

FIRE UP THE GRILL COOKBOOK

– DELICIOUSLY HEALTHY GRILLING RECIPES –



Enjoy more healthy recipes at www.healthEcooks.com

GRILLED PEACH SALAD

Make your first course the best course with a summery peach salad. Fresh berries, balsamic vinegar, and honey add a perfectly sweet tang that will keep you coming back for more.

6 large ripe peaches, *halved and pitted*
2 Tbsp balsamic vinegar
1 tsp grated fresh ginger
2 Tbsp honey
2 Tbsp fresh lime juice
 $\frac{3}{4}$ cup fresh raspberries
 $\frac{3}{4}$ cup fresh blackberries
Lime zest, *for garnish and if desired*

Preheat the grill to medium-high heat.

Arrange peach halves skin side up on the grill. Grill the peaches for approximately 1 to 2 minutes, then turn and grill for 2 to 3 minutes more. Remove from grill and allow to cool for 3 minutes. On a flat surface, arrange the peach halves flat side down. With a sharp knife, cut the peach halves into bite-size pieces.

Transfer the peaches to a large bowl and set aside.

In a small bowl, whisk the balsamic vinegar, ginger and honey. Pour the vinaigrette over the peaches. Sprinkle with the lime juice. Add the raspberries and blackberries. Toss lightly. Garnish with lime zest, if using. Serve immediately.

Yield: 6 servings | **Serving size:** 1¼ cups

Nutrition Facts (per serving): Calories: 104; Fat: 0; Saturated Fat: 0; Cholesterol: 0; Sodium: 0; Carbohydrates: 26g; Fiber: 5g; Protein: 0



GRILLED CORN ON THE COB

Healthy olive oil and a fragrant herb blend will make this gluten-free corn on the cob recipe a favorite summer side dish. Corn's mellow sweetness paired with nutmeg, pepper, and parsley makes for a one-of-a-kind flavor.

- 8 ears of corn, *with husks*
- 2 Tbsp olive oil
- 2 garlic cloves, *minced*
- 1 small onion, *finely chopped*
- ½ tsp nutmeg
- ¼ tsp black pepper
- 2 tsp chopped fresh parsley

In a large pot of cold water, soak the whole cobs for 15 minutes (the ears should be completely covered with water).

Lightly spray a grill rack with nonstick cooking spray. Preheat grill to medium heat.

In a small bowl, combine olive oil, garlic, onion, nutmeg, pepper and parsley. Remove corn from water and shake off any excess water. Pull husks back, but do not completely remove them. Remove and discard only the silk. Spread the olive oil mixture over the kernels. Rewrap the corn in the husks.

Grill the corn, turning frequently, about 20 to 30 minutes, or until corn is tender.

Remove corn from grill and let stand until cool enough to handle but still warm, about 10 minutes. Discard husks and stem ends from corn.

Yield: 8 servings | **Serving size:** 1 ear of corn

Nutrition Facts (per serving): Calories: 92; Fat: 4g; Saturated Fat: 1g; Cholesterol: 0; Sodium: 4mg; Carbohydrates: 15g; Fiber: 2g; Protein: 2g



GARLIC CHILI TURKEY BURGER

Bland, dry turkey is officially a thing of the past. Hoisin sauce, jalapeño and garlic give each bite of this juicy burger an irresistibly savory kick that is cooled with a light yogurt sauce. Skip the fat and savor the bold spices in this healthy burger recipe.

¼ cup red wine vinegar	2 scallions, <i>chopped</i>
1 tsp sugar	2 tsp grated fresh ginger
Black pepper to taste	2 garlic cloves, <i>minced</i>
¼ cucumber, <i>sliced into thin rounds</i>	2 tsp chopped jalapeño pepper
¼ red onion, <i>sliced thin</i>	¼ cup chopped fresh cilantro plus
¼ cup low-fat plain yogurt	¼ cup whole cilantro leaves
2 tsp chili garlic sauce	2 tsp olive oil
12 oz lean ground turkey	4 whole wheat burger buns
1 Tbsp hoisin sauce	Romaine lettuce leaves
2 Tbsp hot sauce	

In a medium bowl, whisk the vinegar, sugar and black pepper until the sugar is dissolved. Add the cucumber and onion, toss and marinate for 30 minutes.

Meanwhile, in a small bowl, combine the yogurt and 1 teaspoon of the chili garlic sauce.

In a large bowl, combine the turkey, hoisin sauce, hot sauce, scallions, ginger, garlic, jalapeño, chopped cilantro and the remaining 1 teaspoon chili garlic sauce. Form into 4 patties.

