



100 BEST RECIPES

grilling & bbq

Discover the grilling and BBQ recipes 20 million cooks picked as America's best



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grilling & bbq

100 BEST RECIPES



Which grilling and barbecue recipes do we love the most?

Scroll through the pages of this cookbook to find 100 mouthwatering answers to this question! No need to take time searching the Internet: The recipes in this book have been identified by Allrecipes' community of home cooks as the best in the grilling and barbecue category. From classic steaks and wings, to burgers, kabobs, and dogs, they're all here in one collection, in an easy-to-use, kitchen-friendly format. Browse through helpful reviews from other cooks; check out the useful tips, tricks, and ingredient substitutions; and light the fire!

Only Allrecipes.com can bring you tried-and-true recipes for outstanding grilling and barbecue recipes created, shared, and tested by a dynamic community of everyday home cooks around the world. Prepared by millions of busy cooks just like you, with families, jobs, community activities, and friends, these recipes have been rated, reviewed, tweaked, and discussed—and served on millions of dinner tables. They work. They're delicious.

This is the recipe collection you'll turn to again and again on those leisurely summer weekends or busy weeknights when you're craving something sizzling from the grill. Whether you're a seasonal grillmeister or heat your coals year-round, whether you're committed to gas or insist charcoal is the only way to cook, you'll find plenty of great inspiration. One taste of any of these terrific recipes and you'll agree: Allrecipes cooks know their way around a grill!

HAPPY COOKING!

from Allrecipes

Grilling & BBQ

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Barbecue Tips



Do You Barbecue, Barbeque, or Grill?



America's favorite cooking method is hugely popular in all 50 states, but how barbecue is defined, how the word is spelled, and even what is cooked, generates passionate discussions and ultimately depends on where you live. For starters, most people use the words 'barbecue' and 'grilling' to mean the same thing. However, to clarify, grilling refers to medium- to high-heat cooking directly over live flames. Traditional barbecuing refers to indirect cooking over low-heat, often with fragrant wood to infuse food with extra flavor.

From here the story gets interesting and picks up regional flavors. In North Carolina, pork is required for authentic barbecue—think of pulled pork or roasted pork shoulder—while in Texas, it's all about beef, particularly beef brisket. In Missouri, where Kansas City claims to be the barbecue capital of the world, any kind of meat can be barbecued, seasoned with a rub or marinade, and served with a spicy tomato and molasses-based sauce. In Chicago, barbecue fans love aged prime beef grilled as steaks over high heat. Head for California's central coast to discover barbecue featuring slow-cooked beef, a legacy of Mexican ranch life and the Spanish colonial era. In the Northwest, barbecue focuses on fish, primarily salmon, which native people traditionally grilled filleted on aromatic cedar planks staked around a pit fire.

Before all these regional differences evolved, there was "*barbacoa*," a traditional cooking method in the West Indies used to preserve meat. Natives throughout the Caribbean built wooden racks over fire pits, placed meat on the racks, and lit smoky fires to cook the meat. Most historians believe this method inspired both the word and our modern version of barbecue. Spanish explorers, West Indian slaves transported to the colonies, and European immigrants adopted the cooking method and took it with them to other areas in what is now the United States. The result makes very delicious history.

Charcoal or Gas?



It's a strictly personal preference, or maybe what you learned from your dad. Either charcoal or gas grilling can produce flavorful, succulent food. Here are some differences and tips to ensure success with either method.

Cooking with Charcoal

One advantage of grilling with charcoal is the smoky flavor that seasons food. Grilling over charcoal also offers exceptional browning and searing of food not possible using a gas grill. But grilling with charcoal also requires adjusting and arranging briquettes to achieve the desired heat source for the food being cooked.

Tips for Cooking with Charcoal

- How much charcoal to use depends on 1) the size of the grill, 2) the amount and type of food to be cooked, and 3) how hot a fire is required. Be sure to use plenty of charcoal to build a fire that's slightly wider than the area covered by food on the cooking grate. The higher the charcoal is piled, the hotter the fire will be beneath the food.
- Wait to begin cooking until the charcoal is covered with a fine gray ash, which means it's completely lit and hot.
- To ensure that food cooks evenly, place the cooking rack over the coals and let it heat five minutes. When the grill is hot, scrape the cooking grate clean before placing food on it.
- Use a meat thermometer to check the internal temperature of meats and poultry for doneness.

What Kind of Fire to Build?

Most kettle-style grills have two grates or racks, a lower rack to hold charcoal briquettes, and an upper one for the food. Arranging the burning coals in various positions offers different results:

Single level fire — Arranging the lit coals in a single layer across the bottom of the grill is ideal for cooking thin foods that cook quickly. Kabobs, hamburgers, vegetables, and fish are best cooked using a single layer fire.

Split-level fire — Create this type of fire by arranging a single layer of coals on one side of the grill, and pile the remaining coals in a heap on the opposite side. Sear foods first over the intense heat of the bank of coals, then finish cooking more slowly over the single layer. Steaks, both meat and fish, turkey burgers, chops, and bone-in poultry can be cooked over this type of fire.

Split-level fire — Best for foods that require longer cooking time. Push all the lit coals over to one side of the grill, leaving the other side empty. Place the food over the cooler side and cover it with an aluminum roasting pan. (Note: Completely covering the grill with its lid can give food an unpleasant flavor because there's no air circulation.) This creates an oven-like cooking environment with one source of heat that's excellent for cooking small thin cuts of meat such as bone-in and boneless chicken breasts, sausages, flank steak, and various cuts of lamb.

How Hot is that Charcoal?

Use a grill thermometer placed through the holes in the lid of a kettle-style grill to read the interior temperature. A low-tech measurement option to gauge the temperature is to place your hand five inches over lit briquettes and hold it there until it's too hot. Count how long you can hold your hand over the heat by saying "one second, two seconds," and so forth.

Very Hot — 2 seconds

Medium-Hot — 3 to 4 seconds

Medium — 5 to 6 seconds

Medium-Low — 7 seconds

Cooking with Gas

Gas grills are convenient and reliable, making it easy to grill every day of the year if you choose. While they don't offer the smoky flavors and browning capabilities of charcoal, most have built-in thermometers that are a huge asset in determining cooking temperatures.

To add flavor to foods cooked on a gas grill, many cooks add hardwood (hickory, mesquite, apple, oak, or alder) chunks or chips and let these smolder alongside the food, slowly releasing smoke. Soaking the wood in water first adds moisture and prevents it from catching fire.

Tips for Cooking with Gas

- Unless it will be used, remove the warming rack before lighting the grill to prevent any chance of burning your hands if it's removed from a hot grill.
- With the lid closed, heat the grill for 15 minutes with all burners turned to high. When the grill is hot, scrape the cooking grate clean and adjust the heat of the burner as required.
- Whether cooking with indirect or direct heat, keep the lid closed to ensure an even cooking temperature.

Direct or Indirect Heat?



Whether to grill using direct or indirect heat depends on the food being cooked. Both methods are possible for either gas or charcoal grills, and the two methods can be used together.

The direct cooking method is very much like broiling where the food is cooked directly over the heat source. Direct cooking helps sear in juices on larger cuts of meat to maximize flavor and moisture. Use direct cooking for foods that take less than 25 minutes to cook, such as sausages, steaks, chops, and kabobs, turning once during the cooking time.

Indirect cooking is similar to oven roasting. With gas grills, burners are lit on both sides of the cooking area, the food is placed between the burners, and the lid is closed. With a charcoal grill, lit briquettes are moved to each side of the kettle. Again, the food is placed in the middle of the cooking rack, and covered with a foil roasting pan. (If desired, place a shallow pan below the food to collect drippings, which can be used for sauces or gravies.) This allows the heat to circulate around the food, cooking it evenly on all sides. This method is recommended for large cuts of meat such as roasts, ribs, whole chickens and turkeys.

How to Grill Steak, Chicken, and Kabobs



Grilling adds flame-kissed flavor to *any* meat, whether beef, poultry, or pork. Read through the following tips to ensure delicious results for any meat you barbecue or grill.

Beef Basics

Certain cuts of beef are suitable for different cooking methods. Shoulder, chuck, and blade cuts require long, slow cooking to become tender, as do beef round and rump roasts. Flank steak, ribs, loin, and sirloin are the best choices for grilling or fast, high-heat cooking methods.

Size also matters when it comes to grilling: Choose cuts that are 1 to 1 1/4-inch thick. Pay special attention to bone-in cuts: make sure the steak is an even thickness. Meat near the bone will take longer to cook.

To help choose the best cuts for grilling and barbecue, review these descriptions:

Brisket — From the chest region. Used to make corned beef or braises, or smoked for barbecue.

Chuck — These cuts are from the beef shoulder or front end. Used as roasts and pot roasts.

Flank — Cuts of beef usually found as steaks. This is the cut often referred to as London Broil.

Loin and Tenderloin — These prime cuts are from the lower back. Cuts are very tender; strip steak, t-bones, and porterhouses come from this region.

Round — Cuts of beef from the hindquarters. Usually found as cooking roasts and commonly referred to as rump roasts.

Sirloin — These cuts are taken from the small back region, above the rump. Sirloin cuts are very versatile and can be found as steaks and roasts.

Skirt — The diaphragm muscle on the underside of the ribcage. This cut is popular for grilling, and also used in fajitas and carne asada.

Grilling the Perfect Steak

For meat lovers, few foods compare to a grilled steak with its tasty combination of smoky, caramelized crust and tender, juicy interior. What's important when choosing a steak to barbecue? Choose the cut wisely: If money's no object, spring for New York strip, T-bone, filet mignon, or porterhouse steaks. But if you're seeking something more mid-range to barbecue, consider less spendy sirloin, flank steak, and skirt steaks.

To grill steaks, sear them first over direct heat, then move them to indirect heat to finish cooking. For a 1-inch thick steak, a general guide is 5 to 7 minutes per side for medium-rare (145 degrees F/63 degrees C). For an accurate reading—and to avoid cutting into that sublime steak before it's perfectly cooked—use a meat thermometer to test for doneness. Use this guide to determine how long to leave beef on the grill.

Beef Cooking Guide

Cut	Method	Heat	Time	Internal Temp. (minimum)
Steaks				
3/4 in. thick	Direct	High	3 to 5 min./side	145 F (63 C)
1 1/2 in. thick	Direct	High	7 to 8 min./side	145 F (63 C)
2 in. thick	Direct	High	10 to 12 min./side	145 F (63 C)
Kabobs				
1 in. cubes	Direct	High	3 to 4 min./side	145 F (63 C)
Hamburger Patties				
1/2 in. thick	Direct	High	3 min./side	160 F (70 C)
Roast				
4 to 6 pounds	Indirect	Medium	18 to 22 min./pound	145 F (63 C)
Sirloin Tip				
3 1/2 to 4 pounds	Indirect	Medium	20 to 25 min./pound	145 F (63 C)
Back Ribs				
single ribs	Direct	High	10 min./side	160 F (70 C)
rib rack	Indirect	Medium	3 hours	160 F (70 C)
Tenderloin				
2 to 3 pounds	Direct	High	10 to 12 min./side	145 F (63 C)
4 to 6 pounds	Direct	High	12 to 15 min./side	145 F (63 C)

Chicken Basics

Chicken is one of the trickiest foods to grill, and perhaps the hardest of all is boneless, skinless chicken breasts. That's because a grill's high heat can dry out the meat before it's cooked through. Avoid drying by lightly pounding boneless chicken breasts to a uniform thickness to ensure that breasts cook evenly.

Grilling Perfect Chicken

Clear juices are not a good indicator of doneness. Depending on the age of the bird, juices might not run clear until it's overcooked. As a basic guideline, chicken and other poultry should be cooked to an internal temperature of 165 degrees F (75 degrees C). Use this guide to determine how long to leave chicken on the grill.

Chicken and Poultry Cooking Guide

Cut	Method	Heat	Time	Internal Temp. (minimum)
Whole Broiler or Fryer				
3 to 4 pounds	Indirect	Medium	60 to 75 min.	165 F (75 C)
Whole Roasting Hen				
5 to 7 pounds	Indirect	Medium	18 to 25 min./pound	165 F (75 C)
Capon				
4 to 8 pounds	Indirect	Medium	15 to 20 min./pound	165 F (75 C)
Cornish Hens				
18-24 ounces	Indirect	Medium	45 to 55 min./side	165 F (75 C)
Breast				
6 to 8 ounces	Direct	Medium/High	10 to 15 min./side	165 F (75 C)
Boneless Breast				
4 ounces	Direct	High	6 to 8 min./side	165 F (75 C)
Legs or Thighs				
4 to 8 ounces	Direct	Medium/High	10 to 15 min./side	165 F (75 C)
Drumsticks				
4 ounces	Direct	Medium/High	8 to 12 min./side	165 F (75 C)
Wings				
2 to 3 ounces	Direct	Medium/High	8 to 12 min./side	165 F (75 C)

Kabob Basics

Call them kabobs, kebabs, satays, or skewers, food on a stick is great for the grill. Follow these guidelines to prepare tasty kabobs every time.

- To prevent burning, soak bamboo or wooden skewers 1 to 2 hours in water before placing meat and vegetables on them.
- Cut meats and veggies to the same size. One to 1 1/2-inch cubes work well.
- Group foods with similar cooking times together. While a skewer of bell peppers, cherry tomatoes and chicken looks colorful and appetizing, the tomatoes may turn to mush—or worse, slither off the skewer—by the time the chicken is cooked.
- To stabilize round or hard-to-skewer foods such as tomatoes and shrimp, use 2 skewers parallel to each other.

How to Grill Seafood



From flaky fish to succulent shrimp, most types of seafood benefit from the quick cooking and smoky flavor of grilling to concentrate flavors and hold their textures. Read through the following tips to ensure delicious results for any seafood you barbecue or grill.

Shrimp, Prawns, and Shellfish

Prawns, shrimp, scallops, and small pieces of fish work nicely threaded onto skewers as kabobs, which can be marinated—or not—and cooked directly on the grill. If cooking individual pieces, place them in a grilling basket or on a mesh rimless baking sheet such as the types used for pizza. Be sure to keep close tabs on the grilling time because delicate shellfish requires less cooking time than meat.

Grilled Fish

Steaks, fillets or whole fish are easy to grill and don't require a special basket. Most fish can be cooked right on the grate at high heat. As with any grilling adventure, start with a spotless, clean grill. A trick to ensure this: add a couple tablespoons of vegetable oil to a clean kitchen cloth or paper towel. Use tongs to rub the grate lightly with the cloth or towel, which will prevent the fish from sticking.

To protect thin fillets or delicate fish from excess heat, wrap them in cornhusks or even banana or grape leaves, which can be found in specialty markets. Or keep things simple and go with the tried and true standby, aluminum foil.

Bivalves on the Barbecue

Oysters and scallops are also easy to prepare on the grill—no shucking required! They'll cook and open naturally.

Marinade Magic



Marinades can add subtle or dramatic flavors to meats and seafood. For tips on successfully cooking with marinades, review the questions and answers below. For additional ways to flavor steaks and other meats, try a dry rub or top cooked steaks with a spoonful of herbed butter.

What is the best way to marinate food?

The main role of marinades is to add flavor to food. A plain grilled chicken breast tastes good, but a grilled chicken breast that's been bathed in an orange, ginger, and sesame marinade for a few hours tastes absolutely spectacular! The kinds of flavors of marinades are only limited by your imagination and the contents of your pantry. Choose flavorful, spicy, fragrant, or aromatic ingredients that taste good together. These can include any fresh or dried herb or spice, but don't forget about other tasty ingredients such as fresh and dried chile peppers, onions, shallots, garlic, ginger, and citrus zest, plus prepared condiments like mustard, ketchup, or plum sauce. One word of caution: don't add salt to the meat until right before you cook it. Salt can leech out the moisture, turning your meal dry and tough.

Marinades also add moisture to foods, particularly when the marinade contains some sort of fat. Generally, oils are better to use than butter or margarine, because oils will remain liquid when refrigerated. In the oil category, experiment with olive, peanut, sesame, walnut, or chile oil. You can also use milk, coconut milk, buttermilk, or yogurt.

Marinades can also tenderize meats. Buttermilk and yogurt are especially popular for this purpose. Other acidic ingredients, whether or not they significantly tenderize a piece of meat, do a great job of balancing out the sweet, spicy and aromatic flavors of a marinade. One caution: remember that over-marinating can result in tough or mushy meat.

How long should I marinate food?

Most seafood shouldn't stay in a marinade longer than an hour; boneless chicken breast only needs about two hours; pork loin can soak for four hours; lamb can go from four to eight hours; and you can leave beef for 24 hours or more. More delicate meats such as seafood and skinless chicken will become mushy from the acid in the marinade if they soak too long, so keep an eye on the clock.

Remember; always marinate food in the refrigerator to avoid promoting bacterial infection of foods.

Can I eliminate the oil in a marinade to reduce fat?

Marinades add moisture to foods, particularly when the marinade contains some sort of fat. Generally, oils are better to use than butter or margarine, because oils will remain liquid when refrigerated. In the oil category, try olive, peanut, sesame, walnut or chile. You can also use milk, coconut milk, buttermilk, or yogurt. Using low-fat versions of the dairy products can help reduce fat.

Remember; always marinate food in the refrigerator to avoid promoting bacterial infection of foods.

What containers are best for marinating?

Use either a glass dish or a re-sealable plastic bag. Using metal containers can give a metallic flavor to the food.

Can I reuse the marinade?

For food safety reasons, it's best to discard the marinade after the food is removed. If you want to use the same mixture to baste while cooking, either set a small amount aside before marinating the meat or fish, or boil the marinade for at least five minutes before using it as a basting sauce.

Favorite Flavors



BBQ Dry Rub

"My family has been making this dry rub for years. It is awesome on country-style ribs and pork steaks!" - by AMYNTAYLORMOM



PREP TIME: 10 MINUTES | READY IN: 10 MINUTES

SERVINGS: 30

INGREDIENTS

1 1/4 cups white sugar
1 1/4 cups brown sugar
1/2 cup salt
1/4 cup ground black pepper
1/4 cup paprika

DIRECTIONS

1. In a bowl, mix together white and brown sugars, salt, pepper, and paprika. Rub onto pork 10 minutes prior to grilling. Store any leftover rub in a sealed container.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 60, Carbohydrates: 15.3g, Cholesterol: 0mg, Fat: 0.1g, Dietary Fiber: 0.6g, Protein: 0.2g, Sodium: 1863mg

Powered by ESHA Nutrient Database

HELPFUL HINTS

- For added flavor, some cooks add onion powder and/or garlic powder to the rub mixture.
- For convenience, make a large batch and store the extra to have on hand.
- To avoid clumping when storing a large amount, some cooks leave out the brown sugar and add it just before using the rub.
- Several cooks report the rub is equally delicious used on chicken and fish such as salmon, as well as on meats.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"This made the most heavenly spiced country style pork ribs. I dry rubbed the ribs and let them stand at room temperature 30 minutes before baking. It is also great on baked pork chops and the cooking liquid makes a spicy gravy that hits the spot! This will become a regular dish at my house!" - Jessica53214

"Awesome recipe! Simple and delicious! I've made them many, many times already. Tastes really great with chicken wings and especially delicious

on baby ribs. Just rub on, wrap in aluminum foil and bake. There is, however, not enough of the wonderful meat juice. Putting on more rub doesn't give more juice either; it just gets overpowering. I usually go with the ratio of 5:5:2:1:1:1 (brown sugar, white sugar, salt, black pepper, paprika powder, garlic powder). The garlic powder is pretty important. I gotta memorize that, because people keep asking for it. I also like to add some dried parsley (but it actually only adds to the visual appeal). Thanks Cindy!" - MISSLEARNTOBAKE

"This recipe is AWESOME! As I was mixing the ingredients together, I thought that this would also be a great recipe to make and put in a mason jar as a present for someone who enjoys cooking out on the grill." - LAURIEANDJOHN64

Photo Credits - Left: GodivaGirl, Top right: Nancy, Bottom right: Foodie Family

Beef or Chicken Marinade

"This dark, rich marinade can be used with any type of beef or chicken. If you want it spicy, mix in the chopped hot peppers of your choice. Yummy!" - by Jana Ritz



PREP TIME: 10 MINUTES | READY IN: 4 HOURS 10 MINUTES

SERVINGS: 12

INGREDIENTS

1/4 cup soy sauce
3 tablespoons honey
2 tablespoons distilled white vinegar
1 1/2 teaspoons garlic powder
1 1/2 teaspoons ground ginger
3/4 cup vegetable oil
2 green onions, chopped
1 teaspoon coarsely ground black pepper

DIRECTIONS

1. In a large bowl, mix soy sauce, honey, distilled white vinegar, garlic powder, ground ginger, vegetable oil, green onions and black pepper. Place desired meat in marinade. Marinate in the refrigerator at least 4 hours before grilling.

NUTRITIONAL INFORMATION

Amount per Serving:

Powered by ESHA Nutrient Database

HELPFUL HINTS

- If sodium is a concern, substitute low-sodium soy sauce.
- Some cooks use fresh minced garlic and ginger instead of the ground versions.
- If preferred, substitute extra virgin olive oil for the vegetable oil.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"Very good. I used this on boneless, skinless chicken breasts, which I halved. I grilled them on foil for a few minutes to allow the chicken to cook without burning the outside. Then I put them directly on the grill until they were done. They turned out perfectly." - FLANKADANK

"I made the marinade for beef with the intention of grilling it but at dinner time we felt like a stir fry. I stir fried the beef in a bit of oil, set it aside and stir fried some veggies, added a bit of the marinade (bring to a boil first to kill the germy things that may be in there) and served over rice. It may be the best stir fry we've ever had. Bye-bye store-bought stir fry sauce!" - TAYTAR

"GREAT! Followed recipe to a tee...marinated both t-bone steaks and boneless chicken breasts to grill over the weekend. Beef could've marinated longer, but the chicken was wonderful and flavorful. Will use regularly, have ingredients on hand always." - schaffer5

Photo Credits - Left: Jillian, Top right: Scotdog, Bottom right: Hatch

Big Al's K.C. Bar-B-Q Sauce

"This is a Kansas City-style sauce that I make in my restaurant. It is sweet and smoky with a little bite." - by Alan Arthur



PREP TIME: 15 MINUTES | COOK TIME: 20 MINUTES | READY IN: 35 MINUTES

SERVINGS: 48

INGREDIENTS

2 cups ketchup
2 cups tomato sauce
1 1/4 cups brown sugar
1 1/4 cups red wine vinegar
1/2 cup unsulfured molasses
4 teaspoons hickory-flavored liquid smoke
2 tablespoons butter
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1/4 teaspoon chili powder
1 teaspoon paprika
1/2 teaspoon celery seed
1/4 teaspoon ground cinnamon
1/2 teaspoon cayenne pepper
1 teaspoon salt
1 teaspoon coarsely ground black pepper

DIRECTIONS

1. In a large saucepan over medium heat, mix together the ketchup, tomato sauce, brown sugar, wine vinegar, molasses, liquid smoke and butter. Season with garlic powder, onion powder, chili powder, paprika, celery seed, cinnamon, cayenne, salt and pepper.
2. Reduce heat to low, and simmer for up to 20 minutes. For thicker sauce, simmer longer, and for thinner, less time is needed. Sauce can also be thinned using a bit of water if necessary. Brush sauce onto any kind of meat during the last 10 minutes of cooking.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 46, Carbohydrates: 9.9g, Cholesterol: 1mg, Fat: 0.9g, Dietary Fiber: 0.2g, Protein: 0.3g, Sodium: 219mg

HELPFUL HINTS

- If molasses is unavailable, substitute equal amounts of honey, dark corn syrup, maple syrup, or 3/4 cup packed dark brown sugar.
- Some cooks replace the butter with vegetable oil.
- Several cooks omit the celery seed without affecting the flavor.
- Cooks who like heat recommend doubling the amounts of chili powder and cayenne, but add in small amounts and taste after each addition.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"I LOVE, LOVE, LOVE this sauce! This will be my 'one and only' BBQ sauce from now on. It's thick, sweet and spicy and beautiful in color! To try it out...first I cut the servings to 12. I followed the scaled measurements except only used a pinch of cayenne and chili powder. Concern was it may be too spicy for kids. I did not have celery seed, so I had to leave it out. If you like a sweet and spicy sauce you must try this recipe. I will use this on chicken, pulled pork and ribs. UPDATE: I've made this again using the celery seed and think I like the taste without it. Also for a nice thick sauce it is necessary to simmer on low for at least 20 minutes." - **GodivaGirl**

"I grew up in South Carolina and this BBQ sauce is the closest I've come to having a 'taste of home.' I made it when my son and his fraternity buddies were coming to Blacksburg for a football weekend and even with a tripled recipe of pork, I didn't have a drop left. My son didn't believe everything was homemade. I used the slow cooker pork BBQ recipe with bouillon and coffee and poured this sauce over after shredding the pork. Didn't change a thing on either recipe!" - **Eschenmann**

"I have found THE one BBQ sauce. No more store bought awful ones here! I made just as is (but halved the recipe (1-1/2 cups) and I simmered it for about 50 minutes. The next day it was nice and thick. The liquid smoke is a great flavor in this (a must!) and mellows out by the next day. I also used a pinch of cayenne, so the kids could eat it. I used this on some pulled pork, next it'll go on grilled chicken. Next time I'll make the full batch to keep on hand." - **LDYLBGR**

Photo Credits - Left: LDYLBGR, Top right: LDYLBGR, Bottom right: GodivaGirl

Bourbon Whiskey BBQ Sauce

"This is a barbecue sauce recipe using Kentucky bourbon whiskey. For best results, refrigerate for a day or two, allowing the flavors to blend." - by Kevin



PREP TIME: 15 MINUTES | COOK TIME: 30 MINUTES | READY IN: 45 MINUTES

SERVINGS: 16

INGREDIENTS

1/2 onion, minced
4 cloves garlic, minced
3/4 cup bourbon whiskey
1/2 teaspoon ground black pepper
1/2 tablespoon salt
2 cups ketchup
1/4 cup tomato paste
1/3 cup cider vinegar
2 tablespoons liquid smoke flavoring
1/4 cup Worcestershire sauce
1/2 cup packed brown sugar
1/3 teaspoon hot pepper sauce, or to taste

DIRECTIONS

1. In a large skillet over medium heat, combine the onion, garlic, and whiskey. Simmer for 10 minutes, or until onion is translucent. Mix in the ground black pepper, salt, ketchup, tomato paste, vinegar, liquid smoke, Worcestershire sauce, brown sugar, and hot pepper sauce.
2. Bring to a boil. Reduce heat to medium-low, and simmer for 20 minutes. Run sauce through a strainer if you prefer a smooth sauce.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 107, Carbohydrates: 16.6g, Cholesterol: 0mg, Fat: 1.8g, Dietary Fiber: 0.4g, Protein: 0.8g, Sodium: 629mg

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HELPFUL HINTS

- If planning to strain the sauce after cooking, coarsely chop the onion and garlic for easier removal.
- Several cooks report that using an inexpensive bourbon won't affect the taste of the sauce.
- Remember that alcohol in the bourbon whiskey cooks off when the sauce is simmered leaving only the flavor.
- Some cooks add one or two seeded, diced jalapeño peppers to the sauce for a little heat.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"This recipe is off the chains! I've used it four times already since November. The last time I made it, I used a slow cooker and made a gallon of it. My family and I went bowling while this was in the slow cooker. When we left I set it on low. Five hours later, we returned and the whole house smelled like sauce. It was great! It sat in the fridge for 48 hours. Wow, what a sauce. I do not buy that junk in the stores anymore. THANKS, HOMIE." - **Jayvay's eat gallery**

