side down for about 5 minutes. Next add your favorite toppings. I love buffalo mozzarella, diced tomatoes, minced garlic, fresh basil and a dash of balsamic vinegar.

Grill for about 8-10 more minutes until cheese has melted. YUM!

## Grilled Ratatouille

The best of ALL your grilled veggies faves!

- 1 small eggplant
- 3 medium tomatoes
- 1 medium zucchini
- 1 medium red bell pepper
- 1 small red onion
- 1 1/2 tbsp extra---virgin olive oil
- Freshly ground pepper
- Sea salt
- 1 tbsp plus 2 tsp red wine vinegar
- 1/2 cup fresh basil leaves, thinly sliced

Slice the eggplant into 1/2 inch-thick rounds and soak in a bowl of lightly salted water (approx. 15 to 20 minutes). Drain. Slice the tomatoes and zucchini into 1/2 inch-thick rounds. Stem and seed the bell pepper; slice the pepper and onion into 1/2 inch-thick rings. Brush the vegetables with the olive oil on both sides and season with 1/2 tsp salt and pepper to taste. Grill the vegetables, turning, until soft and marked, (approx. 6 minutes for tomatoes; 7 to 8 minutes for bell pepper, onion and zucchini; and 10 minutes for eggplant). Let cool.

Drizzle vegetables with vinegar. Divide the zucchini and eggplant among plates and arrange in a circle. Top with bell pepper, tomato and onion. Sprinkle with basil.

4 servings- 150 calories, 4g protein, 12g carbohydrate, 9g fat

## Grilled Tomato

- 1 tbsp olive oil
- 1 clove of garlic
- Juice & zest of half a lemon
- 1 tbsp fresh basil, chopped finely
- Several small tomatoes
- Sea salt and freshly cracked pepper, to taste

Whisk the olive oil, minced garlic, lemon zest and juice, and fresh basil together in a small bowl until well combined. Heat a grill to medium heat (or heat a grill pan over medium high heat). Slice the tomatoes in half crosswise then season with sea salt and freshly cracked pepper, to taste.

Place, cut side down, on the grill. Grill until charred, about 2 minutes for small tomatoes, 4 minutes for large. With a metal spatula, flip the tomatoes and grill until the skins blister and begin to char, about 2 to 3 minutes. Transfer tomatoes to a serving platter, and drizzle with the basil, garlic, and lemon oil. Serve tomatoes warm or at room temperature. Enjoy.

## Grilled Zucchini Ribbons

A simple vegetable peeler is all you'll need to cut the thin lengthwise strips of zucchini. Start by cutting off the ends of your zucchini then use your peeler to cut the strips, stopping and turning when you see the seeds.

You'll want to make sure you grill the strips of zucchini on grill coated with a tiny bit of olive oil.

Use grilled ribbons as the base of a salad or as a side.

Try arugula for a salad base and toss in a vinaigrette of 3 parts olive oil to 1 part red wine vinegar, with a touch of Dijon, a crushed garlic clove, salt, black pepper and oregano, any lemon based dressing would be work as well.

Lay your zucchini strips on top, toss in some feta or shaved Parmesan and sprinkle with toasted nuts and/or a soft cheese.

## Grilled Zucchini Artichoke & Pesto Roll Ups

- 2-3 large zucchini
- 9 oz package frozen artichoke hearts, thawed and squeezed of excess water
- Zest of 1 lemon
- 1 tbsp lemon juice
- 2 cloves garlic, roughly chopped
- 1 cup parsley, chopped
- 1/4 cup walnuts
- Pinch of salt and pepper
- 1/4 cup extra virgin olive oil
- 1 oz parmigiano reggiano, grated (about 1/2 cup)

Cut zucchini into ribbons. They should be about 1/8 inch thick, if they're too thin they won't stand up on the own, but if they're too thick, they won't be flexible enough to roll. Give each one a little sprinkle on both sides with salt and pepper. Do a quick sear of the zucchini on the grill about 30-60 seconds, just enough to take the raw edge off and give them some pretty little grill marks. Remove the grilled zucchini ribbons to a plate.

In a food processor, throw in the artichoke hearts, lemon zest, lemon juice, garlic, parsley, walnuts, and a big pinch of salt and pepper. Let the food processor run for a good 20 seconds, until everything is chopped up, and be sure to stop and scrape down the sides from time to time. With the food processor running, stream in the olive oil. Scrape the pesto out into a bowl, and stir in the grated parmesan. Taste it to check for proper seasoning.

