

SIZZLING SUMMER RECIPES

Meat Safety Temperatures:

Poultry _____

Beef, Lamb, Steak, Pork _____

4 Steps of Food Safety

1. _____ 2. _____ 3. _____ 4. _____

Saturated Fats ,Trans Fats, Cholesterol and Triglycerides increase your risks of:

1. _____ 2. _____ 3. _____ 4. _____

What menu item is described below

Nutrition Facts	
Amount Per Serving	
Calories	411.1
Calories from Fat	193.1
Fat	21.5 g
Saturated Fat	7.5 g
Polyunsaturated Fat	2.1 g
Monounsaturated Fat	9.3 g
Cholesterol	67.8 mg
Sodium	727.1 mg
Potassium	386.6 mg
Carbohydrate	30.1 g
Dietary Fiber	3.8 g
Protein	23.3 g

- A: McDonalds McDouble
- B: Home Grilled Cheese Burger
- C: Porterhouse Steak

What are some good alternatives to home grilled cheeseburgers?

1. _____ 2. _____ 3. _____ 4. _____

What are some tasty ways in which vegetables can be prepared for meals?

1. _____ 2. _____ 3. _____ 4. _____

Which is healthier?

Homemade Potato Salad

Amount Per Serving		% Daily Value*	
Serving Size 250 g			
Calories	357	Calories from Fat	184
Total Fat	20g		32%
Saturated Fat	4g		18%
Trans Fat			
Cholesterol	170mg		57%
Sodium	1322mg		55%
Total Carbohydrate	28g		9%
Dietary Fiber	3g		13%
Sugars			
Protein	7g		

Grilled Potato Salad

Servings: 1 1 cup			
Calories	250	Sodium	0 mg
Total Fat	16 g	Potassium	0 mg
Saturated	1 g	Total Carbs	25 g
Polyunsaturated	0 g	Dietary Fiber	2 g
Monounsaturated	0 g	Sugars	2 g
Trans	0 g	Protein	3 g
Cholesterol	0 mg		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	0%

Your Notes:



Grilled Tacos with Avocado 'Crème' and Red Cabbage Slaw

RED CABBAGE SIMPLE SLAW

Ingredients:

½ cup very thinly sliced red cabbage
1-2 teaspoons rice vinegar
1-2 teaspoons lime juice
a few pinches of salt
splash of agave (optional)

Directions:

Mix together. Let sit, chilling in fridge for 15-20 minutes or until you're ready to serve. Taste and adjust.



AVOCADO CASHEW CREAM (makes about 1 cup)

Ingredients:

½ cup raw, unsalted, cashews, soaked for at least 1 hour
½ cup water
Juice of 1 lime (a few tablespoons)
1 small avocado
pinches of salt
½ roasted jalapeño
splash of white wine vinegar

Directions:

Blend in a high speed blender. Taste and adjust. Chill in fridge for 15-20 minutes, or until you're ready to serve. Leftovers will be good for 2 more days. If it gets thick, thin it by stirring in some water.



MARINATED & GRILLED TOFU TACOS

Ingredients:

Extra Firm Tofu, sliced into ¼ inch cubes
3 tablespoons olive oil
Juice & Zest of 1 lime
1 garlic clove, minced
½ teaspoon agave
¼ teaspoon onion powder
¼ teaspoon paprika
¼ teaspoon chipotle
¼ teaspoon cumin
salt, pepper (to taste)



Directions:

- > Sprinkle tofu slices with a generous amount of salt, place it between 2 towels and put something heavy on it (a few heavy books or a large pot with some cans it will do).
- > Let it sit for 20-30 min or so to drain out some of the moisture. Mix the marinade together. After pressing the tofu, cut into rectangles and place it in a dish that has edges – and one that's large enough for the tofu to fit in one layer. Pour on marinade, flip tofu to coat both sides. Use the same process if using other source of protein. Let sit for as long as it takes to prepare everything else. Grill tofu 1-2 minutes per side – a grill pan is just fine if you don't have an outdoor grill. Grill meat until it reaches safe internal temperature.
- > Remove from heat, and pour on the remaining marinade for extra flavor.

Note: You can use chicken, beef, fish for this recipe. Don't reuse the marinade if you're doing this with fish or meat.