"Perfect the way it is. I put in food processor to smooth it out because I don't like pieces of onion. I canned this so I would have it on hand (hot water bath for 25 minutes)." - Terri

"Made this last night—it is definitely much better after sitting overnight. At first, it was too tangy, but after it sat for a while, the flavors began to blend and now it is pretty delicious. I used it to make bbq chicken—yum!" - ebrunworth

Photo Credits - Left: robograndma, Top right: Linda, Bottom right: Ruby Ferren

Devil's Steak Sauce

"A brilliant steak sauce that really brings out the flavor of any type of grilled steak. It's best with beef tenderloin or rib eye. Raspberry jam is the wildly inventive twist that really makes this sauce unique." - by **Bernard Montgomerie**



PREP TIME: 10 MINUTES | COOK TIME: 15 MINUTES | READY IN: 25 MINUTES

SERVINGS: 4

INGREDIENTS

2 tablespoons raspberry jam
2 tablespoons brown sugar
2 tablespoons Worcestershire sauce
2 tablespoons tomato sauce
2 tablespoons malt vinegar
5 drops hot pepper sauce
salt and ground black pepper, to taste

DIRECTIONS

1. In a saucepan over high heat, blend raspberry jam, brown sugar, Worcestershire sauce, tomato sauce, malt vinegar, hot pepper sauce, salt, and pepper. Bring to a boil over high heat, reduce heat to low, and simmer 10 minutes, or until thickened.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 62, Carbohydrates: 15.9g, Cholesterol: 0mg, Fat: 0g, Dietary Fiber: 0.1g, Protein: 0.1g, Sodium: 232mg

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HELPFUL HINTS

- Try this sauce with game meat such as venison, pheasant, goose or duck.
- Some cooks substitute other jams such as apricot, boysenberry, or whatever flavor is available.
- If malt vinegar is unavailable, substitute apple cider vinegar.
- Adjust the amount of sugar according to taste preference.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"Oh my. As a rule, I don't buy commercial steak sauces; just don't like them. After reading the reviews on this recipe, I prepared this sauce to go with two grilled steaks and I have to say that this is the BEST! I am fortunate to have some homemade raspberry jam in my refrigerator. The

combination of flavors is out of this world. This sauce is tangy, complex and complements everything. I mean, we put it on our steaks, potatoes, grilled onions....Bernard, you have created a masterpiece. Thank you. I will be making this again and again and again. This deserves 10 stars! I still have some left—it's like a little jar of gold sitting in my refrigerator calling me." - **BUNKYLION**

"I was very skeptical about this recipe, even after I tasted it by itself I thought it had a strange flavor, but with steak, WOW—I loved it! I didn't have jam so I used some frozen raspberries and it still turned out fine. Served with grilled ribeye. It was thick and delicious. Really, someone should bottle this stuff; they'd make a fortune!" - **Nikki**

"Oh, my gosh, this was good! I was a wondering with the name 'Devil' that it might be too spicy for the dinner party I took it to, these people can't do spicy. It was delicious, not hot! I doubled the batch to have enough for 8 steak dinners. There was some leftover even though we liked it so much we kept adding it. Served with grilled tenderloin steaks, what a treat. I used ketchup instead of opening a can of tomato sauce and it was just fine, I just cut back on the brown sugar a little to compensate. Why go to a steak house when you can easily cook restaurant food at home?!
Thanks!" - **maddysmom**

Photo Credits - Left: SunnyByrd, Top right: Double-Oven Lovin', Bottom right: mommyluvs2cook

Korean BBQ Chicken Marinade

"This sauce is from the very popular 'chicken bowls' in my hometown. It's very tasty! Use it as a marinade for chicken, or to baste chicken while grilling. Increase the hot chile paste as desired. Twelve teaspoons is usually as much as anyone can take!" - by SASEIGEL



PREP TIME: 10 MINUTES | COOK TIME: 15 MINUTES | READY IN: 25 MINUTES

SERVINGS: 48

INGREDIENTS

1 cup white sugar
1 cup soy sauce
1 cup water
1 teaspoon onion powder
1 teaspoon ground ginger
1 tablespoon lemon juice (optional)
4 teaspoons hot chile paste (optional)

DIRECTIONS

1. In a saucepan over high heat, whisk together the sugar, soy sauce, water, onion powder, and ground ginger. Bring to a boil. Reduce heat to low, and simmer 5 minutes.
2. Remove the mixture from heat, cool, and whisk in lemon juice and hot chile paste. Place chicken in the mixture. Cover, and marinate in the refrigerator at least 4 hours before preparing chicken as desired.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 20, Carbohydrates: 4.9g, Cholesterol: 0mg, Fat: 0.1g, Dietary Fiber: 0.1g, Protein: 0.3g, Sodium: 304mg

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HELPFUL HINTS

- Some cooks substitute red pepper flakes for the hot chili paste.
- For added flavor, some cooks also add sesame seeds, sesame oil, and chopped green onions to the marinade.
- This sauce is not recommended as a basting sauce for grilling because its high sugar content will cause the sauce to burn.
- Several cooks make extra marinade to use as a serving sauce; refrigerate and heat briefly in a microwave oven before pouring over meat, chicken or vegetables.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

*"I served chicken with this marinade to my Korean parents for dinner. My mom, who said she wasn't hungry before we started eating, ended up going back for seconds and exclaimed that it was delicious. The only changes I made were to decrease the sugar by 1/3 cup (trying to make it healthier), and to add minced garlic and a touch of sesame oil. Gotta have garlic when you're making Korean!" - **chibi chef***

*"This is awesome! If I could give it 10 stars I would! Use as a marinade, over noodles with or without veggies, hot or at room temp (like cold sesame noodles), or in a stir fry thickened with a little cornstarch! Definitely add the lemon juice—it adds a very nice tone. I usually add some sesame oil and garlic (either powder or minced) as well. YUM!" - **ROBBIN818***

*"A keeper for sure! I used fresh ginger and added a bit of fresh garlic as well, I have used this sauce as a marinade for chicken breasts, which I later grilled. Equally popular, I poured the sauce over chicken thighs and cooked in a slow cooker. Both ways the chicken was terrific!" - **dawmel***

Photo Credits - Left: mis7up, Top right: michellej, Bottom right: imallie

Starters



Chicken and Sun-Dried Tomato Bruschetta

"This recipe is the definition of versatility. If the weather's mild, use the grill outside to prepare this appetizer. In colder months, use your oven instead. The amount of ingredients for this recipe can be scaled back or multiplied to accommodate any range of party guests. You can also alter the amount of most of the ingredients according to your personal preference. You'll enjoy this variation on regular old bruschetta appetizers!" - by SMPETER



PREP TIME: 15 MINUTES | COOK TIME: 30 MINUTES | READY IN: 45 MINUTES

SERVINGS: 8

INGREDIENTS

- 2 skinless, boneless chicken breast halves
- 1 1/4 cups Italian salad dressing, divided
- 4 cups fresh spinach, torn
- 1/3 cup crumbled feta cheese
- 8 sun-dried tomatoes, packed without oil, chopped
- 1 (1 pound) loaf focaccia bread, cut into 1/2-inch thick slices
- 1/4 cup olive oil

DIRECTIONS

1. Place the chicken and 1 cup salad dressing in a bowl. Cover, and marinate at least 3 hours in the refrigerator.
2. Preheat the grill for high heat.
3. Lightly oil the grill grate. Discard dressing used for marinating, and grill chicken 7 minutes per side, or until juices run clear. Cool and shred.
4. In a large bowl, mix the cooked chicken, spinach, feta cheese, sun-dried tomatoes, and remaining dressing.
5. Brush the focaccia bread with olive oil, and cook 1 minute per side on the prepared grill, or until lightly toasted. Place portions of the chicken mixture on the toasted focaccia to serve.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 389, Carbohydrates: 34.3g, Cholesterol: 26mg, Fat: 22.2g, Dietary Fiber: 2.1g, Protein: 13.5g, Sodium: 1124mg

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HELPFUL HINTS

- To save a preparation step, use store-bought rotisserie chicken or leftover chicken in place of the chicken breasts.
- As a vegetarian option, replace the chicken with portobello mushrooms.

- Some cooks substitute French baguette, sourdough bread, ready-made pizza bread, or other type of bread for the focaccia.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"This is WAY yummy! I thought it would be good, but it so exceeded my expectations. I didn't have any Italian dressing, so I made some with olive oil, balsamic, and chopped olives and garlic. Awesome!" - shawnessym

"This recipe was great, delicious, and easy to make! We loved it...as a matter of fact we prepared it about 3 times this weekend! When we ran out of focaccia we used regular sliced bread and it was still great...I added some regular tomatoes for added freshness." - natypilo

"This was spectacular, and can't wait to make again. I didn't have Italian dressing so I used a Greek dressing and marinated the chicken overnight. I made a meal out of these by placing each ingredient in its own dish, and letting everyone make their own wraps. Oh! I also added chopped kalamata olives. Served with fruit." - momma_s

Photo Credits - Left: GodivaGirl, Top right: GodivaGirl, Bottom right: Doyal Logan

Detroit Hot Honey Wings

"A sweet, spicy wing recipe that is amazing on the grill! This is a Detroit recipe, so enjoy!" - by MMMMFOOD1



PREP TIME: 15 MINUTES | COOK TIME: 20 MINUTES | READY IN: 35 MINUTES

SERVINGS: 6

INGREDIENTS

2 pounds chicken wings, tips discarded
1 teaspoon cayenne pepper
salt and ground black pepper, to taste
1 cup honey
1/2 cup butter, melted
1/2 cup hot sauce

DIRECTIONS

1. Preheat an outdoor grill for medium heat and lightly oil grate.
2. Wash the wings well and pat dry with paper towel. Season the meat with cayenne, salt, and pepper.
3. Cook the chicken wings on preheated grill until cooked through and juices run clear, 20 to 30 minutes depending on the size of the wings. Brush the wings liberally using 1/2 cup of honey while they are cooking.
4. Melt the butter, pour into a large bowl and mix in the remaining 1/2 cup of honey and hot sauce. Remove the wings from the grill and immediately toss them in the hot honey butter sauce to coat. Serve the wings 'wet' or return them to the grill for 1 minute per side to set the sauce.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 420, Carbohydrates: 47.1g, Cholesterol: 72mg, Fat: 22.8g, Dietary Fiber: 0.3g, Protein: 10.6g, Sodium: 700mg

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HELPFUL HINTS

- Watch the wings after basting them with the honey as they can easily burn. Some cooks recommend basting toward the end of cooking.
- For more flavor, some cooks add seasoned salt, garlic, and/or onion powder.
- If preferred, reduce the amount of honey to half.
- Adjust the amount of cayenne or hot sauce according to desired spiciness.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"I served these at last year's Super Bowl party for a bunch of construction workers. They were a huge hit! It was too snowy to grill, so I actually cooked them in the oven at 400 degrees F (200 degrees C) for about 30 minutes, then used the broiler for about 3 minutes to get them brown. I also used a little less butter and not only basted both sides during the cooking, but tossed them around in the extra sauce when they came out of the oven. Wonderful, wonderful recipe!" - mdswan82

"My husband and I could not get enough of these wings! They were so good! Instead of pouring the sauce over the wings, I basted them liberally with the sauce throughout the grilling process. They were fantastic. I set aside extra sauce for dipping. The only thing I will do differently next time will be to omit the salt. It was a wee bit on the salty side. I think the hot sauce has plenty of salt as is. I think I will also omit the butter. With all the sweet honey, I don't think it will be missed and I will be eliminating all that unnecessary fat! I will definitely be making these again very soon! Update: Ok, don't eliminate the butter...it's waaay too spicy!" - ALFANN02

"Definitely bake these in the oven after grilling them. It really seals in the flavor and makes them a little crunchy. These are a hit with my family and our guests." - Alicia

Photo Credits - Left: ALFANN02, Top right: LashGal, Bottom right: BIG GENE

Grilled Bacon-Jalapeño Wraps

"Jalapeños are stuffed with cream cheese, wrapped with bacon, and barbequed on the grill." - by MELISSAGAR



PREP TIME: 10 MINUTES | COOK TIME: 10 MINUTES | READY IN: 20 MINUTES

SERVINGS: 6

INGREDIENTS

6 fresh jalapeño peppers, halved lengthwise and seeded
1 (8 ounce) package cream cheese
12 slices bacon

DIRECTIONS

1. Preheat an outdoor grill for high heat.
2. Spread cream cheese to fill jalapeño halves. Wrap with bacon. Secure with a toothpick.
3. Place on the grill, and cook until bacon is crispy.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 446, Carbohydrates: 1.9g, Cholesterol: 79mg, Fat: 45.3g, Dietary Fiber: 0.4g, Protein: 7.9g, Sodium: 519mg

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HELPFUL HINTS

- If less heat is desired, be sure to remove the inner membrane and seeds from the jalapeño peppers. Blanching the peppers in hot boiling water for about 4 minutes will also reduce their heat.
- Some cooks substitute herb-flavored cream cheese for regular cream cheese.
- Several cooks recommend freezing the peppers before grilling to prevent the cheese from leaking out while cooking.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"I've been making these forever but I never cut them in half. I make a T-incision, leaving the top on, seed the peppers, stuff them, and wrap them in a slice of thick bacon. If you stuff the pepper whole, the cheese won't come out and you can cook them a little longer so bacon gets really crispy and the pepper gets tender." - **cristi_nita**

"VERY tasty, and SUPER easy...but 2 warnings: 1) WEAR GLOVES. As with all peppers contact with skin can leave you burning for hours. And since I was in a hurry I did just that—4 hours later I still felt like my hands were in a fire. 2) BACON ON GRILL = FLAMES. The fat will

catch fire...so be careful with your fire! Keep an eye it." - **kaspermk**

"My friend and I served these at a chili competition that we competed in. We couldn't keep them coming off the grill fast enough. We found that it is easier to cook them if you use two skewers to hold them together instead of tooth picks. You can put a bunch of them on the skewers and it's easier to turn them." - **JHAG01**

Photo Credits - Left: Jeff, Top right: slancaster Bottom right: MN Nice

Grilled Buffalo Wings

"This is a great recipe for grilled chicken wings. They are much better than fried!" - by MATTD73



PREP TIME: 15 MINUTES | COOK TIME: 50 MINUTES | READY IN: 1 HOUR 5 MINUTES

SERVINGS: 8

INGREDIENTS

3 pounds chicken wings, separated at joints, tips discarded
1 cup Louisiana-style hot sauce
1 (12 fluid ounce) can or bottle cola-flavored carbonated beverage
1/4 teaspoon cayenne pepper, or to taste
1/4 teaspoon ground black pepper, or to taste
1 tablespoon soy sauce

DIRECTIONS

1. Preheat a grill to medium heat.
2. In a large pot, mix together the hot sauce, cola, cayenne pepper, black pepper and soy sauce. Add the wings to the sauce - frozen is okay. Place the pot to one side of the grill, so the sauce comes to a simmer.
3. Use tongs to fish wings out of the sauce, and place them on the grill for 8 to 10 minutes. Then return to the sauce to simmer. Repeat this process for about 50 minutes. The sauce will thicken. When the chicken is tender and pulls easily off of the bone, you have two options. You can dip one last time and serve for sloppy style wings, or serve right off the grill for dryer wings.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 129, Carbohydrates: 5.5g, Cholesterol: 30mg, Fat: 7.3g, Dietary Fiber: 0.1g, Protein: 10g, Sodium: 882mg

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HELPFUL HINTS

- For convenience, frozen chicken drumettes can be substituted for the chicken wings.
- Some cooks add garlic and/or onion powder for added seasoning.
- Adjust the amount of cayenne or hot sauce according to desired spiciness.
- If the sauce becomes too thick while sitting on the grill, stir in a little water to return to or maintain the desired consistency.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"Wonderful wings! Before placing the wings in the sauce, I rubbed them down with salt and pepper, garlic powder, and cayenne pepper. This seemed to give them that extra little punch. My guest raved about them and could not stop eating them. Everyone left with the recipe in hand. Thank you so much for sharing this with us!" - Janine

"These wings were wonderful! Just enough kick...used a spicy hot sauce and left out soy sauce to reduce sodium, will add next time to try but tasted yummy without it. Used foil pan and made it super easy for clean up. Did wings on medium grill 10 minutes, on direct heat 3 minutes in pan with sauce on grill, back on for 10 minutes etc...for an hour. Tasted great!" - JBaxter

"These are good! Love the cooking method. I made with cola soda with no calories and we loved the lower calorie meal and it helped some cravings! Wife wants me to make them again but I'm not about to freeze out in the cold to make them :) We actually used boneless skinless chicken breasts." - bhoneycutt

Photo Credits - Left: JBaxter, Top right: R8CHEL, Bottom right: fellowtraveler87

Sweet-Spicy Wings

"Sweet and spicy wings! You can make two batches of the sauce, use one as a marinade before grilling the chicken, and pour the second batch over the chicken after it is grilled. It is not mandatory to do it this way, just better!" - by Lisa I.



PREP TIME: 15 MINUTES | COOK TIME: 30 MINUTES | READY IN: 45 MINUTES

SERVINGS: 12

INGREDIENTS

6 pounds chicken wings, separated at joints, tips discarded
1 1/2 cups Louisiana-style hot sauce
3/4 cup butter
1 cup honey
1 pinch garlic salt
1 pinch ground black pepper
1 teaspoon cayenne pepper, or to taste

DIRECTIONS

1. Preheat an outdoor grill for high heat.
2. Lightly oil the grill grate. Grill the chicken 8 to 12 minutes on each side, or until juices run clear. Remove chicken to a large roasting pan.
3. In a saucepan over medium heat, mix the hot sauce, butter, honey, garlic salt, black pepper, and cayenne pepper. Simmer about 10 minutes, until blended and heated through. Pour the sauce over the grilled chicken wings and stir to coat.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 356, Carbohydrates: 23.9g, Cholesterol: 78mg, Fat: 22.7g, Dietary Fiber: 0.2g, Protein: 15.6g, Sodium: 896mg

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HELPFUL HINTS

- To add more flavor, many cooks recommend marinating the chicken for a few hours using half the amount marinade.
- Keep close watch while cooking the chicken as the butter in the marinade may cause flare-ups on the grill.
- To make the sauce thicker and more likely to stick to the chicken, some cooks recommend melting the butter only slightly and then mixing it with the rest of the sauce ingredients.
- If preferred, the chicken can be deep fried or baked, but it is best when grilled.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"For optimum flavor, I believe these wings should be marinated overnight in half of the sauce mix. Also, don't be afraid to use the entire teaspoon of cayenne pepper. When I added the honey, the spicy heat from the hot sauce was greatly reduced. My husband grilled the wings over mesquite briquettes. Our leftovers seem to get more flavorful each day. When shared, they were a definite hit with his employees at work! Thanks Lisa!" - CLBPROUDMOM

"Very good, but suggest using a little less butter (was fine but didn't seem necessary). Also, baked wings instead of grilling. Used this method: marinated wings in half of mixture for at least 1 hour (did mine overnight). Placed wings on baking sheet and baked 40 minutes at 350 degrees F (175 degrees C). Removed, then added rest of sauce and turned up oven to 375-400 degrees F (190-205 degrees C) for another 7-10 minutes (for sauce to stick). Delicious." - chefX39

"This is a winner. There is an addictive quality to this recipe. Can't stop eating them! The combination of sweet honey and spicy Louisiana sauce is perfect! I recommend grilling the chicken over a flame for the charbroil (added) flavor. Enjoy!" - SHEILAKURTH

Photo Credits - Left: JOAN-A, Top right: Scotdog, Bottom right: bizzymomma

Beef 'n Burgers

- Burgers



Bacon-Wrapped Hamburgers

"This is great! The bacon makes the hamburgers so tender!" - by Jan



PREP TIME: 15 MINUTES | COOK TIME: 10 MINUTES | READY IN: 25 MINUTES

SERVINGS: 6

INGREDIENTS

1/2 cup shredded Cheddar cheese
1 tablespoon grated Parmesan cheese
1 small onion, chopped
1 egg
1 tablespoon ketchup
1 tablespoon Worcestershire sauce
1/2 teaspoon salt
1/8 teaspoon pepper
1 pound ground beef
6 slices bacon
6 hamburger buns, split

DIRECTIONS

1. Preheat a grill for high heat.
2. In a large bowl, mix together the Cheddar cheese, Parmesan cheese, onion, egg, ketchup, Worcestershire sauce, salt and pepper. Crumble in the ground beef, and mix together by hand. Form into 6 patties, and wrap a slice of bacon around each one. Secure bacon with toothpicks.
3. Place patties on the grill, and cook for 5 minutes per side, or until well done. Remove toothpicks before serving on hamburger buns.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 379, Carbohydrates: 24.4g, Cholesterol: 104mg, Fat: 19.8g, Dietary Fiber: 1.3g, Protein: 24.2g, Sodium: 843mg,

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HELPFUL HINTS

- If using thick slab bacon, turn the grill to medium-high to allow even cooking of the burger and the bacon together.

- Some cooks use half the amount of egg called for to bind the burger, or omit the egg altogether to prevent having burgers with a meatloaf-like texture.
- Garlic-loving cooks also add minced garlic to the ground beef mixture.
- If desired, substitute barbecue sauce or chili sauce for the ketchup.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"Juicy, but the burgers have to be handled with care. To ensure crispy bacon, cook it to soft stage before using on the burgers. This also helps reduce the amount of flare-ups from excess bacon grease." - VORCHA

"All we can say if you haven't tried this, you should! I used 1 pound ground sirloin, and instead of Parmesan cheese used mozzarella, it's what I had on hand, used already-cooked bacon, added a couple crushed garlic cloves, these burgers were goood and juicy! I only got 4 burgers out of this, so next time and there will be a next time, I will double the recipe!" - cookie

"I had to make sure to press the burgers very well with the bacon already wrapped around them. Then added the toothpick so they stayed secure on the BBQ. The men loved them. Just be very careful to remove the toothpicks before eating!" - amanda~*

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Cheddar-Bacon Hamburgers

"A great and easy way to add some flavor to your hamburgers!" - by LISASNOW



PREP TIME: 5 MINUTES | COOK TIME: 15 MINUTES | READY IN: 20 MINUTES

SERVINGS: 4

INGREDIENTS

1 pound ground beef
1/2 cup shredded Cheddar cheese
2 tablespoons prepared horseradish
1/2 teaspoon salt
1/2 teaspoon pepper
1/2 teaspoon garlic powder
1/2 cup real bacon bits
4 hamburger buns

DIRECTIONS

1. Preheat grill for high heat.
2. In a large bowl, mix together the ground beef, Cheddar cheese, horseradish, salt, pepper, garlic powder, and bacon bits using your hands. Shape the mixture into 4 hamburger patties.
3. Lightly oil the grill grate. Place hamburger patties on the grill, and cook for 5 minutes per side, or until well done. Serve on buns.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 446, Carbohydrates: 22.8g, Cholesterol: 97mg, Fat: 24g, Dietary Fiber: 1.3g, Protein: 33.6g, Sodium: 1133mg

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HELPFUL HINTS

- Adjust the amount of horseradish according to personal preference.
- Many cooks recommend using real bacon in place of the bacon bits.
- To help bind the burgers together, some cooks mix an egg into the ground beef mixture.
- Some cooks recommend refrigerating the patties before cooking them, to help hold them together while on the grill.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"I made this for dinner tonight and my red meat loving husband said it was the best hamburger he'd ever had! They were juicy with just a hint of bacon. I did add an egg, with splashes of Worcestershire, steak sauce, and liquid smoke, with sliced cheese on top. This is the ONLY hamburger recipe I'll use from now on!" - blue-eyes

"I absolutely love these hamburgers and we eat them all the time. They are so easy to make and they are bursting with flavor! I like to add even more horseradish than is called for and I always throw an extra handful of cheese in for good measure!" - Bronte

"I'm not usually a hamburger person, but I really liked these. They were very moist and tasty. I followed the recipe exactly, except that I cut down the horseradish a bit. Next time, I'll use the full amount: while it smells strong in the raw burgers, it wasn't at all overpowering. Also, left the meat (90/10) in the fridge until the last minute and the burgers stayed together nicely while grilling." - Lisa B

Photo Credits - Left: Colby, Top right: I love NY, Bottom right: Krista L.

Chris' Bay Area Burger

"These burgers are the hit of my town. All my friends come over every weekend just for these burgers. With a little bit of basil and some olive oil, you will be drooling all over yourself while you eat these." - by GAVEN



PREP TIME: 10 MINUTES | COOK TIME: 20 MINUTES | READY IN: 30 MINUTES

SERVINGS: 4

INGREDIENTS

1 pound ground beef
2 cloves garlic, minced
2 tablespoons extra virgin olive oil
1 1/2 teaspoons salt
1 teaspoon ground black pepper
1/2 teaspoon dried basil leaves
4 hamburger buns, split

DIRECTIONS

1. Preheat an outdoor grill for high heat. Mix together the ground beef, garlic, olive oil, salt, pepper, and basil. Divide into four balls, and flatten into patties.
2. Cook the patties for about 3 to 5 minutes on each side, or to desired doneness. The internal temperature should be at least 160 degrees F (70 degrees C). Remove from grill and place onto hamburger buns. Top with desired toppings and condiments.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 393, Carbohydrates: 22.6g, Cholesterol: 71mg, Fat: 22.6g, Dietary Fiber: 1.4g, Protein: 22.9g, Sodium: 1179mg

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HELPFUL HINTS

- Some cooks reduce the amount of olive oil to half to avoid flare-ups from the grill.
- To enhance the flavor of the burgers, substitute seasoned salt for the salt, and add dried onions, red pepper flakes, and/or Worcestershire sauce.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"These 'burgers' are not your traditional burger by any means, so the ketchup-mustard route is not your best choice. Being Italian by spice

addition, I chose to serve the burgers with an aioli and fresh mozzarella slices on a rosemary/red onion focaccia instead of a hamburger bun. Keep it Italian and you can't go wrong with this delicious twist to the all-American burger." - **kevnbro**

"This is a really good burger! The only thing I changed was the amount of oil (cut it in half), and they came out very juicy and flavorful. I let the patties sit in the fridge for a few hours which helped develop the flavor, then grilled them for a total of 8 minutes over hot coals, flipping them every 2. Great Mediterranean style twist on the good old hamburger. Thanks for the recipe!" - **Danny**

"Very good recipe. My kids (12 and 17) enjoyed it a LOT. Was fun trying to get them to pick out the 'different' spice! I was taught how to make a burger patty long ago. Make into a ball...then between your palms, flatten the burger to where you want it....thick or thin. As you flatten it...keep turning the burger and gently squeeze the sides together to get ALL the air pockets out....don't make it TOO thin or it will be tough. It's not like making meatloaf....you need to handle the burger more to get all the air out...won't have any cracking and won't have that 'ball' problem! Good luck." - **LILBITANDME**

Photo Credits - Left: CookinBug, Top right: Chef4Six, Bottom right: ~TxCin~lLove2Ck

Gyros Burgers

"This is a Greek/American lamb and beef mixture version of the traditional Greek pork or lamb Gyros (or Gyro). Serve on warm pita bread with tzatziki sauce, and thinly sliced onion, tomato and lettuce." - by **Chef Kenneth**



PREP TIME: 10 MINUTES | COOK TIME: 15 MINUTES | READY IN: 25 MINUTES

SERVINGS: 4

INGREDIENTS

1/2 pound lean ground beef
1/2 pound lean ground lamb
1/2 onion, grated
2 cloves garlic, pressed
1 slice bread, toasted and crumbled
1/2 teaspoon dried savory
1/2 teaspoon ground allspice
1/2 teaspoon ground coriander
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1 dash ground cumin

DIRECTIONS

1. Preheat an outdoor grill for medium-high heat, and lightly oil grate.
2. In large bowl, combine ground beef, ground lamb, onion, garlic and bread crumbs. Season with savory, allspice, coriander, salt, pepper and cumin. Knead until mixture is stiff. Shape into 4 very thin patties (1/8 inch to 1/4 inch thick).
3. Cook patties for 5 to 7 minutes on each side, or until cooked through.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 338, Carbohydrates: 5.7g, Cholesterol: 84mg, Fat: 25.4g, Dietary Fiber: 0.8g, Protein: 20.3g, Sodium: 408mg

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HELPFUL HINTS

- For a shortcut, several cooks substitute bread crumbs for the toasted bread.
- If savory is unavailable, several cooks substitute oregano.

