

# all\*you<sup>®</sup>

Summer Fun

## Grilling Guide!

APPETIZERS  
\*  
ENTRÉES  
\*  
SIDES  
\*  
DESSERTS



**21 Delicious Recipes + Tips**  
**TO HELP YOU GRILL LIKE A CHAMP!**

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## Appetizers



### Grilled Veggie Pizza

**PREP:** 10 min. **COOK:** 15 min.  
**SERVES:** 4 **COST PER SERVING:** \$3.40

- 2 pounds frozen pizza dough, at room temperature, formed into 4 balls
- 1 medium zucchini, cut lengthwise into 1/4-inch thick strips
- 1 onion, cut into 1/4-inch thick slices
- 1 yellow bell pepper, cored, seeded and cut into 8 pieces
- 1 small eggplant (stem removed), peeled and cut into 1/4-inch-thick rounds
- 1/4 cup olive oil
- Salt and pepper
- 1 cup tomato sauce
- 8 ounces grated mozzarella (2 cups)

### Caramelized Onion and Blue Cheese Quesadillas

**PREP:** 10 min. **COOK:** 50 min. **SERVES:** 6 **COST PER SERVING:** \$1.46

- 3 Tbsp. olive oil
- 2 large sweet onions, such as Vidalia, halved lengthwise, thinly sliced
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 1 tsp. minced fresh rosemary
- 1/2 tsp. sugar
- 6 8-inch flour tortillas
- 4 oz. crumbled blue cheese

**PER SERVING:** 293 Cal., 16g Fat (5g Sat.), 14mg Chol., 2g Fiber, 8g Pro., 30g Carb., 752mg Sod.

**1** Warm oil in a large heavy skillet over low heat. Add onions, salt, pepper and rosemary and stir to coat. Cover and cook for 20 to 25 minutes, until onions are very soft, stirring occasionally. Uncover skillet, sprinkle sugar over onions and stir to combine. Raise heat to medium and cook, uncovered, stirring often, until onions are an even golden color, 12 to 15 minutes. (Add a bit of water if skillet becomes too dry.)

**2** Preheat grill to medium-low. Lay tortillas on a flat surface and spread onion mixture evenly over lower half of each. Sprinkle cheese over onions and fold top half of each tortilla down over filling, pressing gently to adhere.

**3** Oil grill. Place quesadillas on grill and cook for 2 to 4 minutes per side, until lightly browned and cheese has melted. Transfer to a cutting board, let stand for 5 minutes, then cut each quesadilla into 3 wedges. Serve warm or at room temperature.

### Grilled Bruschetta with Ricotta and Edamame

**PREP:** 10 min. **COOK:** 5 min. **SERVES:** 4 **COST PER SERVING:** \$1.44

- 1 1/2 cups frozen shelled edamame
- 8 slices country-style bread
- 2 tablespoons olive oil
- 1 clove garlic, peeled
- 1 1/4 cups part-skim ricotta
- 1 tablespoon finely chopped fresh mint
- Salt

**1** Preheat grill to medium. Place edamame in a colander and rinse under hot tap water to defrost. Drain well on paper towels.

**2** Oil grill, place bread on grates and cook until lightly toasted on both sides, turning once, about 1 minute total. Brush one side of each bread slice with olive oil and rub with garlic. Spread ricotta over garlic-rubbed sides; top with edamame. Sprinkle mint over bruschetta, season lightly with salt and serve immediately.

**PER SERVING:** 476 Cal., 19g Fat (6g Sat.), 24mg Chol., 6g Fiber, 23g Pro., 53g Carb., 754mg Sod.

**1** Preheat a gas grill on high, covered, for 10 minutes, and then lower heat to medium. On a lightly floured work surface, press and stretch each piece of dough into a 9-inch round. Place on lightly floured baking sheets; set aside.

**2** Place zucchini, onion, pepper and eggplant on a rimmed baking sheet. Brush with 2 Tbsp. olive oil and sprinkle with salt and pepper. Grill until vegetables are soft, turning once, 6 to 8 minutes total. Transfer to baking sheet and set aside.

**3** Brush tops of dough rounds with 1 Tbsp. olive oil and carefully flip them, oiled side down, onto grill. Grill, uncovered, until undersides are golden, 2 to 3 minutes. Use tongs to place pizzas back on baking sheets. Brush uncooked sides with remaining 1 Tbsp. oil and flip so grilled sides of pizzas are facing up. After grilling second side, remove rounds and spread 1/4 cup tomato sauce on each pizza. Arrange vegetables on top of sauce and sprinkle with cheese. Slide pizzas back onto grill and cook, covered, until cheese is melted, 3 minutes.

