

TIPS FOR HEALTHY GRILLING

EASY RECIPES

Grilled Shrimp Kabobs

- Mix together a tablespoon of minced ginger, two cloves of minced garlic, the zest and juice of one lime, a tablespoon of sesame or olive oil, a tablespoon of honey, a tablespoon of soy sauce, and a dash of sriracha or other hot sauce to taste.
- Marinate peeled and deveined shrimp in the above mixture for at least ten minutes.
- Skewer the shrimp and cook on the grill for about three to four minutes per side.

Zucchini Ribbons

- Slice zucchini lengthwise to get long ribbons, about a quarter of an inch thick.
- Marinate the ribbons in a mixture of olive oil, chopped fresh parsley, lemon juice, garlic powder, and salt and pepper.
- Grill the zucchini over medium or low heat for a couple minutes on each side.

Sweet Potato Fries

- Cut sweet potatoes into wedges.
- Rub the wedges with olive oil and sprinkle with salt and pepper.
- Cook directly on the grill, turning after four or five minutes.
- Sprinkle the cooked wedges with a little garlic salt and grated parmesan cheese.

Caprese Salad

- Slice tomatoes, about a half-inch thick.
- Slice balls of fresh mozzarella to the same thickness.
- Lightly chop fresh basil.
- Layer tomatoes, mozzarella, and basil.
- Drizzle with extra virgin olive oil and balsamic vinegar and add salt and pepper.

Strawberry Green Salad

- Toss baby salad greens with olive oil, apple cider vinegar, and salt and pepper.
- Add sliced strawberries, cucumber slices, feta cheese, and almonds.

Grilled Pineapple

- Peel and core a fresh pineapple then slice into one-inch thick rings.
- Mix together $\frac{3}{4}$ cup tequila, $\frac{1}{2}$ cup brown sugar, one teaspoon of vanilla, and a $\frac{1}{2}$ teaspoon of cinnamon.
- Put pineapple slices on the grill and baste with the mixture.
- Cook for about ten minutes on each side and continue basting.