- Some cooks vary the type of meat and use all or a combination of ground beef, lamb, veal, and/or turkey.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"My kids loved this so much that they were asking for a repeat within the same week! The second time we made this I doubled the batch and made meatball/slider sized portions and froze them for a quick and easy meal." - **kennedy**

"I have been wanting to make gyros for some time now. When I came upon this recipe it was simple and easy to do and they turned out very flavorful. After I grilled them, I cut them into 6 pieces and then stuffed these into the pita bread and topped with tzatziki sauce and it was very easy to eat." - **Shannon Farnsworth**

"These were very good. I used 1.30 pounds of ground sirloin only. Did not have the savory. Added 1/2 teaspoon dried oregano and fresh chopped parsley to the mix. Left out the bread crumbs because didn't use lamb which adds more liquid (oil) to the mix. Was afraid they would be too dry using ground sirloin only. They were not at all dry. Mixed it up this afternoon and let it set for a few hours for the flavors to blend. Tasted much like gyro meat. Served in warmed onion pitas w/red onion slices, diced fresh tomatoes, and tzatziki sauce." - **TUNISIANSWIFE**

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Tex-Mex Burger with Cajun Mayo

"A jazzy way to spice up the boring basic burger that will tantalize your taste buds! Cajun-spiced mayonnaise is the perfect complement to these spicy beef burgers." - by Sarah Stephan



PREP TIME: 10 MINUTES | COOK TIME: 15 MINUTES | READY IN: 25 MINUTES

SERVINGS: 4

INGREDIENTS

1/2 cup mayonnaise
1 teaspoon Cajun seasoning
1 1/3 pounds ground beef sirloin
1 jalapeño pepper, seeded and chopped
1/2 cup diced white onion
1 clove garlic, minced
1 tablespoon Cajun seasoning
1 teaspoon Worcestershire sauce
4 slices pepperjack cheese
4 hamburger buns, split
4 leaves lettuce
4 slices tomato

DIRECTIONS

1. Preheat grill for medium-high heat. In a small bowl, mix together the mayonnaise and 1 teaspoon of Cajun seasoning. Set aside.
2. In a large bowl, mix together the ground sirloin, jalapeño pepper, onion, garlic, 1 tablespoon Cajun seasoning, and Worcestershire sauce using your hands. Divide into 4 balls, and flatten into patties.
3. Lightly oil the grilling surface, and place the patties on the grill. Cook for about 5 minutes per side, or until well done. During the last 2 minutes, lay a slice of cheese on top of each patty. Spread the seasoned mayonnaise onto the insides of the buns. Put burgers in the buns, and top with lettuce and tomato to serve.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 714, Carbohydrates: 28.5g, Cholesterol: 132mg, Fat: 49.1g, Dietary Fiber: 2.3g, Protein: 38.3g, Sodium: 1140mg

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HELPFUL HINTS

- Some cooks reduce the amount of mayonnaise used in the recipe.
- Use rubber gloves when working with fresh jalapeño peppers to avoid burning skin.
- If less heat is desired, remove both the seeds and white membrane from inside the jalapeño pepper.
- Some cooks substitute pickled jalapeño peppers, which are less spicy.
- If preferred, replace the ground beef with ground turkey.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"The search for the perfect home burger is over! Oh my! These were fabulous! I pre-grilled my buns in olive oil on the griddle while I was making my burger mix. Then I stuck them back in their bag to stay warm and moist while I grilled the burgers. The spicy mayo just makes these burgers. Thank you! Thank you!" - READALOUD

"Wow—I've made these twice now and this last time, the burgers were to die for! We are always looking to help spice up the meat of the burger without overpowering it and this is it! The only changes I made were eliminating the jalapeño and then adding a couple dashes of cayenne pepper. We didn't want it too spicy with our 5-year-old eating a burger. Fantastic, I'm not sure we'll ever make burgers without spicing them up with this recipe again!" - MEMONS

"Loved these!! Very moist and very flavorful. I used some onion powder instead of onion because I don't like biting into onion, but other than that followed the recipe exactly. We love spicy, so next time I will add another jalapeño. We also topped our burgers with homemade guacamole. Definitely adding these to my recipe book! They were fabulous!" - RecipeAddict

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Beef 'n Burgers - Steak Plus



Beer and Brown Sugar Steak Marinade

"I concocted this marinade on a lark and it turned out great. The flavors complement and do not overwhelm the natural taste of beef." - by Craig Jones



PREP TIME: 30 MINUTES | COOK TIME: 15 MINUTES | READY IN: 1 HOUR 10 MINUTES

SERVINGS: 4

INGREDIENTS

2 (16 ounce) beef sirloin steaks
1/4 cup dark beer
2 tablespoons teriyaki sauce
2 tablespoons brown sugar
1/2 teaspoon seasoned salt
1/2 teaspoon black pepper
1/2 teaspoon garlic powder

DIRECTIONS

1. Preheat grill for high heat.
2. Use a fork to poke holes all over the surface of the steaks, and place steaks in a large baking dish. In a bowl, mix together beer, teriyaki sauce, and brown sugar. Pour sauce over steaks, and let sit about 5 minutes. Sprinkle with 1/2 the seasoned salt, pepper, and garlic powder; set aside for 10 minutes. Turn steaks over, sprinkle with remaining seasoned salt, pepper, and garlic powder, and continue marinating for 10 more minutes.
3. Remove steaks from marinade. Pour marinade into a small saucepan, bring to a boil, and cook for several minutes.
4. Lightly oil the grill grate. Grill steaks for 7 minutes per side, or to desired doneness. During the last few minutes of grilling, baste steaks with boiled marinade to enhance the flavor and ensure juiciness.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 390, Carbohydrates: 9.2g, Cholesterol: 121mg, Fat: 20.8g, Dietary Fiber: 0.1g, Protein: 38.1g, Sodium: 547mg

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HELPFUL HINTS

- Many cooks have experimented and used different cuts of meat with the marinade: tri-tip, porterhouse steak, flank steak, and flat iron steak.

- If preferred, replace the garlic powder with fresh, minced garlic; 1 small garlic clove yields about 1/2 teaspoon minced garlic.
- Some cooks also use the marinade with chicken and shrimp.
- Depending on time available, increase the marinating time to enhance the steaks' flavor.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"This was one of the most wonderful marinades we've used yet. It was not overpowering. Very subtle but you could taste it at the first bite. I didn't have any teriyaki sauce so I used 1 tablespoon soy sauce and 1 tablespoon Worcestershire sauce as a replacement. Thanks for making our dinner so yummy tonight!" - Carrie

"A super tasty marinade! I usually cook up my steaks with a simple salt and peppercorn crust but sometimes you definitely want a different taste! I like the use of teriyaki sauce and the sweet balance the sugar brings to the bitter beer. I used a resealable plastic bag to marinate and put in some mushrooms while reducing the sauce (mushrooms on top of steak = yum). Another thing to remember is that if your steak isn't salty enough (because I am paranoid of over-salting my food), you can add salt into the reduced sauce and pour it on. I served with a side of mashed butternut squash to bring out the sweetness and a vinegar celery salad." - Steph

"This is really an underused marinade. It was very tasty, super easy and I will use it again for sure. The marinade is slightly sweet. I didn't have any teriyaki sauce so used a sweet steak sauce instead. The steaks were tender, juicy and had great flavor. I was afraid the marinade would burn because of the sugar, but I didn't have any issues with that." - Navy_Mommy

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Brisket with BBQ Sauce

"After growing up in West Texas for 30 years where barbecue is the best, I found this recipe which is so tender and absolutely delicious. Leftovers, if you have any, make really great sandwiches. You can increase the liquid smoke to 4 tablespoons for really smoky flavor." - by Cathy G.



PREP TIME: 10 MINUTES | COOK TIME: 6 HOURS | READY IN: 14 HOURS 10 MINUTES

SERVINGS: 10

INGREDIENTS

4 pounds lean beef brisket
2 tablespoons liquid smoke flavoring
1 tablespoon onion salt
1 tablespoon garlic salt
1 1/2 tablespoons brown sugar
1 cup ketchup
3 tablespoons butter
1/4 cup water
1/2 teaspoon celery salt
1 tablespoon liquid smoke flavoring
2 tablespoons Worcestershire sauce
1 1/2 teaspoons mustard powder
salt and ground black pepper, to taste

DIRECTIONS

1. Pour liquid smoke over brisket. Rub with onion salt and garlic salt. Roll brisket in foil and refrigerate overnight.
2. Preheat oven to 300 degrees F (150 degrees C). Place brisket in a large roasting pan. Cover and bake for 5 to 6 hours. Remove from oven, cool, and then slice. Put slices back into pan.
3. In a saucepan, combine brown sugar, ketchup, butter, water, celery salt, liquid smoke, Worcestershire sauce, mustard, salt and pepper. Stir, and cook until boiling.
4. Pour sauce over meat slices in pan. Cover and bake for 1 more hour.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 560, Carbohydrates: 9.3g, Cholesterol: 133mg, Fat: 42.3g, Dietary Fiber: 0.2g, Protein: 34.1g, Sodium: 1613mg

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HELPFUL HINTS

- To manage the sodium amount, some cooks substitute onion and garlic powders for the onion and garlic salts. Others use fresh, minced onion and garlic.
- Make the sauce in advance and refrigerate it a few hours to allow the flavors to blend.
- Some cooks recommend marinating the brisket overnight for more flavor.
- To allow the brisket's juices to settle, let it rest 45 minutes before slicing the meat.
- This recipe can also be adapted for the slow cooker.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"This is our favorite oven-baked brisket recipe. The meat is moist and tender and the flavor goes well with the sauce...which is now my favorite BBQ sauce. We've used this recipe several times and have two ways of finishing the brisket. If my husband is home (he's the grill-man), I use less liquid smoke and have him throw the brisket on the grill with either hickory or mesquite chunks during the last 1/3 of the cooking time. This gives the meat a nice brown grilled texture and flavor and adds a bit of smoke flavor to the meat. If he's not home I double the liquid smoke and remove the foil during the last 10 to 15 minutes of cooking after slicing, and add sauce to caramelize it a bit...makes it richer on top of the meat. We always double or triple the sauce and serve the extra on the side. I find that the sauce has better flavor if made the day before the brisket and left to sit in the refrigerator overnight...lets the flavors mingle." - MONKAREE

"This recipe is AWESOME! The meat turns out so tender and delicious. I double the sauce recipe. My husband and I like to shred the brisket with a fork, put it in a warm tortilla shell with white rice and Mexican blended cheese...add a little extra sauce and roll it up. Everyone asks for seconds and thirds! I just made an 8 pound brisket this weekend and it's already gone. This is a MUST try recipe! THANK YOU, CATHY!" - WENDJUST

"Cooked this for a large group and it was gone within the first hour. People loved it. I made a couple revisions like using fresh garlic, cooked it in a turkey bag (that was key) and shredded it and put the juices and the meat in a slow cooker to keep warm. Kept the sauce on the side for people to add on their own." - Kelly

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Flat Iron Steak and Spinach Salad

"Spinach is topped with peppers, mushrooms and steak in this recipe." - by Kerinholland



PREP TIME: 25 MINUTES | COOK TIME: 25 MINUTES | READY IN: 50 MINUTES

SERVINGS: 6

INGREDIENTS

2 pounds flat iron steak
salt and ground black pepper, to taste
2 tablespoons olive oil
1 large red onion, thinly sliced
1/2 cup Italian salad dressing
3 large red bell peppers, cut into 1/2 inch strips
2 portobello mushrooms, sliced
1/2 cup red wine
4 cups baby spinach leaves
1/2 cup crumbled blue cheese

DIRECTIONS

1. Preheat an outdoor grill for medium-high heat; lightly oil the grate.
2. Season the flat iron steak on both sides with salt and pepper. Cook to desired degree of doneness on preheated grill, about 5 minutes per side for medium-rare. Let rest in a warm area while proceeding with the recipe.
3. Heat olive oil in a large skillet over medium-high heat. Stir in the onion, and cook until it begins to soften, about 4 minutes. Pour in the Italian salad dressing, and bring to a boil, then stir in the red peppers and mushrooms. Reduce heat to medium, and cook until the peppers are tender, about 5 minutes.
4. Remove the vegetables from the skillet with a slotted spoon, and set aside. Increase the heat to medium-high, and add the red wine. Simmer the salad dressing and wine until it has reduced to a syrupy sauce, about 5 minutes.
5. Meanwhile, divide the spinach leaves onto serving plates. Thinly slice the flat iron steak across the grain. Spoon the warm, cooked vegetable mixture over the spinach leaves, then place the sliced steak on top. Spoon on the reduced red wine sauce, and finally, sprinkle with blue cheese.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 431, Carbohydrates: 12.7g, Cholesterol: 77mg, Fat: 30.7g, Dietary Fiber: 3.1g, Protein: 22.7g, Sodium: 611mg

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HELPFUL HINTS

- If “flat iron steak” is not available at your supermarket, substitute flank steak.
- For a nice complement to the steak, substitute arugula with its peppery flavor for the spinach.
- For more texture, several cooks like to add nuts such as toasted, slivered almonds or walnuts to the salad.
- Many cooks recommend doubling the red wine sauce to have plenty for the salad dressing.

REVIEWS FROM HOME COOKS WHO’VE MADE THIS RECIPE

“Ohhh, so delicious...my first time making flat iron steak and it was a success. Even my family really liked this. OK....so I made a little deviation from the recipe...I grilled my peppers, red onion, and portobello mushrooms, and reduced the dressing and wine mixture separately. I used a little extra virgin olive oil, salt and pepper on the meat and grilled. Plated the salad, added the sliced grilled veggies, topped with the steak, crumbled blue cheese and the dressing...and a few croutons. What a meal! The steak was tender and juicy, and it was just all around a satisfying dinner....will definitely make again!” - SLJ6

“Love this recipe! I used a ‘robust-flavored’ Italian dressing and tomato/basil feta cheese. I also added a little more Italian dressing, once the vegetables were removed, along with the wine to make more sauce. It reduced perfectly and was so yummy. I had leftover steak and will make this for dinner again tomorrow.” - Deb Gal

“We liked this salad a lot. Made it ‘as is’ on the recipe with the exception of instead of using salt and pepper, we used steak seasoning and did a rub. I think it would not have had as much flavor without it. Good salad— especially for those of you looking to watch your weight, good alternative to some of the other diet foods. Leftovers were good too!” - April P.

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Grilled Delmonico Steaks

"Marinated steaks so tender you can cut them with a fork! Friends and family always come running when they know I'm grilling." - by MACAW06



PREP TIME: 10 MINUTES | COOK TIME: 20 MINUTES | READY IN: 3 HOURS 30 MINUTES

SERVINGS: 4

INGREDIENTS

1/2 cup olive oil
1/4 cup Worcestershire sauce
6 tablespoons soy sauce
1/4 cup minced garlic
1/2 medium onion, chopped
2 tablespoons salt
1 tablespoon pepper
1 tablespoon crushed dried rosemary
3 tablespoons steak seasoning
3 tablespoons steak sauce
4 (10 ounce) Delmonico (rib-eye) steaks

DIRECTIONS

1. Combine the olive oil, Worcestershire sauce, soy sauce, garlic, onion, salt, pepper, rosemary, steak seasoning, and steak sauce in the container of a food processor or blender. Process until well blended.
2. Prick steaks on both sides with a fork, and place in a shallow container with a lid. Pour marinade over steaks, cover, and refrigerate at least 3 hours, or overnight.
3. Preheat an outdoor grill for medium heat, or light charcoal, and wait until coals are completely white. Soaked wood chips may be added to the coals when ready for a smoky flavor, if you like.
4. Remove steaks from marinade, and discard the marinade. Lightly oil the grilling surface, and place steaks on the grill. Cover, and grill steaks for about 10 minutes on each side, or to your desired degree of doneness.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 676, Carbohydrates: 14.8g, Cholesterol: 100mg, Fat: 53.6g, Dietary Fiber: 1.6g, Protein: 33.7g, Sodium: 7322mg

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HELPFUL HINTS

- To manage sodium amounts, many cooks recommend using low-sodium soy sauce and/or cutting back on the amount of salt, while others omit the salt entirely.
- If desired, add brown sugar to the marinade to round out the flavor.
- If steak sauce is not available, barbecue sauce may be substituted.
- Some cooks use tarragon and thyme in place of the rosemary.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"This was excellent! I just put dumped the marinade into a resealable plastic bag, put the steak in, sealed and turned every now and then. I didn't like the idea of pricking the steak because I didn't want to lose ANY juices so I found that marinating overnight or at least 8 hours worked great. I also added some liquid smoke and replaced half of the Worcestershire sauce with red wine, just my personal preference. However, I don't think the salt and pepper are necessary in the marinade, just add it later after cooking if desired." - **Wilemon**

"Absolutely magnificent: the meat is tender, full of flavor. I left out the salt completely and halved the soy sauce; used my favorite steak seasoning, which already has a lot of salt in it, and marinated them in a resealable plastic bag for 20 hours. I suspect that the quality of the cut and how they're grilled has a lot to do with how well this turned out. I spared no expense on the meat, and my husband is fantastic on the grill. Next time, I'll use fresh rosemary." - **Mom2TwoCuties**

"This was great with rib eye steak. I was only able to marinate it for 3 hours but it was really good! I left out the salt and used low-sodium soy sauce. This one is a keeper. I plan on using this on London broil as well." - **hs in so cal**

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Korean BBQ Short Ribs (*Gal-Bi*)

"This is an easy way to make Korean BBQ. You can also substitute chicken breast or sliced rib-eye for the short ribs. If you use chicken or rib-eye, you must add thinly sliced green onion tops." - by **funinthesun**



PREP TIME: 15 MINUTES | COOK TIME: 10 MINUTES | READY IN: 7 HOURS 25 MINUTES

SERVINGS: 5

INGREDIENTS

3/4 cup soy sauce
3/4 cup water
3 tablespoons white vinegar
1/4 cup dark brown sugar
2 tablespoons white sugar
1 tablespoon black pepper
2 tablespoons sesame oil
1/4 cup minced garlic
1/2 large onion, minced
3 pounds Korean-style short ribs (beef chuck flanken, cut 1/3 to 1/2 inch thick across bones)

DIRECTIONS

1. Pour soy sauce, water, and vinegar into a large, non-metallic bowl. Whisk in brown sugar, white sugar, pepper, sesame oil, garlic, and onion until the sugars have dissolved. Submerge the ribs in this marinade, and cover with plastic wrap. Refrigerate 7 to 12 hours; the longer, the better.
2. Preheat an outdoor grill for medium-high heat.
3. Remove ribs from the marinade, shake off excess, and discard the marinade. Cook on preheated grill until the meat is no longer pink, 5 to 7 minutes per side.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 710, Carbohydrates: 23.2g, Cholesterol: 112mg, Fat: 55.5g, Dietary Fiber: 1g, Protein: 28.8g, Sodium: 2231mg

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HELPFUL HINTS

- "Flanken" is the strip of beef from the chuck (the inexpensive cut of beef cut taken from between the neck and the shoulder

blade) end of the short ribs.

- Rinse the ribs, rubbing the bones to remove any small bone fragments, drain in a colander, and pat dry with paper towels before marinating.
- Some cooks with Korean backgrounds recommend mixing in 1/3 cup cola-flavored carbonated beverage to the marinade.
- To help tenderize the meat, add acidic fruit such as chopped pineapple or kiwi fruit to the marinade.
- Do not marinate the meat for more than 24 hours or it will fall apart while grilling.
- This recipe can be adapted for the slow cooker.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"One of my new favorites, and always a huge hit at barbecues (cut into one bone per piece and served as finger food) or dinner parties (served over rice). I've always made it exactly as suggested, and typically marinate it overnight. A lot of people have been slow-cooking this, and that's good too, but I definitely think it's best grilled. I recommend using hardwood charcoal, which burns hotter, and cooking for 3 to 4 minutes per side. This cut of meat is sometimes hard to find, and even when you can, the selection can be very inconsistent—too thick or too fatty. If it's too thick, it helps to pound it out into thinner slices." - **Mike**

"Oh, was this fantastic! I used boneless short ribs; cut back a little on the minced garlic because the amount in the recipe made me nervous; added two teaspoons of sesame seeds to the marinade. Marinated overnight, then put meat and marinade in the slow cooker on low for 7 hours. Browned under the broiler briefly. Served with jasmine rice, ladling the sauce over everything. Definitely a keeper." - **JED901**

"I am Korean and I love this recipe. I like to use lemon/lime soda in place of water and I also use my hand blender and mince the onions so the flavor really gets in. I also use low-sodium soy sauce and it tastes great! Thanks for sharing this recipe." - **joelsa**

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London Broil I

"London broil most often refers to a thick flank steak, broiled and thinly sliced, but can also refer to thick cuts of sirloin or top round." - by Char Finamore



PREP TIME: 15 MINUTES | COOK TIME: 15 MINUTES | READY IN: 8 HOURS 30 MINUTES

SERVINGS: 6

INGREDIENTS

3 cloves garlic, minced
1/2 cup soy sauce
2 tablespoons vegetable oil
2 tablespoons ketchup
1 teaspoon dried oregano
1 teaspoon ground black pepper
1 (2 pound) flank steak or round steak

DIRECTIONS

1. In a small bowl, mix together garlic, soy sauce, oil, ketchup, oregano, and black pepper. Pierce meat with a fork on both sides. Place meat and marinade in a large resealable plastic bag. Refrigerate 8 hours, or overnight.
2. Preheat grill for medium-high heat.
3. Lightly oil the grill grate. Place steak on the grill, and discard marinade. Cook for 5 to 8 minutes per side, depending on thickness. Do not overcook, as it is better on the rare side.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 222, Carbohydrates: 3.8g, Cholesterol: 75mg, Fat: 9.1g, Dietary Fiber: 0.4g, Protein: 30.1g, Sodium: 1313mg

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HELPFUL HINTS

- London broil is an inexpensive flank steak cut into large pieces that are often tenderized by marinating or grilling, then served in pieces thinly sliced across the grain. It's typically a tougher piece of beef and less flavorful compared with sirloin steak.
- If using a top round steak, marinate the meat longer to tenderize and increase the flavor; take care not overcook it.
- Adding an acidic ingredient such as lemon juice, balsamic vinegar, apple cider vinegar, rice vinegar, or meat tenderizer to the marinade will help tenderize the meat.

- Some cooks recommend also using this marinade with pork and chicken.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"I made a double batch of this for 3-1/2 pounds of London broil, and marinated overnight. I substituted Worcestershire sauce for half of the soy sauce called for, and added a couple of tablespoons of lemon juice to start tenderizing, since I was using a cheap cut of meat. While the meat cooked, I boiled the marinade for 5 to 7 minutes, which reduced it to a lovely thick steak sauce. VERY positive reaction from both myself and my husband, and so easy! I love that the ingredients were all things I already had in my pantry or fridge." - **etitamleh**

"I loved this recipe. I did marinate the meat for 3 days in a resealable plastic bag and kicked it up a bit with some zesty steak sauce, balsamic vinegar and basically a larger amount of the ingredients listed. I grilled it over a medium flame for about 45 minutes and it was tasty, tender, not mushy and the small amount of leftovers were great on a sandwich. Will make again!!" - **VICKIE B**

"I did make a few changes, and this turned out great. It does need acid to tenderize the meat, and I chose to use a tablespoon each of lemon juice and rice vinegar. It just seemed to me that rice vinegar would go better with soy sauce, nothing but personal taste. I also used lower sodium soy sauce. I did use olive oil instead of vegetable oil. I marinated overnight, and cooked this on the broiler for about 10 minutes per side. It came out medium rare, tender, and delicious! I will definitely make London broil this way again." - **LADYSLEW**

Photo Credits - Left: Diane Marie, Top right: Bill721, Bottom right: happyschmoopies

Marinated Flank Steak

"A wonderful flank steak on the grill I invented that friends just love! My girls think this is great, and it doesn't take long to grill. This also works great when sliced and used for fajitas." - by GUYCON



PREP TIME: 15 MINUTES | COOK TIME: 10 MINUTES | READY IN: 6 HOURS 25 MINUTES

SERVINGS: 6

INGREDIENTS

1/2 cup vegetable oil
1/3 cup soy sauce
1/4 cup red wine vinegar
2 tablespoons fresh lemon juice
1 1/2 tablespoons Worcestershire sauce
1 tablespoon Dijon mustard
2 cloves garlic, minced
1/2 teaspoon ground black pepper
1 1/2 pounds flank steak

DIRECTIONS

1. In a medium bowl, mix the oil, soy sauce, vinegar, lemon juice, Worcestershire sauce, mustard, garlic, and ground black pepper. Place meat in a shallow glass dish. Pour marinade over the steak, turning meat to coat thoroughly. Cover, and refrigerate for 6 hours.
2. Preheat grill for medium-high heat.
3. Oil the grill grate. Place steaks on the grill, and discard the marinade. Grill meat for 5 minutes per side, or to desired doneness.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 275, Carbohydrates: 3.4g, Cholesterol: 27mg, Fat: 22.5g, Dietary Fiber: 0.2g, Protein: 14.8g, Sodium: 935mg

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HELPFUL HINTS

- The flank steak will become more tender and flavorful the longer it marinates.
- Some cooks substitute extra virgin olive oil for the vegetable oil, and balsamic vinegar for the red wine vinegar.
- To give the marinade a Mexican twist, add coriander, cumin, cilantro, lime juice, and lime zest.