**PER SERVING:** 333 Cal., 26g Fat (9g Sat.), 44mg Chol., 2g Fiber, 14g Pro., 12g Carb., 268mg Sod.

## Entrées



### Barbecue Chicken

**PREP:** 20 min. **CHILL:** 6 hr. **COOK:** 42 min.  
**SERVES:** 8 **COST PER SERVING:** \$2.22

- 6 each bone-in, skin-on chicken thighs and drumsticks

#### SPICE RUB:

- 1 Tbsp. garlic powder
- 1 Tbsp. chili powder
- 2 tsp. cumin
- 2 tsp. salt
- 1 tsp. pepper
- ½ tsp. allspice

#### SPICE RUB:

- 2 cups ketchup
- ½ cup molasses
- 1/3 cup bourbon
- 1/3 cup Dijon mustard
- 2 Tbsp. hot sauce
- 2 Tbsp. Worcestershire sauce
- 2 tsp. onion powder
- 1 tsp. garlic salt
- ¼ cup packed brown sugar
- ¼ tsp. liquid smoke

**1** Place chicken on a rimmed baking sheet. Make spice rub: Combine all ingredients in a small bowl. Sprinkle spice mixture over chicken and rub in. Cover with plastic wrap and chill for at least 6 hours.

**2** Make sauce: Combine all ingredients in a pan. Bring to a boil, stirring. Simmer, uncovered, for 15 minutes, stirring occasionally, until thickened. Remove from heat.

**3** Preheat grill to medium-low; oil when hot. Cook chicken for 10 minutes, turn over and cook for 8 minutes longer. Brush sauce on one side of chicken, turn over and cook for 3 minutes. Brush remaining side with sauce, turn over and cook for 3 minutes, or until cooked through.

**PER SERVING:** 370 Cal., 13g Fat (3g Sat.), 81mg Chol., 2g Fiber, 20g Pro., 41g Carb., 1,748mg Sod.

### Chicken Kebabs with Yogurt-Tahini Sauce

**PREP:** 20 min. **CHILL:** 2 hr. **COOK:** 6 min. **SERVES:** 6 **COST PER SERVING:** \$3.04

- ¼ cup canola oil
- ¼ cup plus 1 Tbsp. lemon juice (from about 2 lemons)
- 2 tsp. cumin
- 1 tsp. ground coriander
- 1 tsp. paprika
- 2 cloves garlic, smashed
- 1½ lb. boneless, skinless chicken breast, cut into 1-inch pieces
- 1 red bell pepper, seeded, cut into 1-inch pieces
- 1 red onion, halved, each half cut into quarters
- 1 small zucchini, cut into 1-inch pieces
- 2 small summer squash, cut into 1-inch pieces
- ½ cup plain low-fat Greek yogurt
- 1 Tbsp. tahini
- Salt and pepper

**1** In a bowl, whisk oil, ¼ cup lemon juice, spices and garlic; pour half into a separate bowl. Add chicken to one bowl; stir to coat. Toss peppers, onion, zucchini and squash in other bowl. Cover; chill for 2 hours.

**2** Make sauce: In a bowl, whisk yogurt, tahini, 1 Tbsp. lemon juice and ½ tsp. salt. Cover and chill.

**3** Preheat a gas grill to medium-high. Remove chicken and vegetables from marinade; pat dry and discard marinade. Thread chicken and vegetables, alternating ingredients, onto 6 metal skewers. Season with salt and pepper.

**4** Lightly oil grill. Grill kebabs, turning, until chicken is cooked through, 4 to 6 minutes. Serve kebabs with sauce.

**PER SERVING:** 291 Cal., 14g Fat (2g Sat.), 67mg Chol., 2g Fiber, 32g Pro., 10g Carb., 485mg Sod.

### Grilled Tilapia Soft Tacos

**PREP:** 5 min. **MARINATE:** 20 min. **COOK:** 6 min. **YIELD:** 16 tacos **COST PER SERVING:** \$1.36

- ¼ cup olive oil
  - 2 Tbsp. lime juice
  - 2 tsp. soy sauce
  - 1 tsp. chili powder
  - ½ tsp. cumin
  - 1 clove garlic, minced
  - 2 lb. tilapia fillets (about 6)
  - Salt and pepper
  - 16 soft corn tortillas
- 1** In a small bowl, combine oil, lime juice, soy sauce, chili powder, cumin and garlic. Season tilapia on all sides with salt and pepper and place in a dish large enough to hold in a single layer. Pour marinade over fish, cover and refrigerate for 15 to 20 minutes.
- 2** Preheat a gas grill to medium. Remove fish from marinade and discard marinade. Oil grill. Grill fish until flaky, 2 to 3 minutes per side. Remove to a plate and let rest for 5 minutes, then cut into chunks. Season with salt, pepper and additional lime juice, if desired.
- 3** Warm tortillas as package label directs. Spoon fish onto one side of flat tortillas, fold over, fill with salsa and other toppings, if desired, and serve.

