



Liven Up Your BBQ Recipes

Grilled Romaine Lettuce

Grilling lettuce is a simple way to infuse flavor and transform your salads.

Ingredients:

- 2 heads of romaine lettuce, cut in half vertically
- 1 ½ tablespoons olive oil
- Black pepper to taste
- 1 lemon, cut in half



Instructions:

1. Make sure grates of grill are clean and turn to medium high.
2. Brush lettuce halves liberally with 1 1/2 tablespoons olive oil, cut side and back side.
3. Grill for 3 minutes, cut side down, pressing with your tongs to make sure the lettuce gets a good sear. Flip and grill for 2 more minutes.
4. Remove from grill. Season with 4 grinds of fresh black pepper for each half. Then squeeze fresh lemon juice over each half.
5. Serve whole or chopped up with choice of dressing.

Nutrition facts per serving (yields 4 servings):						
Calories: 102	Fat: 6 g	Carb.: 11.5 g	Protein: 3.8 g	Fiber: 7.1 g	Sugar: 4 g	Sodium: 25 mg

Recipe and picture adapted from: <https://heartbeetkitchen.com/grill-lettuce-video-italian-grilled-romaine-salad/>

Grilled Summer Fruit Skewers

Take summer fruits to a new level at your next cookout by throwing them on the grill!

Ingredients:

- 6 peaches, sliced into wedges
- 1 pint strawberries, halved
- 1 pineapple, cubed
- 8 skewers, soaked in water for 20 minutes
- Extra-virgin olive oil
- Optional: Honey



Instructions:

1. Preheat grill to medium-high. Thread peaches, strawberries, and pineapple onto skewers.
2. Lightly brush with olive oil to prevent sticking.
3. Grill for 10 -12 minutes, turning occasionally, until fruit is tender and slightly charred.
4. Drizzle with honey, if desired, and serve.

Nutrition facts per serving (yields 8 servings):						
Calories: 98	Fat: 1 g	Carb.: 22 g	Protein: 1 g	Fiber: 4 g	Sugar: 19 g	Sodium: 20 mg



Garlic-Skewered Shrimp

This recipe features a combination of herbs and spices that is not shy on flavor but saves on time.

Ingredients:

- 12-16 large whole garlic cloves
- 3 large garlic cloves, minced
- 2 pounds large or jumbo shrimp (prawns)
- 1/4 cup olive oil
- ¼ cup tomato sauce (pureed tomatoes)
- 2 tablespoons balsamic vinegar
- 2 tablespoons chopped fresh basil or 1 ½ tsp. dried
- ½ teaspoon salt
- ¼ teaspoon cayenne pepper

Instructions:

1. Drop the whole garlic cloves into a saucepan of rapidly boiling water and blanch for 3 minutes. Drain well and set aside.
2. Peel and devein the shrimp. In a large bowl stir together the oil, tomato sauce, vinegar, basil, minced garlic, salt and cayenne pepper. Add the shrimp and toss to coat evenly. Cover and refrigerate for about 30 minutes, tossing once or twice.
3. Prepare a fire on the grill. Position the oiled grill rack 4-6 inches above the fire. Remove the shrimp from the marinade. There will be a little bit of marinade remaining in the bowl, reserve it. Thread the shrimp and garlic cloves alternately onto the skewers as follows: bend each shrimp almost in half, so that the large end nearly touches the smaller end. Insert the skewer just above the tail, so that it passes through the body twice. Follow each shrimp or two with a garlic clove.
4. Arrange the skewers on the rack. Grill, turning them frequently and brushing two or three times with the reserved marinade, until the shrimp become pink, 6-8 minutes.

Nutrition facts per serving (yields 4 servings):						
Calories: 430	Fat: 12 g	Carb.: 9 g	Protein: 11 g	Fiber: 1 g	Sugar: 2 g	Sodium: 300 mg

Recipe adapted from: William-Sonoma

Lemon and Herb Marinade

This recipe is great for fish or poultry, featuring fresh herbs and spice, but none of the salt found in typical marinades.

Ingredients:

- ¼ cup freshly squeezed lemon juice (1-2 lemons)
- Zest from one lemon
- 6 tablespoons olive oil
- 1 tablespoon minced garlic
- 3 tablespoons minced fresh thyme
- 3 tablespoons minced fresh chives
- 2 tablespoons minced fresh basil or rosemary
- ¼ teaspoon red pepper flakes

Instructions:

1. In a small bowl whisk together all marinade ingredients.
2. Once ready to prepare your choice of meat/fish/poultry, use about 1 tablespoon of marinade per 4 ounce portion and store in re-closeable plastic bag. Let sit in refrigerator at least 30 minutes.
3. Season with pepper before cooking.
4. Marinade can store for up one week in refrigerator. Any marinade that has come in contact with raw protein must be discarded.

