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HEALTHY GRILLING



Grilled Peaches
and Cream
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**FLORIDA
CRYSTALS**

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Grilled Potatoes with Chèvre and Cilantro Vinaigrette

Serves 4

Terrific for a Southwestern-themed brunch. Try to find an applewood-smoked goat cheese (such as Haystack Mountain) for this dish. The delicious vinaigrette also enhances roasted cauliflower or pork.

2 pounds medium red-skinned potatoes

Olive oil, for brushing

2 cloves garlic, crushed

2 ounces chèvre (goat cheese), crumbled

CILANTRO VINAIGRETTE

1 large clove garlic

½ cup fresh cilantro

¼ cup fresh basil

1 teaspoon toasted cumin seeds, or ½ teaspoon ground cumin

1 teaspoon toasted fennel seeds

½ teaspoon crushed red pepper flakes

¼ teaspoon sea salt

2 tablespoons apple cider vinegar or white wine vinegar

¼ cup extra-virgin olive oil

1. Place all vinaigrette ingredients in a blender and purée; adjust seasoning with more salt and pepper, if desired. (Makes ½ cup.)
2. In a large pot of salted water, gently simmer potatoes until just turning soft, about 10–15 minutes. Drain, rinse with cool water, drain again, and slice into ½-inch-thick rounds. Brush with olive oil and season with crushed garlic, sea salt, and freshly ground black pepper.
3. Oil grill grate; then preheat grill. Grill potatoes until nicely browned, 20–25 minutes. Transfer to a serving platter, top with goat cheese, and ladle dressing over all.

PER SERVING: 292 cal, 11g fat (6g mono, 1g poly, 4g sat), 11mg chol, 8g protein, 41g carb, 5g fiber, 160mg sodium

—Dava Parr

Grilled Broccoli with Tomato-Basil Flaxseed Dressing

Serves 4

Perfect for any salad, the flavorful dressing is especially nice on grilled veggies and bitter greens. Top this dish with chopped black olives for added flavor and monounsaturated fats.

¼ cup sun-dried tomatoes (not packed in oil)

Boiling water

2 cloves garlic, pressed

½ cup minced fresh basil leaves (about ⅔ ounce)

2 tablespoons balsamic vinegar

½ cup flaxseed oil

1 pound broccoli spears

Olive oil, for brushing

1. Place sun-dried tomatoes in a small bowl. Add just enough boiling water to cover tomatoes, and soak for 30 minutes. Drain.
2. In a food processor, combine tomatoes, garlic, basil, vinegar, and flaxseed oil. Purée until smooth. Set aside.
3. Preheat grill or broiler to medium-high. On stovetop, steam broccoli spears for 3–5 minutes, until bright green and just tender. Remove from pot, thread on skewers, brush lightly with olive oil, and grill or broil for 3–4 minutes, turning once. Place on a serving platter and drizzle with dressing. Serve immediately.

PER SERVING: 297 cal, 26g fat (6g mono, 18g poly, 3g sat), 0mg chol, 4g protein, 11g carb, 3g fiber, 109mg sodium
—Lisa Turner

Cucumber, Kumquat, and Jicama Salsa

Makes about 4 cups

Use this salsa to accompany grilled kabobs with eggplant, red bell peppers, cherry tomatoes, melon, tempeh, chicken breast, or scallops. If you can't find kumquats, substitute one medium orange, peeled and chopped. Jicama (HICK-ama), a favorite in Latin American cuisine, is often characterized as a cross between an apple and a potato. Underneath the tough brown peel, jicama's white flesh is crisp and subtly sweet.

2 cups chopped seedless cucumber (unpeeled)

1 cup kumquats, thinly sliced (peel is edible; remove seeds if desired)

⅔ cup finely chopped red onion

1 yellow bell pepper, diced (1 cup)

½ cup chopped fresh Italian parsley

2 tablespoons chopped fresh mint

¼ cup fresh lime juice

¼ cup apple cider vinegar

1 jalapeño pepper, seeded and minced (to taste)

1 teaspoon light agave nectar

1 teaspoon sea salt, or to taste

1 teaspoon freshly ground black pepper, or to taste

2 cups peeled, diced jicama

1. In a bowl, combine all ingredients except jicama. Cover and refrigerate until ready to serve. Stir in jicama just before serving.

PER SERVING (½ cup): 68 cal, 1g fat (0g mono, 0g poly, 0g sat), 0mg chol, 2g protein, 16g carb, 6g fiber, 295mg sodium
—Karin Lazarus

Grilled Bread Salad

Serves 6

Serve this unique salad as a side dish, or top with grilled shrimp or chicken and present as a main course.

¼ cup plus 2 tablespoons extra-virgin olive oil, divided
4 tablespoons red wine vinegar
1 tablespoon honey
2 cloves garlic, minced
6 (1-inch-thick) slices day-old French bread, cut on the diagonal
1 small red onion, thinly sliced
1 pound medium tomatoes, chopped
1 small cucumber, peeled and sliced
4 tablespoons capers, drained
1 tablespoon chopped fresh basil
1 tablespoon chopped fresh thyme
2 tablespoons chopped fresh parsley
½ cup feta cheese, crumbled

1. In a small bowl, mix ¼ cup olive oil, vinegar, and honey. Whisk well and season with salt and pepper. Set aside.
2. Preheat grill to medium-high. Mix garlic with remaining 2 tablespoons olive oil and let sit 10 minutes. Lightly brush bread with olive oil mixture and season with salt and pepper. Grill bread until golden brown, about 2–3 minutes each side, being careful not to burn. Transfer bread to wire rack to cool. Tear slices into ½-inch pieces.
3. In a large bowl, toss onion with tomatoes, cucumber, capers, and herbs. Add bread and toss; season to taste with vinaigrette, salt, and pepper. Toss salad well and cover; refrigerate at least 2 hours. Sprinkle with crumbled feta cheese before serving.