**PER SERVING (1 TACO):** 144 Cal., 6g Fat (1g Sat.), 36mg Chol., 1g Fiber, 15g Pro., 9g Carb., 159mg Sod.

## Entrées



### Grilled Lamb Chops with Greek Salad

**PREP:** 10 min. **COOK:** 10 min. **SERVES:** 4  
**COST PER SERVING:** \$5.06

- 4 lamb shoulder-blade chops (about 2 lb.)
- Salt and pepper
- 8 cups mixed salad greens
- 1 cup cherry tomatoes, halved
- ½ cucumber, peeled and thinly sliced
- 1/3 cup kalamata or other black olives, pitted and halved
- ¼ small red onion, sliced
- ¼ cup olive oil
- 1 Tbsp. lemon juice
- 3 oz. feta, crumbled
- 1 Tbsp. finely chopped fresh oregano

FRANCES JANISCH, FOOD STYLING: LYNN MILLER

**1** Preheat a gas grill to high, covered, for 10 minutes, then turn heat to medium. Pat lamb chops dry with paper towels and sprinkle generously with salt and pepper. Oil grill. Grill chops, turning once, until cooked to desired doneness, 8 to 10 minutes total for medium-rare. Remove chops from grill, tent with foil and let rest on a cutting board for 5 minutes.

**2** While lamb chops are cooking, toss greens, tomatoes, cucumber, olives, onion, oil and lemon juice in a large bowl. Divide salad among 4 plates. Top each plate with a chop, sprinkle salad with cheese and oregano and serve immediately.

**PER SERVING:** 370 Cal., 25g Fat (8g Sat.), 92mg Chol., 2g Fiber, 28g Pro., 7g Carb., 770mg Sod.

### Spicy Asian Pork Tenderloin

**PREP:** 5 min. **COOK:** 15 min. **SERVES:** 4 **COST PER SERVING:** \$2.15

- ¼ cup hoisin sauce
- 2 Tbsp. chili-garlic sauce
- 1 tsp. sesame oil
- 1½ Tbsp. rice vinegar
- 1 1¼-lb. pork tenderloin, patted dry

**1** Preheat a gas grill to medium-high. In a small bowl, whisk together hoisin sauce, chili-garlic sauce, sesame oil and rice vinegar.

**2** Brush pork all over with hoisin mixture. Oil grill grates and place tenderloin on top. Cover and grill, turning several times with tongs, until browned on all sides and an instant-read thermometer inserted into thickest part of tenderloin registers 150°F, 12 to 15 minutes total. Transfer pork to a plate, tent with foil and let rest for at least 5 minutes. Use a sharp knife to slice. Serve warm.

**PER SERVING:** 229 Cal., 7g Fat (2g Sat.), 93mg Chol., 1g Fiber, 30g Pro., 9g Carb., 629mg Sod.

### Burger Sliders

**PREP:** 20 min. **COOK:** 10 min. **YIELD:** 24 **COST PER SERVING:** 92¢

- 4 slices bacon
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 3 lb. lean ground beef
- 2 Tbsp. Worcestershire sauce
- ¾ tsp. salt
- ¾ tsp. pepper
- 24 small dinner rolls

**1** In a skillet, cook bacon until crisp, about 10 minutes. Remove and drain on paper towels. Discard all but 2 Tbsp. bacon fat in skillet. Add onion to skillet with reserved bacon fat and cook, stirring often, until translucent, about 3 minutes. Add garlic and cook 30 seconds longer, stirring often. Remove mixture from pan; let cool. Crumble bacon.

**2** In a large bowl, combine beef, bacon, onion mixture, Worcestershire sauce, salt and pepper and mix well. Form into 24 patties and chill.

**3** Preheat grill to medium; oil when hot. Cook burgers for about 7 minutes for medium-rare, turning once halfway through. Serve burgers on rolls.

**PER SERVING (1 SLIDER):** 232 Cal., 13g Fat (5g Sat.), 42mg Chol., 1g Fiber, 14g Pro., 15g Carb., 296mg Sod.

## Entrées



### Fruity Grilled Shrimp Skewers

**PREP:** 20 min. **COOK:** 6 min. **SERVES:** 8  
**COST PER SERVING:** \$3

- ¼ cup fresh lime juice
- ¼ cup olive oil
- 1 small clove garlic, minced
- ½ tsp. crushed red pepper
- 2 lb. medium shrimp, peeled and deveined
- 2 mangoes, peeled, cut into 1-inch cubes
- 1 pineapple, peeled, cored, cut into 1-inch cubes (about 4 cups)
- Salt and pepper

**1** In a bowl, whisk together lime juice, oil, garlic and crushed red pepper. Add shrimp, mangoes and pineapple. Toss well and season with salt and pepper.

**2** Preheat a gas grill to medium. Drain shrimp, mango and pineapple and pat dry, reserving liquid. Thread on metal skewers, alternating shrimp and fruit. Brush with reserved liquid and season with salt and pepper.

**3** Oil grill. Grill skewers until shrimp is cooked through and pineapple is lightly browned, about 3 minutes per side. Serve warm.