- This recipe can be adapted for the slow cooker or a regular oven.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"This marinade recipe is the only one we will ever use when making grilled flank steak for fajitas! I did make a couple of additions. Since we were using it for fajitas I added 1/2 tablespoon ground coriander and 1/2 tablespoon ground cumin. For the vinegar I used balsamic. We left the steak in a resealable plastic bag for 2 days and when my husband sliced it, it could have been cut with a fork! I'm embarrassed to even mention how much we ate! Thank you, Connie!" - Flashsmith

"This was a great way to make fajitas, I never thought to bbq a flank steak before. I marinated the meat for 48 hours (and added some slices of sweet onion, red and yellow pepper to the marinade an hour before I was ready to grill). We put the vegetables in tin foil and cooked them on the bbq as well (they took longer than the steak which we cooked to medium). We sliced the meat into thin strips with an electric knife and served with the vegetables, tortillas, cheese, sour cream, salsa, and guacamole. They were awesome!" - JENNIFER72_00

"I pierced the meat on both sides with a fork before pouring on the marinade. I marinated the steak for 24 hours and did turn the meat a few times. I wasn't sure if this flank steak would be too chewy but it was great. To serve it, my husband cut it on the diagonal in very thin slices. This would be great with a sauteed mushroom recipe too." - FBA

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Savory Garlic-Marinated Steaks

"This beautiful marinade adds an exquisite flavor to these already tender steaks. The final result will be so tender and juicy, it will melt in your mouth." - by **Angie Gorkoff**



PREP TIME: 15 MINUTES | COOK TIME: 15 MINUTES | READY IN: 1 DAY 30 MINUTES

SERVINGS: 2

INGREDIENTS

1/2 cup balsamic vinegar
1/4 cup soy sauce
3 tablespoons minced garlic
2 tablespoons honey
2 tablespoons olive oil
2 teaspoons ground black pepper
1 teaspoon Worcestershire sauce
1 teaspoon onion powder
1/2 teaspoon salt
1/2 teaspoon liquid smoke flavoring
1 pinch cayenne pepper
2 (1/2 pound) rib-eye steaks

DIRECTIONS

1. In a medium bowl, mix the vinegar, soy sauce, garlic, honey, olive oil, ground black pepper, Worcestershire sauce, onion powder, salt, liquid smoke, and cayenne pepper.
2. Place steaks in a shallow glass dish with the marinade, and turn to coat. For optimum flavor, rub the liquid into the meat. Cover, and marinate in the refrigerator for 1 to 2 days.
3. Preheat grill for medium-high to high heat.
4. Lightly oil the grill grate. Grill steaks 7 minutes per side, or to desired doneness. Discard leftover marinade.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 577, Carbohydrates: 36g, Cholesterol: 81mg, Fat: 36.1g, Dietary Fiber: 1.2g, Protein: 28.5g, Sodium: 2497mg

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HELPFUL HINTS

- To manage sodium amounts, many cooks recommend using low-sodium soy sauce and/or cutting back on the amount of salt, while others omit the salt entirely.
- When short on time for marinating, one cook recommends heating the marinade for a minute in a microwave oven to allow the flavors to blend, then marinating the steaks for at least an hour.
- The marinating time can vary from 1 to 24 hours depending on time availability. If using a less expensive cut of meat, opt for a longer marinating time.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

*"A 5-star marinade; perfect blend of ingredients in just the right amount, and perfect (in particular) for steak. Outstanding! I was a little concerned that the relatively large amount of balsamic vinegar would make the steaks too tangy or 'sour' tasting, but instead, I was very pleasantly surprised by the effectiveness of this simple, yet extremely tasty marinade. Following the recipe exactly as written, the marinade did not overpower the inherent flavor of the steak, but rather complimented it very, very nicely, in perhaps a bit more subtle way than you might think. Be sure to use a good (not 'light') variety of balsamic, soy sauce, and olive oil (note: not extra-virgin style), as this is essentially the base of the marinade. Liquid smoke is perfect in the amount it is originally called for. Any more than that, and it has a chance of taking over the flavor that was intended by this recipe. Highly recommended as its original author intended!" - **taverner***

*"My husband doesn't like any marinade on his steak. But when he brought home some bottom sirloin I decided to try this recipe. Well, he loved it and now we are eating bottom sirloin on a regular basis. I used freshly sliced onions in place of onion powder and I omitted the liquid smoke. I found that if I put everything in a resealable plastic bag there is enough marinade for 4 or 5 steaks. I also score my steaks in a diagonal grid pattern on each side before I marinate them. This makes them really tender." - **FLOODWAY GIRL***

*"I marinated two NY strip steaks in this and this is one of the best marinades I've tried so far. I let them marinate for 10 hours instead of 1 to 2 days and I think that was plenty of time because the flavor really came through." - **Jillian***

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Beef 'n Burgers - Kabobs



Kabobs

"Grilled steak and chicken that doesn't dry out on the grill, but stays moist and flavorful. These kabobs are simple to make, and delicious to eat. Skewered meat with peppers, onions, and mushrooms in a honey teriyaki sauce." - by Sue



PREP TIME: 30 MINUTES | COOK TIME: 10 MINUTES | READY IN: 4 HOURS 40 MINUTES

SERVINGS: 10

INGREDIENTS

1/2 cup teriyaki sauce
1/2 cup honey
1/2 teaspoon garlic powder
1/2 pinch ground ginger
2 red bell peppers, cut into 2 inch pieces
1 large sweet onion, peeled and cut into wedges
1 1/2 cups whole fresh mushrooms
1 pound beef sirloin, cut into 1 inch cubes
1 1/2 pounds skinless, boneless chicken breast halves, cut into cubes
skewers

DIRECTIONS

1. In a large resealable plastic bag, mix the teriyaki sauce, honey, garlic powder, and ginger. Place red bell peppers, onion wedges, mushrooms, beef, and chicken in the bag with the marinade. Seal, and refrigerate 4 to 24 hours.
2. Preheat grill for medium-high heat.
3. Discard marinade, and thread the meat and vegetables onto skewers, leaving a small space between each item.
4. Lightly oil the grill grate. Grill skewers for 10 minutes, turning as needed, or until meat is cooked through and vegetables are tender.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 304, Carbohydrates: 21.2g, Cholesterol: 74mg, Fat: 13.3g, Dietary Fiber: 1.2g, Protein: 24.9g, Sodium: 623mg

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HELPFUL HINTS

- Soak bamboo or wooden skewers in water for an hour before using to prevent the ends from burning.

- As a shortcut, some cooks use a prepared honey teriyaki marinade and omit the honey in the recipe.
- Garlic-loving cooks use fresh garlic cloves in place of the garlic powder, and double the amount of garlic in this recipe. For optimum flavor, many cooks recommend marinating the beef and chicken for 6 hours and the veggies for 3 hours.
- Some cooks marinate pineapple chunks and shrimp along with the beef, chicken, and vegetables.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"I've experimented with several kabob recipes, and this turned out to be the very best. The combination of honey and teriyaki sauce worked well. I marinated it for 8 hours, and that was sufficient (you don't need the full 24 hours to get the flavor). One suggestion is to not place meat and vegetables on the same skewer; although it looks pretty, they have different cooking times. - JED901

"This recipe was a huge hit at our 4th of July cookout! The flavor turned out delicious! Next time I'll marinate the veggies separately and not as long as the meat. My mushrooms soaked up all the marinade and were too squishy to put on skewers." - anna4281

"This is so good! Yum! Everyone at my Memorial Day bbq loudly voiced how good they thought they were while eating them! I marinated the veggies separately from the meat for a total of 24 hours. I think marinating them for a whole day helps make the flavor exceptional. I made these exactly as stated adding pineapple to the skewers as well." - LEXI70

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Sensational Sirloin Kabobs

"After a wild night marinating in a slightly sweet soy sauce and lemon-lime mixture, sirloin steak chunks are skewered with veggies and grilled. You'll want to make these again and again!" - by Kimber



PREP TIME: 15 MINUTES | COOK TIME: 15 MINUTES | READY IN: 8 HOURS 30 MINUTES

SERVINGS: 8

INGREDIENTS

1/4 cup soy sauce
3 tablespoons light brown sugar
3 tablespoons distilled white vinegar
1/2 teaspoon garlic powder
1/2 teaspoon seasoned salt
1/2 teaspoon garlic pepper seasoning
4 fluid ounces lemon-lime flavored carbonated beverage
2 pounds beef sirloin steak, cut into 1 1/2 inch cubes
2 green bell peppers, cut into 2 inch pieces
skewers
1/2 pound fresh mushrooms, stems removed
1 pint cherry tomatoes
1 fresh pineapple, peeled, cored and cubed

DIRECTIONS

1. In a bowl, mix soy sauce, light brown sugar, distilled white vinegar, garlic powder, seasoned salt, garlic pepper seasoning, and lemon-lime flavored carbonated beverage. Reserve about 1/2 cup of this marinade for basting. Place steak in a large resealable plastic bag. Cover with the remaining marinade, and seal. Refrigerate for 8 hours, or overnight.
2. Bring a saucepan of water to a boil. Add green peppers, and cook for 1 minute, just to blanch. Drain, and set aside.
3. Preheat grill for high heat. Thread steak, green peppers, mushrooms, tomatoes, and pineapple onto skewers in an alternating fashion. Discard marinade and the bag.
4. Lightly oil the grill grate. Cook kabobs on the prepared grill for 10 minutes, or to desired doneness. Baste frequently with reserved marinade during the last 5 minutes of cooking.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 327, Carbohydrates: 19.2g, Cholesterol: 76mg, Fat: 17.4g, Dietary Fiber: 2.1g, Protein: 24g, Sodium: 608mg

HELPFUL HINTS

- Soak bamboo or wooden skewers in water for an hour before using to prevent the ends from burning.
- To manage sodium amounts, many cooks recommend using low-sodium soy sauce and/or cutting back on the amount of seasoned salt, while others omit the salt entirely.
- Several cooks vary the combination of vegetables used, including onion wedges, red and yellow bell peppers, and/or zucchini slices.
- For proper food safety, be sure to discard any unused marinade. If you wish to use the marinade as a dipping sauce, make extra and keep it separate from the beef.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"AWESOME! These are the best shish kabobs I've ever tasted! I marinated the beef for a day and a half, and it was soooo tender and flavorful! For the veggies, I coated them with olive oil and sprinkled them with seasoning salt and garlic salt before putting them on the skewers, and they were excellent! I will make these again and again!" - Bubooki

"My stomach is soooo full. I just finished trying these kabobs for the first time, and they were WONDERFUL! I marinated the meat, onions, and bell peppers overnight, then this morning I added the mushrooms and pineapple. I wrapped the meat in bacon before skewering everything, and they turned out perfect. I wouldn't change a thing. I will definitely use this recipe again...soon." - CN29URSERY

"We LOVE these!!! We omit the cherry tomatoes and replace with zucchini from the garden. We've prepared the meat and marinade ahead of time and frozen it for camping trips (meat/marinade then thaw in cooler)—turns out GREAT every time!! We also grill meat on separate skewers from the rest for more even cooking." - kyj147

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Championship Chicken – Marinades



Cajun Chicken

"Cajun-style grilled chicken breasts for varied meals such as Caesar salad, sandwiches, and a dinner entree! Cajun Chicken can be served hot or cold." - by **Wood Halsey**



PREP TIME: 15 MINUTES | COOK TIME: 15 MINUTES | READY IN: 1 HOUR

SERVINGS: 10

INGREDIENTS

2 cups vegetable oil
2 tablespoons Cajun seasoning
2 tablespoons dried Italian-style seasoning
garlic powder to taste
2 tablespoons lemon pepper
10 skinless, boneless chicken breast halves, pounded to 1/2 inch thickness

DIRECTIONS

1. In a large shallow dish, mix the oil, Cajun seasoning, Italian seasoning, garlic powder, and lemon pepper. Place the chicken in the dish, and turn to coat with the mixture. Cover, and refrigerate for 1/2 hour.
2. Preheat the grill for high heat.
3. Lightly oil the grill grate. Drain chicken, and discard marinade. Place chicken on hot grill and cook for 6 to 8 minutes on each side, or until juices run clear.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 536, Carbohydrates: 1.8g, Cholesterol: 67mg, Fat: 47.8g, Dietary Fiber: 0.6g, Protein: 24.8g, Sodium: 620mg

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HELPFUL HINTS

- If preferred, substitute extra virgin olive oil for the vegetable oil.
- If using ready-made store seasonings, review for salt content and adjust seasoning amounts according to preference.
- Various chicken parts can be used with this marinade, from breasts to thighs, drumsticks, and wings, or chicken tenders.
- To prevent flare-ups on the grill, some cooks recommend reducing the amount of oil to 1 1/4 cups.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"One of THE best grilled chicken recipes around. Although the name says "Cajun," this recipe is mild enough for even the most sensitive palate, and yet exquisitely delicate for the grilling connoisseur. Easy to make and tastes wonderful. A word of warning though, cooking this over charcoal generates a TON of white smoke (because of the oil), so use in a well ventilated area. (If you're using charcoal, I hope you would anyway.)" - **Beav**

"Loved this chicken dish! The flavor was wonderful. I did not have lemon pepper so instead added some lemon juice and fresh cracked black pepper. WONDERFUL! I made two extra breasts to cut up and serve in a salad for lunch tomorrow!" - **TOBYDEMPSEY**

*"UPDATE 07/2008: I've been making this for 4 years now, and have a tip for you. I clean and trim 2 "super-club paks" of chicken and put 5 to 6 pieces into four separate resealable plastic bags. I double the marinade, divide it evenly into each of the bags, stick one bag in the fridge to marinate for dinner, and the other 3 into the freezer. Next time I need chicken to grill, I grab one of these and let it thaw in the marinade - Fast and fabulous!! END. This name should be changed to "Easiest Ever Super Tasty Grilled Chicken"!! I have to admit, I was concerned that this might be bland since the marinating time was so short, but I was delightfully surprised. My 9-year-old (who "hates spicy food") proclaimed that it was one of his favorite meals. If you're a working mother, this is one of those last-minute no brainer meals. If you're like me, and you didn't have time to put something in the crockpot in the morning, or you forgot to marinate something overnight, this is the recipe for you!! And once you have all those spices on hand, you'll have them for a while, so you won't likely be short an ingredient. This is one of our new standbys!!! Now, if I can just rack up a few more of those... !" - **Amy37***

Photo Credits - Left: Becca's Mommy, Top right: Nandabear, Bottom right: wifeyluvs2cook

Chicken Tikka Masala

"This is an easy recipe for Chicken Tikka Masala—chicken marinated in yogurt and spices, and then served in a tomato cream sauce." - **by Yakuta**



PREP TIME: 30 MINUTES | COOK TIME: 50 MINUTES | READY IN: 2 HOURS 20 MINUTES

SERVINGS: 4

INGREDIENTS

- 1 cup yogurt
- 1 tablespoon lemon juice
- 2 teaspoons ground cumin
- 1 teaspoon ground cinnamon
- 2 teaspoons cayenne pepper
- 2 teaspoons freshly ground black pepper
- 1 tablespoon minced fresh ginger
- 4 teaspoons salt, or to taste
- 3 boneless skinless chicken breasts, cut into bite-size pieces
- 4 long skewers
- 1 tablespoon butter
- 1 clove garlic, minced
- 1 jalapeño pepper, finely chopped
- 2 teaspoons ground cumin
- 2 teaspoons paprika
- 3 teaspoons salt, or to taste
- 1 (8 ounce) can tomato sauce
- 1 cup heavy cream
- 1/4 cup chopped fresh cilantro

DIRECTIONS

- 1.** In a large bowl, combine yogurt, lemon juice, 2 teaspoons cumin, cinnamon, cayenne, black pepper, ginger, and 4 teaspoons salt. Stir in chicken, cover, and refrigerate for 1 hour.
- 2.** Preheat a grill for high heat.
- 3.** Lightly oil the grill grate. Thread chicken onto skewers, and discard marinade. Grill until juices run clear, about 5 minutes on each side.
- 4.** Melt butter in a large heavy skillet over medium heat. Sauté garlic and jalapeño for 1 minute. Season with 2 teaspoons cumin,

paprika, and 3 teaspoons salt. Stir in tomato sauce and cream. Simmer on low heat until sauce thickens, about 20 minutes. Add grilled chicken, and simmer for 10 minutes. Transfer to a serving platter, and garnish with fresh cilantro.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 404, Carbohydrates: 13.3g, Cholesterol: 143mg, Fat: 28.9g, Dietary Fiber: 2.5g, Protein: 24.6g, Sodium: 4499mg

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HELPFUL HINTS

- Soak bamboo or wooden skewers in water for an hour before using to prevent the ends from burning.
- Some cooks add chopped onions to the sauce for added flavor and thickness.
- Several cooks recommend increasing the sauce recipe to ensure having leftover sauce to use over rice and for dipping naan.
- Chicken thighs, which are more flavorful, can be used together with the chicken breasts.
- Health-conscious cooks substitute extra virgin olive oil for the butter, and use half-and-half or low-fat evaporated milk in place of the heavy cream.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"This recipe was so delicious that my toes curled up, I fell over in a pleasure-induced coma, and floated to heaven! I will never have to go to an Indian restaurant again for my favorite dish! I used one teaspoon of salt for the marinade and one teaspoon of salt for the sauce, and that was plenty. I also added a teaspoon of garam masala to the sauce. Since it was rainy and dark outside, I couldn't use my grill, so I baked the chicken on a rack at 475 degrees F (246 degrees C) until done, and it came out perfectly fine. I like extra sauce to soak my jasmine rice, so next time I will either add less chicken or more cream and tomato sauce. The Indian restaurant I used to frequent put some thinly sliced almonds for garnish so I may try that next time too. THIS RECIPE IS A KEEPER!" - CHTHONIC1239

*"I am a HUGE fan of Indian food, and this was a delicious version of Chicken Tikka Masala. Not **quite** as good as my favorite Indian restaurant (which I wouldn't expect, since I don't have a tandoor), but definitely good enough to make again and again. Unfortunately, I can't give it a 5 since I made a few modifications. I used fat-free yogurt (had it in the fridge) for the marinade and only added 1 teaspoon of salt. To the sauce I added an extra clove of garlic, only a pinch of salt, and whole milk instead of heavy cream (again, using what I had in the fridge, but the sauce was plenty thick, so I really don't think it needed the cream). I also added 3 or so shakes of garam masala to the sauce after the 20 minute simmer (For people who aren't familiar with garam masala, it's usually added near the end of the cooking time in Indian cuisine, because it can take on a bitter taste if cooked too long). I served it with naan, and it was delicious! Thanks so much, Yakuta!" - ALI_PALI*

"This is a great basic recipe for chicken tikka masala. My one suggestion for the sauce would be to buy some garam masala, the Indian spice mixture used in many Indian dishes, and add 2 to 3 teaspoons of it to the sauce. This made it absolutely delectable!" - SOYDAY

Photo Credits - Left: chibi chef, Top right: a1cbyrnes, Bottom right: hawaiian_munshkin

Greek Chicken

"A very good light summer dish. I serve it with sliced tomatoes, feta cheese, and garlic bread." - by Karen



PREP TIME: 15 MINUTES | COOK TIME: 30 MINUTES | READY IN: 8 HOURS 45 MINUTES

SERVINGS: 8

INGREDIENTS

1/2 cup olive oil
3 cloves garlic, chopped
1 tablespoon chopped fresh rosemary
1 tablespoon chopped fresh thyme
1 tablespoon chopped fresh oregano
2 lemons, juiced
1 (4 pound) chicken, cut into pieces

DIRECTIONS

1. In a glass dish, mix the olive oil, garlic, rosemary, thyme, oregano, and lemon juice. Place the chicken pieces in the mixture, cover, and marinate in the refrigerator 8 hours or overnight.
2. Preheat grill for high heat.
3. Lightly oil the grill grate. Place chicken on the grill, and discard the marinade. Cook chicken pieces up to 15 minutes per side, until juices run clear. Smaller pieces will not take as long.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 412, Carbohydrates: 3.5g, Cholesterol: 97mg, Fat: 30.7g, Dietary Fiber: 1.4g, Protein: 31.1g, Sodium: 95mg

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HELPFUL HINTS

- A medium lemon yields 2 to 3 tablespoons juice.
- If fresh herbs are unavailable, substitute dried herbs, using 1 teaspoon of each.
- Some cooks add salt and ground black pepper, to taste.
- Boneless chicken pieces—thighs, breasts, chicken tenders—can also be used for this recipe.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"I am a caterer and made this for a wedding rehearsal dinner a few months ago. It was a huge hit! I used boneless, skinless chicken breasts and pounded them so that they were uniform in thickness. I marinated the chicken for 2 days and grilled them about 3 1/2 minutes per side. I garnished the platter with lemon halves, roasted heads of garlic and sprigs of fresh rosemary. My only suggestion is to be careful with the fresh oregano...it is very pungent, so don't get carried away!!" - **Staceybru**

"This is incredible! I used boneless skinless chicken breasts and placed them in the marinade before I froze them. I then thawed overnight. I grilled the chicken and it came out perfect. I used a teaspoon each of the dried herbs. The chicken had a great strong lemony taste, plus the hint of the garlic and herbs gave it great kick. I cooked my chicken about 10 minutes per side and they turned out perfect. I can't wait to make again." -

Navy_Mommy

"I used the marinade for boneless chicken thighs. (So moist!) Grilled them whole and then chopped into smaller chunks right before serving. I also reserved part of the marinade for baby red potatoes, which I quartered and roasted in the oven. Served with flat bread, sliced onions, shredded lettuce, feta cheese, and tzatziki sauce from Allrecipes.com. Delicious!" - **becki c**

Photo Credits - Left: Wyattdogster, Top right: 5THSISTER, Bottom right: 5THSISTER

Grilled Asian Chicken

"Great for last-minute company or a quick dinner by rounding it out with a baked potato and tossed salad." - by Janet M.



PREP TIME: 15 MINUTES | COOK TIME: 15 MINUTES | READY IN: 50 MINUTES

SERVINGS: 4

INGREDIENTS

1/4 cup soy sauce
4 teaspoons sesame oil
2 tablespoons honey
3 slices fresh ginger root
2 cloves garlic, crushed
4 skinless, boneless chicken breast halves

DIRECTIONS

1. In a small microwave-safe bowl, combine the soy sauce, oil, honey, ginger root, and garlic. Heat in microwave on medium for 1 minute, then stir. Heat again for 30 seconds, watching closely to prevent boiling.
2. Place chicken breasts in a shallow dish. Pour soy sauce mixture over, and set aside to marinate for 15 minutes.
3. Preheat a grill for medium-high heat. Drain marinade from chicken into a small saucepan. Bring to a boil, and simmer over medium heat for 5 minutes. Set aside for basting.
4. Lightly oil the grill grate. Cook chicken on the prepared grill 6 to 8 minutes per side, or until juices run clear. Baste frequently with remaining marinade. Chicken will turn a beautiful golden brown.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 217, Carbohydrates: 10.6g, Cholesterol: 67mg, Fat: 7.6g, Dietary Fiber: 0.2g, Protein: 25.7g, Sodium: 961mg

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HELPFUL HINTS

- Be sure to peel the tough outer skin off the ginger root before adding it to the marinade.
- Grating the ginger, or finely chopping the slices, will add more ginger flavor.
- Some cooks substitute a teaspoon of ground ginger or ginger paste in place of the fresh ginger.
- If preferred, substitute low-sodium soy sauce in this recipe.
- Some cooks simmer the marinade on the stove to thicken it, or made extra to use as a sauce with the chicken.

- For more flavor, many cooks recommend marinating the chicken longer than 15 minutes.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"Very good! I marinated this for 7 hours and boiled the left over marinade to use as a sauce. Served with grilled pineapple, which was perfect! Even better on salmon the next day." - **CNELLIG**

"I give this one 5 stars. I thought it was a very easy recipe and resulted in an excellent Asian grilled chicken. Reminded me of a Japanese restaurant I used to go to in downtown LA. I made everything per the recipe, except I doubled the marinade. This left me plenty for basting and drizzling. I also sprinkled sesame seeds on the sliced chicken. I served over jasmine rice. Highly recommended." - **Jason**

"A great recipe because it was super easy AND super tasty. I only made some slight modifications: I used diced garlic and grated ginger and also forked the chicken several times to allow seepage of the tasty juices into the meat. I then baked the chicken (covered) for 45 minutes at 350 degrees F (175 degrees C), then uncovered the chicken and baked it for 5 or 10 minutes more to let it brown. Then, I diced it all up and used it in a bean thread-based chicken recipe. Super delish!" - **CHRISSYBERRY**

Photo Credits - Left: ann, Top right: Auntie D in MN, Bottom right: Lillian

Grilled Lemon Chicken

"Good tasting marinade for chicken. Quick and easy." - by KRCTL



PREP TIME: 10 MINUTES | COOK TIME: 15 MINUTES | READY IN: 45 MINUTES

SERVINGS: 4

INGREDIENTS

1/3 cup lemon juice
1/4 cup olive oil
1 tablespoon Dijon mustard
2 large cloves garlic, finely chopped
2 tablespoons finely chopped red bell pepper
1/2 teaspoon salt
1/4 teaspoon ground black pepper
4 skinless, boneless chicken breast halves

DIRECTIONS

1. In a bowl, mix the lemon juice, olive oil, Dijon mustard, garlic, red bell pepper, salt, and pepper. Set aside 1/4 cup of the mixture to use for basting. Place chicken in the bowl, and marinate at least 20 minutes in the refrigerator.
2. Preheat grill for high heat.
3. Lightly oil grill grate. Drain and discard marinade from the bowl, and place chicken on the grill. Cook 6 to 8 minutes on each side, until juices run clear, basting occasionally with the reserved marinade.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 264, Carbohydrates: 3.7g, Cholesterol: 68mg, Fat: 15g, Dietary Fiber: 0.3g, Protein: 27.5g, Sodium: 462mg

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HELPFUL HINTS

- A medium lemon yields 2 to 3 tablespoons juice.
- To add a little heat, some cooks use crushed red pepper flakes.
- Many cooks use fresh herbs such as rosemary and thyme with the marinade.
- For a flavor variation, substitute sun-dried tomatoes for the red bell pepper.
- For proper food safety, be sure to discard any unused marinade. If you wish to use the marinade as a dipping sauce, make extra

and keep it separate from the chicken.

- Skinless, boneless chicken thighs or wings can be substituted for the chicken breasts.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"This was wonderful on bone-in chicken breast and chicken leg quarters. I added 2 tablespoons red wine vinegar and 2 tablespoons minced garlic. Pierced the chicken with a fork to allow the marinade to seep in and allowed it to sit in the fridge 2 hours. Dry the chicken thoroughly with paper towels before grilling to prevent flame flare-ups. Fabulous on the grill. Sear the chicken on high heat for 3 minutes per side, then cook over indirect heat with other burners on low for 15 minutes per side. Came out excellent! Nice roasted chicken on the grill was juicy and lemony. This will be my go to recipe for grilled bone-in chicken Thanks for a great recipe that works wonders on budget friendly chicken legs. This one's a keeper!" -

OfficePrisoner1

"Very good, I pounded the chicken down a bit and I left out the red pepper. I put everything into a plastic resealable bag and let it marinate all day. The Dijon definitely overpowered the lemon, but it was tangy and delicious." -

Jillian

"SO tangy and zesty. My kids loved it! Marinated for an hour. Then I baked it in the oven, with juice, which made it very moist. Also, I topped with crumbled feta cheese during the last 10 minutes. Steamed broccoli to eat with it. DELICIOUS!" -

Rachel

Photo Credits - Left: gapch1026, Top right: butterflymomma, Bottn right: Muffinmom

Hawaiian Chicken I

"This was given to me by my best friend years ago and is a favorite of our family!" - by Barbara Childers



PREP TIME: 5 MINUTES | COOK TIME: 25 MINUTES | READY IN: 8 HOURS 30 MINUTES

SERVINGS: 6

INGREDIENTS

6 skinless, boneless chicken breast halves
2 cups teriyaki sauce, divided
6 pineapple rings
1/2 cup butter, melted
3/4 cup packed brown sugar
3/4 cup soy sauce
3/4 cup unsweetened pineapple juice
6 tablespoons Worcestershire sauce

DIRECTIONS

1. Place the chicken breast halves in a dish with the 1 1/2 cups of teriyaki sauce. Cover and refrigerate 8 hours or overnight.
2. Preheat a grill for high heat.
3. Lightly oil the grill grate. Place chicken breasts on grill, and discard marinade. Cook for 8 minutes per side, or until juices run clear. Brush with the remaining teriyaki sauce during the last 5 minutes. When almost done, place one pineapple ring on top of each breast, and brush with melted butter.
4. In a small saucepan over medium heat, mix the brown sugar, soy sauce, pineapple juice, and Worcestershire sauce. Cook, stirring occasionally, until sugar is dissolved. Serve with chicken for dipping.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 548, Carbohydrates: 63.2g, Cholesterol: 108mg, Fat: 18.2g, Dietary Fiber: 0.9g, Protein: 32.5g, Sodium: 5831mg

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HELPFUL HINTS

- To manage sodium amounts, many cooks recommend using low-sodium soy sauce and low-sodium teriyaki sauce.
- Grilling the pineapple rings separately from the chicken, placing them directly on the grill, brings out their natural sweetness.
- To add some kick to the sauce, some cooks add minced garlic and crushed red pepper flakes.