GRILLED HERB GARDEN PIZZA

Ingredients:

Dough
Garlic oil 1 clove of garlic + ¼ cup olive oil)
Fresh mozzarella cheese
Sliced tomatoes (1-2 small tomatoes per pizza)
Thyme, Sage, Basil and Parsley



Directions:

- > Heat your grill (or grill pan) to medium-high heat. If you're using an indoor grill pan, also preheat your oven broiler – if you want bubbling cheese, you will have to finish it in the oven.
- > Roll out your pizza dough with a bit of flour so that it's not super-sticky (you don't want it to completely stick to the grill).
- > Brush dough with a bit of the garlic oil and place on the hot grill. The time you will grill each side will depend on how thin you have rolled out your dough. I grilled mine for 4-5 minutes per side. Using grill-safe tongs, you can slightly lift up a corner to look and see if black grill marks are starting to form. Once the first side has nice black grill marks, flip it over.
- > *From here you have two choices:* If you're using an outdoor grill, place toppings on the already-cooked side of the dough and shut the top of the grill until the dough is cooked through. Note: When using chicken, beef, or fish as toppings, make sure they are cooked thoroughly prior to adding them to the dough.
- > If you're using a grill pan, finish grilling the second side of the dough. Remove and place on a baking sheet. Place your toppings on the pizza and broil it in the oven for another 3-5 minutes, or until cheese is bubbling.

MINI GRILLED CHEESES

BASIL & ARUGULA PESTO

Ingredients:

1 ½ packed cups basil
1 ½ packed cups arugula
1/3 cup toasted walnuts
1 garlic clove
1 teaspoon miso
1 tablespoon lemon juice
2 tablespoons olive oil
1 teaspoon honey or agave
pepper to taste

Directions:

In a food processor, blend all pesto ingredients together except the olive oil. After everything is combined, drizzle in olive oil while the food processor is running. Taste and adjust. Set aside.

ASSEMBLE THE SANDWICH:

Ingredients:

Mini ciabatta rolls or another bread of your choice
Fresh mozzarella slices (1 big slice per mini-sandwich)
A few sundried tomatoes, chopped

Directions:

- > On one side of ciabatta roll, spread generous amount of basil & arugula pesto (or store bought pesto). Place chopped sundried tomatoes on pesto.
- > Place 1 big slice per mini-sandwich on other side of ciabatta roll. On top of mozzarella, place balsamic mushroom and caramelized onion.
- > Grill these open faced – the side with the cheese longer (so the cheese could sufficiently melt), the side with the pesto, not as long (so the pesto wouldn't dry out or become bitter), and then put the 2 sides together, pressing down gently to get them to stick.

CARAMELIZED ONIONS

Ingredients:

Sliced yellow onion
Splash of olive oil
Splash of balsamic
Splash of honey or agave
Pinches of salt

Directions:

In a medium sized skillet, heat oil over medium heat. Add onions and salt and sauté until translucent. Add balsamic and honey (or agave) and sauté until they cook down and are brown and caramelized (about 4 more minutes). Set aside.

BALSAMIC MUSHROOMS

Ingredients:

Splash of olive oil
Splash of balsamic
Pinches of salt

Directions:

In a separate medium sized skillet heat oil over medium heat. Add mushrooms and a few pinches of salt and cook down for 5 minutes or so, careful to not burn them to the bottom of the pan. Add a splash of balsamic to deglaze. Cook until they're browned and wilted down. Set aside.



CILANTRO-LIME MARINATED VEGGIE KABOBS WITH BARLEY KALE SALAD

Ingredients:

Assorted Summer Vegetables:
Zucchini, yellow squash, Cherry Tomatoes, Onions,
Jalapeño Peppers, Sweet Red Peppers

For the Marinade:

Juice from 2-3 limes, depending on size
2 tablespoons honey
2 tablespoons olive oil
½ teaspoon salt
⅓ cup cilantro, minced

Salad:

a couple handfuls of kale
½ cup barley



Directions:

- > Anywhere from an hour up to a day** before, cut up veggies in to rough 1" pieces. Whisk together marinade. In a large dish, like a 9×13 pan, toss together veggies and marinade. Since I don't give you exact measurements on the veggies- you may have to make adjustments to the marinade, just whip up a little more if need be. Cover and refrigerate until ready to use.
- > One hour before, soak up to 6 wood skewers in water.
- > In a pot, cover barley with two inches of water. Bring to a boil, reduce to heat slightly, and let cook until barley is tender (but will still be slightly chewy.) Set aside.
- > When ready to cook, light the grill. Carefully thread veggies on to skewers in the order you choose. Grill until veggies are your desired "doneness" (i.e. charred or just browned).
- > While kabobs are on the grill. Roughly chop kale. Toss kale and cooked barley with the left over marinade. Place on a plate and serve with 1-2 veggie kabobs.

