



favorite recipes for the grill

BEEF

Better Than Outback Steaks, Grilled Everything Salad,
Jamaican Jerk Beef Kebabs

CHICKEN

Grilled Chicken and Nectarine Salad, Hobo Chicken,
Singapore Chicken and Pineapple, Tequila Lime Chicken

FISH

Bourbon-Glazed Salmon, Grilled Shrimp Tacos,
Shrimp Kebabs with Jalapeño-Lime Marinade

PORK

Spicy Cuban Pork

VEGETARIAN

Grilled Eggplant Parma

DESSERT

Grilled Peaches with Mascarpone and Honey

bourbon-glazed salmon

cooking light | makes 4 servings

Note: The sauce reduces significantly, so double the marinade recipe.

- 3 tbsp brown sugar
- 3 tbsp bourbon
- 2 tbsp low-sodium soy sauce
- 1 tbsp grated peeled fresh ginger
- 1 tbsp fresh lime juice
- 3 garlic cloves, minced
- ¼ tsp freshly ground black pepper
- 4 (6-oz) skinless salmon fillets
- Cooking spray
- ¼ cup thinly sliced green onions
- 1 tbsp sesame seeds, toasted

Combine first 7 ingredients in a large zip-top plastic bag. Add fish to bag; seal. Marinate in refrigerator 1 ½ hours, turning occasionally.



Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add fish and marinade to pan; cook fish 4 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness. Place 1 fillet on each of 4 plates; drizzle each serving with about 2 tsps sauce.

Sprinkle each serving with 1 tbsp green onions and 3/4 tsp sesame seeds.

Serving suggestions: Brown rice and steamed asparagus or broccoli, drizzled with leftover glaze.

spicy cuban pork

www.savingdinner.com | makes 4 servings

Note: Marinate in advance.

- 4 pork chops
- 2 tsp cumin
- 2 tsp cayenne pepper
- 1 tsp salt
- 1 tsp chili powder
- ¼ cup green chili salsa
- 2 tbsp honey
- 2 cloves pressed garlic
- 2 tbsp lime juice



Sprinkle cumin, cayenne pepper, salt and chili powder on each pork chop.

In a large zipper-topped plastic bag, combine salsa, honey, garlic, and lime juice; add seasoned pork chops; seal bag, turn gently and refrigerate for 1 hour or overnight.

Preheat outdoor or indoor grill. Cook pork chops for 5 to 8 minutes, or until done.

Serving suggestions: Stir-fried zucchini and yellow squash with a green salad.

better than outback steaks

jason groves

- olive oil
- balsamic vinegar
- ground peppercorns
- sea salt
- garlic salt
- rosemary
- your favorite cut of natural, grass-fed beef



Season steaks and grill to perfection.

Serving suggestions: Mashed sweet potatoes, sauteed seasonal veggies, and green salad.

tequila lime chicken

the nest

- 4-6 boneless chicken breasts
- ½ cup tequila
- 4 limes
- ¼ cup red onion, diced
- 1 jalapeno, diced
- ½ cup cilantro, chopped
- 2 tsp cayenne pepper
- 1 tsp salt
- 1 tsp black pepper
- 1 tomato, diced



Zest and juice the limes and set aside half of the zest for later. Pour the lime juice, tequila, the other half of the zest and all the other ingredients EXCEPT the tomato into a ziploc bag. Allow the chicken to marinate for at least 3 hours. Grill the chicken until it is cooked through, about 5-7 minutes on each side depending on thickness. Garnish with the diced tomatoes and lime zest.

Serving suggestions: Black beans and Spanish rice.

hobo chicken

www.flylady.net

Note: Quantity of ingredients depends on how many you will be feeding.

Boneless chicken breasts or thighs
Canned chicken broth (8 oz. per person)
Canned whole or sliced potatoes
Mushrooms (canned or fresh)
Zucchini, sliced
Yellow Squash, sliced
Salt, pepper, garlic powder for seasoning
Any other vegetables you'd like to include
Aluminum foil

Once you have all of your ingredients ready, make little trays out of sheets of aluminum foil. Fold the sides up so that none of the broth or ingredients leak out. Place one or two pieces of chicken in the foil, then add your vegetables and any seasoning. Pour chicken broth over everything. Make sure you pour in enough to keep the chicken moist while cooking. Finally, fold the aluminum foil up and seal.



Can be cooked on the grill, in the oven, or over a campfire. If cooking on the grill, cook them over medium heat for 30-35 minutes or until chicken is completely cooked. In the oven, cook at 375° for 30-35 minutes or until chicken is completely cooked. Over the campfire, cook approximately 30 minutes.