- Skinless, boneless chicken thighs or wings can be substituted for the chicken breasts.
- If grilling is not an option, the chicken may also be baked in the oven.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"Great recipe! I put the pineapple rings right on the grill and they were wonderful. This recipe made a ton of sauce, so I used the leftover sauce on chicken thighs baked in the oven. Put it on a large package of thighs at 350 degrees F (175 degrees C) for about 35 minutes. Still had enough sauce leftover to spoon over rice. Delicious! Thanks for the recipe." - **KRANEY**

"Very good. We changed two things on the dipping sauce 1) cut the soy sauce in half and 2) doubled the pineapple juice. We served it with grilled corn on the cob and seasoned rice (rice, beef bouillon, green onion, pineapple juice, and whatever else you want to throw in). Nice meal. We all had seconds." - **DeeDee Deshotels**

"Very yummy. Don't forget the rice. It soaks up the juices nicely. I did add garlic with the chicken while cooking, I love garlic. I'm sure it'd be good without it though." - **Butterflhigh**

Photo Credits - Left: katanna, Top right: G8rChef, Bottom right: Alyson

Honey Mustard Grilled Chicken

"If ye have faith as a grain of mustard seed,' ye shall make and enjoy this simple, tangy, delicious grilled chicken dish!" - by Connie



PREP TIME: 15 MINUTES | COOK TIME: 20 MINUTES | READY IN: 35 MINUTES

SERVINGS: 4

INGREDIENTS

1/3 cup Dijon mustard
1/4 cup honey
2 tablespoons mayonnaise
1 teaspoon steak sauce
4 skinless, boneless chicken breast halves

DIRECTIONS

1. Preheat the grill for medium heat.
2. In a shallow bowl, mix the mustard, honey, mayonnaise, and steak sauce. Set aside a small amount of the honey mustard sauce for basting, and dip the chicken into the remaining sauce to coat.
3. Lightly oil the grill grate. Grill chicken over indirect heat for 18 to 20 minutes, turning occasionally, or until juices run clear. Baste occasionally with the reserved sauce during the last 10 minutes. Watch carefully to prevent burning!

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 266, Carbohydrates: 22g, Cholesterol: 70mg, Fat: 8.3g, Dietary Fiber: 0.1g, Protein: 24.7g, Sodium: 618mg

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HELPFUL HINTS

- Depending on the brand, good quality Dijon mustard will be thicker and spicier compared to generic store-brand mustard.
- If steak sauce is unavailable, some cooks substitute Worcestershire sauce.
- Many cooks recommend doubling the marinade recipe and using the extra as salad dressing.
- For proper food safety, be sure to discard any unused marinade. If you wish to use the marinade as a dipping sauce, make extra and keep it separate from the chicken.
- Some cooks adapt this recipe to broiling/baking in an oven when grilling is not an option.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"Wow, the marinade/sauce flavors really absorb itself into the chicken, and I let the flavors set in for a mere half-hour before grilling! The chicken turned out absolutely delicious. I grilled each breast for approximately 4 minutes on each side. They turned out perfect. I then basted them again with leftover mixture and let them sit on the grill an extra minute before taking them in for consumption. This recipe is definitely a keeper!" - ColleenK.

"My boyfriend's parents gobbled this up when I made it for them and that says a lot! Great flavor....I've made this by grilling and baking and while both are great, grilling provides a little extra. I think the steak sauce gives this honey mustard recipe that extra kick and I HIGHLY recommend making extra sauce for dipping like others have said because in all honesty, it is the best thing about the recipe and it completely makes the chicken." - chester

"This was a very tasty marinade and dipping sauce—the steak sauce added just enough flavor to make it not the usual overly-sweet honey mustard. We used the leftovers today to make sandwich wraps, adding lettuce and tomato slices to each wrap, along with strips of the leftover chicken breasts and then drizzled some of the leftover marinade/sauce over it all before rolling up the wrap. I will be using the rest of the leftover chicken tomorrow on a lettuce salad, and the marinade/sauce will be the dressing. It was worth making 'extra' when we made this, as the leftovers can be used in several different dishes! Thank you for sharing your recipe." - KRUMKAKE

Photo Credits - Left: mis7up, Top right: Dixie'sMom, Bottom right: larkspur

Jay's Jerk Chicken

"This is one of my nephew's favorite grilled recipes. Jerk means "Jamaican barbecue." The well-rounded flavors of sweet, hot, herbal and spicy chicken can be served with rice, beans, or pasta. Or just make a chicken sandwich out of it! I also add garlic and a kiwi to the marinade." - **by KIBADA22**



PREP TIME: 15 MINUTES | COOK TIME: 30 MINUTES | READY IN: 4 HOURS 45 MINUTES

SERVINGS: 4

INGREDIENTS

6 green onions, chopped
1 onion, chopped
1 jalapeño pepper, seeded and minced
3/4 cup soy sauce
1/2 cup distilled white vinegar
1/4 cup vegetable oil
2 tablespoons brown sugar
1 tablespoon chopped fresh thyme
1/2 teaspoon ground cloves
1/2 teaspoon ground nutmeg
1/2 teaspoon ground allspice
1 1/2 pounds skinless, boneless chicken breast halves

DIRECTIONS

1. In a food processor or blender, combine the green onions, onion, jalapeño pepper, soy sauce, vinegar, vegetable oil, brown sugar, thyme, cloves, nutmeg and allspice. Mix for about 15 seconds.
2. Place the chicken in a bowl, and coat with the marinade. Refrigerate for 4 to 6 hours, or overnight.
3. Preheat grill for high heat.
4. Lightly oil grill grate. Cook chicken on the prepared grill 6 to 8 minutes, until juices run clear.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 385, Carbohydrates: 15.4g, Cholesterol: 97mg, Fat: 18.2g, Dietary Fiber: 1.8g, Protein: 39.3g, Sodium: 2798mg

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HELPFUL HINTS

- Garlic fans recommend adding finely chopped garlic to the marinade mixture to add more zip.
- If more heat is desired, some cooks replace the jalapeño pepper with habanero or scotch bonnet peppers. Others add a second jalapeño pepper and/or leave the seeds and ribs intact.
- To manage sodium amounts, many cooks recommend using low-sodium soy sauce.
- Dried thyme may be substituted for the fresh.
- For even more authentic flavor, some cooks recommend adding finely chopped fresh ginger.
- If grilling is not an option, the chicken may be broiled or oven-roasted.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"Outstanding. This is as good or better than any of the jerk I've eaten in Caribbean restaurants. I followed the recipe exactly, marinating for closer to 24 hours. I boiled the extra marinade for 15 minutes and it reduced into a flavorful, spicy jerk sauce. I did keep the jalapeño seeds and ribs in. I will absolutely keep this in my rotation, thanks so much for sharing." - **M. Howland**

"This was made for my son's Jamaican-themed 14th birthday party. I don't know how traditional this recipe is, but it made some darn fine chicken. We used all the chicken parts instead of just boneless breasts. I think the boneless breasts would be way too mushy and salty if left overnight in the marinade. My personal preference would be for more spice, but the onion flavor was perfect. We had a bunch left over, because we always make too much food at parties. It freezes extremely well and we had it again for dinner a week later. Reheated very easily." - **AngieLee**

"Very good! I brought some of the marinade to a slow boil and served the marinade over rice. Along with mango salsa, it created a great summer menu." - **TSTAAB**

Photo Credits - Left: Rock_lobster, Top right: chibi chef, Bottom right: ALFANN02

Pineapple Chicken Tenders

"Delicious little bites for an appetizer or a light meal with a salad!" - by HJR



PREP TIME: 30 MINUTES | COOK TIME: 10 MINUTES | READY IN: 1 HOUR 10 MINUTES

SERVINGS: 10

INGREDIENTS

1 cup pineapple juice
1/2 cup packed brown sugar
1/3 cup light soy sauce
2 pounds chicken breast tenderloins or strips
skewers

DIRECTIONS

1. In a small saucepan over medium heat, mix pineapple juice, brown sugar, and soy sauce. Remove from heat just before the mixture comes to a boil.
2. Place chicken tenders in a medium bowl. Cover with the pineapple marinade, and refrigerate for at least 30 minutes.
3. Preheat grill for medium heat. Thread chicken lengthwise onto wooden skewers.
4. Lightly oil the grill grate. Grill chicken tenders 5 minutes per side, or until juices run clear. They cook quickly, so watch them closely.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 160, Carbohydrates: 14.7g, Cholesterol: 52mg, Fat: 2.2g, Dietary Fiber: 0.1g, Protein: 19.4g, Sodium: 332mg

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HELPFUL HINTS

- Soak the skewers in water for an hour to prevent the ends from burning.
- To manage sodium amounts, many cooks recommend using low-sodium soy sauce.
- To enhance the marinade flavors even more, some cooks recommend adding finely chopped fresh ginger.
- For an Asian twist, add 1/4 cup sesame oil to the marinade.
- For proper food safety, be sure to discard any unused marinade. If you wish to use the marinade as a dipping sauce, make extra and keep it separate from the chicken.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"I used skinless, boneless chicken breasts and added a generous teaspoon of ground ginger and 2 teaspoons of garlic powder. I also grilled the chicken with the pineapple chunks. Wonderful, wonderful chicken! I boiled the marinade and served it over plain white rice. The chicken tasted too good to have a sauce!" - ZAKKIE

"Wow! These are beautiful and great tasting! I added chunks of bell pepper, pineapple and served with white rice. The only thing I would do differently next time is marinate much longer than 30 minutes. Yum!!" - ZETA426

"Everyone loved these! I minced a can of pineapple tidbits instead of just juice... very good! Super easy to make and kids loved them, thanks!" - nica36

Photo Credits - Left: DIZ, Top right: aussiemum, Bottom right: AndrewsCuteCook

Pretty Chicken Marinade

"This is a great chicken marinade! Allow chicken to marinate for no longer than 4 hours, because the lemon juice will begin to cook the chicken. When grilled, the chicken turns a beautiful caramel color, which makes great presentation. This is my fiancé's favorite chicken." - by TaraNicole



PREP TIME: 15 MINUTES | COOK TIME: 16 MINUTES | READY IN: 4 HOURS 30 MINUTES

SERVINGS: 4

INGREDIENTS

2/3 cup olive oil
2/3 cup reduced-sodium soy sauce
1/4 cup lemon juice
2 tablespoons liquid smoke flavoring
2 tablespoons spicy brown mustard
2 teaspoons ground black pepper
2 teaspoons garlic powder
4 skinless, boneless chicken breast halves

DIRECTIONS

1. In a large bowl, mix the olive oil, soy sauce, lemon juice, liquid smoke, mustard, pepper, and garlic powder. Place chicken in the bowl, and coat with the marinade. Cover, and allow chicken to marinate a maximum of 4 hours in the refrigerator.
2. Preheat the grill for high heat.
3. Oil grill grate. Discard marinade, and place chicken on grate. Cook 6 to 8 minutes on each side, until juices run clear.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 549, Carbohydrates: 7g, Cholesterol: 67mg, Fat: 46.1g, Dietary Fiber: 0.8g, Protein: 27.6g, Sodium: 1574mg

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HELPFUL HINTS

- To vary the marinade flavor, use different mustards: ballpark, Dijon, wine, honey, whole-grain, and so forth.
- Add the liquid smoke in small amounts, tasting after each addition, to reach the preferred taste.
- If liquid smoke is unavailable, some cooks substitute with 1 tablespoon smoked paprika.
- An easy way to marinate the chicken is to combine all marinade ingredients in a large, resealable plastic bag, then place the chicken into the bag, seal the bag, and refrigerate until ready to cook.

- For variety, bone-in breasts and drumsticks can be used in place of breasts.
- For juicy, smoky-flavored chicken, cook the chicken with the grill lid closed.
- The cook submitting this recipe does not recommend preparing it on the stovetop.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"Everyone we made this for asks about the recipe... it is awesome. I use half the soy sauce when I am out of low-sodium and unlike other chicken marinades the chicken truly absorbs the full flavor and you really do not need much time. My husband who isn't a chicken fan loves this one. The leftovers are great on a salad, too." - **CookinginMN**

"DH and I LOVED this marinade recipe! It has just the right flavors...and I followed the recipe to a "T"! I cooked the chicken on the grill until it reached 165 degrees F (75 degrees C) internal temperature on my stem thermometer... moist, JUICY, full of flavor and perfectly cooked through. (BTW, the ONLY reason that chicken, esp. breasts are DRY is because they are OVERCOOKED.) DH commented several times during dinner how much he liked the flavor of this chicken! I used regular old Kikkoman soy sauce and it was just fine... I served this with my own published recipe "Mediterranean Bean Salad" and it was a perfect combination! Thanks for the recipe!" - **sourdough girl**

"Great recipe! I used regular soy sauce instead of low-sodium (it was all I had on hand) and honey Dijon mustard instead of spicy Dijon. A great presentation, beautiful color and so juicy. I served this dish with spicy roasted broccoli, lentil rice and cheesy garlic bread and my family gobbled up every bite. Thanks, Tara!" - **Mara Marshall**

Photo Credits - Left: Rock_lobster, Top right: bellepepper, Bottom right: Soup Loving Nicole

Smoky Mountain Chipotle Chicken

"You will love this recipe if you like your meals packed with intense flavor! This chicken has a smoky, spicy, sweet taste that my family raves about. We hope you and yours enjoy it also!" - by Janine



PREP TIME: 35 MINUTES | COOK TIME: 50 MINUTES | READY IN: 3 HOURS 55 MINUTES

SERVINGS: 4

INGREDIENTS

- 1 teaspoon olive oil
- 4 cloves garlic, minced
- 1/2 onion, grated
- 1/2 cup bourbon
- 1/4 cup cider vinegar
- 2 cups ketchup
- 1/4 cup Worcestershire sauce
- 1 tablespoon liquid smoke flavoring
- 1 chipotle pepper in adobo sauce, minced
- 1 teaspoon adobo sauce from canned chipotle peppers
- 1/4 cup brown sugar
- 4 (6 ounce) skinless, boneless chicken breast halves
- 2 tablespoons grill seasoning, or to taste
- 4 slices bacon, cut in half
- 4 thick slices red onion
- 1 teaspoon olive oil
- 4 slices provolone cheese

DIRECTIONS

1. Heat 1 teaspoon olive oil in a large skillet over medium heat. Add garlic and onion; cook and stir until the onion softens and turns translucent, about 5 minutes. Pour in the bourbon, and simmer for 10 minutes. Have a lid ready to cover the skillet in case the bourbon catches fire.
2. Pour in the cider vinegar, ketchup, Worcestershire sauce, liquid smoke, minced chipotle pepper, adobo sauce, and brown sugar. Bring to a boil, then reduce heat to medium-low, and simmer 15 minutes. Pour sauce into a bowl, and refrigerate until no longer hot, about 30 minutes.
3. Season chicken breasts with grill seasoning, and place into a shallow glass dish. Pour all but 1 cup of the cooled sauce over the chicken breasts, and turn to coat. Refrigerate remaining sauce. Cover the chicken and refrigerate 2 hours. Place bacon in a large,

deep skillet. Cook over medium-high heat until evenly brown and crispy. Drain on a paper towel-lined plate, and set aside.

4. Preheat an outdoor grill for medium-high heat.

5. Drain marinade from the chicken and discard. Cook chicken on preheated grill, basting with reserved sauce, until the chicken is no longer pink in the center, and the juices run clear, about 10 minutes per side. Meanwhile, brush onion slices with 1 teaspoon olive oil. Secure the rings with toothpicks to keep them from falling apart. Grill over indirect heat until soft, about 15 minutes.

6. To serve, place chicken onto serving plates and top with a slice grilled onion, 2 slices of bacon and then a slice of provolone cheese. Remove toothpicks before serving.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 697, Carbohydrates: 59.1g, Cholesterol: 127mg, Fat: 21.9g, Dietary Fiber: 2.3g, Protein: 49.5g, Sodium: 3457mg

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HELPFUL HINTS

- Some cooks substitute whiskey or brandy for the bourbon.
- In place of ketchup, substitute crushed tomatoes or diced tomatoes.
- If liquid smoke is unavailable, some cooks substitute with 1 tablespoon smoked paprika.
- If more heat is desired, use a larger amount of the canned chipotle peppers in adobo sauce, or even the entire can.
- If preferred, sharp Cheddar cheese may be used in place of the provolone.
- Several cooks also recommend the sauce for ribs or pulled pork sandwiches.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"This recipe impressed my entire family. I used wine vinegar instead of cider vinegar. I doubled the garlic and adobo peppers and sauce. I left everything else the same and served with red garlic mashed potatoes. To grill the onions, it makes it a lot easier to wrap the onion slices in tin foil and grill over indirect heat. And then after the chicken is done, I turned off the grill and layered the toppings on and shut the grill top to melt it perfectly. This is my favorite recipe on Allrecipes.com so far and I would recommend it to all." - **tjjeffri**

"This recipe is incredible! We all loved it. The sauce alone is so good I'm dreaming of all sorts of ways to use it. Only thing I did differently and I'm glad I did was instead of grilling the onion slices I caramelized them in a pan. That way I could almost smother the chicken with them, then add the bacon and cheese. This was so, so jam-packed with flavor. I thought the heat level was pretty mild and might add an extra pepper next time. I will make this again for sure. Thanks so much for sharing this one, Janine." - **Patti**

"This recipe is excellent. I usually double the amount of sauce to spread over the chicken after cooking. It's a favorite amongst my family!" - **Portuguese87**

Photo Credits - Left: ALFANN02, Top right: M. Gieser, Bottom right: DIZ

Unbelievable Chicken

"This unusual combination of common ingredients is fabulous! Everyone who tastes it asks me to share the recipe. You will love it and the many compliments you get—I promise!" - by LETSGGGO



PREP TIME: 15 MINUTES | COOK TIME: 20 MINUTES | READY IN: 9 HOURS

SERVINGS: 6

INGREDIENTS

1/4 cup cider vinegar
3 tablespoons prepared coarse-ground mustard
3 cloves garlic, peeled and minced
1 lime, juiced
1/2 lemon, juiced
1/2 cup brown sugar
1 1/2 teaspoons salt
ground black pepper, to taste
6 tablespoons olive oil
6 skinless, boneless chicken breast halves

DIRECTIONS

1. In a large glass bowl, mix the cider vinegar, mustard, garlic, lime juice, lemon juice, brown sugar, salt, and pepper. Whisk in the olive oil. Place chicken in the mixture. Cover, and marinate 8 hours, or overnight.
2. Preheat an outdoor grill for high heat.
3. Lightly oil the grill grate. Place chicken on the prepared grill, and cook 6 to 8 minutes per side, until juices run clear. Discard marinade.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 337, Carbohydrates: 22.4g, Cholesterol: 67mg, Fat: 16.4g, Dietary Fiber: 0.9g, Protein: 24.8g, Sodium: 736mg

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HELPFUL HINTS

- A medium lemon yields 2 to 3 tablespoons juice.
- A medium lime yields about 2 tablespoons juice.

- When limes and lemons are unavailable, one cook substitutes bottled margarita mix for the citrus juices.
- Some cooks recommend reserving some of the marinade before adding the chicken, and using it as a basting sauce while grilling.
- An easy way to marinate the chicken is to combine all marinade ingredients in a large, resealable plastic bag, then place the chicken into the bag, seal the bag, and refrigerate until ready to cook.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"This is an awesome marinade! The brown sugar makes a big difference. I used the same amount of marinade for 3 chicken breasts that I pounded down thin, used 3 tablespoons of olive oil vs. 6, and used Dijon mustard instead of coarse ground. I left the chicken in the marinade overnight. The chicken soaked almost all of it up. It smelled delicious coming off the grill and tasted even better. This is a keeper." - Jillian

"Wonderful marinade. The key to this recipe is to use fresh squeezed lemon and lime juice. Concentrated juices tend to overpower the other flavors. Recipe calls for 6 to 8 minutes of cooking time per side—please note, if this doesn't seem long enough for you, the citrus in the marinade makes the chicken cook faster. Do not overcook as your chicken will turn rubbery. Wonderful chicken to add to salads! New favorite in our home! Thanks, Letsgggo, for the submission." - Crystal S

"OMG! Received this recipe from an Internet friend and absolutely loved it! Only change I made was to use 2 tablespoons whole grain mustard, and 1 tablespoon Dijon mustard, then I used a hand blender to smooth out marinade. Cubed the chicken and poured half the marinade into a bag with chicken and the other half in another bag to put in the freezer for future use and marinated for 8 hours. Skewered chicken/green pepper/onion/pineapple and grilled on each side (4 sides) 2 minutes each, basting with a little left over marinade left out of the bags. It was wonderful! I'll be making this all summer! TY!" - WATTYZ

Photo Credits - Left: Lori, Top right: LDYLBGR, Bottom right: Chef4Six

Championship Chicken - Kabobs



Chicken and Bacon Shish Kabobs

"Tangy marinated chicken and mushrooms, wrapped in bacon and skewered. Excellent for entertaining and trying something new! These are a must try! They can also be broiled instead of grilled if short on time." - by **Angie**



PREP TIME: 25 MINUTES | COOK TIME: 20 MINUTES | READY IN: 1 HOUR 45 MINUTES

SERVINGS: 6

INGREDIENTS

1/4 cup soy sauce
1/4 cup cider vinegar
2 tablespoons honey
2 tablespoons canola oil
10 large mushrooms, cut in half
2 green onions, minced
3 skinless, boneless chicken breast halves, cut into chunks
1/2 pound sliced thick cut bacon, cut in half
1 (8 ounce) can pineapple chunks, drained
skewers

DIRECTIONS

1. In a large bowl, mix the soy sauce, cider vinegar, honey, canola oil, and green onions. Place the mushrooms and chicken into the mixture, and stir to coat. Cover, and marinate in the refrigerator at least 1 hour.
2. Preheat grill for high heat.
3. Remove the mushrooms and chicken from the marinade and shake off excess. Pour the marinade into a small saucepan and bring to a boil over high heat. Reduce heat to medium-low and simmer for 10 minutes; set aside.
4. Wrap the chicken chunks with bacon, and thread onto skewers so that the bacon is secured. Alternate with mushroom halves and pineapple chunks.
5. Lightly oil the grill grate. Arrange skewers on the prepared grill. Cook 15 to 20 minutes, brushing occasionally with remaining soy sauce mixture, until bacon is crisp and chicken juices run clear.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 235, Carbohydrates: 14.4g, Cholesterol: 47mg, Fat: 11.4g, Dietary Fiber: 0.9g, Protein: 18.9g, Sodium: 919mg

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HELPFUL HINTS

- Soak bamboo or wooden skewers in water for an hour before using to prevent the ends from burning.
- If using thick slab bacon, lower the grill to medium-high to allow for even cooking time between the chicken and the bacon.
- Some cooks recommend par cooking the bacon for even cooking time.
- Many cooks recommend marinating the chicken and mushrooms separately as mushrooms soak up more of the marinade and require less marinating time.
- Some cooks oven-roast the kabobs: 350 degrees F (175 degrees C) for 25 minutes, then 450 degrees F (230 degrees C) for another 3 minutes.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"We loved these! I used regular bacon, and it worked out fine. I also marinated the chicken and green onions separately from the mushrooms, and then used the mushroom marinade to baste the kebabs. I thought I had way too much food (I doubled the recipe), but there were no leftovers. The only thing I would do differently next time, would be to use fresh pineapple, rather than canned." - **KarenTheMiltch**

"ABSOLUTELY DIVINE! A+++. VERY easy to make. I mixed the marinade (which I doubled to be sure to cover all the chicken), threw in the chicken, and let it marinate for 5 hours. I put some crushed garlic (just smash the garlic clove with a knife or bottom of a pan) into the marinade to give it a little kick. I also added grape tomatoes, onions, and green bell peppers to the skewers because we love grilled veggies over here. SOOOOO easy for those who don't have a lot of time in the kitchen. Just throw together all the ingredients and marinate. HIGHLY RECOMMENDED! I am going to try it with sirloin next time. A+++ job, Angie!" - **CRISTNABLS**

"This is an absolutely wonderful recipe!! It has become one of our favorites. I would change nothing. The only hint I might pass on is that we do the chicken on one skewer and the vegetables on the other so that we can get the bacon crisp; we had trouble doing that when we grilled them together." - **PATTYRAD**

Photo Credits - Left: SunFlower, Top right: lovestohost, Bottom right: abapplez

Chili-Lime Chicken Kabobs

"I invented this recipe for a quick dinner. I only marinated the chicken for one hour, but I am sure if you marinated longer, it would taste even better." - by **simmig**



PREP TIME: 15 MINUTES | COOK TIME: 15 MINUTES | READY IN: 1 HOUR 30 MINUTES

SERVINGS: 4

INGREDIENTS

3 tablespoons olive oil
1 1/2 tablespoons red wine vinegar
1 lime, juiced
1 teaspoon chili powder
1/2 teaspoon paprika
1/2 teaspoon onion powder
1/2 teaspoon garlic powder
cayenne pepper, to taste
salt and ground black pepper, to taste
1 pound skinless, boneless chicken breast halves, cut into 1 1/2 inch pieces
skewers

DIRECTIONS

1. In a small bowl, whisk together the olive oil, vinegar, and lime juice. Season with chili powder, paprika, onion powder, garlic powder, cayenne pepper, salt, and black pepper. Place the chicken in a shallow baking dish with the sauce, and stir to coat. Cover, and marinate in the refrigerator at least 1 hour.
2. Preheat the grill for medium-high heat. Thread chicken onto skewers, and discard marinade.
3. Lightly oil the grill grate. Grill skewers for 10 to 15 minutes, or until the chicken juices run clear.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 227, Carbohydrates: 3.2g, Cholesterol: 65mg, Fat: 13g, Dietary Fiber: 0.9g, Protein: 23.9g, Sodium: 161mg

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HELPFUL HINTS

- Soak bamboo or wooden skewers in water for an hour before using to prevent the ends from burning.