**PER SERVING:** 254 Cal., 9g Fat (1g Sat.), 171mg Chol., 2g Fiber, 24g Pro., 21g Carb., 318mg Sod.

### Grilled Tarragon-Mustard Chicken

**PREP:** 10 min. **COOK:** 5 min. **SERVES:** 4 **COST PER SERVING:** \$2.04

- ¼ cup olive oil
- 1 Tbsp. lemon juice
- 2 Tbsp. Dijon mustard
- 1 tsp. garlic powder
- 2 Tbsp. finely chopped fresh tarragon
- 4 5-oz. skinless, boneless chicken breast halves, pounded to ¼-inch thickness
- Salt

**1** Preheat a gas grill to medium-high. In a small bowl, whisk together oil, lemon juice, mustard, garlic powder and tarragon until well blended.

**2** Sprinkle chicken all over with salt. Brush chicken generously on all sides with mustard mixture. Oil grill grates and grill chicken, turning once, until lightly browned and cooked through, 4 to 5 minutes total. Serve hot.

**PER SERVING:** 287 Cal., 15g Fat (2g Sat.), 82mg Chol., 0g Fiber, 33g Pro., 3g Carb., 563mg Sod.

### Grilled Spice-Rubbed Flank Steak

**PREP:** 5 min. **CHILL:** 6 hr. **COOK:** 10 min. **SERVES:** 8 **COST PER SERVING:** \$1.98

- 2 2-lb. flank steaks
- 1 Tbsp. packed light brown sugar
- Salt
- 2 tsp. ground cumin
- 1 tsp. smoked paprika
- 2 tsp. chili powder
- 1 tsp. ground coriander

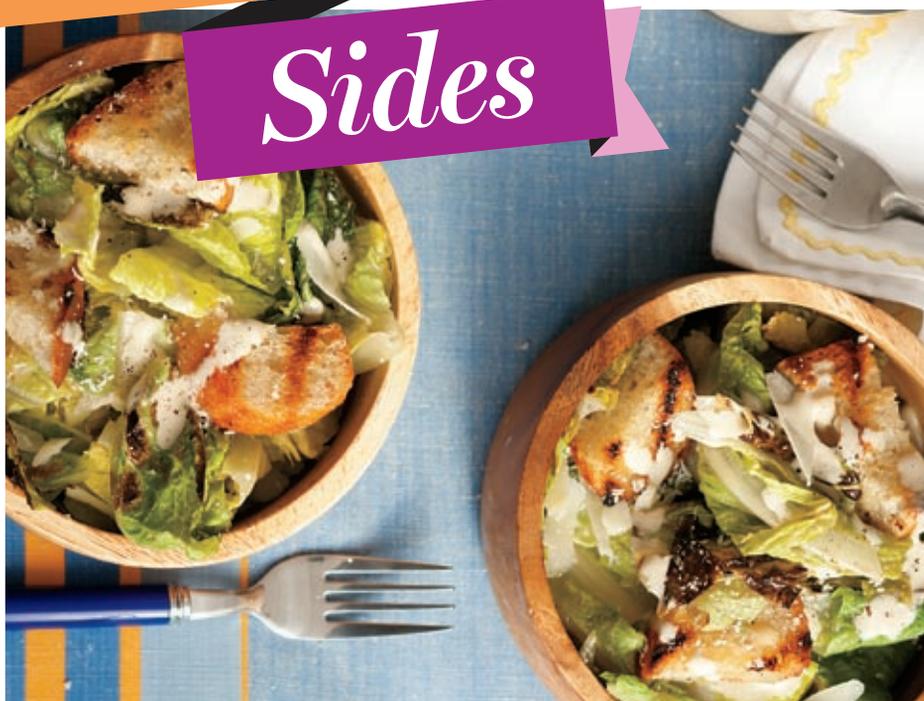
**1** Place steaks on a baking sheet. Mix brown sugar, salt, cumin, paprika, chili powder and coriander in a small bowl. Sprinkle half of spice rub over steaks; rub it all over top and sides of meat. Flip steaks over, sprinkle on remaining mix and rub all over that side. Cover baking sheet with plastic wrap; refrigerate for up to 6 hours before cooking.

**2** Preheat a gas grill to high for 20 minutes. Oil grates; place steaks on grates and lower heat to medium. Grill steaks for 4 to 6 minutes, flip and continue to grill until done, 3 to 4 minutes more for medium-rare, depending on thickness of meat and heat of grill.

**3** Transfer steaks to a cutting board and cover loosely with foil. Let stand for 5 minutes; then slice and serve.

**PER SERVING:** 351 Cal., 16g Fat (7g Sat.), 86mg Chol., 0g Fiber, 47g Pro., 2g Carb., 672mg Sod.

## Sides



### Grilled Caesar Salad

**PREP:** 15 min. **COOK:** 8 min. **SERVES:** 6  
**COST PER SERVING:** \$1.59

- ¼ cup reduced-fat mayonnaise
- 1 Tbsp. fat-free sour cream
- ¼ cup red wine vinegar
- 3 cloves garlic, 2 minced, 1 cut in half
- 3 anchovy fillets
- 1 Tbsp. lemon juice
- 1 tsp. Worcestershire sauce
- 1 Tbsp. Dijon mustard
- ½ cup plus 3 Tbsp. olive oil
- Salt and pepper
- 1 12-inch baguette, sliced in half lengthwise
- 3 romaine hearts, outer leaves removed, hearts halved lengthwise (keeping root intact)
- 2 Tbsp. grated Parmesan

**1** Make dressing: Puree mayonnaise, sour cream, vinegar, minced garlic, anchovies, lemon juice, Worcestershire sauce and mustard in blender until smooth. With motor running, slowly drizzle in ½ cup oil and blend. Season lightly with salt and pepper. Cover and refrigerate.