PER SERVING: 211 cal, 16g fat (10g mono, 2g poly, 4g sat), 11mg chol, 4g protein, 14g carb, 3g fiber, 333mg sodium —Rebecca Broida Gart

Shrimp and Fresh Herb Pizzas

Serves 16

Guests will love these citrus-flavored, bite-size appetizers. Because it's a little tricky to transfer loaded crusts to the grill one at a time, assemble these little pizzas on a metal screen or rack that can go directly on the grill.

16 large, raw shrimp, peeled
5 tablespoons extra-virgin olive oil, divided
½ teaspoon salt
½ teaspoon freshly ground black pepper
2 cloves garlic, minced or finely grated
Zest of 1 lemon
¼ teaspoon crushed red pepper flakes
¼ cup chopped fresh Italian parsley
¼ cup chopped fresh mint
1 tablespoon minced fresh chives
1 tablespoon minced fresh tarragon
1 small shallot, minced
1 tablespoon capers, rinsed and minced
Juice of 1 lemon
1 ball of pizza dough (uncooked)

1. Using a small, sharp knife, cut down the inside curve of each shrimp, but not all the way through. Open shrimp flat. Remove dark vein.
2. In a bowl, combine 2 tablespoons olive oil, salt, pepper, garlic, lemon zest, and red pepper flakes. Add shrimp, toss, and refrigerate for 2 hours.
3. In a small bowl, combine remaining 3 tablespoons olive oil and all green herbs, stirring to coat. (The oil prevents herbs from discoloring.) In a second small bowl, mix shallot and capers with lemon juice. Just before assembling, combine herbs with caper mixture. Season to taste with salt and pepper.
4. Preheat grill. Roll out sixteen 2-inch crusts. Smear about 1 heaping teaspoon herb mixture on each crust. Top with one shrimp (flattened or folded). Place pizzas on a metal screen or rack; then place rack on grill. Cover and cook until shrimp is opaque, about 4 minutes.

PER SERVING: 79 cal, 4g fat (3g mono, 1g poly, 1g sat), 10mg chol, 3g protein, 7g carb, 1g fiber, 169mg sodium —Leather Storrs



Barbecued Tempeh Wraps

Serves 4

Grilling imparts a smoky flavor, but if you don't have a grill, you could also use a frying pan set over medium-high heat.

½ cup barbecue sauce

½ cup water

8 ounces three-grain tempeh, cut into ½-inch strips

8 (6-inch) corn tortillas

1 cup fresh or frozen and thawed corn kernels

6 radishes, sliced (about 10 ounces)

1 cup sliced red onion

Avocado slices and lime wedges, for garnish

1. Preheat grill to medium.

2. Mix barbecue sauce and water in a wide skillet.

Arrange tempeh slices in a single layer in sauce. Bring to a boil, then reduce heat to low, cover, and simmer for 12–15 minutes, until sauce is thick. Turn tempeh a few times during cooking.

3. Remove tempeh from barbecue sauce and sear on grill briefly, about 2 minutes per side, until light grill marks appear. Microwave tortillas, four at a time, for 30 seconds to 1 minute, until pliable. Divide tempeh, corn, radishes, and onion among tortillas; drizzle with any remaining pan sauce. Garnish with avocado, if desired. Serve immediately with lime wedges.

PER SERVING: 360 cal, 8g fat (3g mono, 4g poly, 2g sat), 0mg chol, 15g protein, 59g carb, 4g fiber, 496mg sodium

—Laurie Gauguin



Tomato, Mozzarella, and Zucchini Pizza

Serves 4 (makes one 9-inch pizza)

Using the flavor profile of Italian sausage on grated zucchini—what we call “squasage”—serves the desire for meat without the need to actually eat it.

“SQUASAGE”

- 4 packed cups grated zucchini (about 5 small zucchini)
- ¼ teaspoon crushed red pepper flakes
- ½ teaspoon fennel seed
- ½ teaspoon coriander seed
- ½ teaspoon salt
- 1 teaspoon freshly ground black pepper
- ½ teaspoon paprika

TOMATO SAUCE

- 1 (14.5-ounce) can no-salt-added diced tomatoes
- 2 cloves garlic, minced
- ½ teaspoon dried oregano
- ¼ teaspoon crushed red pepper flakes
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 1 tablespoon extra-virgin olive oil

- Pizza dough, rolled into one 9-inch crust
- 4 ounces fresh mozzarella, thinly sliced
- 1 tablespoon freshly grated Parmesan cheese
- Fresh basil or parsley, for garnish

1. Combine all “Squasage” ingredients in a large, nonreactive bowl. Marinate 2 hours at room temperature, tossing every 20 minutes or so. After 2 hours, squeeze zucchini and discard water. Season to taste. (Makes about 1¾ cups.)
2. Combine all Tomato Sauce ingredients. Reserve.
3. Preheat grill. Grill pizza dough on one side for about a minute. Flip, pop any air bubbles, and quickly smear on Tomato Sauce. Top with mozzarella and about half to three-fourths of Squasage mixture. Cover grill. After 3–4 minutes, check crust bottom. If it’s a little charred and dough looks set, it’s ready. Garnish with Parmesan and fresh herbs.

PER SERVING: 284 cal, 9g fat (4g mono, 1g poly, 4g sat), 16mg chol, 15g protein, 35g carb, 6g fiber, 762mg sodium
—Leather Storrs

Grilled Ricotta Salata with Fennel Slaw

Serves 6

Ricotta salata, a variation of ricotta that is pressed, salted, and aged, gets upgraded with hot chile paste and charred bell peppers.

- 2 each red, yellow, and green bell peppers**
- 2 Walla Walla onions, cut in wedges with root intact**
- ½ cup plus 3 tablespoons extra-virgin olive oil, divided**
- 2 tablespoons minced garlic, divided**
- ¼ cup red wine vinegar, plus a splash for marinating**
- 3 fennel bulbs with fronds**
- 1 teaspoon Sambal Oelek (hot chile paste)**
- 12 ounces ricotta salata, cut ½-inch thick**

1. Char peppers using a propane torch or by placing on a hot grill until completely blackened on all sides. Seal in a brown paper bag for 5 minutes, and then remove and discard peels, stems, and seeds. Thinly slice peppers and place in a large bowl.