- A medium lime yields about 2 tablespoons juice.
- For more citrus flavor, some cooks recommend adding more lime juice and lime zest.
- Do not marinate the chicken for more than 5 hours as some cooks found the acidity in the marinade causes the chicken meat to become mushy.
- For proper food safety, be sure to discard any unused marinade. If you wish to use the marinade as a sauce, make extra and keep it separate from the chicken.
- Skinless, boneless chicken thighs or wings can be substituted for the chicken breasts.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

*"10 stars for sure. This marinade was fabulous. The only changes were I doubled the recipe and added 3 limes opposed to two (for which I used a glass lemon juicer to get all the juice possible and the pulp), some zest from one lime, and instead of garlic powder I went with a fresh clove minced, and I also added in some fresh cilantro for our taste preference. Marinated for 3 or so hours and I couldn't eat enough pieces. YUMMY! The perfect amount of lime and chili taste. Will be making often this summer. Thanks!" - **cookiequeen***

*"Outstanding! I doubled the marinade recipe and also marinated summer squash, peppers and onions and cooked them on the skewers. We served it all over rice and my whole family devoured it. Thanks!" - **kjord***

*"This was very good and we both liked it a lot. I made this as written except I used one large clove of fresh garlic instead of the powder and 1/4 teaspoon cayenne. The heat in this was barely detectable to us so next time I would increase the cayenne. We also thought this could use just a little bit of sweetness, so I might add a teaspoon of brown sugar next time. This one will be repeated for sure!" - **bellepepper***

Photo Credits - Left: SunFlower, Top right: CC, Bottom right: tahoegirl

Indonesian Satay

"This is an original Indonesian satay. I send the recipe from far away. I hope readers from all over the world will enjoy it." - by **Estherlita Suryoputro**



PREP TIME: 25 MINUTES | COOK TIME: 20 MINUTES | READY IN: 1 HOUR

SERVINGS: 6

INGREDIENTS

3 tablespoons soy sauce
3 tablespoons tomato sauce
1 tablespoon peanut oil
2 cloves garlic, peeled and minced
1 pinch ground black pepper
1 pinch ground cumin
6 skinless, boneless chicken breast halves, cut into 1 inch cubes
1 tablespoon vegetable oil
1/4 cup minced onion
1 clove garlic, peeled and minced
1 cup water
1/2 cup chunky peanut butter
2 tablespoons soy sauce
2 tablespoons white sugar
1 tablespoon lemon juice
skewers

DIRECTIONS

1. In a bowl, mix soy sauce, tomato sauce, peanut oil, garlic, black pepper, and cumin. Place chicken into the mixture, and stir to coat. Cover, and marinate in the refrigerator for at least 15 minutes, but not overnight. This will make the meat too dark.
2. Preheat the grill for high heat.
3. Heat vegetable oil in a saucepan over medium heat, and saute onion and garlic until lightly browned. Mix in water, peanut butter, soy sauce, and sugar. Cook and stir until well blended. Remove from heat, mix in lemon juice, and set aside.
4. Lightly oil the grill grate. Thread chicken onto skewers, and discard marinade. Grill skewers about 5 minutes per side, until chicken juices run clear. Serve with the peanut sauce.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 329, Carbohydrates: 11.8g, Cholesterol: 67mg, Fat: 18.2g, Dietary Fiber: 2.2g, Protein: 30.9g, Sodium: 957mg

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HELPFUL HINTS

- Soak bamboo or wooden skewers in water for an hour before using to prevent the ends from burning.
- A medium lime yields about 2 tablespoons juice.
- For more citrus flavor, some cooks recommend adding more lime juice and lime zest.
- Do not marinate the chicken for more than 5 hours as some cooks found the acidity in the marinade causes the chicken meat to become mushy.
- For proper food safety, be sure to discard any unused marinade. If you wish to use the marinade as a sauce, make extra and keep it separate from the chicken.
- Skinless, boneless chicken thighs or wings can be substituted for the chicken breasts.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"10 stars for sure. This marinade was fabulous. The only changes were I doubled the recipe and added 3 limes opposed to two (for which I used a glass lemon juicer to get all the juice possible and the pulp), some zest from one lime, and instead of garlic powder I went with a fresh clove minced, and I also added in some fresh cilantro for our taste preference. Marinated for 3 or so hours and I couldn't eat enough pieces. YUMMY! The perfect amount of lime and chili taste. Will be making often this summer. Thanks!" - cookiequeen

"Outstanding! I doubled the marinade recipe and also marinated summer squash, peppers and onions and cooked them on the skewers. We served it all over rice and my whole family devoured it. Thanks!" - kjord

"This was very good and we both liked it a lot. I made this as written except I used one large clove of fresh garlic instead of the powder and 1/4 teaspoon cayenne. The heat in this was barely detectable to us so next time I would increase the cayenne. We also thought this could use just a little bit of sweetness, so I might add a teaspoon of brown sugar next time. This one will be repeated for sure!" - bellepepper

Photo Credits - Left: MAGDIEGO, Top right: Cupcakelover, Bottom right: Stephanie M.

Rosemary Ranch Chicken Kabobs

"This rosemary ranch chicken recipe is so delicious, tender, and juicy the chicken will melt in your mouth. Even the most picky eater will be begging for the last piece." - by **Theresa Spencer**



PREP TIME: 50 MINUTES | COOK TIME: 10 MINUTES | READY IN: 1 HOUR

SERVINGS: 6

INGREDIENTS

1/2 cup olive oil
1/2 cup ranch dressing
3 tablespoons Worcestershire sauce
1 tablespoon minced fresh rosemary
2 teaspoons salt
1 teaspoon lemon juice
1 teaspoon white vinegar
1/4 teaspoon ground black pepper, or to taste
1 tablespoon white sugar, or to taste (optional)
5 skinless, boneless chicken breast halves, cut into 1 inch cubes

DIRECTIONS

1. In a bowl, stir together the olive oil, ranch dressing, Worcestershire sauce, rosemary, salt, lemon juice, white vinegar, pepper, and sugar. Let stand for 5 minutes. Place chicken in the bowl, and stir to coat with the marinade. Cover and refrigerate for 30 minutes.
2. Preheat the grill for medium-high heat. Thread chicken onto skewers and discard marinade.
3. Lightly oil the grill grate. Grill skewers for 8 to 12 minutes, or until the chicken is no longer pink in the center, and the juices run clear.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 378, Carbohydrates: 4.8g, Cholesterol: 59mg, Fat: 30.7g, Dietary Fiber: 0.1g, Protein: 19.9g, Sodium: 1097mg

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HELPFUL HINTS

- Soak bamboo or wooden skewers in water for an hour before using to prevent the ends from burning.

- Some cooks substitute 1 teaspoon dried rosemary for the fresh rosemary.
- To reduce calories, use low-fat buttermilk ranch dressing in place of regular ranch dressing.
- A packaged, dry ranch dressing mix can also be used to make the marinade.
- For proper food safety, be sure to discard any unused marinade. If you wish to use the marinade as a dipping sauce, make extra and keep it separate from the chicken.
- Vegetables, such as bell peppers, onions, and mushrooms, can also be marinated and used for kabobs.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"Oh wow! What a hit. This marinade is delicious. I made the marinade last night. I clipped 3, 4 inch sprigs of rosemary and soaked them in the marinade overnight since I don't like pieces of rosemary. I took advantage of "more pepper to taste" and added a fresh clove minced garlic. I marinated the chicken for about 3 hours before grilling. I will definitely make these again and again." - Mommy3xyz

"This was fabulous! I cut back the olive oil to 1/4 cup and omitted the salt and am glad I did. Threw fresh rosemary twigs (soaked in water for 1/2 hour) in the smoker while barbecuing these and the aroma, oh my, the aroma! If I was Italian I would be kissing my fingers. Momma Mia! Thanks for a great recipe!" - Crystal S

"A-Mazing! I have made this quite a few times, but I don't always make kabobs. I grill using whole chicken breasts, then slice and use for salads. The ideas are endless! Oh, I prefer making ranch dressing using the packets just because I think it tastes better than bottled. If you can do this, I think it improves the taste of the marinade so much better. It's not necessary though. Thanks for an awesome recipe!" - YOYO78

Photo Credits - Left: LaurenM, Top right: CookinBug, Bottom right: Rock_lobster

Yummy Honey Chicken Kabobs

"Honey chicken kabobs with veggies. You can marinate overnight and make these kabobs for an outdoor barbecue as a tasty alternative to the usual barbecue fare! Fresh mushrooms and cherry tomatoes can also be used. (This can also be done in the broiler.)" - by Ann Marie



PREP TIME: 15 MINUTES | COOK TIME: 15 MINUTES | READY IN: 3 HOURS

SERVINGS: 12

INGREDIENTS

1/4 cup vegetable oil
1/3 cup honey
1/3 cup soy sauce
1/4 teaspoon ground black pepper
8 skinless, boneless chicken breast halves, cut into 1 inch cubes
2 cloves garlic
5 small onions, cut into 2 inch pieces
2 red bell peppers, cut into 2 inch pieces
skewers

DIRECTIONS

1. In a large bowl, whisk together oil, honey, soy sauce, and pepper. Before adding chicken, reserve a small amount of marinade to brush onto kabobs while cooking. Place the chicken, garlic, onions and peppers in the bowl, and marinate in the refrigerator at least 2 hours (the longer the better).
2. Preheat the grill for high heat.
3. Drain marinade from the chicken and vegetables, and discard marinade. Thread chicken and vegetables alternately onto the skewers.
4. Lightly oil the grill grate. Place the skewers on the grill. Cook for 12 to 15 minutes, until chicken juices run clear. Turn and brush with reserved marinade frequently.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 178, Carbohydrates: 12.4g, Cholesterol: 45mg, Fat: 6.6g, Dietary Fiber: 1g, Protein: 17.4g, Sodium: 442mg

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HELPFUL HINTS

- Soak bamboo or wooden skewers in water for an hour before using to prevent the ends from burning.
- For maximum flavor, many cooks minced the garlic cloves for the marinade.
- To manage sodium amounts, many cooks recommend using low-sodium soy sauce.
- For additional zip, some cooks add finely chopped fresh ginger and crushed red pepper flakes to the marinade mixture.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"These were fabulous! We only had time to marinate the chicken for two hours, but that was plenty of time, as they gained plenty of flavor. We also grilled the kabobs on a little skewer rack that kept them from directly touching the grill. It took a little longer to cook this way (just over 15 minutes), but it also kept them from sticking. We used onion, cherry tomatoes, and mushrooms, and these were the best skewers we've ever made on our grill! We'll definitely have them again—the marinade just makes the dish!" - AMKNIGHT

"Awesome marinade! I doubled the marinade and put chicken in a separate bowl from the veggies while marinating for several hours. I put the chicken and veggies combined on the skewers and it worked perfectly! SO MUCH FLAVOR! Served with wild rice and my husband loved it! Will definitely make these again!" - Liz

"This is a very tasty and versatile recipe! I haven't had any trouble with lack of flavor; in fact, the other night I made this last minute and it only marinated about 30 minutes and was still delicious. The kabobs are great, but one of my favorite ways to use this is as a sandwich: leave the chicken breasts intact, or cut in half to fit a hamburger bun. Otherwise, follow the recipe for marinating the chicken (I did put the garlic and onion in the marinade for flavor). Serve on a bun (I prefer whole wheat) with Swiss cheese melted on top, honey mustard, and toppings of your choice (lettuce, tomato, onion, etc). Yum! If you make extra chicken, try the leftovers sliced on a salad for lunch the next day." - HBAnderson

Photo Credits - Left: chibi chef, Top right: SunFlower, Bottom: Tanya

Championship Chicken - Salads



Amy's Barbecue Chicken Salad

"This is very similar to a salad at a popular restaurant near my house. I loved it there and decided to make it at home. It's one of my favorite salads to make now!" - by AMYEH



PREP TIME: 15 MINUTES | COOK TIME: 12 MINUTES | READY IN: 35 MINUTES

SERVINGS: 8

INGREDIENTS

2 skinless, boneless chicken breast halves
1 head red leaf lettuce, rinsed and torn
1 head green leaf lettuce, rinsed and torn
1 fresh tomato, chopped
1 bunch cilantro, chopped
1 (15.25 ounce) can whole kernel corn, drained
1 (15 ounce) can black beans, drained
1 (2.8 ounce) can French fried onions
1/2 cup ranch dressing
1/2 cup barbecue sauce

DIRECTIONS

1. Preheat the grill for high heat.
2. Lightly oil the grill grate. Place chicken on the grill, and cook 6 minutes per side, or until juices run clear. Remove from heat, cool, and slice.
3. In a large bowl, mix the red leaf lettuce, green leaf lettuce, tomato, cilantro, corn, and black beans. Top with the grilled chicken slices and French fried onions.
4. In a small bowl, mix the ranch dressing and barbeque sauce. Serve on the side as a dipping sauce, or toss with the salad to coat.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 252, Carbohydrates: 23.5g, Cholesterol: 21mg, Fat: 14.2g, Dietary Fiber: 2.4g, Protein: 9g, Sodium: 601mg

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HELPFUL HINTS

- Several cooks recommend seasoning the chicken breasts prior to grilling with salt, ground black pepper, garlic powder, chili powder, and/or dry barbecue seasoning.
- To save a preparation step, use bagged mixed greens.
- Add the dressing separately if planning to serve the salad a second day.
- Some cooks recommend adding jicama, cut into match sticks, avocado slices, and increasing the amount of tomatoes to this salad.
- The salad can also be used as a filling for wraps.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"What a yummy salad! I just used one bunch of green leaf lettuce and that was plenty. I will probably add another tomato next time. Half a bunch of cilantro was enough also, but definitely don't leave it out—it adds great flavor! I also used crushed tortilla chips on top. It was excellent!" - PULLEYHEATHER

"I got all thumbs up on this recipe from my family! It was incredibly easy to throw together...I did add some garlic powder blend to the chicken prior to grilling to spice it up a bit. I also crumbled up some tortilla chips and put them on the salad instead of using the fried canned onions...I served it with the Waikiki cornbread and everybody couldn't stop raving!" - Blon-Dish

"So good!! Unless your lettuce heads are unusually microscopic, then one head of lettuce is more than enough. I use two cups of the best beans in the world (refried beans without the refry, left un-mashed) in place of canned beans (pulled from the freezer), frozen corn in place of canned (we just thaw it first), and bake my chicken when grilling isn't convenient." - BETHANYWEATHERSBY

Photo Credits - Left: Allrecipes.com, Top right: toothpkr97, Bottom right: MamaToNikolas

Grilled Chicken Salad with Seasonal Fruit

"Both beautiful in presentation and taste, this salad uses fresh berries in summer (strawberries, blueberries, raspberries, or blackberries), and orange slices in winter. Any time of year this composed salad will bring rave reviews." - **by Karena**



PREP TIME: 15 MINUTES | COOK TIME: 20 MINUTES | READY IN: 35 MINUTES

SERVINGS: 6

INGREDIENTS

1 pound skinless, boneless chicken breast halves
1/2 cup pecans
1/3 cup red wine vinegar
1/2 cup white sugar
1 cup vegetable oil
1/2 onion, minced
1 teaspoon ground mustard
1 teaspoon salt
1/4 teaspoon ground white pepper
2 heads Bibb lettuce, rinsed, dried and torn
1 cup sliced fresh strawberries

DIRECTIONS

1. Preheat the grill for high heat.
2. Lightly oil the grill grate. Grill chicken 8 minutes on each side, or until juices run clear. Remove from heat, cool, and slice.
3. Meanwhile, place pecans in a dry skillet over medium-high heat. Cook pecans until fragrant, stirring frequently, about 8 minutes. Remove from heat, and set aside.
4. In a blender, combine the red wine vinegar, sugar, vegetable oil, onion, mustard, salt, and pepper. Process until smooth.
5. Arrange lettuce on serving plates. Top with grilled chicken slices, strawberries, and pecans. Drizzle with the dressing to serve.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 567, Carbohydrates: 23.2g, Cholesterol: 43mg, Fat: 46g, Dietary Fiber: 2.3g, Protein: 17.8g, Sodium: 428mg

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HELPFUL HINTS

- Many cooks season the chicken breasts prior to grilling with salt, ground black pepper, garlic powder, herb seasoning, balsamic vinegar, and others.
- If pressed for time, purchase a rotisserie chicken from the supermarket in place of the grilled chicken.
- Some cooks substitute raspberry vinegar or other flavored vinegar for the red wine vinegar.
- Instead of pecans, substitute almonds, hazelnuts, pine nuts, or sunflower seeds.
- To save a preparation step, use ready-to-use bagged mixed greens.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"I used strawberries, raspberries and mandarin oranges in addition to the toasted pecans. Cut the sugar in half for the dressing. I thought the dressing looked funny after blending, but wow this was a great salad. Also marinated the chicken breast in a mixture of white wine vinegar, orange juice, garlic and herb seasoning blend and a little olive oil. YUM." - **CarolinaGirl**

"Don't pass this one by! Yum! This will be my new favorite meal to pack for lunch. I used canned pineapple because that's what I had, and it was perfect. The dressing is great—I cut the amount of oil about in half so it is not so full of fat. I have tried this dressing over a number of different salads. It's great with baby spinach, fresh pears, and feta cheese." - **ESTEPHAN**

"Loved the dressing. I originally cut the sugar in half, but ended up adding the rest in because I think it was really needed to balance out the vinegar and give the dressing more flavor. I don't necessarily like sweet dressing, but this was very, very good! Used the called-for amount of oil and all the rest of the ingredients and used my blender to mix it all up. It was thick, but once on the salad it was fine. Yummy! Oh, and I used clementines and plain old pecans (not toasted...)." - AggieFan92

Photo Credits - Left: Allrecipes.com, Top right: Chef4Six, Bottom right: MAMALEIGH

From the Sea - Crab



Caribbean Grilled Crab Cakes

"Absolutely delicious! I have made these in a skillet as well and they taste just as delicious as on the grill." - by JULIEP



PREP TIME: 20 MINUTES | COOK TIME: 10 MINUTES | READY IN: 1 HOUR

SERVINGS: 16

INGREDIENTS

For Crab Cakes:

3/4 pound crabmeat
1 cup plain bread crumbs
3/4 cup mayonnaise
1 egg, beaten
2 green onions, minced
Hot sauce, to taste
salt and ground black pepper, to taste

For Mango Salsa:

1 mango, peeled, pitted and diced
1 red onion, diced
3 tablespoons chopped fresh basil
3 tablespoons chopped fresh cilantro
1 lime, juiced
1 jalapeño pepper, diced
salt and ground black pepper, to taste

2 tablespoons vegetable oil

DIRECTIONS

1. In a large bowl, mix the crabmeat, bread crumbs, mayonnaise, egg, green onions, hot sauce, salt, and pepper. Shape the mixture into 16 small cakes. Place cakes on a baking sheet and refrigerate for 30 minutes.
2. In a small bowl, combine the diced mango, onion, basil, cilantro, lime juice, desired amount of jalapeño pepper, salt, and pepper. Refrigerate until ready to use.
3. Preheat an outdoor grill for medium heat and lightly oil the grill grate. Place crab cakes on grill, cover, and cook until crisp and golden brown on both sides, about 4 minutes per side. Remove and serve topped with salsa.

Footnote:

This recipe's original directions were for the stove top. Because many cooks shared positive reviews about grilling the crab cake patties, Step 3 in this cookbook is for grilling. To cook the crab cake patties on the stovetop, follow the original directions:

- Heat 2 tablespoons vegetable oil in a large skillet over medium heat. Cook crab cake patties until crisp and golden brown on both sides, about 4 minutes per side. Top with mango salsa.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 157, Carbohydrates: 8.9g, Cholesterol: 33mg, Fat: 10.9g, Dietary Fiber: 0.8g, Protein: 6.4g, Sodium: 244mg

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HELPFUL HINTS

- Fresh, frozen, or imitation crabmeat may be used to make the crab cakes.
- As an alternative, substitute Italian bread crumbs, crushed crackers, or panko (Japanese-style bread crumbs) for the plain bread crumbs.
- If hot sauce is unavailable, replace it with paprika or cayenne pepper.
- For the salsa, many cooks recommend using a small to medium-size red onion.
- Adjust the amount of jalapeño pepper used in the salsa to suit personal preference.
- If fresh, ripe mangoes are unavailable, some cooks substitute with pineapple or frozen tropical mix fruits.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"This is without a doubt, one of the best recipes I have reviewed on this site. I made the crab cakes exactly as written, they formed beautifully and kept their shape nicely while sautéing. Good ratio of crab to cake, the crab was not overpowered by the other ingredients. This salsa is excellent, I used jarred mango from the produce isle, which made it a snap to put together. I drizzled a little EVOO [extra virgin olive oil] in to keep everything together. Served over Marrakesh Express mango salsa couscous. Sincere thanks for a great recipe, well done! Update 4/9/09 Grilled these on the BBQ last night, that smoky, grilled taste makes them even better. Held together perfectly. Just terrific!" - Saveur631

"These crab cakes were very easy to make, and absolutely delicious! I used 1 pound fresh canned crab meat, but it was the crab meat from the 'claw', which is less expensive but was still just as good. For a healthier version I crushed up whole wheat saltine crackers very fine in place of bread crumbs and used light mayo, and just a heaping tablespoon of it. I probably could've gotten away with even less. 3/4 cup definitely would've been way too much mayo. Aside from those changes, I followed the rest of the recipe as is. I cooked them in a pan on top of the stove in olive oil. Perfect! The mango salsa was phenomenal, I used 2 mangos and 1/2 of a red onion, then followed the rest of the salsa recipe as is. This recipe served 3 adults in my opinion, if you have a big household of a lot of hungry people, definitely double it! I will definitely make this again, so good! And easy!" - jillybean

"Absolutely amazing! I used ranch instead of mayo and panko breadcrumbs for lots of flavor. they held together great and still came out fluffy." - rose_da_chef

Photo Credits - Left: FarmingFabulously, Top right: Brieah, Bottom right: e.addison89

From the Sea - Halibut



Grilled Fish Steaks

"My husband is not much of a fish lover, but when I made this recipe with halibut he very much enjoyed it. It's very simple." - by Sadie



PREP TIME: 10 MINUTES | COOK TIME: 10 MINUTES | READY IN: 1 HOUR 30 MINUTES

SERVINGS: 2

INGREDIENTS

- 1 clove garlic, minced
- 6 tablespoons olive oil
- 1 teaspoon dried basil
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1 tablespoon fresh lemon juice
- 1 tablespoon chopped fresh parsley
- 2 (6 ounce) fillets halibut

DIRECTIONS

1. In a stainless steel or glass bowl, combine garlic, olive oil, basil, salt, pepper, lemon juice, and parsley.
2. Place the halibut fillets in a shallow glass dish or a resealable plastic bag, and pour the marinade over the fish. Cover or seal and place in the refrigerator for 1 hour, turning occasionally.
3. Preheat an outdoor grill for high heat and lightly oil grate. Set grate 4 inches from the heat.
4. Remove halibut fillets from marinade and drain off the excess. Grill fillets 5 minutes per side or until fish is done when easily flaked with a fork.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 554, Carbohydrates: 2.2g, Cholesterol: 62mg, Fat: 43.7g, Dietary Fiber: 0.6g, Protein: 36.3g, Sodium: 1259mg

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HELPFUL HINTS

- A medium lemon yields 2 to 3 tablespoons juice.
- If preferred, tilapia, catfish, flounder, arctic char, Pacific cod, or other white fish may be substituted for the halibut.
- One cook also adds dill to the marinade ingredients.
- Many cooks recommend adjusting the amount of salt to suit preference.

- One cook used lemon pepper as a replacement for the salt.
- If sodium is a concern, use low-sodium soy sauce and/or omit the salt.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"I made this at my restaurant in Amsterdam as a last minute 'FIND ME A RECIPE.' Great! I served it over a bed of arugula, with grilled artichokes, red paprika, and a few pine nuts. It looked and tasted great! Cook 1 minute longer each side for thicker steaks." - Da Vincis Calzone

"I used this recipe with the halibut, but cooked it on a cedar plank over a charcoal grill. It was incredible. My husband doesn't care for grilled fish, but would eat this dish any day." - Rachel

"This was very tasty. I used dory instead of halibut. I added more garlic and lemon juice and used 3/4 of the required oil. I cut down on the salt and even then, it was quite salty. So I suggest tasting the marinade and gradually add salt to taste. The next day, I cooked the leftover dory fish with the leftover marinade and it tasted great as well!" - min21

Photo Credits - Left: cgallowa, Top right: Da Vincis Calzone, bottom right: SunnyByrd

From the Sea - Lobster



Grilled Rock Lobster Tails

"Grilled rock lobster tails with seasoning. These take very little cooking time, yet are so good!" - by Joe Nekrasz



PREP TIME: 15 MINUTES | COOK TIME: 12 MINUTES | READY IN: 27 MINUTES

SERVINGS: 2

INGREDIENTS

1 tablespoon lemon juice
1/2 cup olive oil
1 teaspoon salt
1 teaspoon paprika
1/8 teaspoon white pepper
1/8 teaspoon garlic powder
2 (10 ounce) rock lobster tails

DIRECTIONS

1. Preheat grill for high heat.
2. Squeeze lemon juice into a small bowl, and slowly whisk in olive oil. Whisk in salt, paprika, white pepper, and garlic powder. Split lobster tails lengthwise with a large knife, and brush flesh side of tail with marinade.
3. Lightly oil grill grate. Place tails, flesh side down, on preheated grill. Cook for 10 to 12 minutes, turning once, and basting frequently with marinade. Discard any remaining marinade. Lobster is done when opaque and firm to the touch.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 743, Carbohydrates: 4.3g, Cholesterol: 170mg, Fat: 60.9g, Dietary Fiber: 0.5g, Protein: 44.4g, Sodium: 2037mg

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HELPFUL HINTS

- Spiny lobsters, commonly called rock lobsters, live off the coasts of Florida, Southern California, Mexico, Australia, New Zealand, and South Africa. They have no claws, and all the meat is in their tail. Most rock lobster available in the U.S. is sold frozen and typically labeled "rock lobster tails."
- Maine, or American, lobster can also be used for this recipe.
- Use kitchen shears to cut through the lobster shell, splitting the shell halfway and cutting lengthwise through the meat, butterflying it to ensure it will cook through.

- A medium lemon yields 2 to 3 tablespoons juice.
- Garlic fans recommend substituting fresh minced garlic for the garlic powder.
- To prevent the lobster tail from curling while cooking, thread a skewer through the tail.
- Be careful of flare-ups when basting on the grill.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"Delicious! We used regular lobster tails and cooked them for 7 minutes....just cook until they turn white, then remove from the grill immediately." - **RECIPERAVEN**

"This recipe is so simple yet so good! I'm a lobster purist and I loved it! The olive oil keeps the lobster from drying out on the grill and the spices add just the right amount of flavor...not overpowering. I've made this several times and I'll make it many more! Thanks for the great recipe. Additional Note: I've used this method on scallops too. Excellent!" - **Marsha L**

"Wow, these were so good! My boyfriend made them on Valentine's Day. The marinade makes a lot. He butterflied the tails by taking scissors and cutting the shell down the back. Then he pulled the meat out, and placed it so it sat on top of the shell. Then he threw it on the grill meat side up, and flipped it once during cooking. They didn't even need to be dipped in butter, they were so tasty!" - **Abbey**

Photo Credits - Left: Allrecipes.com, Top right: Washtubgreg, Bottom right: JasBradley

From the Sea - Salmon



Cedar Planked Salmon

"This is a dish my brother prepared for me in Seattle. Salmon is smoked by cooking it on a cedar plank. It is by far the best salmon I've ever eaten. I like to serve with an Asian-inspired rice and roasted asparagus." - by wmore



PREP TIME: 15 MINUTES | COOK TIME: 20 MINUTES | READY IN: 35 MINUTES

SERVINGS: 6

INGREDIENTS

- 3 (12 inch) untreated cedar planks
- 1/3 cup vegetable oil
- 1 1/2 tablespoons rice vinegar
- 1 teaspoon sesame oil
- 1/3 cup soy sauce
- 1/4 cup chopped green onions
- 1 tablespoon grated fresh ginger root
- 1 teaspoon minced garlic
- 2 (2 pound) salmon fillets, skin removed

DIRECTIONS

1. Soak the cedar planks for at least 1 hour in warm water. Soak longer if you have time.
2. In a shallow dish, stir together the vegetable oil, rice vinegar, sesame oil, soy sauce, green onions, ginger, and garlic. Place the salmon fillets in the marinade and turn to coat. Cover and marinate for at least 15 minutes, or up to one hour.
3. Preheat an outdoor grill for medium heat. Place the planks on the grate. The boards are ready when they start to smoke and crackle just a little.
4. Place the salmon fillets onto the planks and discard the marinade. Cover, and grill for about 20 minutes. Fish is done when you can flake it with a fork. It will continue to cook after you remove it from the grill.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 678, Carbohydrates: 1.7g, Cholesterol: 179mg, Fat: 45.8g, Dietary Fiber: 0.3g, Protein: 61.3g, Sodium: 981mg

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HELPFUL HINTS

- Be sure to use only a clean, untreated cedar (or alder, hickory, or maple) plank for cooking so as not to be exposed to any

chemical residues used on treated wood.