**2** Preheat grill to medium-high. Brush cut side of bread with some of remaining oil. Grill bread, turning once, until toasted, 3 to 5 minutes. Remove bread from grill and rub with cut side of halved garlic clove. Cut into 1-inch pieces.

**3** Brush all sides of lettuce with remaining oil and sprinkle with salt and pepper. Grill lettuce, turning frequently, until lightly charred around edges, 2 to 3 minutes.

**4** Chop lettuce and divide among 6 bowls. Sprinkle with Parmesan, scatter croutons over and drizzle with some of the dressing. Serve immediately, passing additional dressing on the side.

**PER SERVING:** 379 Cal., 28g Fat (4g Sat.), 4mg Chol., 5g Fiber, 8g Pro., 27g Carb., 660mg Sod.

### Citrus-Herb Grilled Vegetables

**PREP:** 30 min. **STAND:** 3 hr. **COOK:** 25 min. **SERVES:** 12 **COST PER SERVING:** \$1.60

- 1 cup olive oil
- 2 tsp. salt
- 4 cloves garlic, crushed
- 1 tsp. dried oregano
- 1 Tbsp. chopped fresh rosemary
- 1 Tbsp. chopped fresh thyme
- 1 Tbsp. chopped fresh parsley
- 1 tsp. pepper
- 2 tsp. grated lemon zest
- 6 Tbsp. lemon juice
- 3 medium zucchini, each cut lengthwise into 4 pieces
- 3 medium yellow squash, each cut lengthwise into 4 pieces
- 2 red bell peppers, stemmed, seeded, each cut lengthwise into 4 pieces
- 1 large sweet onion, such as Vidalia, cut into quarters, each held together with a skewer
- 2 eggplants, each cut lengthwise into 4 pieces
- 3 portobello mushrooms, stems removed

**1** In a medium bowl, whisk together oil, salt, garlic, oregano, rosemary, thyme, parsley, pepper, lemon zest and juice. Put zucchini, squash, bell peppers and onion in a large ziplock bag and pour in half of marinade. Seal bag tightly and shake well to coat vegetables with marinade. Let stand for 3 hours at room temperature to marinate. Put eggplant and mushrooms in a separate large ziplock bag, pour in remaining marinade, seal bag tightly and shake well to coat vegetables. Let stand for 1 hour at room temperature.

**2** Preheat grill to medium. When heated, lightly oil grates. Grill onion, bell peppers and eggplant for 10 minutes, turning once. Add zucchini, squash and mushrooms and cook all vegetables about 15 minutes longer, turning halfway through.

**3** Cut vegetables into smaller sizes for serving, if desired. Arrange vegetables on a platter and serve.

**PER SERVING:** 223 Cal., 18g Fat (3g Sat.), 0mg Chol., 5g Fiber, 3g Pro., 14g Carb., 407mg Sod.

### Grilled Corn on the Cob with Citrus Butter

**PREP:** 10 min. **COOK:** 10 min. **SERVES:** 8 **COST PER SERVING:** \$1.45

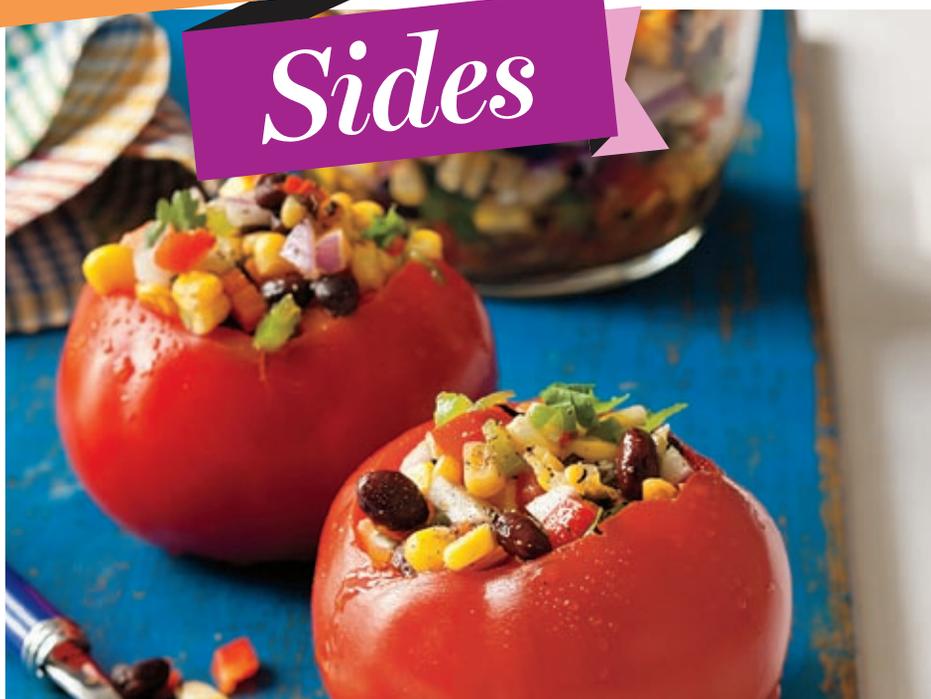
- 8 Tbsp. (1 stick) unsalted butter, softened
- 1 Tbsp. grated orange zest
- 1 Tbsp. grated lime zest
- 2 Tbsp. lemon juice
- 16 ears fresh corn, shucked
- 2 Tbsp. olive oil
- Salt and pepper

