

HEALTHY SUMMER EATING

Grilling Recipes



Southwestern Corn Salad

Makes 4 servings

8 ears fresh corn, in husks
1 red bell pepper, diced
1 green bell pepper, diced
1 red onion, chopped
1 cup chopped fresh cilantro
1/2 cup olive oil
4 cloves garlic, minced
3 limes, juiced
1 tsp white sugar
1 tbsp hot sauce
Salt and pepper, to taste

Add corn to a pot with enough water to cover the corn. Soak for 15 minutes.

Preheat grill on high heat. Remove silks from the corn, but leave husks intact.

Place corn on the grill. Cook, turning occasionally, for 20 minutes or until tender. Remove from heat and cool slightly. Remove and discard husks.

Cut corn kernels from the cob and add them to a medium-sized bowl. Add bell peppers and onion. Mix to combine.

Add cilantro, oil, lime juice, sugar, salt, pepper, and hot sauce to a blender. Blend until smooth. Pour over vegetables and stir to combine.

Cal 223 | Fat 14.7g | Protein 3.7g | Sodium 356mg



Grilled Zucchini

Makes 4 servings

1 tbsp lemon juice
1 tsp lemon zest
3 tbsp extra-virgin olive oil, plus more for brushing zucchini
1/4 cup chopped fresh basil leaves
2 tbsp capers, rinsed, dried, and roughly chopped
4 medium zucchini, sliced into 1/2" disks
Kosher salt and freshly ground black pepper, to taste

To make the vinaigrette, add lemon juice, olive oil, basil, and capers to a bowl. Whisk to combine and season with salt and pepper. Set aside.

Heat grill to high for at least 10 minutes. Clean and oil the grilling grate.

Brush the zucchini with olive oil on both sides, and season with salt and pepper. Add zucchini to hot grill and cook, covered, until well-browned on one side (4-5 minutes). Flip and cook, covered until well-browned and tender (3-4 minutes.)

Transfer zucchini to a serving platter. Spoon vinaigrette on top. Serve warm.

Cal 126 | Fat 11g | Protein 3g | Sodium 117mg



Pesto Shrimp Skewers

Makes 7 servings

1 cup fresh basil leaves, chopped
1 clove garlic
1/4 cup grated parmesan cheese
3 tbsp olive oil
1 1/2 lbs. (weight after peeled) jumbo shrimp, peeled and de-veined
Salt and pepper, to taste

Be sure to have 7 skewers (wood or metal) on hand!

In a food processor, pulse basil, garlic, cheese, salt, and pepper until smooth. Slowly add the olive oil while pulsing.

Add the raw shrimp to a bowl and pour in the pesto. Cover and marinate in the fridge for 2-3 hours.

If using wooden skewers, soak in water for at least 20 minutes to prevent them from burning on the grill. Thread shrimp onto the skewers.

Heat grill to medium-low. Spray grates lightly with oil. Place shrimp onto hot grill and cook until pink on the bottom (3 minutes). Flip and cook until opaque and cooked through (3 minutes).

Cal 180 | Fat 8.4g | Protein 25g | Sodium 292mg



Portobello Burgers

Makes 4 servings

- 1 tbsp each olive oil and balsamic or red wine vinegar
- ½ tsp dried basil
- 4 medium portobello mushrooms, wiped clean
- 1 large red bell pepper, seeded and cut into wide strips
- 1 medium red onion, sliced into thick rings (do not separate)
- 4 multigrain buns
- 1 cup whole baby spinach leaves

For Chickpea Spread:

- 1 cup canned chickpeas, drained and rinsed
- 2 tbsp low-fat sour cream
- 2 tbsp minced onions
- 1 tbsp chopped, fresh cilantro
- 2 cloves garlic, minced
- 2 tsp lemon or lime juice
- 1 tsp brown sugar
- ¾ tsp ground coriander
- ½ tsp ground cumin

To make chickpea spread, combine all ingredients in a blender or food processor and whirl until smooth. Refrigerate until ready to use.

In a small bowl, combine olive oil, vinegar, and basil. Brush oil mixture on all sides of the vegetables.

Heat grill to medium and brush with oil to prevent sticking. Cook mushrooms and vegetables for 3-4 minutes per side, or until caramelized and deep golden brown. Brush remaining marinade over vegetables several times as they cook.

To serve, line bottom of the bun with spinach leaves. Place one whole mushroom over top. Spread chickpea mixture over the mushroom. Top with peppers and onions. Serve immediately.

Cal 267 | Fat 6.8g | Carb 45g | Protein 10.4g | Fibre 4g | Sodium 423mg

[Sources](#) Images by freepik



BBQ Chicken

Makes 4 servings

- 5 tsp sweet paprika
- 4 tsp brown sugar
- 3 tsp kosher salt
- 2 tsp freshly ground black pepper
- 1 tsp garlic powder
- 6 (6-oz) skinless, boneless chicken breasts
- 2 tbsp extra-virgin olive oil or melted unsalted butter
- 1 tsp smoke seasoning (like Hickory Liquid Smoke)
- 1 cup barbecue sauce

To make the rub, combine the first 5 ingredients in a bowl. You will need 1½ to 2 tablespoons of rub for this recipe. The rub will keep for several weeks stored in a sealed jar.

Sprinkle the rub over the chicken on both sides. Arrange the chicken in a baking dish, cover with foil, and refrigerate for 20 minutes.

To make the basting mixture, combine oil and smoke seasoning in a small bowl and whisk.

Grill the chicken on high for 4-6 minutes per side or until browned. Begin basting the chicken after the first 2 minutes of cooking and baste several times while cooking.

Transfer the chicken to a plate and serve with BBQ sauce and a fresh salad.

Cal 303 | Fat 12g | Protein 36g | Sodium 973mg