Cooking times can vary based on the size of the chicken and the amount of extras items you placed in the foil.

skewered singapore chicken and pineapple

cooking light | makes 8 skewers

Note: Marinate in advance.

3 tbsps brown sugar
3 tbsps low-sodium soy sauce
2 tbsps pineapple juice
4 tsp fresh lime juice
2 tsp grated peeled fresh ginger
2 tsp vegetable oil
1 ½ tsp curry powder
¼ tsp salt
3 garlic cloves, minced
1 lb boneless, skinless chicken breast, cubed
1 cup (1-inch) pieces red bell pepper
1 ½ cups (1-inch) cubed fresh pineapple
Cooking spray



Combine first 9 ingredients in a large bowl. Add chicken and bell pepper, tossing to coat. Thread chicken, pineapple, and bell pepper alternately onto each of 8 (12-inch) skewers. Discard marinade. Place kebabs on grill rack or broiler pan coated with cooking spray; cook 10 minutes or until chicken is done, turning occasionally.

Serving suggestions: Rice and bottled sweet chili sauce for dipping.

jamaican jerk beef kebabs

cooking light | makes 6 kebabs

Note: Marinate in advance.

½ cup chopped green onions
1 tbsp ground allspice
2 tbsps red wine vinegar
1 tsp salt
¼ tsp dried thyme
2 tsp low-sodium soy sauce
½ tsp ground cinnamon
1/8 tsp ground nutmeg
2 habanero or serrano peppers, seeded
1 ½ lbs boneless sirloin, trimmed and cut into 30 cubes
1 red bell pepper, cut into 18 pieces
2 black-ripe plantains, peeled, and each cut into 9 pieces
Cooking spray
Diagonally cut green onions (optional)
Lime wedges (optional)



Combine first 9 ingredients in a food processor or blender; process until smooth. Place onion mixture, beef, and bell pepper pieces in a large zip-top plastic bag; seal. Marinate in refrigerator 20 minutes.

Remove beef and bell pepper pieces from bag; discard marinade. Place beef, bell pepper pieces, and plantain pieces in a large bowl; toss well to coat.

Thread 5 beef cubes, 3 red pepper pieces, and 3 plantain pieces alternately onto each of 6 (12-inch) skewers. Lightly coat kebabs with cooking spray. Place kebabs on grill rack coated with cooking spray. Cook 4 minutes on each side for medium-rare or until desired degree of doneness. Garnish with green onion pieces and serve with lime wedges.

Serving suggestions: Mashed sweet potatoes and sauteed swiss chard.

shrimp kebabs with jalapeño-lime marinade

cooking light | makes 12 kebabs

Note: Marinate in advance. You can substitute cubed chicken breast or pork tenderloin for the shrimp if preferred.

4 lbs large shrimp, peeled, deveined, and butterflied
1 cup thawed orange juice concentrate, undiluted
2 tsp grated lime rind
½ cup fresh lime juice
½ cup honey
4 tsp ground cumin
½ tsp salt
6 garlic cloves, minced
4 jalapeños, seeded and chopped
4 red bell peppers, cut into 1-inch cubes
Lime wedges (optional)
Cooking spray

Combine first 9 ingredients in a large zip-top plastic bag; seal and marinate in refrigerator 30 minutes. Remove shrimp from bag, reserving marinade. Thread the shrimp, bell pepper cubes, and lime wedges onto 12 skewers.



Prepare grill or broiler. Place skewers on grill rack or broiler pan coated with cooking spray; cook 4 minutes on each side or until shrimp are done, basting frequently with the marinade.

Serving suggestions: Rice, black beans, and corn-on-the-cob.

grilled shrimp tacos

real simple | makes 4 servings

Note: Soak wood skewers in water for 10 minutes beforehand. To keep the shrimp from spinning when flipped, thread them on 2 parallel skewers instead of one.

½ cup sour cream
3 tbsps mayonnaise
3 tbsps milk
½ tsp ground cumin
1 ½ lbs large shrimp, peeled
3 tbsps butter, melted
2 large garlic cloves, minced
4 limes, cut into quarters
½ tsp kosher salt
8 6-inch corn tortillas
2 to 3 cups finely shredded green cabbage
Bottled green tomatillo salsa



Whisk together the sour cream, mayonnaise, milk, and cumin. Set aside. Skewer the shrimp. In a small bowl, combine the butter and garlic. Preheat a gas grill to high; adjust to medium after 15 minutes. (If cooking over charcoal, allow the coals to burn until they are covered with gray ash.) Brush the skewered shrimp with the garlic butter. Place them on the grill with the limes. Cook about 4 minutes on each side or until the shrimp are opaque and the limes are browned. Remove from grill. Lightly salt the shrimp. Grill the tortillas for 30 seconds on each side, then place inside a paper bag to keep warm. To serve, pull the shrimp off the skewers and divide them evenly among the tortillas. Top with the cabbage, sour cream sauce, tomatillo salsa, and a spritz of grilled lime.