**1** In a large bowl, combine butter, orange zest, lime zest and lemon juice. Beat with a handheld mixer or a wooden spoon until blended. (Butter can be made up to 2 days in advance. Cover and refrigerate; remove from fridge 15 minutes before serving to soften.)

**2** Preheat a gas grill to medium-high. Brush corn with a small amount of olive oil and grill, turning often, until slightly charred in spots and soft, 5 to 10 minutes. Sprinkle with salt and pepper. Place on a large platter and top with a small scoop of butter. Serve remaining butter on the side.

**PER SERVING:** 290 Cal., 17g Fat (8g Sat.), 31mg Chol., 5g Fiber, 17g Pro., 36g Carb., 30mg Sod.

## Sides



### Tomatoes Stuffed with Grilled Corn Salad

PREP: 35 min. COOK: 15 min.  
SERVES: 8 COST PER SERVING: \$1.59

- 1 clove garlic, minced
- 3 Tbsp. lime juice
- 2 Tbsp. honey
- 2 tsp. cumin
- 2 Tbsp. chopped fresh cilantro
- 1/3 cup plus 1 Tbsp. vegetable oil
- Salt and pepper
- 1 red bell pepper
- 3 ears of corn, shucked
- 1 jalapeño
- 8 firm but ripe large tomatoes, such as beefsteak
- 1/2 red onion, chopped
- 3/4 cup drained and rinsed canned black beans

**1** In a bowl, whisk garlic, lime juice, honey, cumin and cilantro together. Whisking constantly, slowly drizzle in 1/3 cup vegetable oil until well blended. Season with salt and pepper.

**2** Preheat grill to medium. Brush bell peppers, corn and jalapeño with remaining 1 Tbsp. oil and sprinkle with salt and pepper. Oil grates and grill vegetables, turning often, until bell peppers and jalapeño are blackened and corn is lightly charred, 12 minutes for bell peppers, 8 to 10 minutes for corn and 5 to 10 minutes for jalapeño. Immediately put all peppers in a bowl, cover with plastic and steam 10 minutes. Remove charred skin from peppers with your fingers or a small knife. Remove seeds and finely chop flesh. Using a sharp knife, cut kernels from corncob.

**3** Slice tops off tomatoes. Cut around inside rim of tomatoes, leaving a 1/4-inch border. Scoop out insides; discard. Toss corn, peppers, onion and beans with dressing. Stuff salad into tomatoes and serve.

**PER SERVING:** 126 Cal., 3g Fat (0g Sat.), 0mg Chol., 5g Fiber, 4g Pro., 24g Carb., 252mg Sod

### Spinach Salad with Grilled Eggplant

PREP: 15 min. COOK: 10 min. SERVES: 8 COST PER SERVING: \$1.24

- 3 Tbsp. red wine vinegar
- 2 Tbsp. lemon juice
- 1 clove garlic, minced
- 2 tsp. minced fresh mint
- 3/4 tsp. salt
- 1/4 tsp. pepper
- 1/2 cup olive oil
- 1 large eggplant (about 1 1/4 lb.), trimmed, cut crosswise into 1-inch-thick slices
- 6 cups baby spinach
- 4 oz. feta, crumbled

**1** In a small bowl, whisk together vinegar, lemon juice, garlic, mint, salt and pepper. Whisking constantly, slowly drizzle in oil until emulsified. Taste and season with additional salt and pepper, if needed.

**2** Preheat grill to medium-high. Brush both sides of eggplant generously with dressing. Grill eggplant, turning occasionally, until very tender, 8 to 10 minutes total. Let cool to room temperature. When cool, chop into 1-inch pieces.

**3** In a large bowl, toss spinach, eggplant and feta with 3 Tbsp. dressing. Serve immediately, passing remaining dressing on the side.