Place a spoonful of artichoke pesto into each zucchini ribbon, and roll it up into a little roll. The artichoke pesto is sticky so it should stick together well. Serve and enjoy!

## Grilled Beets in Rosemary Vinegar

- 1/3 cup balsamic vinegar
- 1 tsp chopped fresh rosemary
- 1 clove garlic, peeled and crushed
- 1/2 tsp herbes de Provence
- 3 medium beets, sliced into rounds

In a medium bowl, mix balsamic vinegar, rosemary, garlic, and herbes de Provence. Place beets in the mixture, and marinate at least 20 minutes. Preheat grill for high heat, and lightly oil grate. Place the beets and marinade mixture on a piece of foil large enough to wrap all ingredients, and seal tightly. Place the foil packet on the prepared grill, and cook 25 minutes, or until beets are tender. Remove beets from the packet, and place directly on the grill grate for 2 to 5 minutes before serving hot.

## Grilled Corn on the Cob

- 4 ears of corn on the cob with husks
- 1 tsp extra-virgin olive oil

Brush husked corn with 1 tsp extra-virgin olive oil. Place corn (in husk) on the grill, rotating corn so you cook on all sides, for approximately 15 minutes total.

Remove from grill and cool slightly (so you are able to peel husk). Place corn back on grill over the same flame for about 4 minutes, once again rotating corn for even grill marks.

4 servings- 74 calories, 3g protein, 16g carbohydrate, 1g fat

## Quick Cook Corn on the Cob

Want to speed things up? First husk the corn and pre-cook the corn before placing it on the grill (otherwise it will dry out before it cooks all the way through).

Husking Tip: cut each end off the corn and the husks just fall away. Pull off any remaining silk strands still attached.

Rinse the corn on the cob and place it in a microwave safe glass dish and fill halfway with water. Cover with plastic wrap and microwave on high for 5 minutes. Place the steamed corncobs on the grill and rotate every 3 minutes or so, so each part of the corn is kissed but the grill. It should take about 5-10 minutes total.



## **Corn on the Cob Toppers**

Try one of these fun ways to flavor your grilled corn!

Guacamole, cayenne pepper and lime juice, curry powder and butter, Greek yogurt and chives, rosemary, sage & butter, cinnamon and sugar, fresh grated parmesan, pesto, hummus, or one of the flavor-filled Salsa recipes provided at the start of this cookbook.

## **Chili Lime Grilled Corn**

- 6 tbsp (3/4 stick) butter, softened
- 1/4 tsp chili powder
- 1/2 tsp grated lime peel
- 1 tsp fresh lime juice
- 1/2 tsp jalapeño, minced (or to taste)
- Pinch of salt
- 6 ears corn on the cob in the husks

Place butter in a small bowl, add chili powder, lime peel, lime juice, jalapeño and salt. Mix well. Place in the refrigerator until ready to serve.

Place corn (in husk) on the grill, rotating corn so you cook on all sides, for approximately 15 minutes total. Remove from grill and cool slightly (so you are able to peel husk). Place corn back on grill over the same flame for about 4 minutes, once again rotating corn for even grill marks. Serve corn immediately with chili lime butter.

Per Serving- 200 calories, 12g fat, 25g carbohydrate, 4g protein

## **Lemony Grilled Potato Salad**

- 2 lb small Yukon gold potatoes
- 3 tbsp extra-virgin olive oil, divided
- 1 small red onion, cut into 1/2 inch-thick slices
- 1 red bell pepper, cut in half and seeded
- Cooking spray
- 3 tbsp chopped fresh basil
- 2 tbsp chopped fresh chives
- 3 tbsp fresh lemon juice
- 1 tsp capers
- 3/4 tsp salt
- 1/4 tsp freshly ground black pepper

Place potatoes in a large saucepan; cover with water. Bring to a boil. Reduce heat, and simmer 15 minutes or until tender; drain. Cool slightly. Cut potatoes in half. Combine potatoes and 2 tsp oil in a large bowl, and toss well to coat. Brush onion and bell pepper evenly with 1 tsp oil. Place potatoes, onion, and bell pepper on a grill rack coated with cooking spray; grill 5 minutes on each side or until tender. Remove vegetables from grill; cool slightly. Cut bell pepper into thin strips. Cut onion slices into quarters. Combine remaining 2 tbsp olive oil, basil, and remaining ingredients in a large bowl, stirring with a whisk. Add vegetables to bowl; toss to coat.