Notes: You want enough veggies to cover 4-5 skewers. I used one small zucchini, one small summer squash, ½ onion, 1 jalapeño, 1 red pepper, 10 cherry tomatoes **I usually prep the veggies the night before and let it sit until the next day.

GRILLED CORN AND TOMATO FETTUCCINE

Ingredients:

1 pound whole wheat fettuccine
4 large ears of corn
3 vine tomatoes, cut in half
1 green pepper, seeded and sliced
2 garlic cloves, minced
¼ cup + 3-4 tablespoons olive oil
¼ cup parmesan cheese
salt and pepper to taste



Directions:

- > Preheat the grill on the highest setting. Remove most of the husk from each ear of corn and brush with olive oil and season with salt and pepper. You can leave it in the husks, but I choose to wrap it in one layer of aluminum foil, leaving a bit loose so I can check to see if the corn is charring. Lay corn on the grill on direct heat and cook on each side for about 5-6 minutes before rotating – overall the corn usually takes us about 30 minutes for the char we like.
- > After adding corn to the grill, slice tomatoes in half. Brush with olive oil and season with salt and pepper, and then lay on the grill cut side down. I do NOT seed or juice my tomatoes and love the end result, but as a warning, they will stick to the grill a bit. Cook for 5 minutes before rotating. Repeat the same (oiling, salt/pepper) with the green pepper and grill. That green pepper and tomatoes should take about 6-8 minutes to grill, but it is up to you and dependent on the level of char you like.
- > Boil water and prepare pasta according to directions. In a large bowl, whisk together ¼ cup olive oil, parmesan cheese and garlic. Add fettuccine to the bowl and toss to coat. Season with salt and pepper.
- > Once corn is finished, unwrap and let cool for a few minutes. When cool enough to touch, slice corn off the cob using a sharp knife. Slice grilled tomatoes into wedges. Add corn, tomatoes and green peppers to pasta. Top with additional parmesan cheese. (serves 2-4)

GRILLED PORTOBELLO AND PEACH BURGER

Ingredients:

6 Portobello mushrooms
6 peaches
6 burger buns of your choice
100 g fresh pea sprouts
5 small roman tomatoes, sliced
5 small spring onions, sliced
olive oil
salt & pepper

For the Marinade:

4 tbsp olive oil
2 fresh rosemary sprigs
1 tbsp fresh thyme
2 garlic cloves
1/2 lemon
salt & pepper



Directions:

- > **Making the marinade:** Pour olive oil in a small bowl. Add one chopped rosemary sprig, chopped thyme, mashed garlic, freshly squeezed lemon juice and salt and pepper to taste. Stir around. Use the other rosemary sprig to brush the mushrooms and peaches with the marinade. When the grill is ready, grill the Portobello and peaches for about 3 to 4 minutes on each side, while you use the rosemary stick to brush the marinade over them one more time.
- > **Assembling the burger:** Slice the buns in halves. Let them get some color on the grill. When done, place a big dollop of guacamole on the bottom bun, and add pea sprouts, tomatoes, spring onion, one Portobello mushroom and two peach halves. Add the top of the bun, and insert a stick to hold it all together. Enjoy!

GRILLED POTATO SALAD

Ingredients:

10 medium-sized new potatoes, quartered
3-4 small yellow summer patty pan squash, cut in half
1 bunch of green onions or spring onions
A big splash of olive oil
2 lemons, cut in half
1/4 cup rice vinegar
1/4 cup olive oil
Clove of garlic, mashed and chopped
A couple drops of toasted sesame oil
Salt to taste
1/2 a head of lettuce, cut into bite sized pieces



Directions:

- > Toss the potato wedges, squash, and green onions with a bit of olive oil and a pinch of salt. Place them on a medium-hot grill. Place the lemons on the grill as well, cut side down. Grill for 10-20 minutes or until golden and cooked through - moving around the grill if needed and flipping to get color on all sides. The squash will likely cook faster than the potatoes, remove pieces and place on a platter when they are done grilling.
- > While everything is grilling, whisk together the rice vinegar, olive oil, garlic, sesame oil, and a couple pinches of salt. When the onions come off the grill, let them cool for a couple minutes and then cut into 1/2-inch segments. Set aside.
- > Toss the lettuce with a splash of the dressing, and turn it out onto a large platter. Now toss the vegetables (but not the lemons) with a big splash of the dressing and arrange it on top of the lettuce sprinkled with the reserved grilled green onion segments. Garnish with the lemon (which I like to squeeze over my salad just before eating for an added layer of extra mellow tang that goes great with the potatoes. (Serves 6 (or so) as a side).