2. Sauté onion wedges in 1 tablespoon olive oil over medium heat. Add to bowl with peppers, along with ½ cup olive oil, 1 tablespoon garlic, and ¼ cup red wine vinegar. Let marinate for 30 minutes or so.

3. Thinly shave or slice fennel bulbs. Finely chop 2 tablespoons fennel fronds and toss with shaved fennel, remaining garlic, Sambal Oelek, 2 tablespoons olive oil, and a splash or two of vinegar. Season with salt and pepper.

4. Grill ricotta salata 1-2 minutes per side.

5. Fan a cooked onion wedge on each plate. Place some marinated peppers and fennel salad on each plate. Top with grilled ricotta. Drizzle with olive oil and garnish with a sprig of fennel.

PER SERVING: 230 cal, 9g fat (5g mono, 1g poly, 3g sat), 17mg chol, 10g protein, 27g carb, 7g fiber, 159mg sodium
—Greg Higgins

Grilled Watermelon and Apricots with Seared Tempeh

Serves 4

A ripe watermelon should sound hollow when tapped and have a dull (rather than shiny) exterior. If you purchase pre-cut watermelon, look closely at the flesh; it should be firm, unblemished, and not overly grainy. If it has lots of white seeds along with the normal brown-black seeds, it was harvested too early. Accompany this dish with cracked wheat and couscous pilaf plus steamed sugar snap peas.

- ½ cup plus 3 teaspoons extra-virgin olive oil, divided**
- ¼ cup balsamic vinegar**
- 1 teaspoon sea salt, divided**
- ¼ teaspoon freshly ground black pepper**
- 1 pound tempeh, cut into 1-inch cubes**
- 4 firm, ripe apricots, pitted and halved**
- 8 slices seedless watermelon, cut into thick wedges**
- 1 cup baby arugula leaves**

1. Preheat grill to medium. Whisk ½ cup oil, vinegar, ¼ teaspoon salt, and pepper in a medium bowl. Add tempeh cubes; marinate 15 minutes, tossing occasionally.

2. While tempeh marinates, brush apricot halves and watermelon slices with 3 teaspoons olive oil. Grill apricots for 1 minute on each side. Transfer to a plate and set aside. Grill watermelon slices for 2 minutes per side, until slightly caramelized. Sprinkle with remaining sea salt and set on plate with apricots.

3. Remove tempeh cubes from marinade (reserve liquid) and grill on skewers or in a grill basket until slightly charred.

4. To serve, place 2 slices grilled watermelon on each plate. Top each with ¼ cup arugula, tempeh, and 2 apricot halves. Drizzle with reserved marinade to taste.

PER SERVING: 504 cal, 21g fat (11g mono, 6g poly, 4g sat), 0mg chol, 25g protein, 59g carb, 3g fiber, 212mg sodium
—Karin Lazarus



Grilled Escarole with Poached Eggs

Serves 4

This simple, nourishing dish marries bitter greens with soft, creamy eggs. If grilling isn't an option, broil the greens on a baking sheet in the oven. For heartier appetites, top each plate with two eggs.

- 2 small heads escarole**
- 2 tablespoons olive oil**
- 3 cloves garlic, pressed or minced**
- ½ teaspoon black pepper**
- ¼ teaspoon salt**
- 1 tablespoon white vinegar**
- 4 large eggs**
- ½ cup shaved Parmigiano-Reggiano cheese**

- 1.** Preheat grill or grill pan to medium-high. Cut escarole heads into quarters lengthwise, cutting through core but leaving core attached to leaves.
- 2.** In a small bowl, combine olive oil with garlic, pepper, and salt. Lightly coat outsides of escarole with oil mixture. Grill, turning once or twice, until wilted and grill marks appear, 4–7 minutes. (If broiling, cook for 4–5 minutes per side, until edges are lightly browned and greens are tender.)
- 3.** While greens are cooking, combine 3 inches of water and the vinegar in a large sauté pan. Bring to a boil; reduce heat to a simmer, so the surface just shimmers. Crack one egg into a cup and gently lower into water. Use a spoon to “corral” whites around yolk. Cook for 3–4 minutes, until just set but still soft (or firmer, to taste). Remove with a slotted spoon. (If you have a large pan, cook all four eggs at once; just be sure not to crowd.)
- 4.** To serve, arrange two escarole segments on each plate. Place one egg on top of greens. Sprinkle liberally with pepper and lightly with salt. Scatter cheese over greens, and serve hot.

PER SERVING: 235 cal, 15g fat (8g mono, 2g poly, 5g sat), 197mg chol, 14g protein, 10g carb, 8g fiber, 462mg sodium

—Lisa Turner

Grilled Tomatoes, Eggplant, and Radicchio with Quinoa

Serves 6

"Chiffonade" means cut into ribbons. Simply stack dry basil leaves, roll up tightly lengthwise, and then cut crosswise into thin strips.

1 cup quinoa, well washed
2 cloves garlic, minced
1¾ cups low-sodium vegetable broth or water
½ teaspoon sea salt
1 head radicchio (11 ounces)
2-3 large heirloom tomatoes
1 medium eggplant (1 pound)
¾ pound plum tomatoes
4 tablespoons extra-virgin olive oil, divided
2 tablespoons sherry vinegar
½ cup packed chiffonade of fresh basil, divided
2 ounces goat cheese

1. Preheat grill to medium. When grill is ready, you should be able to hold your hand 1 inch over it for about 6 seconds.

2. Place a medium saucepan over medium-high heat. Add quinoa and dry-toast, stirring constantly, until aromatic and starting to pop, about 7 minutes. Add garlic and stir 1 minute. Add broth or water and salt. Cover and bring to a boil; reduce heat and simmer until liquid is absorbed, about 20 minutes. Remove from heat, let stand 5 minutes, and fluff with a fork.

3. Meanwhile, cut radicchio through core into thick wedges, leaving core intact. Cut heirloom tomatoes in half around equator. Slice eggplant crosswise into ½-inch rounds. Brush cut vegetables and whole plum tomatoes all over with 1 tablespoon olive oil and sprinkle with sea salt.