Nutrition facts per serving (yields 12 servings):



Calories: 40	Fat: 0 g	Carb.: 8 g	Protein: 0 g	Fiber: 1 g	Sugar: 6 g	Sodium: 270 mg
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Recipe adapted from <https://www.sunkist.com/recipes/sunkist-meyer-lemon-herb-marinade/>

Seasoned Sweet Potato Wedges

Subbing regular fries for sweet potato fries not only adds color, but more fiber and vitamin A

Ingredients:

- 2 large sweet potatoes, peeled
- 2 teaspoons smoked paprika
- ½ teaspoons kosher salt
- ½ teaspoon ground black pepper
- 1 teaspoon ground cumin
- ½ teaspoon ground coriander
- 2 tablespoons olive oil



Instructions:

1. Prepare grill for direct cooking over medium heat (350 - 400 degrees F). Place perforated grill pan on grill to preheat.
2. Combine all ingredients except sweet potatoes in medium sized bowl.
3. Scrub potatoes under cold water and then dry them with paper towels. Cut the potatoes into 4" x 1/2" x 1/2" sticks. Place in bowl with seasoning, drizzle olive oil over them and toss to combine.
4. Spread the potatoes in a single layer on the grill pan and grill over direct medium heat, with lid closed until they are tender when pierced with a knife. This should take about 12 -15 minutes, turning occasionally to brown on all sides.

Nutrition facts per serving (yields 4 servings):						
Calories: 123	Fat: 7 g	Carb.: 14 g	Protein: 1 g	Fiber: 2 g	Sugar: 2 g	Sodium: 300 mg

Recipe and picture adapted from: <https://gimmesomegrilling.com/seasoned-sweet-potato-wedgesseasoned-grilled-sweet-potato-wedges/#wprm-recipe-container-1844>

Sweet & Spicy Cilantro Slaw

Coleslaw is a cookout staple, and this recipe does not shy away from spice and flavor!

Ingredients:

- 1 bag coleslaw mix (or 4 cups of shredded cabbage)
- ½ cup roughly chopped fresh cilantro
- 2 tablespoons fresh lime juice
- 1 tablespoon white wine vinegar
- ½ teaspoon cumin
- 1 tablespoon honey
- ¼ to ½ teaspoon hot sauce
- ½ teaspoon kosher salt



Instructions:

1. In a medium bowl whisk together all of the dressing ingredients until well combined.
2. Add coleslaw mix and cilantro, stir until well combined. Adjust salt to taste. Refrigerate until ready to use.

Nutrition facts per serving (yields 4 servings):						
Calories: 45	Fat: 0 g	Carb.: 15 g	Protein: 2 g	Fiber: 3 g	Sugar: 12 g	Sodium: 135 mg

Recipe and picture adapted from www.virtuallyhomemade.com/2014/07/easy-sweet-and-spicy-mexican-cole-slaw.html#more



Summer Chickpea and Black Bean Salad

This recipe features legumes, vegetables and lots of flavor and fiber.

Ingredients:

- 1 (15-ounce) can chickpeas, rinsed and drained
- 1 (15-ounce) can low-sodium black beans, rinsed and drained
- 1 small red onion, finely chopped
- 1 small red bell pepper, finely chopped
- 2 ribs celery and leafy tops, chopped
- 2 cloves garlic, minced or grated
- ½ teaspoon crushed red pepper flakes
- 1 teaspoon cilantro, finely chopped (can substitute with fresh parsley)
- 3 tablespoons red wine vinegar
- 3 tablespoons extra virgin olive oil
- 1 tablespoon lime juice
- Salt and freshly ground black pepper to taste



Instructions:

1. Combine chickpeas and black beans with onions, peppers, celery, garlic, red pepper flakes, and cilantro in a medium bowl.
2. In a small bowl, whisk together the ingredients for the dressing.
3. Dress salad with vinegar and oil mixture, salt, and pepper. Taste and add more salt/pepper if needed.
4. For best flavor, cover with plastic wrap and refrigerate for 1-2 hours before serving.

Nutrition facts per serving (yields 6 servings):						
Calories: 204	Fat: 7.5 g	Carb.: 27 g	Protein: 6.8 g	Fiber: 6 g	Sugar: 1.2 g	Sodium: 192 mg

Recipe and picture adapted from <https://wishesndishes.com/summer-chickpea-black-bean-salad/more>

Grilled Buffalo Cauliflower Bites

A fun twist on a crowd favorite, this recipe adds smokiness and a char that is a great alternative to the fried version.

Ingredients:

- 2 heads cauliflower
- 1/2 cup hot sauce (substitute in a low sodium options)*
- 1/2 cup butter
- 1 clove garlic, minced

*Tabasco pepper sauce and Lola’s Hot Sauce are two options



Instructions:

1. Melt butter on medium heat and add minced garlic, let cook for one minute before adding hot sauce and Worcestershire sauce. Let sauce simmer on low heat to combine ingredients.
2. Prepare a grill for medium direct heat. Grill cauliflower florets until they have gotten a nice char on the outside, but not burned, and all parts of the floret have touched the grill. This should take about 15 minutes, remember to flip the cauliflower florets so they are cooked evenly on both sides.
3. Remove from heat and pour the sauce over the florets, or serve on the side. Serve immediately

Nutrition facts per serving (yields 8 servings):						
Calories: 138	Fat: 12 g	Carb.: 7 g	Protein: 2.9 g	Fiber: 3 g	Sugar: 2.8 g	Sodium: 730 mg

Recipe and picture adapted from <https://grillgirl.com/2021/02/grilled-buffalo-cauliflower-bites/>