In a large nonstick skillet over medium heat, heat the oil until hot. Cook the patties, turning once, until the meat is no longer pink, about 3 to 4 minutes per side.

Drain the cucumber and red onion mixture and toss with the whole cilantro leaves.

Arrange a burger patty on each bun and top with yogurt sauce, lettuce leaves, and cucumber and red onion mixture.

Yield: 4 servings | **Serving size:** 1 burger

Nutrition Facts (per serving): Calories: 317; Fat: 11g; Saturated Fat: 2g; Cholesterol: 63mg; Sodium: 577mg; Carbohydrates: 27g; Fiber: 3g; Protein: 21g



BEEF & PINEAPPLE KEBABS

Perfect for a summer cookout, this flavorful, protein-rich beef kebab recipe boasts a uniquely sweet and savory taste courtesy of fresh cubed pineapple. A tamari-lime marinade makes for tender meat and enticingly tropical flavor.

2 tsp fresh lime juice	1 tsp ground cumin
2 tsp freshly grated lime zest	1 tsp black pepper
2 Tbsp tamari	2 lbs beef tenderloin, <i>cut into 2-inch cubes</i>
2 Tbsp fish sauce	3 green bell peppers, <i>cut into 2-inch pieces</i>
4 garlic cloves, minced	1 lb fresh mushrooms, <i>stems removed</i>
2 tsp minced fresh ginger	3 pints cherry tomatoes
2 tsp brown sugar	1 fresh pineapple, <i>peeled, cored and cubed</i>
2 tsp ground turmeric	Chopped scallions, <i>for garnish (optional)</i>
1 tsp ground coriander	Sesame seeds, <i>for garnish (optional)</i>

In a bowl, combine the lime juice, lime zest, tamari, fish sauce, garlic, ginger, brown sugar, turmeric, coriander, cumin and black pepper and stir to combine. In a shallow baking dish, arrange the beef cubes and cover with the marinade. Turn to coat. Cover and marinate in the refrigerator for up to 2 hours.

Using 16 metal skewers, or soaked wooden skewers, thread the beef, bell peppers, mushrooms, cherry tomatoes and pineapple in alternating rows.

Lightly spray a grill pan with nonstick cooking spray and heat over medium heat. Grill the beef kebabs for 3 to 5 minutes on each side, or until seared and cooked through. Garnish with the scallions and sesame seeds, if desired.

Yield: 8 servings | **Serving size:** 2 kebabs

Nutrition Facts (per serving): Calories: 307; Fat: 7g; Saturated Fat: 3g; Cholesterol: 75mg; Sodium: 499mg; Carbohydrates: 23g; Fiber: 2g; Protein: 34g



GRILLED CHIMICHURRI CHICKEN

Enjoy this Argentinian chicken classic loaded with zesty chimichurri sauce. Smoky grilled breast is topped with an irresistible blend of garlic, parsley, and red wine vinegar — leftover chimichurri sauce can be refrigerated for up to two weeks.

Chimichurri Sauce:

¼ cup olive oil
1 Tbsp red wine vinegar
½ cup chopped fresh parsley
¼ cup chopped fresh cilantro
3 garlic cloves, minced
1 small red chili pepper,
seeded and finely chopped
½ tsp dried oregano
⅛ tsp salt
Black pepper to taste

Grilled Chicken:

1 tsp ground cumin
¼ tsp ground coriander
⅛ tsp salt
¼ tsp black pepper
4 (4 oz) boneless, skinless chicken breasts, *pounded*

Chimichurri Sauce:

In a bowl, combine the oil, vinegar, parsley, cilantro, garlic, chili pepper, oregano, salt and black pepper. Set aside at room temperature for 10 minutes or up to 2 hours.

Grilled Chicken:

Preheat a grill to 425° over medium-high heat.

In a small bowl, combine the cumin, coriander, salt and black pepper.

Brush both sides of the chicken with 1 tablespoon of the chimichurri sauce. Rub the chicken evenly with cumin mixture.

Grill the chicken until it registers 165° on a meat thermometer, about 4 minutes per side. Serve the chicken topped with the remaining chimichurri sauce.

Yield: 4 servings | **Serving size:** 4 oz chicken

Nutrition Facts (per serving): Calories: 236; Fat: 15g; Saturated Fat: 2g; Cholesterol: 65mg; Sodium: 223mg; Carbohydrates: 0; Fiber: 0; Protein: 26g