4. Oil grill well. Place halved tomatoes cut side down over hottest part of fire; sear for 3 minutes, turn, and then cook another 2 minutes. Grill whole tomatoes, turning occasionally, until skin is lightly charred and blistered, 5–6 minutes total. Grill radicchio 2–3 minutes per side. Grill and turn eggplant as often as needed to prevent burning. When tender, transfer vegetables to a platter.



5. Remove cores from plum tomatoes and place in blender with 3 tablespoons olive oil, vinegar, half of basil, and salt and black pepper to taste. (Makes 1½ cups.)

6. Remove cores from radicchio pieces; arrange each piece on a plate, fanning out leaves. Toss remaining basil with quinoa. Mound quinoa in center of plates, atop radicchio. Arrange eggplant slices and tomato halves on each plate and drizzle all generously with plum tomato vinaigrette. Dot each plate with goat cheese, garnish with basil, and serve.

PER SERVING: 268 cal, 13g fat (8g mono, 2g poly, 3g sat), 4mg chol, 8g protein, 31g carb, 7g fiber, 289mg sodium

—Trina Kaufman



Grilled Mahimahi with Mango Salsa

Serves 4

Mexican, Hawaiian, and Asian ingredients combine for a one-world celebration of flavor and color. The spicy-sweet salsa livens up mild mahimahi, a fish native to tropical waters. You can also serve the salsa with tortilla chips, quesadillas, or grilled chicken.

2 tablespoons grated fresh ginger

½ teaspoon sesame oil

1 tablespoon low-sodium soy sauce

Juice of 1 small lime

4 mahimahi fillets (6–7 ounces each)

MANGO SALSA

1 ripe mango, peeled and chopped

½ red bell pepper, seeded and chopped

½ cup corn kernels, fresh or frozen and thawed

1 small jalapeño or habanero pepper, seeded and minced

2-3 cloves garlic, minced

3-4 green onions, diced (including white parts)

¼ cup diced Thai basil or cilantro

Juice of 1 small lime

- 1.** Combine ginger, sesame oil, soy sauce, and lime juice in a large zip-top bag. Pat dry fish and place in bag, sealing tightly. Marinate for at least 2 hours or overnight.
- 2.** Combine all salsa ingredients in a medium bowl. Chill at least ½ hour.
- 3.** Preheat and clean grill (it should be very hot so the fish doesn't stick). Remove fish from marinade; pat with a paper towel to remove excess marinade.
- 4.** Cook fish on grill, about 2–3 minutes per side, or until internal temperature reaches 145°. Remove fish to a serving platter and top with salsa. Serve immediately.

PER SERVING: 314 cal, 3g fat (1g mono, 1g poly, 1g sat), 0mg chol, 53g protein, 18g carb, 3g fiber, 140mg sodium

—Monique Cole

Grilled Halibut with Black Bean and Papaya Salsa

Serves 4

The low-fat, high-flavor salsa turns up the heat on this simple grilled dinner. If you are making the salsa ahead of time, add the papaya immediately before serving.

SALSA

- ½ cup diced onion
- 2 tablespoons olive oil
- ½ cup seeded and diced red bell pepper
- ¼ cup diced celery
- ⅛ teaspoon ground cumin
- ⅛ teaspoon chili powder
- ⅛ teaspoon ground red or black pepper
- ½ cup cooked black beans
- 2 tablespoons red wine vinegar
- 1 cup diced papaya

- 2 teaspoons sesame oil
- 4 halibut fillets (7-8 ounces each)
- ¼ cup grated orange zest

1. To make salsa: Lightly brown onion in olive oil over medium-high heat, then stir in bell pepper, celery, cumin, chili powder, and pepper. Sauté for 1 minute. Transfer to a bowl, and season with salt and pepper. Add cooked black beans, vinegar, and papaya, tossing to combine. Chill.

2. Pour sesame oil over halibut fillets and season with coarse salt and pepper. Top with grated zest and refrigerate for 20 minutes.

3. Grill halibut for 6–7 minutes each side, or until it flakes with a fork. Top each fillet with ¼ cup chilled salsa.

PER SERVING: 383 cal, 13g fat (8g mono, 3g poly, 2g sat), 72mg chol, 50g protein, 12g carb, 4g fiber, 202mg sodium
—John DeMers

Grilled Chicken Sandwich with Roasted Red Peppers

Serves 4

This sandwich is especially good on crunchy, slipper-shaped ciabatta, although any type of hearty Italian bread will work well.

- 2 (½-pound) skinless, boneless chicken breast halves, pounded ¼-inch thick
- 1 tablespoon extra-virgin olive oil
- 2 large ciabatta rolls
- 3 tablespoons store-bought basil pesto
- 4 ounces soft, mild goat cheese, sliced into rounds
- 1 small jar roasted red peppers, rinsed, drained, and cut into strips
- 4 thin slices red onion (optional)

1. Light a grill or preheat a grill pan. Brush chicken breasts lightly with olive oil and sprinkle with salt and pepper. Cook chicken over a hot fire or medium-high heat until browned and cooked through, about 3–4 minutes per side. Transfer to a plate.

2. Halve the ciabatta horizontally with a serrated knife and spread pesto on cut sides of the bread. Place one chicken breast on each sandwich and top with thin rounds of goat cheese, sliced red peppers, and, if desired, red onions. Top with other half of bread and slice sandwich in half.

PER SERVING: 596 cal, 17g fat (7g mono, 4g poly, 6g sat), 177mg chol, 76g protein, 24g carb, 1g fiber, 886mg sodium
—Rebecca Broida Gart



Grilled Whole Trout with Almond Topping

Serves 4

One secret to grilling fish is to use nonstick trays or nonstick fish holders. You will have to resist your urge to turn the fish. Wait until you're sure one side is done, then wait a bit more. The idea is to turn it just once.