Rainy-Day Method: Broil the shrimp and limes about 4 inches from the heat using the cooking times above. Wrap the tortillas in foil and heat in a 350° F oven for 15 minutes, or wrap them in a napkin and microwave for 3 minutes.

Serving suggestions: Spanish rice and black beans.

grilled everything salad

real simple | makes 6 servings

2 tbsp prepared horseradish
3 tbsp red wine vinegar
5 tbsp extra-virgin olive oil
1 tsp kosher salt
½ tsp freshly ground pepper
1 10-oz package (or 2 bunches) fresh spinach, stems removed
1 ½ lbs grilled flank steak, thinly sliced (6 cups)
1 large onion, thickly sliced and grilled (3 cups)
3 carrots, thinly sliced and grilled (3 cups)
3 plum tomatoes, halved and grilled

To make the vinaigrette, whisk together the horseradish, vinegar, olive oil, salt, and pepper in a small bowl. Set aside.

Arrange the spinach on a serving platter. Slice the steak and arrange it atop the spinach, along with the grilled vegetables. Drizzle with the vinaigrette and serve.



grilled chicken and nectarine salad

sunset | makes 4 main-dish servings

2/3 cup pecan halves
2 qrts salad greens (8 oz.), rinsed and crisped
1/4 cup vegetable oil
1/4 cup walnut oil
1/4 cup white wine vinegar
4 boned chicken breast halves with skin (2 lb. total),
rinsed, patted dry, and fat trimmed
Salt and pepper
2 firm-ripe nectarines (12 oz. total), rinsed, pitted, and
thinly sliced
5 oz fresh chèvre (goat cheese), crumbled

Preheat oven to 350°. Spread pecans in a baking pan and bake until golden under skins, about 10 minutes. Let cool, then coarsely chop.

Mound salad greens on four dinner plates. In a small bowl, stir vegetable oil, walnut oil, and vinegar to blend. Set aside.



Sprinkle chicken with salt and pepper. Lay on a lightly oiled barbecue grill over a solid bed of medium-hot coals or medium-high heat on a gas grill (you can hold your hand at grill level only 3 to 4 seconds); close lid on gas grill. Cook chicken, turning occasionally, until meat is no longer pink in center of thickest part (cut to test), about 15 minutes total. Transfer chicken to a cutting board. Remove skin if desired.

Slice chicken across the grain 1/2 inch thick; arrange over greens. Tuck nectarine around chicken. Scatter goat cheese and pecans over the top. Stir dressing; pour over salads. Add salt and pepper to taste.

grilled eggplant parma

www.savingdinner.com | makes 4 servings

1 large eggplant, cut lengthwise into 4 slices
1 tbsp olive oil
1 cup shredded part skim milk Mozzarella cheese
1/4 cup grated Parmesan cheese
1/2 cup sliced basil leaves
2 medium tomatoes, sliced
Heavy-duty aluminum foil wrap

Preheat outdoor or indoor grill or oven broiler.

Brush eggplant with oil. Mix cheeses and basil in a bowl and set aside.

Place eggplant on slightly greased grill, sliced side facing down. Cook for 4 to 5 minutes; turn and cook for another 4 to 5 minutes.

Top eggplant with tomato slices and cheese/basil mixture; cover lightly with aluminum foil wrap and cook for about 2 minutes, or until cheese melts.

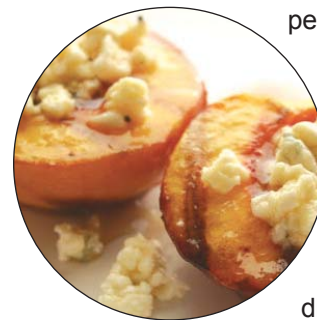


Serving suggestions: Serve with a big green salad and some garlic toast.

grilled peaches with mascarpone and honey

emeril lagasse

6 large ripe peaches, halved and pits removed
6 tbsp honey, plus more for serving if desired
8 oz mascarpone cheese, at room temperature



Preheat grill to med-high. Place peaches cut-side down onto grill and cook until lightly charred, about 2-3 min. Transfer the peaches, cut sides up, to a piece of foil on the grill and drizzle evenly with honey. Continue to cook until peaches are soft, about 5 min. Remove from grill and divide between dessert plates.

Divide the mascarpone evenly among the plates and drizzle with additional honey, if desired. Serve immediately.