- If using a cedar plank for the first time, soak it for eight hours to 24 hours to minimize the possibility of it catching on fire.
- Some cooks soak grilling planks in a mixture of water and cider, wine, or lemon juice, to add flavor.
- After soaking, if a plank is being used for the first time, season it by placing it on a preheated grill for 2 minutes, turning once. Lightly toasting the plank on both sides will intensify its smoky flavor and prevent warping. When the plank starts crackling, it's ready for cooking.
- Place marinated or ready-to-cook foods directly on the plank. Keep the grill's lid closed as much as possible to maintain temperatures and maximize smoking. Note: planked food does not have to be turned during grilling.
- Keep a spray bottle filled with water handy so flames can be extinguished if the plank starts to burn.
- A cedar plank can be re-used for future grilling provided it is not too charred. Scrub off any food residue with a stiff brush and warm water, then let the plank air dry.
- To manage sodium amounts, many cooks recommend using low-sodium soy sauce.
- For proper food safety, be sure to discard any unused marinade. If you wish to use the marinade as a dipping sauce, make extra and keep it separate from the salmon.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"My boyfriend said this was the best piece of fish he's ever had! I soaked the cedar for about 7 hours then oiled one side. I used a 2.5 pound piece of salmon skin side down. I heated the plank and then put the fish on for 20 minutes, then turned off the heat and kept it on the grill for about 5 more minutes before serving." - PandA1366

"I love this recipe! The only thing I did different was soak the planks in a water / white wine mix. It gives the salmon an amazing flavor. A box of wine should do the trick." - garrett6758

"Absolutely delicious! I had 3 large pieces of salmon, so I doubled the sauce and ended marinating over 1.5 hrs. It was so amazing, moist, flavorful, and makes a lovely presentation. I followed the recipe exactly and will make again and again and again (please know I am not a huge salmon fan, prefer catching over eating - but this recipe made all the difference.) Highly recommend! My planks did catch fire, so I have to work on a better solution for that issue." - Lisa R.

Photo Credits - Left: cookiegirl30, Top right: Scotdog, Bottom right: Casablancaise

Chile-Garlic BBQ Salmon

"Salmon with a spicy Asian-style twist." - by JAYDA



PREP TIME: 15 MINUTES | COOK TIME: 30 MINUTES | READY IN: 45 MINUTES

SERVINGS: 6

INGREDIENTS

3 pounds whole salmon, cleaned
1/4 cup soy sauce
1 tablespoon chile sauce
1 tablespoon chopped fresh ginger root
1 clove garlic, chopped
1 lime, juiced
1 lime, zested
1 tablespoon brown sugar
3 green onions, chopped

DIRECTIONS

1. Prepare outdoor grill for high heat.
2. Trim the tail and fins off of the salmon. Make several shallow cuts across the salmon's skin. Place salmon on 3 large, slightly overlapping sheets of aluminum foil.
3. In a bowl, stir together soy sauce, chile sauce, ginger, and garlic. Mix in lime juice, lime zest, and brown sugar. Spoon sauce over the salmon.
4. Fold the foil over the salmon, and crimp the edges to seal.
5. If using hot coals, move them to one side of the grill. Place the fish on the side of the grill that does not have coals directly underneath it, and close the lid. If using a gas grill, place the fish on one side, and turn off the flames directly underneath it; close the lid. Cook for 25 to 30 minutes. Remove to a serving platter, and pour any juices that may have collected in the foil over the top of the fish. Sprinkle with green onions.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 438, Carbohydrates: 5.3g, Cholesterol: 134mg, Fat: 24.7g, Dietary Fiber: 0.7g, Protein: 46.2g, Sodium: 738mg

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HELPFUL HINTS

- A medium lime yields about 2 tablespoons juice and 1 teaspoon zest.
- To manage sodium amounts, many cooks recommend using low-sodium soy sauce.
- Some cooks use sweet chile sauce for the chile sauce and omit the sugar.
- If more heat is desired, use more chile sauce, or add crushed red pepper flakes.
- To enhance flavors, some cooks recommend adding chopped cilantro to the marinade.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"Living in the Pacific NW, I don't like to add anything too fancy to salmon. My husband was worried that this dish would cover up the flavor of the salmon...and amazingly it enhanced the flavor of the salmon. This is a regular salmon dish in our family now. Don't hesitate to try it if you love the real salmon flavor...this did NOT cover it up." - **CHEFANDERSEN**

"This is a great change from the typical "Asian" marinade. I love the spicy kick...marinate overnight for more flavor!" - **cinnybear**

"Absolutely Fantastic! I have tried many salmon recipes but this is by far the best! I also used fillets and will double the sauce the next time because it's that good! I will definitely make this over and over again! Thanks for giving me a salmon recipe that finally has lots of flavor!" - **RLEW0414**

Photo Credits - Left: Chef Helen, Top right: ALFANN02, Bottom right: teeags

Firecracker Grilled Alaska Salmon

"These are salmon fillets in a tasty, tangy sauce with a little heat! Serve with rice and a simple stir-fry of baby corn, shiitake mushrooms, and snow peas." - by Christine L.



PREP TIME: 20 MINUTES | COOK TIME: 20 MINUTES | READY IN: 6 HOURS 40 MINUTES

SERVINGS: 8

INGREDIENTS

8 (4 ounce) fillets salmon
1/2 cup peanut oil
4 tablespoons soy sauce
4 tablespoons balsamic vinegar
4 tablespoons green onions, chopped
3 teaspoons brown sugar
2 cloves garlic, minced
1 1/2 teaspoons ground ginger
2 teaspoons crushed red pepper flakes
1 teaspoon sesame oil
1/2 teaspoon salt

DIRECTIONS

1. Place salmon fillets in a nonporous glass dish. In a separate bowl, combine the peanut oil, soy sauce, vinegar, green onions, brown sugar, garlic, ginger, red pepper flakes, sesame oil and salt. Whisk together well, and pour over the fish. Cover and marinate the fish in the refrigerator for 4 to 6 hours.
2. Prepare an outdoor grill with coals about 5 inches from the grate, and lightly oil the grate.
3. Grill the fillets 5 inches from coals for 10 minutes per inch of thickness, measured at the thickest part, or until fish just flakes with a fork. Turn over halfway through cooking.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 307, Carbohydrates: 4.6g, Cholesterol: 63mg, Fat: 21.5g, Dietary Fiber: 0.4g, Protein: 23.3g, Sodium: 649mg

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HELPFUL HINTS

- To manage sodium amounts, many cooks recommend using low-sodium soy sauce and omit the salt.
- Some cooks substitute canola oil or extra virgin olive oil for the peanut oil.
- Instead of ground ginger, some cooks use fresh minced or grated ginger.
- Many cooks also use this marinade with shrimp, chicken and pork.
- To make it easy to transfer and grill the fillets, use a grilling basket or cover the grilling grate with a sheet of heavy duty aluminum foil.
- For proper food safety, be sure to discard any unused marinade. If you wish to use the marinade as a dipping sauce, make extra and keep it separate from the salmon.
- If grilling is not an option, this recipe can also be adapted to baking/broiling in the oven or cooking on the stovetop.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"Wow, my first superb success at grilling fish! I marinated the salmon for 24 hours and used about half of the red pepper. I should have used all of it. The taste was phenomenal but I personally would have been able to handle more of a kick. Served this with grilled, [Basil Shrimp](#) (Allrecipes), a pasta salad, green salad, and grilled pineapple (brushed slices with a combo of butter, honey, lemon juice, brown sugar) and ice cream for dessert. This was a Mother's Day hit and a definite Do Over!" - TRAILINDAWG

"My son came for dinner the night I tried this and he declared it restaurant quality. (I'm pretty sure he meant gourmet restaurant.) My husband and I thought it was excellent also, even though I made one change that was, in retrospect, a big mistake. I know this is called "Firecracker" salmon, but 2 teaspoons of red pepper flakes really scared me so I decreased the amount to 1/2 teaspoon. As I said, big mistake. Next time, I'll be brave and try 1-1/2 teaspoons! The best advice I have to offer on this recipe, besides not scrimping on the red pepper flakes, is DO NOT substitute another oil for the peanut oil. I had never cooked with peanut oil before, always substituting another oil. This time I decided to bite the bullet and buy a rather expensive, unrefined peanut oil that requires refrigeration after opening. What an amazing aroma of roasted peanuts wafted out of that little bottle when I unscrewed the lid. I'll never substitute again." - Emma

"AWESOME! My husband and I loved it! I made it without changing a thing but used a cedar plank to grill it on and it came out perfectly moist! Great for low-carbers especially if you substitute the brown sugar with a brown sugar substitute." - MANDYGREYDANUS

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Grilled Salmon I

"A simple soy sauce and brown sugar marinade, with hints of lemon and garlic, are the perfect salty-sweet complement to rich salmon fillets. Even my 9-year-old loves this recipe!" - by tinamenina



PREP TIME: 15 MINUTES | COOK TIME: 16 MINUTES | READY IN: 2 HOURS 31 MINUTES

SERVINGS: 6

INGREDIENTS

1 1/2 pounds salmon fillets
lemon pepper, to taste
garlic powder, to taste
salt, to taste
1/3 cup soy sauce
1/3 cup brown sugar
1/3 cup water
1/4 cup vegetable oil

DIRECTIONS

1. Season salmon fillets with lemon pepper, garlic powder, and salt.
2. In a small bowl, stir together soy sauce, brown sugar, water, and vegetable oil until sugar is dissolved. Place fish in a large resealable plastic bag with the soy sauce mixture, seal, and turn to coat. Refrigerate for at least 2 hours.
3. Preheat grill for medium heat.
4. Lightly oil grill grate. Place salmon on the preheated grill, and discard marinade. Cook salmon for 6 to 8 minutes per side, or until the fish flakes easily with a fork.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 318, Carbohydrates: 13.2g, Cholesterol: 56mg, Fat: 20.1g, Dietary Fiber: 0.1g, Protein: 20.5g, Sodium: 1092mg

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HELPFUL HINTS

- To manage sodium amounts, many cooks recommend using low-sodium soy sauce and omit the salt.
- To make it easy to transfer and grill the fillets, use a grilling basket or cover the grilling grate with a sheet of heavy duty aluminum foil.

- If preferred, use extra virgin olive oil in place of the vegetable oil.
- Some cooks substitute maple syrup for the brown sugar.
- For proper food safety, be sure to discard any unused marinade. If you wish to use the marinade as a dipping sauce, make extra and keep it separate from the salmon.
- If grilling is not an option, this recipe can also be adapted and baked or broiled in the oven.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"FANTASTIC! We live in Alaska, and have lots of salmon to eat. We are always looking for the next great salmon recipe. This one is now our favorite. Try it, you WILL like it. My only suggestion is to grill the fish, flesh side down first (facing the hot coals). This allows the brown sugar to glaze the fish and seal in the moisture. Then after about 7 minutes, flip the fish over with the skin side down facing the hot coals. Don't worry about sticking to the grill, the oil in the recipe helps to make this not a problem. Enjoy....Thanks for the recipe!" - JONLEMIRE

"Best marinade for salmon I've ever tried. I did use fresh garlic, juice from one lemon, and ground pepper instead of the garlic powder and lemon pepper. Grilled on medium-high skin side down and it came out perfect." - mb

"This recipe was so good! It's always a hit when I make it. I like to marinate the fish around 6 to 8 hours. It doesn't seem to mess with the texture of the fish. The second time I made this, I added a teaspoon or so of toasted sesame oil which was pretty good. Note: I would cook the flesh part first on the grill before the skin side so that the skin will keep the fish together as you lift it off the grill." - spazchicken

Photo Credits - Left: Allrecipes.com, Top right: Sundins, Bottom right: cindyart98

Salmon-Rosemary Burgers

"These savory salmon burgers hold up well on the grill, especially if you use a nice fillet of wild king salmon. Serve on an onion roll with lettuce, tomato, mustard, and horseradish for a great barbecue main dish." - by **Always Cooking Up Something**



PREP TIME: 15 MINUTES | COOK TIME: 10 MINUTES | READY IN: 55 MINUTES

SERVINGS: 8

INGREDIENTS

2 1/2 pounds king salmon fillet, skinned and de-boned
1 cup dry bread crumbs
1/2 cup minced red onion
1 tablespoon Dijon mustard
2 teaspoons prepared horseradish
2 eggs, lightly beaten
1 tablespoon minced fresh rosemary
1/2 teaspoon salt
1/2 teaspoon freshly ground black pepper
2 tablespoons olive oil

DIRECTIONS

1. Prepare the salmon by cutting into strips, cutting the strips crosswise, and chopping the fish until well minced. Be sure to remove any remaining bones.
2. In a large bowl, mix the minced salmon with bread crumbs, red onion, Dijon mustard, horseradish, and eggs. Season with rosemary, salt, and pepper. Chill at least 30 minutes in the refrigerator.
3. Preheat an outdoor grill for medium-high heat.
4. Form the salmon mixture into 8 burger patties. Lightly coat each patty with olive oil.
5. Place salmon patties on the grill, and cook 4 or 5 minutes on each side.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 364, Carbohydrates: 11.5g, Cholesterol: 147mg, Fat: 20.2g, Dietary Fiber: 0.9g, Protein: 32g, Sodium: 379mg

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HELPFUL HINTS

- If fresh salmon is unavailable, some cooks substitute canned sockeye salmon.
- Some cooks use crushed crackers, oatmeal, Italian-seasoned bread crumbs, or panko (Japanese-style bread crumbs) in place of the regular dry bread crumbs.
- Several cooks note that fresh rosemary gives the best flavor for this recipe, and do not recommend substituting dried rosemary.
- Many cooks say thinner patties hold together better than large, thick ones.
- Refrigerating the salmon patties helps them keep their shape during grilling.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"Fabulous! My passion is cooking and I have prepared so many dishes...it NEVER dawned on me to prepare burgers made from salmon! My husband mixed the ingredients and he does things by-the-book. We followed the directions to-the-tee. We grilled these up and they were INCREDIBLY TASTY! They stay together perfectly, had no shrinkage (make the patties exactly to the size of your onion rolls for the perfect fit), and if you double the recipe, form more patties and freeze them. They freeze perfectly fine. The olive oil is a great addition and healthy too! I give this recipe 5 stars. Will do again and again. Bravo to the author." - SUSIECUEZ

"Wow! I followed the recipe to the letter and they were fantastic. At first I thought pulling the salmon from the skin was a bit of a pain as I was trying to cut it off (apparently I'm not that coordinated) but since I knew I would be mincing it, I got right in there with both hands and the salmon tore away from the skin rather quickly. I then popped it into the food processor and had minced fresh salmon in seconds (did the same with the red onion). I formed the patties in a burger press so the consistency was perfect and not a single morsel crumbled during grilling. I will be laminating this recipe because I'll be making it over and over again. Thanks so much for posting it!" - BDKE

"Hand chop the salmon coarsely to avoid mushy texture. Be more generous with the minced red onion. Added minced garlic and 1/2 cup chopped parsley. Started out with 1/2 cup of bread crumbs and adjusted it until I reached the desired consistency; for a little under 2.2 pounds (1 kilo) of salmon, I ended up using 3/4 cup of bread crumbs. The hamburger patty maker was so helpful in shaping them; I placed two medium scoops on a piece of parchment paper, covered loosely with a piece of plastic wrap, and plunged the patty maker on top." - sopania

Photo Credits - Left: sopania, Top right: BDKE, Bottom right: ALFANN02

From the Sea - Sea Bass



Grilled Sea Bass

"This is a truly flavorful dish with a lovely plate presentation. My mom and I experimented and made this for lunch. It came out so well I promptly went to the fish market so I could make it for my dinner guests that night. YUMMY!" - by ZSTYLIN



PREP TIME: 20 MINUTES | COOK TIME: 20 MINUTES | READY IN: 40 MINUTES

SERVINGS: 6

INGREDIENTS

1/4 teaspoon garlic powder
1/4 teaspoon onion powder
1/4 teaspoon paprika
lemon pepper, to taste
sea salt, to taste
2 pounds sea bass
3 tablespoons butter
2 large cloves garlic, chopped
1 tablespoon chopped Italian flat leaf parsley
1 1/2 tablespoons extra virgin olive oil

DIRECTIONS

1. Preheat grill for high heat.
2. In a small bowl, stir together the garlic powder, onion powder, paprika, lemon pepper, and sea salt. Sprinkle seasonings onto the fish.
3. In a small saucepan over medium heat, melt the butter with the garlic and parsley. Remove from heat when the butter has melted, and set aside.
4. Lightly oil grill grate. Grill fish for 7 minutes, then turn and drizzle with butter. Continue cooking for 7 minutes, or until easily flaked with a fork. Drizzle with olive oil before serving.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 232, Carbohydrates: 0.8g, Cholesterol: 78mg, Fat: 12.2g, Dietary Fiber: 0.1g, Protein: 28.2g, Sodium: 237mg

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HELPFUL HINTS

- Some cooks recommend increasing the amount of seasonings to make a thicker crust on the fish.
- To avoid flare-ups when adding garlic butter while grilling, use a basting brush and keep an eye on the grill.
- For an upscale restaurant taste, one cook recommends drizzling truffle oil on the fish at the end in place of the extra virgin olive oil.
- If sea bass is not available, other white fish such as red snapper, grouper, tilapia, or halibut may be substituted.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"Tried this out tonight. It was very simple and fast to prepare with great results. I had to substitute dried parsley from the jar for the fresh parsley. Given that, still had great results. I added half the butter/garlic sauce while finishing on the grill and the other half just after I took it off the grill. YUM!" - SPEEDSTER356

"I really enjoyed this recipe! I left out the sea salt and garlic and replaced it with garlic salt mixed in with the melted butter. I wrapped in foil, cooked slowly on the grill, and then finished up the fish directly on the grill, for that 'grilled look.' Placed on a plate and poured the butter mixture over top. Very good." - Wilemon

"Awesome!! We rated this our best "at home" cooked fish ever! I added a dash of cumin and left out the parsley. Killer stuff. I fixed this 2 nights in a row-we couldn't get enough. Thank you for a great recipe. I can't wait to have it again. I will be trying it on halibut next—yum!" - K-doe

Photo Credits - Left: momi, Top right: tpetz, Bottom right: Fit&HealthyMom

From the Sea - Shrimp



Basil Shrimp

"This was given to me by my friend, Elaine. It is one of the most delicious shrimp recipes for the BBQ I have ever had, and it is so easy. My son would eat the whole recipe if I didn't watch him." - by Gail Laulette



PREP TIME: 25 MINUTES | COOK TIME: 5 MINUTES | READY IN: 1 HOUR 30 MINUTES

SERVINGS: 9

INGREDIENTS

2 1/2 tablespoons olive oil
1/4 cup butter, melted
1 1/2 lemons, juiced
3 tablespoons Dijon mustard
1/2 cup minced fresh basil leaves
3 cloves garlic, minced
salt, to taste
ground white pepper, to taste
3 pounds fresh shrimp, peeled and deveined
skewers

DIRECTIONS

1. In a shallow, non-porous dish or bowl, mix together olive oil and melted butter. Stir in lemon juice, mustard, basil, and garlic, and season with salt and white pepper. Add shrimp, and toss to coat. Cover, and refrigerate for 1 hour.
2. Preheat grill to high heat. Remove shrimp from marinade, and thread onto skewers. Discard marinade.
3. Lightly oil grill grate, and arrange skewers on preheated grill. Cook for 4 minutes, turning once, or until opaque.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 206, Carbohydrates: 2.4g, Cholesterol: 244mg, Fat: 10.2g, Dietary Fiber: 0.4g, Protein: 25g, Sodium: 469mg

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HELPFUL HINTS

- Soak bamboo or wooden skewers in water for an hour before using to prevent the ends from burning.
- Adjust marinating time for the shrimp according to its size; small shrimp should be marinated only 15 to 20 minutes or the citrus juice will start 'cooking' them and make them tough. Medium to large shrimp can be marinated 1 hour.

- For more flavor, some cooks recommend marinating and grilling the shrimp with their shells on.
- For proper food safety, be sure to discard any unused marinade. If you wish to use the marinade as a dipping sauce, make extra and keep it separate from the shrimp.
- This marinade may also be used with scallops.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"Delicious! It was so hot outside that we didn't want to fire up the outdoor grill, so settled for the countertop grill instead. I put four shrimp on each skewer, using two skewers for each set of 4 shrimp to keep them nice and flat and avoid 'spinning' every which way. I adjusted their angles a couple of times while cooking to make nice grill marks. Meanwhile, I scraped the remaining marinade out of the glass pan and simmered it on the stove. As the marinade cooked, the garlic and basil released their wonderful flavors. (Note: watch the amount of salt; it seems to become more concentrated while simmering on the stove.) When the shrimp were done on the grill, I brushed them on both sides with the cooked marinade for even more flavor. The shrimp looked beautiful -- coral pink at the edges and flecked with green bits of basil, and the flavor was awesome. Next time I think I'll make extra marinade, stir it into cooked rice and place several skewers on top per person for a beautiful main dish presentation. Terrific, restaurant-quality recipe; the family (including a very picky college-aged daughter) loved it." - **DHARV100**

"We made this grilled as a Mother's Day side dish. Awesome reviews even from the kids!! Served it with the [Firecracker Grilled Salmon](#) a pasta salad and grilled pineapple slices for dessert. The last time I made this we used dried basil and I gave it 4 stars. This time we used fresh and it is a definite 5 Star!!" - **TRAILINDAWG**

"I have made this marinade many times and it is awesome! I have not always had all the ingredients and it is still OK. Dry basil works. Any kind of mustard works--not quite as well, but it will work. I like to keep a bottle of lemon juice on hand for this so I don't need fresh lemons. I usually add a few extra squeezes from the bottle. AND, because it is just a marinade, don't stress about getting the perfect amounts in. Do it to your taste, or just eyeball it. Our favorite way to grill it is with frozen deveined, shell on shrimp. We thaw almost all the way under warm running water, then marinate them at room temperature in this marinade, shell on. The marinade does penetrate the shell enough because the shell is open on the back from being deveined. This solves the problem of the oils clumping that others mentioned. Then we grill them in the shell. This makes the shrimp so moist. They won't get all dried out on the grill. And there is no need to skewer because they won't fall through the grill with the shell on. Just plop them on and flip once. Couldn't be easier! Then we all peel and eat. We serve this at a lot of parties and get tons of requests for the recipe. I'm glad I found it!" - **NOELC**

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Grilled Shrimp Scampi

"Shrimp marinated in lemon, garlic, and parsley for 30 minutes, then grilled. Can be used as an appetizer or main dish. This recipe also works well for scallops." - by **Holly Murphy**



PREP TIME: 30 MINUTES | COOK TIME: 6 MINUTES | READY IN: 1 HOUR 6 MINUTES

SERVINGS: 6

INGREDIENTS

1/4 cup olive oil
1/4 cup lemon juice
3 tablespoons chopped fresh parsley
1 tablespoon minced garlic
ground black pepper, to taste
crushed red pepper flakes, to taste (optional)
1 1/2 pounds medium shrimp, peeled and deveined

DIRECTIONS

1. In a large, non-reactive bowl, stir together the olive oil, lemon juice, parsley, garlic, and black pepper. Season with crushed red pepper, if desired. Add shrimp, and toss to coat. Marinate in the refrigerator for 30 minutes.
2. Preheat grill for high heat. Thread shrimp onto skewers, piercing once near the tail and once near the head. Discard any remaining marinade.
3. Lightly oil grill grate. Grill for 2 to 3 minutes per side, or until opaque.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 173, Carbohydrates: 1.6g, Cholesterol: 173mg, Fat: 10g, Dietary Fiber: 0.2g, Protein: 18.7g, Sodium: 200mg

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HELPFUL HINTS

- Soak bamboo or wooden skewers in water for an hour before using to prevent the ends from burning.
- For convenience, frozen shrimp may be used; thaw and drain well before adding marinade.
- Adjust the marinating time for the shrimp according to its size; small shrimp should be marinated only 15 to 20 minutes or the citrus juice will start 'cooking' them and make them tough. Medium to large shrimp can be marinated 1 hour.
- Some cooks substitute dried parsley for fresh.

- This marinade can also be used with scallops; decrease the marinating time to 15 minutes so they don't become too soft.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"A definite favorite! The marinade is so easy to prepare and can be done ahead of time. Instead of making kabobs, we used a grilling basket and cooked shrimp on the grill till it turned pink. Served over linguini with the following sauce: Sauté together 1 stick butter, juice of 1 lemon, 1 tablespoon minced garlic, 1/4 cup vegetable oil, 1 tablespoon (or more to taste) red pepper flakes and a splash of white wine. Simply delicious!" -

Donna Jean

"I really can't rave enough about how good this was. Easy too! I only had frozen precooked jumbo shrimp. I defrosted it, marinated it and then grilled it for just a couple of minutes on each side. This was so good that even my husband (the cocktail sauce guy) ate it without sauce. I highly recommend this one if you're looking for something simple, different and tasty to grill." - **Kristina**

"This was a fabulous, quick meal for any weekday night, but could also be glammed up as a weekend dinner for guests. I actually had pre-cooked fresh shrimp, so I opted to marinate as written, and place on the grill for a very short amount of time (just to heat and char slightly). Worked like a charm....served with buttered tagliolini pasta for a real treat." - **INTELLIBLONDE**

Photo Credits - Left: LynnInHK, Top right: pelicangal, Bottom right: ALFANN02

Honey Grilled Shrimp

"Easy and delicious! Onions, peppers and mushrooms are perfect when alternated with shrimp on the skewers. Just cut into bite-sized pieces and add them to the marinade with the shrimp." - by Kendra



PREP TIME: 30 MINUTES | COOK TIME: 6 MINUTES | READY IN: 1 HOUR 36 MINUTES

SERVINGS: 3

INGREDIENTS

1/2 teaspoon garlic powder
1/4 tablespoon ground black pepper
1/3 cup Worcestershire sauce
2 tablespoons dry white wine
2 tablespoons Italian-style salad dressing
1 pound large shrimp, peeled and deveined with tails attached
1/4 cup honey
1/4 cup butter, melted
2 tablespoons Worcestershire sauce
skewers

DIRECTIONS

1. In a large bowl, mix together garlic powder, black pepper, 1/3 cup Worcestershire sauce, wine, and salad dressing; add shrimp, and toss to coat. Cover, and marinate in the refrigerator for 1 hour.
2. Preheat grill for high heat. Thread shrimp onto skewers, piercing once near the tail and once near the head. Discard marinade.
3. In a small bowl, stir together honey, melted butter, and remaining 2 tablespoons Worcestershire sauce. Set aside for basting.
4. Lightly oil grill grate. Grill shrimp for 2 to 3 minutes per side, or until opaque. Baste occasionally with the honey-butter sauce while grilling.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 435, Carbohydrates: 33.4g, Cholesterol: 280mg, Fat: 20.3g, Dietary Fiber: 0.2g, Protein: 30g, Sodium: 1018mg

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HELPFUL HINTS

- Soak bamboo or wooden skewers in water for an hour before using to prevent the ends from burning.