- 4 fresh whole trout (6-8 ounces each)
- 2 green onions, white parts only, thinly sliced
- 1 tablespoon thinly shredded fresh ginger
- 1½ cups Ginger-Garlic sauce (recipe below), divided
- 2 tablespoons canola oil
- 1 medium red bell pepper, cut into 1x4-inch strips
- 1 medium yellow bell pepper, cut into 1x4-inch strips
- ¼ cup toasted slivered almonds
- Sliced green onions, for garnish

1. Remove trout heads and scrape off scales. Pat dry with paper towels. Cut three diagonal slashes on each side of each trout. Stuff slashes and inside body with green onion and ginger.
2. In a large shallow bowl, cover fish with 1 cup Ginger-Garlic Sauce. Marinate 1 hour or overnight, turning once.
3. Preheat grill to medium-high. Drain fish and discard marinade. Pat dry with paper towels. Brush fish skin with oil. Lightly oil a nonstick tray or fish holder. Grill trout until browned on the outside and meat is opaque, about 8 minutes on each side.
4. As trout cooks, grill bell peppers in a nonstick vegetable basket until tender and browned, 5–10 minutes. In a small saucepan, bring remaining ½ cup sauce to a boil.
5. Transfer fish and peppers to a serving plate. Garnish with almonds and sliced green onions. Pour sauce over fish and bell peppers. Serve hot.

PER SERVING: 348 cal, 18g fat (9g mono, 6g poly, 2g sat), 100mg chol, 38g protein, 8g carb, 2g fiber, 322mg sodium —Ying Chang Compestine

Ginger-Garlic Sauce

Makes about 1½ cups

This basic marinade is your jumping-off point for a host of variations; have fun changing it to suit your taste. Refrigerate leftover sauce in a tightly sealed container for up to one week.

- 2 tablespoons minced fresh ginger
- 4 cloves garlic, minced
- 1 green onion, white part only, minced
- 6 tablespoons low-sodium soy sauce
- ¼ cup rice wine or sake
- 2 tablespoons lemon juice
- ¼ cup rice vinegar
- 1½ tablespoons sesame oil

1. Combine all ingredients in a small container. Shake well.

PER SERVING (2 tablespoons): 30 cal, 2g fat (1g mono, 1g poly, 0g sat), 0mg chol, 1g protein, 2g carb, 0g fiber, 267mg sodium

Shrimp and Fruit Kabobs

Serves 6

Serve this delightful dish over cooked thin rice noodles tossed with chopped fresh parsley or cilantro.

- 1 pound large raw shrimp, peeled and deveined**
- 1½ cups Apricot-Ginger glaze (recipe below), divided**
- 3 medium plums, pitted and cut in half**
- 3 medium red Bartlett pears or 3 fresh peaches, pitted and cut into quarters**
- 1 small pineapple, skinned and cut into 1-inch chunks**

- 1.** Combine shrimp and 1 cup glaze in a large bowl and toss to coat. Cover and refrigerate for at least 1 hour.
- 2.** Remove shrimp from glaze. Alternately thread shrimp, plums, pears or peaches, and pineapple onto six 15-inch skewers, leaving about ½ inch between each piece to allow even cooking.
- 3.** Preheat grill to medium. Grill shrimp kabobs, turning occasionally, until shrimp turns opaque throughout and fruit is browned and tender, about 8–10 minutes. Baste with remaining glaze during last 3 minutes of cooking.

PER SERVING: 297 cal, 3g fat (1g mono, 1g poly, 1g sat), 114mg chol, 7g protein, 49g carb, 5g fiber, 122mg sodium
—Ying Chang Compestine



Apricot-Ginger Glaze

Makes about 1 cup

Delicious brushed over grilled melon, pineapple, or peaches, as well as fish and pork.

- | | |
|---|---|
| 2 tablespoons minced fresh ginger | 6 tablespoons low-sodium soy sauce |
| 4 cloves garlic, minced | ¾ cup apricot jam |
| 1 green onion, white part only, minced | 1½ tablespoons sesame oil |

- 1.** Combine all ingredients in a saucepan and bring to a boil. Reduce heat and simmer for 2 minutes, whisking steadily. Use immediately, or refrigerate for up to 1 week.

PER SERVING (2 tablespoons): 99 cal, 3g fat (1g mono, 1g poly, 0g sat), 0mg chol, 0g protein, 20g carb, 0g fiber, 12mg sodium



Grilled Tuna with Green Olive Tapenade

Serves 4

Tuna is a great fish for grilling—its meaty texture holds up well on the grill, and it looks beautiful under a spoonful of green olive tapenade.

4 tuna steaks (6 ounces each)

3 tablespoons extra-virgin olive oil, divided

2 cloves garlic

¼ cup green olives, pitted

2 teaspoons capers, drained

Juice of 2 lemons

4 lemon wedges, for garnish

- 1.** Preheat grill to medium-high. Brush tuna steaks with 1 tablespoon olive oil and season with salt and pepper.
- 2.** In a food processor, coarsely blend garlic, olives, capers, lemon juice, and remaining 2 tablespoons olive oil, making sure consistency is slightly chunky. Season to taste with pepper, and set aside.
- 3.** Grill fish for 3–4 minutes each side, checking for doneness. Remove and spoon tapenade over fish. Serve immediately, garnished with lemon wedges.

PER SERVING: 293 cal, 12g fat (9g mono, 2g poly, 2g sat), 76mg chol, 40g protein, 3g carb, 1g fiber, 243mg sodium

—Rebecca Broida Gart

Southwestern Bison Burger with Chipotle Mayonnaise

Serves 4

A spicy mayo gives this leaner burger a feisty kick; it's also great for making a turkey sandwich spectacular. For lower carbs, skip the bun and serve with two warm corn tortillas.