**PER SERVING:** 182 Cal., 17g Fat (4g Sat.), 13mg Chol., 3g Fiber, 4g Pro., 6g Carb., 412mg Sod.

### Grilled Sweet Potatoes with Chipotle Dip

PREP: 20 min. COOK: 15 min. SERVES: 8 COST PER SERVING: 67¢

#### DIP

- 1/2 cup fat-free sour cream
- 1/2 cup reduced-fat mayonnaise
- 1/2 canned chipotle chile in adobo, seeds removed, chopped (about 1 Tbsp.)
- 1 Tbsp. chopped fresh cilantro
- 2 Tbsp. lime juice
- 1/2 tsp. salt

#### SWEET POTATOES

- Salt
- 4 sweet potatoes (about 2 1/2 lb. total), peeled, halved lengthwise, each half cut into 4 wedges
- 2 Tbsp. vegetable oil
- 1 1/2 tsp. garlic salt

**1** Make dip: Puree all ingredients in a food processor until smooth, with red and green flecks still visible. Cover and chill.

**2** Make sweet potatoes: Bring a large pot of salted water to a boil; add potato wedges and cook for 5 minutes. Drain thoroughly on a paper towel-lined tray and pat dry. Let cool. Preheat grill to medium. Oil grates.

**3** Gently toss potato wedges with oil and sprinkle with garlic salt. Grill potatoes, turning frequently, until just tender and slightly charred, 8 to 10 minutes. Just before serving, taste dip; add additional salt and pepper, if desired. Serve potato wedges with dip on the side.

**PER SERVING:** 194 Cal., 6g Fat (0g Sat.), 0mg Chol., 4g Fiber, 3g Pro., 33g Carb., 841mg Sod.

# Desserts



## Grilled Amaretti-Stuffed Nectarines

PREP: 10 min. COOK: 7 min. SERVES: 6  
COST PER SERVING: \$1.22

- ¼ cup honey
- ¼ tsp. almond extract
- ¼ tsp. vanilla extract
- 6 amaretti cookies
- 3 Tbsp. chopped sliced almonds
- 2 Tbsp. unsalted butter, cut into pieces
- 6 firm but ripe nectarines, halved and pitted

**1** Warm honey in microwave for 15 seconds. Stir in almond and vanilla extracts.

**2** Pulse cookies and almonds in food processor until crushed. Add butter and pulse until combined and crumbly. Preheat grill to medium.

**3** Lightly brush cut sides of nectarines with honey mixture. Oil grill. Place nectarines cut sides down and cook until grill marks appear, about 2 minutes. Turn over, spoon about ½ Tbsp. topping into each nectarine cavity and grill for about 5 minutes longer, until fruit has softened but still retains its shape. Serve immediately.

PER SERVING: 216 Cal., 9g Fat (5g Sat.), 12mg Chol., 3g Fiber, 3g Pro., 34g Carb., 33mg Sod.

KATE SEARS, FOOD STYLING: JOYCE SANGIRARDI, PROP STYLING: GERRI WILLIAMS

## Grilled Bananas with Ice Cream and Caramel

PREP: 25 min. COOK: 4 min. SERVES: 6 COST PER SERVING: \$1.50

- 1½ cups sugar
- 1 cup heavy cream
- 2 Tbsp. unsalted butter, cut into pieces
- 1 tsp. vanilla extract
- Pinch of salt
- 2 Tbsp. light brown sugar
- ½ tsp. cinnamon
- 2 Tbsp. honey
- 6 firm but ripe bananas
- 6 scoops vanilla ice cream

**1** Make caramel: Stir sugar and ½ cup water in a pan over medium-low heat until sugar dissolves. Raise heat to medium-high. Watching carefully, boil syrup, without stirring, until it is a dark amber color, 10 to 15 minutes. Remove pan from heat and carefully pour in cream (mixture will bubble up and splatter). Reduce heat to low; cook, stirring constantly, until mixture thickens and becomes smooth, 2 to 5 minutes. Remove from heat and whisk in butter, vanilla and salt.

**2** Mix brown sugar and cinnamon in a bowl. Warm honey in microwave for 15 seconds.

**3** Preheat grill to medium-high. Cut unpeeled bananas in half lengthwise, brush cut sides with honey; sprinkle with brown sugar mixture. Oil grill. Place bananas on grill cut sides up; cook until bananas are tender and flesh is pulling away from skin, 3 to 4 minutes.

**4** Using 2 spoons, remove 2 banana halves in one piece from peels. Place 2 halves in a bowl, top with ice cream and drizzle with caramel. Repeat with remaining bananas, ice cream and caramel.

PER SERVING: 558 Cal., 24g Fat (14g Sat.), 107mg Chol., 3g Fiber, 6g Pro., 86g Carb., 77mg Sod.