200 Calories per one cup, Fat: 6.9g, Protein: 4.1g, Carbohydrate: 30.4g

## Grilled Sweet Potatoes with Cherry Salsa

- 3 small-medium sweet potatoes, scrubbed and cut into wedges or rounds
- 1 1/2 tbsp grapeseed or olive oil
- Zest and juice of 1 lime
- 1 tsp ground cumin
- 1/2 tsp ground chipotle powder (or to taste)
- Pinch of chili flakes
- Salt and pepper

### CHERRY SALSA

- 1 cup of de-stemmed sweet, black cherries, pitted
- 3 green onions, thinly sliced
- 1 inch of ginger, peeled and grated on a rasp zester
- Zest and juice of 1 lime
- Black pepper

Place a large pot with about 2 inches of water on medium heat. Bring to a simmer and place cut sweet potatoes onto a steamer basket. Lower steamer basket into the pot, put a lid on top and steam the sweet potatoes for 5-7 minutes or until just tender. Remove wedges with a pair of tongs, placing into a large Tupperware container.

Cover the cooked sweet potatoes with the grapeseed oil, lime zest, lime juice, ground cumin, chipotle, chili flakes, salt and pepper. Set aside.

Make the cherry salsa: chop the pitted cherries roughly and place in a medium bowl. Add the sliced green onions, grated ginger, lime zest, lime juice and black pepper. Stir to combine and set aside.

Heat your grill or use grill basket to medium-high. Place marinated wedges, cut side down (as opposed to peel-side down) on the grill. Flip wedges after about 2-3 minutes. Cook other side for another 2 minutes and remove sweet potatoes from the grill.

To serve: Place wedges face up on a plate, season with salt if you like and cover with the cherry salsa.

# Grilling Good Eats

## Grilled Fruit Recipes

The Sugars in Fruit turn a deep golden color and gain a caramel like flavor when heated on the grill.

For a healthy sweet treat or gorgeous desert, experiment with some fruit on the grill.

When choosing your fruit, go for the firmer pieces and feel free to garnish and serve with something that has a nice contrasting texture and temperature.

### **Peaches, Plums, Nectarines & Apricots**

Grilling any of these sweet fruits intensifies their natural sweetness. White peaches hold up the best on a hot grill. Halve and pit peaches. Brush cut sides with olive oil and place cut side down on the grill. Yes these are very tasty with Greek yogurt & honey or even ice cream, but this fruit also pairs well with main entrees such as pork, chicken or steak.

### **Grilled Peach and Buffalo Mozzarella Salad**

- 3/4 cup balsamic vinegar
- 2 sprigs fresh thyme
- Kosher salt and freshly ground black pepper
- 2 firm-ripe peaches (12 oz. total), halved and pitted
- 4 1/2 tsp extra-virgin olive oil
- 4 cups lightly packed baby arugula (about 2 1/4 oz)
- 1 ball buffalo mozzarella (5 to 7 oz.), cut into 3/4-inch chunks (about 1 cup)

Combine the vinegar and thyme in a 2-quart saucepan and bring to a boil over medium heat. Reduce the heat to a simmer and cook until the mixture is thick, syrupy, and reduced to 1/4 cup, 6 to 9 minutes. Remove from the heat, discard the thyme sprigs, and season with a pinch of salt and a few grinds of black pepper.

Rub the peaches all over with 2 tsp of the oil and season lightly with salt and pepper. Grill cut side down until lightly charred, 3 to 4 minutes. Transfer to a cutting board and let cool slightly. Slice each half into thirds.

In a medium bowl, toss the arugula with the remaining 2 1/2 tsp oil and season to taste with salt and pepper. Arrange on a platter. Top with the buffalo mozzarella and peaches and drizzle with about 2 tbsp of the reduced balsamic, adding more to taste. Season to taste with salt and pepper and serve.