BALSAMIC GRILLED VEGETABLES

Ingredients:

2 Portobello Mushrooms, chopped into 1 inch pieces
12 ounces Green Beans, cut in half
8 ounces Cherry Tomatoes
1 Red Onion, cut into bite sized chunky pieces
A handful of Garlic Cloves, skins removed
A few splashes of Olive Oil
A few splashes of Balsamic Vinegar
Garlic Salt to taste
Smoked Paprika to taste
Black Pepper to taste



Directions:

- > Pre-heat your grill (I use a gas grill) to medium high heat. Toss all your chopped vegetables in a large bowl with enough oil and balsamic for an even thin coating. Put them in your grill basket. Grill with the lid closed for about 15-20 minutes until the veggies are slightly charred and cooked to your liking. Toss every few minutes to ensure that they are not burning and they cook on all sides.

Notes: Grilled vegetables are more a cooking method than anything that would require precise measurements. Feel free to experiment with all kinds of veggies. Just be sure to watch closely, denser ones will take longer to cook. If you find certain ones are quick grillers, then prepare your selections in batches. Also, chop vegetables so they are relatively similar sizes. Use whatever you have on hand. Zucchini, asparagus, bell pepper, squash, etc. would be great too. (Serving size: 1/2-1 cup per person/ yield: ~10 cups)

GRILLED SWEET POTATOES WITH CHERRY SALSA

Ingredients:

For the Sweet Potatoes:

3 small-medium sweet potatoes, sliced
1 1/2 tablespoons olive oil
zest and juice of 1 lime
1 teaspoon ground cumin
1/2 teaspoon ground chipotle powder, to taste
Pinch of chili flakes
Salt and pepper

For the Cherry salsa:

Heaped cup of 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 to taste



Directions:

- > 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 or large bowl.
- > 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 grill pan 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. (Serves: 4)

Note: You kind of have to par-boil or par-steam the sweet potatoes before grilling. It's about 5 minutes of stove steaming.

GRILLED BRUSSELS SPROUTS

Ingredients:

12 small to medium Brussels Sprouts
1-2 tablespoon olive oil
½ - 1 teaspoon kosher salt
½ - 1 teaspoon cracked black pepper
½ - 1 teaspoon onion powder
½ - 1 teaspoon garlic powder
½ - 1 teaspoon celery salt
1 handful crumbled bacon (optional)
1 teaspoon lemon zest (optional)
1 tablespoon parmesan cheese grated or shredded (optional)



Directions:

- > First, clean the sprouts. Trim the cut ends back without interfering with the leaves, and peel any withered leaves off the bulb. Score the bottoms; one cut will suffice. Then place the sprouts in boiling, salted water for no more than five minutes.
- > Drain, drizzle with oil and toss in a bowl with the salt, pepper, onion powder, garlic powder and celery salt. When the sprouts are nice and coated, place on a hot grill (but keep the bowl handy), turning every four minutes for a total of twelve minutes. Remove from the grill back to the seasoning bowl and toss to coat with any remaining seasoning.
- > If desired, add any or all of the optional ingredients. Serves 2.

GRILLED CABBAGE WEDGES WITH SPICY LIME DRESSING

Ingredients:

1 head of cabbage
Canola oil

For the Lime Dressing:

¼ cup fresh lime juice
¼ cup extra-virgin olive oil
1 teaspoon fish sauce
2 garlic cloves
¼ cup cilantro leaves
½ teaspoon salt
½ teaspoon cayenne
½ teaspoon sugar



Directions:

- > Preheat grill. In the bowl of a food processor or blender combine the lime juice, olive oil, fish sauce, garlic, cilantro, salt, cayenne and sugar and pulse or blend until the sauce is pale orange color in color. Set aside.
- > Remove the loosest, toughest outer leaves from the cabbage; cut into 8 evenly sized wedges. Do not remove the stalk or inner core. Lightly brush the wedges with canola oil.
- > Place the wedges on the grill and cover. Cook for 5 to 7 minutes or until the edges of each layer are blackened and the cabbage is beginning to soften. Flip each wedge over, cover the grill, and cook for an additional 5 to 7 minutes on the other side. Remove the cabbage when it is beginning to wilt, but is still firm in the middle. If necessary, turn the heat down or move the wedges to a cooler part of the grill so they don't burn. Don't be afraid of the blackened edges; you want a lot of grill and char marks on the cabbage.
- > Take the cabbage off the grill and place on a serving plate. Pour the dressing over the top of the cabbage and serve immediately with wedges of lime.