1 pound ground bison (buffalo)

1 small bunch scallions, finely chopped, mostly white with some green

½ teaspoon sea salt

½ teaspoon ground black pepper

1 teaspoon ground cumin

½ teaspoon hot sauce (such as Tabasco), or to taste

2 tablespoons chopped fresh cilantro

1 small red bell pepper, cut into 1-inch-wide strips

1 small yellow bell pepper, cut into 1-inch-wide strips

⅓ cup low-fat canola mayonnaise

1 medium chipotle pepper in adobo (from a can), seeded and minced

4 whole-wheat burger buns

½ small very ripe avocado, mashed

4 small lettuce leaves

4 thin red onion slices (optional)

1. Coat grill with oil and preheat to medium-high.
2. Combine bison, scallions, salt, pepper, cumin, hot sauce, and cilantro. Form into four 4-inch patties and lightly brush with oil. Lightly coat pepper strips with olive oil and sprinkle with salt. Grill burgers and peppers for 12 minutes, turning burgers halfway through cooking time and turning peppers three or four times, until burgers are cooked through and peppers are tender and charred.
3. While burgers and peppers are cooking, in a small bowl, combine mayonnaise with chipotle pepper and mix well.
4. During final 2–3 minutes of cooking, place buns, cut side down, on grill to toast. Remove and spread both sides of buns with mayonnaise. Spread with avocado and top with peppers. Place burgers on top of peppers, and top with lettuce leaves and onion slices, if desired; then cover with bun tops. Serve.

PER SERVING: 476 cal, 9g fat (4g mono, 3g poly, 1g sat), 83mg chol, 29g protein, 28g carb, 5g fiber, 600mg sodium

—Lisa Turner

Grilled Thai Salmon Burgers with Peanut Sauce

Serves 4

If you are a Thai food fan, you will love this burger, especially the sauce, which you can use to top just about anything. The green onions and chili paste add vitamin C, and ginger adds to the great digestibility of this dish. Serve over greens or on a whole-wheat bun, topped with broccoli sprouts.

1 pound salmon fillet, skinned

½ cup chopped green onion

1 tablespoon Thai red chili paste

2 teaspoons grated fresh ginger

2 teaspoons low-sodium tamari or soy sauce

4 teaspoons dry whole-wheat bread crumbs

PEANUT SAUCE

4 tablespoons natural peanut butter, creamy or chunky

4 teaspoons low-sodium tamari or soy sauce

3 teaspoons toasted sesame oil

2 teaspoons water

2 teaspoons rice vinegar

2 cloves garlic, minced

1. Chop salmon by hand or with a food processor until chopped but not mushy. Place salmon in a large bowl. Add green onion, chili paste, ginger, and tamari or soy sauce, and mix well. Add just enough bread crumbs to bind all ingredients together (about 4 teaspoons). Form mixture into four burgers ½ inch thick and refrigerate for approximately 30 minutes.
2. To prepare sauce, combine peanut butter, tamari or soy sauce, oil, water, vinegar, and garlic. Whisk together until smooth.
3. Preheat grill to medium-high. Lightly spray a sheet of aluminum foil with cooking spray and place on grill. Place salmon burgers directly on top of foil. Grill for about 3–4 minutes on each side, being careful not to overcook. Serve immediately topped with peanut sauce.

PER SERVING (with ½ tablespoon peanut sauce): 217 cal, 9g fat (4g mono, 3g poly, 2g sat), 51mg chol, 27g protein, 5g carb, 1g fiber, 380mg sodium

—Debra Rouse, ND



Grilled Ginger Pork with Nectarine Relish

Serves 4

The pork may be grilled ahead of time and served at room temperature, but slice it just before serving to retain juices.

- 4 tablespoons low-sodium tamari**
- 2 teaspoons vegetable oil**
- 3 teaspoons grated fresh ginger**
- 1 teaspoon minced garlic**
- 4 tablespoons pineapple juice**
- 1 teaspoon rice vinegar**
- 1 pound pork tenderloin, all fat removed**
- 1 large nectarine, cut into ½-inch chunks**
- 1 teaspoon minced jalapeño pepper**
- 2 teaspoons chopped fresh cilantro**
- 1 tablespoon thinly sliced scallion (white part only)**
- 1 teaspoon fresh lime juice**

- 1.** Mix together tamari, oil, ginger, garlic, pineapple juice, and vinegar. Set aside 2 tablespoons of the mixture. Marinate pork in remaining mixture for 15 minutes; then turn pork and marinate 15 minutes more.
- 2.** Preheat grill. In a bowl, combine nectarine, jalapeño, cilantro, scallion, and lime juice. Set aside.
- 3.** Grill pork over medium-high heat, turning occasionally and basting with residual marinade (not the reserved 2 tablespoons), until center of pork reaches 160°, 20–30 minutes. Let pork rest 10 minutes; then cut into ½-inch slices. Drizzle with reserved 2 tablespoons marinade. Serve, topped with nectarine relish.

PER SERVING: 117 cal, 4g fat (2g mono, 2g poly, 1g sat), 73mg chol, 25g protein, 8g carb, 1g fiber, 562mg sodium
—Laurie Gauguin

Turkey Burgers with Avocado Salsa

Serves 4

Turkey tends to be more fragile and may stick to the grill due to its low fat content, so oil the grate before heating, or use foil.

AVOCADO SALSA

- 1 ripe avocado, finely chopped
- 2 tablespoons fresh lemon juice
- 2 tablespoons fresh lime juice
- 2 tablespoons chopped fresh cilantro
- 1 teaspoon minced fresh garlic
- ½ tablespoon plain low-fat yogurt
- ½ small red onion, finely chopped
- 1 teaspoon ground cumin
- Dash of hot pepper sauce
- Salt, to taste