Serves 4- Calories 210, Fat g 14, Protein g 7, Carbs g 16

## Grilled Apricots with Goat Cheese

- 2 large apricots
- 1/3 cup goat cheese
- 1 tbsp honey, plus more for garnish
- 1 tbsp pine nuts, toasted
- 1 tbsp fresh mint, chopped
- Butter
- Cardamom, for garnish

In a small bowl, fold together the goat cheese and the honey. Set aside. Halve the apricots and remove the pit. Brush the apricots with butter and place them on a hot grill, cut side down. Grill the apricots for 3-5 minutes, until grill marks appear on the apricots.

Fill the apricots with the sweetened goat cheese mixture and sprinkle with the pine nuts and mint. Garnish with a thin drizzle of honey and a light sprinkle of cardamom.

## Grilled Nectarine Arugula and Goat Cheese Salad

- 1 7 oz bag of arugula
- 4 nectarines (preferably a tad bit under-ripe to stand up to grilling)
- 8 oz goat cheese
- 2 tbsp extra virgin olive oil + more for coating nectarines
- 2 tsp lemon juice
- Salt & pepper

Slice nectarines in about 1" wide slices. Place slices in a large bowl and drizzle with olive oil. Toss to coat. Grill nectarines over medium high heat about 3-4 minutes per side, until grill marks appear. Grill on all sides. Remove and set aside. Toss arugula with 2 tbsp evoo and lemon juice. Season with salt and pepper. Divide between plates. Top with goat cheese. Arrange still-warm grilled nectarine slices on top.

## Pineapple

Cut in half or in quarters down the long way so that the core is still intact. Grill until there are marks, season with black pepper, fresh lime juice and honey.

## Berries

Add a handful of your favorite berries and a sprinkling of sugar into a homemade foil packet and put it directly on the grill. After 5-10 minutes, drizzle the smoky, gooey and hot goodness over ice cream, lb cake, as a topping for pancakes/waffles or even stir into plain Greek yogurt!

## **Grilled Avocado**

Try avocado in a new way.

Slice in half, coat with olive oil, lemon juice and season with your favorite seasonings or just plain salt and pepper. Place them on the grill for about 1 minute on each side.

Grill, then slice into salads, use as a topping for tacos or grilled fish. Try them stuffed with a chicken or tuna salad, a dollop of salsa and sour cream or a drizzle of balsamic vinegar and thinly sliced Parmesan or Pecorino Romano.

## **Grilled Guacamole**

- 3 grilled avocados
- 2 tbsp olive oil
- Juice and zest of 1 lemon
- Salt and freshly ground pepper
- 1 large clove garlic, minced
- 1/4 cup loosely packed basil leaves, roughly chopped
- 1/2 cup freshly grated Parmesan, plus more to taste

Mash avocados gently while adding ingredients.

## **Grilled Avocado & Corn Salsa**

- 1 medium avocado, diced
- 3/4 cup frozen corn, thawed
- 1/2 cup quartered grape tomatoes
- 1 tbsp chopped fresh cilantro
- 2 tsp lime juice
- 1/4 tsp kosher salt

Toss avocado, corn, tomatoes, cilantro, lime juice and salt in a medium bowl.

Serves 4- 101 calories; 7 g fat,11 g carbohydrates; 2 g protein

## Grilled Strawberries & Basil

- About 16 medium to large strawberries (firm but ripe)
- 1 small bunch fresh basil
- 2 tbsp honey
- 1 tsp balsamic vinegar
- 1/2 tsp vanilla extract
- Sea salt
- Grapeseed oil

To clean the strawberries, use a damp paper to wipe each one off. Remove the stems and cut each one in half, lengthwise. One by one, gently slide each strawberry half onto a metal or wooden skewer (if you're using wooden, soak them in water for about 10 minutes first). Between each strawberry half, slide on one or two basil leaves. Set aside. In a small mixing bowl, whisk together the honey, vinegar, vanilla and a pinch of sea salt. Set aside. Preheat grill and drizzle or brush a bit of grape seed oil onto the flat surface of each strawberry. Once the grill is hot, place the strawberry skewers on it, flat side down. Grill until each side is marked from the grill, about 30 seconds per side. Place the skewers on a plate and while they're still hot, use a pastry brush to add the glaze to the kabobs. Remove them from the skewers to serve.

## Mangoes

Slice the flesh of each mango into a crosshatch pattern making 1-inch cubes, taking care not to cut through the skin. Rub cut side of mangoes with coconut oil and place flesh-side down onto the grill. Grill 3 minutes, then rotate 90 degrees using tongs. Grill 3 minutes more. Remove mangoes from grill and place flesh-side up on a plate.