## Peanut Butter S'mores

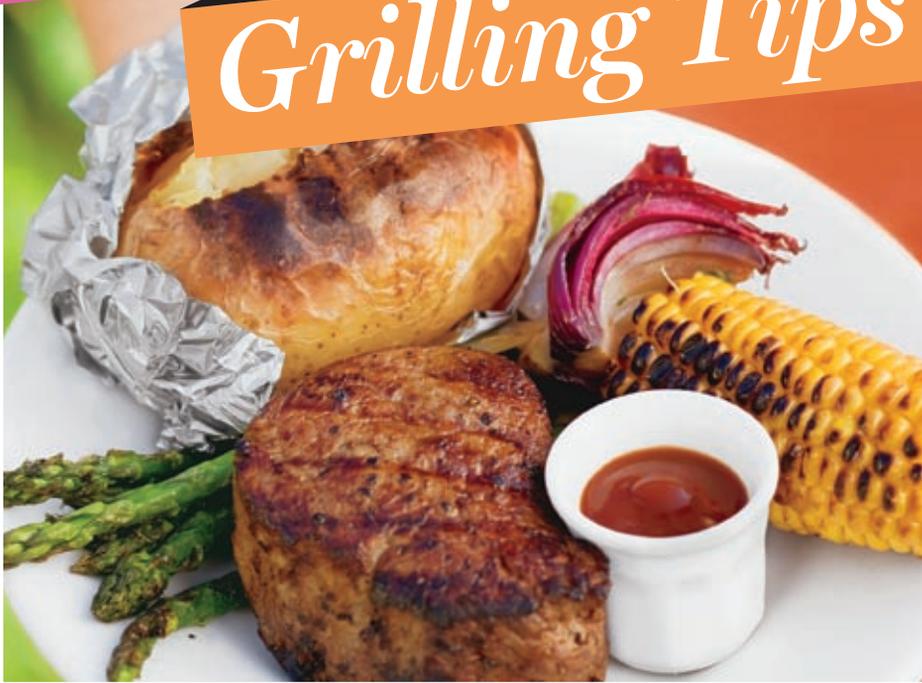
PREP: 5 min. COOK: 3 min. YIELD: 8 COST PER SERVING: 63¢

- 8 regular-size dark chocolate peanut butter cups (3.1 oz. total)
- 16 graham cracker squares
- 8 marshmallows

Preheat grill to high. Place a peanut butter cup on a graham cracker. Thread a marshmallow on a skewer; hold over grill until it has browned and softened, 2 to 3 minutes. Use another cracker to push marshmallow off skewer, onto peanut butter cup. Top with the cracker, pressing down. Repeat with remaining ingredients.

PER SERVING: 138 Cal., 5g Fat (1g Sat.), 1mg Chol., 1g Fiber, 2g Pro., 23g Carb., 125mg Sod.

# Grilling Tips



## EVERYDAY GRILL CARE AND MAINTENANCE AFTER COOKING...

### CHARCOAL

**GRILLS:** As soon as you're done cooking (while the coals are still hot), open the vents to let the grill burn for 15 minutes. Put on an oven mitt and clean



grates with a grill brush. Close vents and allow coals to burn out. Wait 24 hours, then remove grates, shovel out used charcoal, remove the ash catcher and dump it into a lidded metal can for disposal later. Replace grate.

MASTERFILE ROYALTY FREE

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### GAS GRILLS:

Turn the heat all the way up, close the lid and allow food to burn off for about 15 minutes. Turn off the gas and, while the grill is still somewhat hot, loosen any remaining food with a grill brush, moving in the direction of the grates. Once the grill is cool, scrape congealed grease out of the trap (it's the metal box under the burners) and scrub the trap with hot, soapy water.



Char-Broil TRU-Infrared Gourmet Grill, COURTESY CHAR-BROIL

### ELECTRIC

**GRILLS:** Unplug the grill. While it's still warm, use a wire brush (usually included with the grill) to remove food from the cooking surface; use a scraper on stubborn gunk. Wipe down the grill with a sponge, soap and water. Follow with a clean, damp cloth. Allow the grill to cool completely, then empty the drip tray into the sink or trash. Wash the tray with hot, soapy water. Dry with a paper towel and replace.



METRO ELECTRIC GRILL, COURTESY DIMPLEX NORTH AMERICA

## Avoid these cookout pitfalls

### ➔ COOKING PREMATURELY

When grilling with charcoal, allow 30 minutes for briquettes to glow red and become covered in white ash—then you can cook!

### ➔ OILING GRATES TOO SOON

Burned-on oil becomes sticky, gluing food to your grill: Wait until just before cooking to oil grates.

### ➔ CROSS-CONTAMINATING FOOD

If you want to use a marinade for meat as a sauce, boil it briskly for at least three minutes. Be careful to wash your platter and tongs after placing meat on the grill. Use an instant-read thermometer to ensure food is cooked through.

### ➔ KEEPING GRILL UNIFORMLY HOT

A superhot grill can turn food to carbon quicker than you can say barbecue. Keep one area of the grill for indirect heat by turning one burner to low, or having an area free of hot charcoal. Sear meat with direct heat, then remove to indirect to finish cooking.

### ➔ FLIPPING FOOD TOO EARLY

Don't panic when your chicken is sticking. Instead of scraping it off, wait an additional minute. Meat naturally releases once it's ready to turn. If it doesn't, the problem might be a dirty or poorly lubricated grill.

### ➔ FREQUENT FLARE UPS

Flare-ups are caused by dripping fat or sugar marinades. Using a plastic spray bottle, aim a jet of water at the problem spot. Or move food to indirect heat; it won't burn as easily.