TURKEY BURGERS

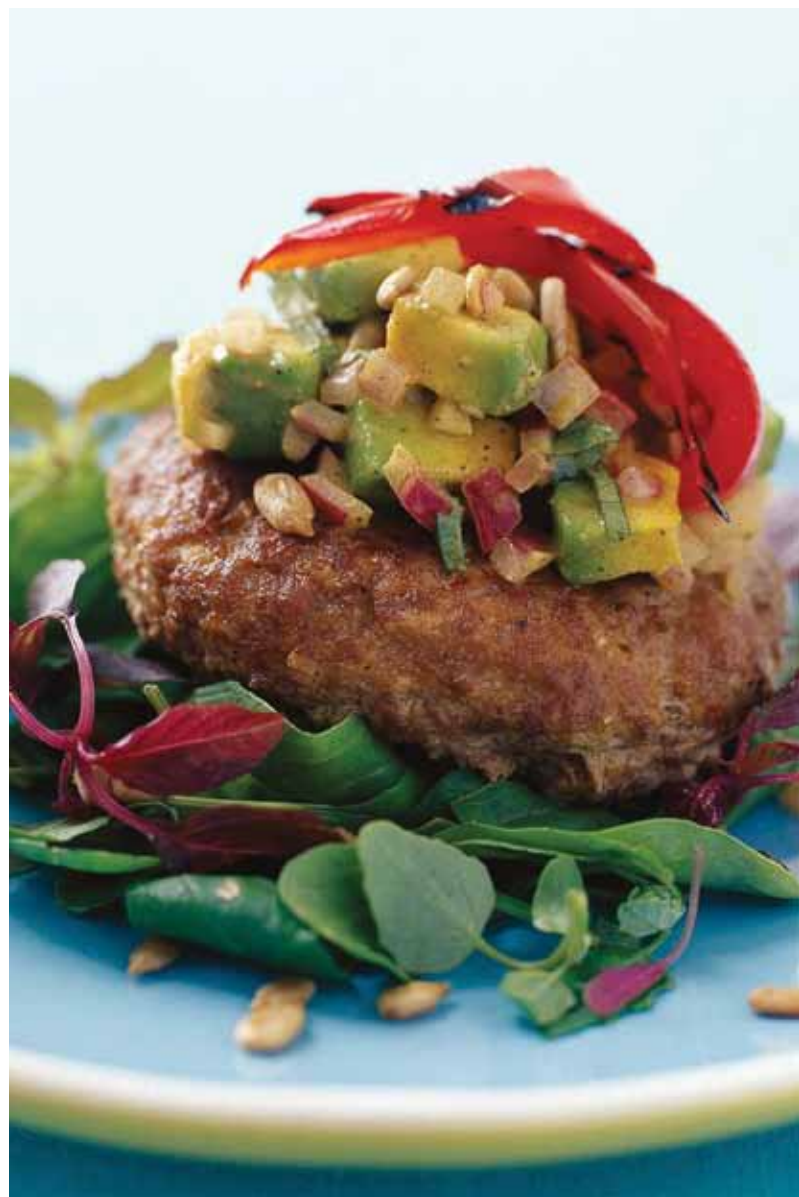
- 1 pound ground turkey breast
- 2 tablespoons wheat germ
- 2 tablespoons fresh lemon juice
- 1 teaspoon minced fresh garlic
- 1 medium egg
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 large red bell pepper, quartered and seeded
- 4 cups arugula or mixed greens
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon fresh lemon juice
- 4 teaspoons unsalted sunflower seeds, toasted

1. Thoroughly mix all Avocado Salsa ingredients in a medium bowl; set aside.
2. In another medium bowl, combine ground turkey, wheat germ, lemon juice, garlic, egg, salt, and pepper; mix well. Gently form mixture into four patties.
3. Oil grill grate (or lay a piece of aluminum foil on grill) and heat. Cook turkey burgers and red pepper quarters for about 4 minutes on each side. Remove; cut grilled red peppers into thin strips.

4. Toss arugula or mixed greens with olive oil and lemon juice; divide among four plates. Top each with a burger and avocado salsa; garnish with grilled red pepper strips and sunflower seeds. Serve right away.

PER SERVING: 329 cal, 15g fat (9g mono, 3g poly, 3g sat), 116mg chol, 33g protein, 15g carb, 5g fiber, 378mg sodium

—Debra Rouse, ND





Grilled Peaches and Cream

Serves 6

An elegant, supereasy dessert. Accompany with a sweet Sauternes wine.

- ¼ cup mascarpone cheese (Italian cream cheese)**
- 1 tablespoon honey**
- ¼ teaspoon fresh orange zest or vanilla extract**
- ½ tablespoon canola oil**
- 3 large ripe freestone peaches, halved and pitted**
- ½ cup fresh raspberries**
- ¼ cup toasted slivered almonds, for garnish**

1. Lightly coat grill with cooking spray and preheat to high. In a small bowl, combine mascarpone, honey, and orange zest or vanilla. Brush peach halves with canola oil. Grill peaches, cut side down, for 3 minutes, until grill marks form. Turn and grill for an additional 3 minutes. Remove and spoon a dollop of mascarpone mixture into each center. Top with raspberries and garnish with toasted almonds. Serve warm.

PER SERVING (½ peach): 127 cal, 8g fat (3g mono, 2g poly, 3g sat), 12mg chol, 3g protein, 14g carb, 3g fiber, 5mg sodium

—Karin Lazarus

Grilled Fruit Dessert Kabobs

Serves 6

Our choice combination for this easy, warm-weather dessert is nectarines, pineapple, and cantaloupe. Crisp-soft amaretti (almond-flavored Italian macaroons) complement the caramelized grilled fruits and cloudlike mascarpone perfectly. If you can't find them, substitute your favorite almond or vanilla cookie.

¼ cup unsweetened, shredded coconut

6 tablespoons mascarpone cheese (Italian cream cheese)

½ teaspoon vanilla extract

2 pounds assorted fruit, cut for kabobs

1 tablespoon olive oil

4-6 amaretti cookies (optional)

Fresh mint leaves, for garnish

1. Place a small pan over medium heat. Add coconut and toast for 1–2 minutes or until slightly golden. Set aside to cool completely.

2. Lightly whip mascarpone and vanilla together and set aside at room temperature. Preheat grill to medium-high.

3. Thread your favorite fruit combination on six skewers. Brush with olive oil and grill until lightly caramelized, about 3 minutes. Remove from skewers and place on dessert plates or in parfait glasses. Dollop with mascarpone and sprinkle with toasted coconut. If using cookies, crumble one over or into each serving. Garnish with mint.