## Spicy Grilled Mangoes with Lime

- 4 ripe mangoes
- 2 tbsp olive oil
- Juice of 1 lime
- 1 tsp fine sea salt
- 1/4 tsp ancho or New Mexican chile powder
- Finely grated zest of 1 lime
- Fresh cilantro leaves, for garnish, optional

Slice the mangoes in 2 pieces from the pit. Score the flesh of the mangoes in a diamond pattern, taking care not to cut into the skin. Pop the flesh by holding the skin side and pushing up. Brush the flesh with the oil and grill, cut-side down, until slightly charred, about 1 minute. Transfer the mangoes to a platter and immediately drizzle with the lime juice and sprinkle with the salt, chile powder and lime zest. Garnish with cilantro leaves if desired.

## Grilled Banana Splits

- 4 bananas
- 1/4 cup carob chips
- 1/2 cup chopped strawberries or peaches
- 1/4 cup chopped pistachios, walnuts or pecans
- Other sweet toppings (optional)

Hold each banana in your hand, curved side up, and carefully halve it lengthwise through the top of the peel without cutting through the bottom side. Gently pry open the banana and stuff it with desired toppings. Repeat with other banana, arrange each banana on a piece of foil, fold foil around each banana, leaving the top open, to form a bowl that will protect it from direct heat. Place all on the grill for 8-10 minutes, until bananas are heated through and chips are melted.

When done, move each to a shallow dish and top with any additional toppings.

## Grilled Watermelon

Enjoy it as-is, straight from the grill, put it into a traditional fruit salad, or drizzle it with a sweet honey lemon sauce for dessert. Alternately, you can enjoy grilled watermelon as part of a savory dish. Combine it with different cheeses, vinaigrettes, and salad ingredients for an elegant twist on the summer staple.

Place oiled watermelon slices on direct heat of grill. Grill until marked and just warmed through but still crunchy, 2 to 3 minutes per side. Let cool.

## Grilled Watermelon & Greek Yogurt

- 1 cup plain Greek yogurt
- 2 tbsp freshly squeezed lemon juice
- 1 tbsp white wine vinegar
- 1 tsp coarsely chopped thyme
- 1 tbsp extra-virgin olive oil, plus more for drizzling
- Salt and freshly ground black pepper
- 12 3-inch-long triangles of seedless red watermelon, about 1 inch thick
- 1/4 cup small mint leaves

In a bowl, combine the yogurt with the lemon juice, vinegar, thyme and the 1 tbsp of olive oil. Season with salt and pepper. Drizzle the watermelon triangles with olive oil and season with salt and pepper. Grill over high heat until nicely charred, about 1 minute per side; transfer to plates. Top the watermelon with the yogurt sauce and season with black pepper.

Drizzle with olive oil, garnish with the mint and serve.



## Grilled Watermelon Salad

- 1/2 (5 lb) seedless watermelon
- 1/4 cup balsamic vinegar
- Extra-virgin olive oil
- Kosher salt (specialty salt is great here, if on hand)
- 2 cups fresh baby arugula, washed and dried
- 1 cup goat cheese, crumbled, preferably a French Chevre
- Fresh finely cracked black pepper

Stand the watermelon half cut side down on a cutting board and slice away the rind, leaving a solid block of melon. Turn the block on its side and cut it into 8 squares, roughly 3 by 3 inches and 1-inch thick.

Pour the vinegar into a small saucepan and bring to a simmer over medium-high heat. Cook until reduced to a thick syrup consistency. Set aside.

Heat a nonstick grill pan over medium-high heat. Drizzle just enough olive oil over watermelon slices to thinly coat and place on hot grill pan. Grill each side about 2 minutes until grill marks appear; transfer to a plate and season with salt.

To assemble the salads, put about 1/4 cup of baby arugula on a serving plate, followed by a grilled slice of watermelon in the center, and top with a tbsp of crumbled cheese and another 1/4 cup arugula. Add another watermelon slice and another tbsp of cheese. Repeat with remaining ingredients. Finish each salad with a very light drizzle of olive oil and balsamic syrup. Dust with black pepper and serve immediately.

It just wouldn't be Summer without the juicy sweet goodness of Watermelon!