PER SERVING: 167 cal, 11g fat (2g mono, 3g poly, 6g sat), 18mg chol, 2g protein, 16g carb, 2g fiber, 17mg sodium
—Karin Lazarus



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Recipes from Crofter's Organic

Bacon-Wrapped Grilled Shrimp Kabobs

Serves 4

1½ pounds jumbo raw shrimp, peeled and deveined
4 tablespoons Crofter's Organic Apricot Fruit Spread
2 teaspoons lemon juice
24 slices smoky bacon

1. Preheat grill. If using wooden skewers, put them in a pan of cold water to soak for 30 minutes.
2. In a bowl large enough to hold all shrimp, stir together Apricot Fruit Spread and lemon juice. Add shrimp, stirring and tossing to coat thoroughly.
3. In a large nonstick skillet, arrange bacon strips in a single layer, working in batches if necessary to avoid overcrowding. Place skillet over medium heat and cook, without turning, until edges of bacon just begin to curl, 2–3 minutes. Transfer bacon to paper towels to drain and cool briefly.
4. Place a shrimp at the narrower end of each bacon slice and roll it up in bacon. Slide shrimp onto a skewer, passing skewer securely through bacon ends on each side of shrimp. Continue, placing six shrimp on each skewer and leaving a small gap between each.
5. Carefully oil grill rack. Place skewers on grill and cook, turning once, until bacon is crisply browned and shrimp are plump and pink, 8–10 minutes total.
6. Serve on skewers or slide shrimp off skewers onto a serving platter. For a complete main course, serve over rice pilaf.

TIPS AND VARIATIONS:

- Try this recipe with Crofter's Organic Blood Orange Premium Spread.
- For a more fiery effect, add a few drops of hot pepper sauce to the fruit spread.
- Wrap the shrimp in thinly sliced prosciutto or ham instead of bacon.

Salmon with Pomegranate–Black Currant Sauce

Serves 4

4 wild salmon fillets (5-6 ounces each)
1 tablespoon olive oil
2 tablespoons minced shallot
½ cup Crofter's European Superfruit Spread
⅓ cup dry white wine
3 tablespoons water
2 teaspoons minced fresh thyme

1. Sprinkle salmon with salt and pepper if desired. Preheat grill to medium and grill salmon until it feels springy to the touch. Remove from grill and keep warm on a baking sheet.
2. Warm a skillet over medium heat. Add olive oil and shallot and sauté 30 seconds to soften slightly. Mix in Superfruit Spread, wine, and water. Simmer until Superfruit Spread dissolves and sauce thickens slightly, stirring constantly, about 2 minutes. Remove from heat. Mix in thyme and season to taste with salt and pepper.
3. Divide fish among four warmed plates. Drizzle sauce over fish and serve.

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Recipes from Florida Crystals

Agave Scones

Serves 8

3¼ cups all-purpose flour
5 teaspoons baking powder
½ teaspoon salt
¾ cup unsalted butter, cold
1 egg
1 cup milk
½ cup Florida Crystals Organic Light Agave Nectar
1 cup dried cranberries or raisins

1. In a large bowl, combine flour, baking powder, and salt. Cut in butter until mixture resembles coarse crumbs. In a smaller bowl, mix egg, milk, and Agave Nectar; stir into flour mixture until moistened. Do not overmix.
2. Turn dough onto lightly floured surface and knead until smooth. Knead in cranberries or raisins until just combined. Roll dough into a ½-inch disk and cut into 8 wedges. Place on baking sheet. Bake at 350° approximately 15 minutes or until golden brown and a toothpick inserted into center comes out clean. Remove from oven. Place scones on wire rack to cool.

Agave Apple Butter

Makes three 10-ounce containers

10 large Granny Smith apples, peeled, cored, and finely chopped
2 cups Florida Crystals Organic Light Agave Nectar
2 teaspoons ground cinnamon
¼ teaspoon ground cloves
¼ teaspoon ground nutmeg
¼ teaspoon salt

1. Place apples in a slow cooker with heat turned on high. In a separate bowl, combine Agave Nectar, cinnamon, cloves, nutmeg, and salt. Pour mixture over apples and mix well to coat. Cover and cook for 1 hour.
2. Reduce heat to low and continue cooking for approximately 8–9 hours, stirring occasionally, until mixture is dark brown and thickened. Remove cover and cook on low for another hour.
3. Place apple butter into airtight containers and store in refrigerator or freezer.

QUICK TIP:

For a smoother texture, stir apple butter with wire whisk before storing.

Fresh & Naturally Sweet.



Agave Fresh Fruit Salsa

- 1 lb. fresh strawberries
- 4 fresh apricots OR 2 large peaches
- 1 1/2 cups fresh, chopped pineapple
- 1 1/2 cups fresh blueberries
- 1 1/2 TBSP fresh lime juice
- 1/2 cup Florida Crystals® Organic Light Agave Nectar
OR 1/2 cup Florida Crystals® Organic Sugar
- 1-3 TBSP chili powder
- 1 tsp finely chopped fresh cilantro
- 1/2 tsp finely chopped fresh mint

Dice strawberries, apricots and pineapple into 1/2-inch pieces. In a large bowl, combine all fruit and set aside. In a small bowl, combine lime juice and Agave Nectar. Add 1 tablespoon of chili powder (increase by teaspoonfuls to reach desired flavor); mix well. Add agave mixture, cilantro and mint to the fruit, tossing until combined. Serve immediately.

Sugar 'N Spice Chips

- 1 bag (8.5 to 10.5 oz) corn tortilla chips
- 1/2 cup unsalted butter, melted (1 stick)
- 1/2 cup Florida Crystals® Organic Sugar
- 2 tsp ground cinnamon
- 1/4-1/2 tsp chili powder

Preheat oven to 425°F. Grease two cookie sheets or line with parchment paper. Dip tortilla chips into melted butter. Using a pastry brush, remove excess butter to give each chip a thin, even layer of butter on both sides. Place chips on prepared cookie sheet. In a small bowl, combine sugar, cinnamon and chili powder to taste. Sprinkle over buttered chips, and bake for approximately 5 minutes, or just until golden. Remove from oven and cool for 5 minutes before serving.

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