- Several cooks recommend adjusting the amount of Worcestershire sauce used to suit personal preference.
- For convenience, frozen shrimp may be used; thaw and drain well before adding marinade.
- Adjust marinating time for the shrimp according to its size; small shrimp should be marinated only 15 to 20 minutes or the citrus juice will start ‘cooking’ them and make them tough. Medium to large shrimp can be marinated 1 hour.
- Do not over marinate the shrimp or it will become tough.
- If preferred, lemon juice may be substituted for the wine.
- For proper food safety, be sure to discard any unused marinade. If you wish to use the marinade as a dipping sauce, make extra and keep it separate from the shrimp.
- Unless vegetables are blanched or parboiled, place them on separate skewers from the shrimp to accommodate different grilling times.

REVIEWS FROM HOME COOKS WHO’VE MADE THIS RECIPE

“It was a smash hit at my BBQ. Enjoyed by all but one who is allergic to sea food. I used freshly grated garlic instead of powder and it was delish. I’ve never had so many compliments. I will use again.” - GEMINI2

“Wonderful! I used fresh mushrooms, and green and red peppers with the shrimp. If you par-boil the peppers for 3 minutes before cutting in chunks, you can thread the shrimp and vegetables together at grilling time—makes a very presentable and delicious meal, serve with yellow rice. YUM!” - autumn267

“This was a WONDERFUL dish! The whole family loved it I hope to make it again soon. Great recipe, but if you’re not into a super-zesty flavor you might want to leave out Worcestershire in the butter-honey basting sauce. I did and couldn’t have been more thrilled with the final product! Thanks for sharing such a delicious recipe!” - tabbiegrey

Photo Credits - Left: ALFANN02, Top right: larkspur, Bottom right: Fit&HealthyMom

Marinated Grilled Shrimp

"A very simple and easy marinade that makes your shrimp so yummy you don't even need cocktail sauce! Don't let the cayenne pepper scare you, you don't even taste it. My 2- and 4-year-olds love it and eat more shrimp than their parents! It is also a big hit with company, and easy to prepare. I make this with frozen or fresh shrimp and use my indoor electric grill if the weather is not good for outside grilling. Try it with a salad, baked potato, and garlic bread. You will not be disappointed!" - by BLONDIEPEREZ



PREP TIME: 15 MINUTES | COOK TIME: 6 MINUTES | READY IN: 55 MINUTES

SERVINGS: 6

INGREDIENTS

3 cloves garlic, minced
1/3 cup olive oil
1/4 cup tomato sauce
2 tablespoons red wine vinegar
2 tablespoons chopped fresh basil
1/2 teaspoon salt
1/4 teaspoon cayenne pepper
2 pounds fresh shrimp, peeled and deveined
skewers

DIRECTIONS

1. In a large bowl, stir together the garlic, olive oil, tomato sauce, and red wine vinegar. Season with basil, salt, and cayenne pepper. Add shrimp to the bowl, and stir until evenly coated. Cover, and refrigerate for 30 minutes to 1 hour, stirring once or twice.
2. Preheat grill for medium heat. Thread shrimp onto skewers, piercing once near the tail and once near the head. Discard marinade.
3. Lightly oil grill grate. Cook shrimp on preheated grill for 2 to 3 minutes per side, or until opaque.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 273, Carbohydrates: 2.8g, Cholesterol: 230mg, Fat: 14.7g, Dietary Fiber: 0.2g, Protein: 31g, Sodium: 472mg

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HELPFUL HINTS

- Soak bamboo or wooden skewers in water for an hour before using to prevent the ends from burning.
- For convenience, frozen shrimp may be used; thaw and drain well before adding marinade.

- Adjust marinating time for the shrimp according to its size; small shrimp should be marinated only 15 to 20 minutes or the citrus juice will start 'cooking' them and make them tough. Medium to large shrimp can be marinated 1 hour.
- For a slightly sweeter flavor, some cooks substitute tomato ketchup for the tomato sauce.
- To make a thicker marinade, use tomato paste in place of the tomato sauce.
- For more kick, some cooks add chili sauce, crushed pepper flakes, or increase the amount of cayenne pepper.
- For proper food safety, be sure to discard any unused marinade. If you wish to use the marinade as a dipping or basting sauce, make extra and keep it separate from the shrimp.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"This is quite possibly some of the best shrimp I've ever had. I've made them twice, once grilled and once pan fried. I've also tried with fresh and dried basil. I prefer it with fresh basil. Also, I think next time I make it, I'm going to make extra marinade to reserve on the side. I'm looking forward to the leftovers I'll eat today!" - Cool WIP

"Finally, a recipe I had to rate! At first bite, my husband and I looked at each other in happy amazement. The marinade thoroughly and deliciously flavored the shrimp (I marinated them for about 2 hours) and the hickory charcoal just added to it. I made 12 large shrimp (1 pound), cut the oil to 2 tablespoon and used dried basil. Took a chance and used the full 1/4 teaspoon cayenne—perfect! I would make at least half again the amount of marinade for 2 pounds of shrimp. Thanks for a most delicious recipe, Blondieperez! I'm going to try the marinade on chicken breasts." - anniebb

"Great stuff. The only thing I did differently was keep it in the fridge longer...I think it was almost 2 hours. I am a big seafood lover. Have to admit the cayenne pepper scared me a bit....but it was just the right amount. Thanks for a new shrimp meal." - TchrJrHi

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Thai-Spiced Barbecue Shrimp

"This is the best recipe ever for barbecue shrimp, very tasty with a little kick! You will never try another marinade again for shrimp." - by NEDB



PREP TIME: 1 HOUR | COOK TIME: 6 MINUTES | READY IN: 1 HOUR 6 MINUTES

SERVINGS: 8

INGREDIENTS

3 tablespoons fresh lemon juice
1 tablespoon soy sauce
1 tablespoon Dijon mustard
2 cloves garlic, minced
1 tablespoon brown sugar
2 teaspoons curry paste
1 pound medium shrimp, peeled and deveined

DIRECTIONS

1. In a shallow dish or resealable bag, mix together the lemon juice, soy sauce, mustard, garlic, brown sugar and curry paste. Add shrimp, and seal or cover. Marinate in the refrigerator for 1 hour.
2. Preheat a grill for high heat. When the grill is hot, lightly oil the grate. Thread the shrimp onto skewers, or place in a grill basket for easy handling. Transfer the marinade to a saucepan, and boil for a few minutes.
3. Grill shrimp for 3 minutes per side, or until opaque. Baste occasionally with the marinade.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 73, Carbohydrates: 3.6g, Cholesterol: 86mg, Fat: 1g, Dietary Fiber: 0.1g, Protein: 11.7g, Sodium: 268mg

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HELPFUL HINTS

- Soak bamboo or wooden skewers in water for an hour before using to prevent the ends from burning.
- Green, red, or yellow Thai curry paste may be found in the Asian food section of many large supermarkets, or in Asian food markets.
- Curry pastes vary in heat according to the brand; add the paste in small amounts, tasting after each addition, to reach personal preference.
- If substituting curry powder for the curry paste, add some vegetable oil to the powder to make the marinade the right consistency.

- Adjust the marinating time for the shrimp according to its size; small shrimp should be marinated only 15 to 20 minutes or the citrus juice will start ‘cooking’ them and make them tough. Medium to large shrimp can be marinated 1 hour.
- For proper food safety, be sure to discard any unused marinade. If you wish to use the marinade as a dipping or basting sauce, make extra and keep it separate from the shrimp.

REVIEWS FROM HOME COOKS WHO’VE MADE THIS RECIPE

*“It was pretty good. I followed the recipe exactly and once I tasted it, I felt that it needed a little more curry and a tad less Dijon. Just a personal preference and still very good. I will make again with the slight changes. I put the shrimp over coconut-cilantro rice. Very good.” - **SnowWhite***

*“Awesome! I used red curry paste (but only 1 teaspoon as I have young children who do not like too much spice) and I subbed pineapple juice for the lemon juice. Served with coconut rice and grilled pineapple. This was a HUGE hit with the entire family! YUM!” - **Melanie***

*“Good taste, quick and easy. I use pre-cooked, pre-peeled shrimp for even more convenience. The marinade becomes a little diluted from the water in the shrimp, but I added a little cornstarch while boiling and it made into a nice, runny paste for brushing on the shrimp while cooking. Will make this one again.” - **ShortCook***

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From the Sea - Tilapia



Grilled Fish Tacos with Chipotle-Lime Dressing

"I came up with this recipe when I couldn't find good directions for grilled fish tacos. I liked the chipotle-lime combination in a dip I once tried so I imitated it here. Choose toppings to suit your taste, or include typical accompaniments such as salsa fresca, cabbage, a squeeze of lime juice, and chopped cilantro." - by mabcat



PREP TIME: 35 MINUTES | COOK TIME: 9 MINUTES | READY IN: 6 HOURS 44 MINUTES

SERVINGS: 6

INGREDIENTS

Marinade:

- 1/4 cup extra virgin olive oil
- 2 tablespoons distilled white vinegar
- 2 tablespoons fresh lime juice
- 2 teaspoons lime zest
- 1 1/2 teaspoons honey
- 2 cloves garlic, minced
- 1/2 teaspoon cumin
- 1/2 teaspoon chili powder
- 1 teaspoon seafood seasoning
- 1/2 teaspoon ground black pepper
- 1 teaspoon hot pepper sauce, or to taste
- 1 pound tilapia fillets, cut into chunks

Dressing:

- 1 (8 ounce) container light sour cream
- 1/2 cup adobo sauce from chipotle peppers
- 2 tablespoons fresh lime juice
- 2 teaspoons lime zest
- 1/4 teaspoon cumin
- 1/4 teaspoon chili powder
- 1/2 teaspoon seafood seasoning
- salt and ground black pepper, to taste

Toppings:

- 1 (10 ounce) package tortillas
- 3 ripe tomatoes, seeded and diced

1 bunch cilantro, chopped
1 small head cabbage, cored and shredded
2 limes, cut in wedges

DIRECTIONS

1. To make the marinade, whisk together the olive oil, vinegar, lime juice, lime zest, honey, garlic, cumin, chili powder, seafood seasoning, black pepper, and hot sauce in a bowl until blended. Place the tilapia in a shallow dish, and pour the marinade over the fish. Cover, and refrigerate 6 to 8 hours.
2. To make the dressing, combine the sour cream and adobo sauce in a bowl. Stir in the lime juice, lime zest, cumin, chili powder, seafood seasoning. Add salt, and pepper in desired amounts. Cover, and refrigerate until needed.
3. Preheat an outdoor grill for high heat and lightly oil grate. Set grate 4 inches from the heat.
4. Remove fish from marinade, drain off any excess and discard marinade. Grill fish pieces until easily flaked with a fork, turning once, about 9 minutes.
5. Assemble tacos by placing fish pieces in the center of tortillas with desired amounts of tomatoes, cilantro, and cabbage; drizzle with dressing. To serve, roll up tortillas around fillings, and garnish with lime wedges.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 416, Carbohydrates: 38.5g, Cholesterol: 43mg, Fat: 19.2g, Dietary Fiber: 6g, Protein: 22.6g, Sodium: 709mg

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HELPFUL HINTS

- A medium lime yields about 2 tablespoons juice and 1 teaspoon zest.
- If using canned chipotle peppers in adobo sauce for the dressing, be sure to strain the seeds from the adobo sauce before using to manage the heat. Use the remaining chipotle peppers in another dish.
- If less heat is preferred, reduce the amount of adobo sauce used in the dressing, and/or add it in small amounts, tasting after each addition, until reaching the desired heat level.
- To make it easy to transfer and grill the fillets, use a grilling basket or cover the grilling grate with a sheet of heavy duty aluminum foil.
- Halibut, cod, grouper, or another white fish may be used in place of the tilapia.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"This was a great dish! The lime and cilantro balance well with the heat from the other elements. It took a while to prepare; next time I will do all of the prep work in advance. The dressing makes a HUGE portion—I only used about a quarter of it. Be prepared for the heat: if you aren't used to hot foods, use less adobo sauce and more sour cream in the dressing mix. My husband and I had two whole meals from this, so overall it was good for the budget, too!" - Ophelia

"DELICIOUS! Thank you so much for sharing your recipe...I was sick and tired of restaurants advertising fish tacos and serving deep-fried pieces of fish and chips with a little cabbage and calling those the real deal. Being from Southern California originally, I love fish tacos—this marinade and especially the dressing are fantastic! The only thing I did differently was cutting the fish in 2 to 3-inch cubes and grilling them in a foil boat over medium-high heat. I was worried the fish would fall through the grill and be wasted. I used frozen tilapia fillets and it worked beautifully...thanks again for an excellent recipe!" - Teri

"Excellent. The only change I made was to use just a little bit of adobo sauce and minced chipotle, so as not to make it too spicy. The fish had great flavor after marinating for 8 hours. Thanks!" - CookinBug

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Grilled Tilapia with Mango Salsa

"Don't let the list of ingredients fool you. This is super easy, and gets rave reviews whenever I serve it. The salsa can be made the day ahead to save time. Strawberries can be substituted for the mango if you prefer—both are excellent! Combine leftover salsa with some drained black beans the next day for lunch." - by WITZKEN



PREP TIME: 45 MINUTES | COOK TIME: 10 MINUTES | READY IN: 1 HOUR 55 MINUTES

SERVINGS: 2

INGREDIENTS

1/3 cup extra-virgin olive oil
1 tablespoon lemon juice
1 tablespoon minced fresh parsley
1 clove garlic, minced
1 teaspoon dried basil
1 teaspoon ground black pepper
1/2 teaspoon salt
2 (6 ounce) tilapia fillets
1 large ripe mango, peeled, pitted and diced
1/2 red bell pepper, diced
2 tablespoons minced red onion
1 tablespoon chopped fresh cilantro
1 jalapeño pepper, seeded and minced
2 tablespoons lime juice
1 tablespoon lemon juice
salt and pepper to taste

DIRECTIONS

1. Whisk together the extra-virgin olive oil, 1 tablespoon lemon juice, parsley, garlic, basil, 1 teaspoon pepper, and 1/2 teaspoon salt in a bowl and pour into a resealable plastic bag. Add the tilapia fillets, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator for 1 hour.
2. Prepare the mango salsa by combining the mango, red bell pepper, red onion, cilantro, and jalapeño pepper in a bowl. Add the lime juice and 1 tablespoon of lemon juice, and toss well. Season to taste with salt and pepper, and refrigerate until ready to serve.
3. Preheat an outdoor grill for medium-high heat, and lightly oil grate.
4. Remove the tilapia from the marinade, and shake off excess. Discard the remaining marinade. Grill the fillets until the fish is no longer translucent in the center, and flakes easily with a fork, 3 to 4 minutes per side, depending on the thickness of the fillets. Serve the tilapia topped with mango salsa.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 634, Carbohydrates: 33.4g, Cholesterol: 62mg, Fat: 40.2g, Dietary Fiber: 4.4g, Protein: 36.3g, Sodium: 890mg

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HELPFUL HINTS

- If fresh, ripe mangoes are unavailable, use frozen mango chunks, thawed and well drained.
- Some cooks substitute lime juice for the lemon juice.
- To make it easy to transfer and grill the fillets, use a grilling basket or cover the grilling grate with a sheet of heavy duty aluminum foil.
- Halibut, cod, grouper, or another white fish may be used in place of the tilapia.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"AWESOME taste! But beware, I used a charcoal grill and my marinated fish caused the charcoal to flame up more than once! I only used the ingredients listed to grill, so be careful. To prevent this fragile fish from falling apart while grilling, I marinated it frozen for 40 minutes. As far as the salsa, I only left out the jalapeño. This was because I served the [stuffed jalapeño bacon wrap](#) recipe as a side." - **GodivaGirl**

"I loved this! The tilapia was perfectly seasoned, and the salsa (I made with a mix of mangoes and strawberries) was a perfect blend of flavors. I did find the red onion to be a bit overpowering, would probably use half next time." - **melissad738**

"I'm one of those people that has always sworn by the rule that meat and fruit do not belong together in the same dish. You would not catch me eating pineapple on my pizza...but this recipe made me change my mind!! I took a chance, gave it a try and loved it. My husband loved it too. Just the right balance of salty and sweet, sour and hot. A taste explosion! Also, it fits on my diet plan without any problems...yum." - **Linda in Texas**

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From the Sea - Tuna



Marinated Tuna Steak

"This mixture of orange juice, soy sauce, and garlic gives this marinade a wonderful taste." - by LINKYJ



PREP TIME: 10 MINUTES | COOK TIME: 11 MINUTES | READY IN: 51 MINUTES

SERVINGS: 4

INGREDIENTS

1/4 cup orange juice
1/4 cup soy sauce
2 tablespoons olive oil
1 tablespoon lemon juice
2 tablespoons chopped fresh parsley
1 clove garlic, minced
1/2 teaspoon chopped fresh oregano
1/2 teaspoon ground black pepper
4 (4 ounce) tuna steaks

DIRECTIONS

1. In a large non-reactive dish, mix together the orange juice, soy sauce, olive oil, lemon juice, parsley, garlic, oregano, and pepper. Place the tuna steaks in the marinade and turn to coat. Cover, and refrigerate for at least 30 minutes.
2. Preheat grill for high heat.
3. Lightly oil grill grate. Cook the tuna steaks for 5 to 6 minutes, then turn and baste with the marinade. Cook for an additional 5 minutes, or to desired doneness. Discard any remaining marinade.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 200, Carbohydrates: 3.7g, Cholesterol: 51mg, Fat: 7.9g, Dietary Fiber: 0.3g, Protein: 27.5g, Sodium: 945mg

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HELPFUL HINTS

- To manage sodium amounts, many cooks recommend using low-sodium soy sauce.
- A medium lemon yields 2 to 3 tablespoons juice.
- For subtle sweetness some cooks add honey to the marinade mixture.
- Any variety of fresh or frozen tuna—albacore, bluefin, ahi or yellowfin are some of the more common species—will be good with

this marinade.

- Take care not to overcook tuna as it will become tough. Adjust the cooking time depending on thickness of the steaks.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"This is a fabulous recipe. I had never had a tuna steak in my life. I am not much of a fish eater. I tried this and it is my favorite thing to cook on the grill. No fishy taste at all. The mistake I made once was not timing it on the grill. Follow the directions exactly and it is a tiny bit pink in the middle and so tender it melts in your mouth. Thanks for sharing." - **Sydney**

"Great recipe! I used a plastic storage bag for marinating, which of course keeps the marinade surrounding the tuna steaks. Also, I used a charcoal grill at 400 degrees F (200 degrees C). I recommend 3 minutes then flip for 3 minutes. The original recipe is WAY TOO LONG for my taste. The marinade is awesome. I also marinated for a little over an hour. I like a very seasoned taste. I'll make this again in a couple of weeks!" - **Pirate**

"OMG! My husband is a big fisherman and I've cooked tuna more times than I can remember - but this was DELICIOUS! I used tangerine juice and lemon pepper (no lemons, no orange juice) and I left out the garlic because I didn't have any. My steaks were thick - a little over an inch but this was juicy and moist - I'll never do tuna any other way!" - **Kloutzie**

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Luscious Lamb – Burgers



Grilled Spicy Lamb Burgers

"Something new for all the grill-daddies! An EASY burger to make, and guests rave over this one." - by Alan Hollister



PREP TIME: 15 MINUTES | COOK TIME: 10 MINUTES | READY IN: 25 MINUTES

SERVINGS: 4

INGREDIENTS

- 1 pound ground lamb
- 2 tablespoons chopped fresh mint leaves
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons chopped fresh oregano
- 1 tablespoon garlic, chopped
- 1 teaspoon sherry
- 1 teaspoon white wine vinegar
- 1 teaspoon molasses
- 1 teaspoon ground cumin
- 1/4 teaspoon ground allspice
- 1/2 teaspoon red pepper flakes
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 4 pita bread rounds
- 4 ounces feta cheese, crumbled

DIRECTIONS

1. Preheat grill for medium heat.
2. Place the lamb in a large bowl, and mix with the mint, cilantro, oregano, garlic, sherry, vinegar, and molasses. Season with cumin, allspice, red pepper flakes, salt, and black pepper, and mix well. Shape into 4 patties.
3. Brush grill grate with oil. Grill burgers 5 minutes on each side, or until well done. Heat the pita pocket briefly on the grill. Serve burgers wrapped in pitas with feta cheese.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 479, Carbohydrates: 38g, Cholesterol: 101mg, Fat: 22.4g, Dietary Fiber: 1.9g, Protein: 29.4g, Sodium: 1004mg

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HELPFUL HINTS

- There are 5 USDA grades of lamb based on the proportion of fat to lean: Prime, Choice, Good, Utility, and Cull.
- When purchasing lamb, let color be your guide: in general, the darker the color, the older the animal.
- Dark corn syrup or dark brown sugar can be substituted for the molasses.
- If sherry is not available, replace it with white wine.
- If ground lamb is not available, ask your supermarket butcher to grind lamb kabob or lamb shoulder meat.
- The lamb burgers can be served on toasted buns instead of pita pockets.
- Some cooks use this recipe to make small meatball-sized burgers and serve them as appetizers with a yogurt-cucumber sauce.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"Fabulous flavor. I wouldn't change a thing to the recipe for the burgers. Even when cooked all the way through the meat was so tender and juicy. The only thing I did differently was I made some homemade tzatziki yogurt sauce and added a spoonful or two of that to the burger and feta in the grilled pita pocket. This will be a new favorite for the grill! Thanks Alan." - SNOHFLAKE

"Yummy, Yummy, Yummy! I raise sheep, so always have lots of lamb on hand and I am always looking for good lamb recipes. This one is great. I didn't have any fresh mint, so used 3 mint tea bags (make sure it has no additives). Also, I had no sherry or wine, so I used angostura bitters. This lamb burger was so tasty and did hold together well. My family gave it 5 stars, even the kids. Will serve this often this coming summer. Thanks for the great recipe." - JADE_RAIN

"This was quite possibly the best hamburger I've ever eaten in my life! Instead of pita I used regular hamburger buns (grilled, of course!) adorned with lettuce and tomato—but I added grilled, caramelized onions...OMG! As with so many other people, I couldn't find ground lamb in any of the supermarkets here in Puebla, Mexico, but I went to the local 'mercado' where everything sold is the absolute freshest, and asked the butcher to grind some lamb for me. I made a bunch of these burgers, wrapped them individually and stuck 'em in the freezer for an awesome quick meal whenever!" - Linda Graham

Photo Credits - Left: BRUCE333, Top right: ALFANN02, Bottom right: BANYO

Luscious Lamb – Lamb Plus



Grilled Lamb with Brown Sugar Glaze

"Sweet and savory, perfect for a spring meal with noodles and a green vegetable. Chops need to marinate one hour." - by Debra



PREP TIME: 15 MINUTES | COOK TIME: 10 MINUTES | READY IN: 1 HOUR 25 MINUTES

SERVINGS: 4

INGREDIENTS

1/4 cup brown sugar
2 teaspoons ground ginger
2 teaspoons dried tarragon
1 teaspoon ground cinnamon
1 teaspoon ground black pepper
1 teaspoon garlic powder
1/2 teaspoon salt
4 lamb chops

DIRECTIONS

1. In a bowl, mix brown sugar, ginger, tarragon, cinnamon, pepper, garlic powder, and salt. Rub lamb chops with the seasonings, and place on a plate. Cover, and refrigerate for 1 hour.
2. Preheat grill for high heat.
3. Brush grill grate lightly with oil, and arrange lamb chops on grill. Cook 5 minutes on each side, or to desired doneness.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 241, Carbohydrates: 15.8g, Cholesterol: 56mg, Fat: 13.1g, Dietary Fiber: 0.7g, Protein: 14.7g, Sodium: 339mg

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HELPFUL HINTS

- Some cooks substitute dried thyme for the tarragon.
- If desired, add a little olive oil to the seasonings to make a moist rub that will more easily stick to the lamb.
- Cooks who like a little kick add hot sauce or dry taco seasoning mix.
- Adjust the grilling time to suit the thickness of the chops and preferred doneness.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

*"I served these as appetizers for our 4th of July dinner. FANFLIPPINTASTIC! I made no changes to the recipe except to soak the chops (mine were drenched in milk for an hour to remove the gamey flavor) before applying the rub. Cooked them to medium-well and they were incredible...tender, juicy and extremely flavorful without the overpowering lamby flavor that I can't stand. Thanks for a fabulous recipe, Deborah Bonzey!" - **IMVINTAGE***

*"I used a butterflied boneless leg of lamb for this and it turned out beautifully. I cut the leg into 4 pieces and marinated them all day before grilling. The brown sugar caramelized nicely. The spices together had a Moroccan flavor, so I served the lamb with couscous and grilled vegetables. Outstanding." - **WEELITTLEBIRD***

*"Dear Gods, it's so good. I've never used tarragon before, but I plan on using it more often! So fragrant and tasty. Now I don't have a bbq but I do have an electric indoor type grill. So I used that. I used two large shoulder chops instead of four small ones and I found that the rub did just perfectly for them (they were each just under a pound). I tossed all the stuff in a large freezer bag and rubbed it all over the chops, letting it marinade in that instead of on a dish. Given the size of the chops, I left them on the grill for 8 minutes, poking them a few times with a thermometer to make sure they were doing alright. Gorgeous, I'm taking this recipe with me to make for Easter for the in-laws." - **Ethan the Baker***

Photo Credits - Left: abapplez, Top right: Planet Swan, Bottom right: Ethan the Baker

Luscious Lamb - Kabobs



Indian-Style Sheekh Kabab

"This is a spicy and extremely flavorful recipe that will surely be a hit at any BBQ party." - by Yakuta



PREP TIME: 15 MINUTES | COOK TIME: 10 MINUTES | READY IN: 2 HOURS 25 MINUTES

SERVINGS: 8

INGREDIENTS

2 pounds lean ground lamb
2 onions, finely chopped
1/2 cup fresh mint leaves, finely chopped
1/2 cup cilantro, finely chopped
1 tablespoon ginger paste
1 tablespoon green chile paste
2 teaspoons ground cumin
2 teaspoons ground coriander
2 teaspoons paprika
1 teaspoon cayenne pepper
2 teaspoons salt
1/4 cup vegetable oil
skewers

DIRECTIONS

1. In a large bowl, mix ground lamb, onions, mint, cilantro, ginger paste, and chile paste. Season with cumin, coriander, paprika, cayenne, and salt. Cover, and refrigerate for 2 hours.
2. Mold handfuls of the lamb mixture, about 1 cup, to form sausages around skewers. Make sure the meat is spread to an even thickness. Refrigerate until you are ready to grill.
3. Preheat grill for high heat.
4. Brush grate liberally with oil, and arrange kabobs on grill. Cook for 10 minutes, or until well done, turning as needed to brown evenly.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 311, Carbohydrates: 6.1g, Cholesterol: 76mg, Fat: 22.7g, Dietary Fiber: 1.3g, Protein: 20.2g, Sodium: 665mg

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HELPFUL HINTS

- Soak bamboo or wooden skewers in water for an hour before using to prevent the ends from burning.
- Flat metal skewers also work well for this recipe.
- Some cooks combine ground beef with the ground lamb.
- If green chile paste is unavailable, use finely minced fresh green chiles and adjust amount to desired heat.
- To prevent the meat mixture from sticking to your hands, lightly moisten them with a little vegetable oil before molding the ground meat into a sausage shape, then thread a skewer through it and adjust the form evenly.
- If desired, ground turkey may be substituted for the ground lamb.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"Excellent! Finely chopped ingredients are a must—big chunks make the whole thing fall apart. Add bread crumbs to stiffen the mixture. Also put in freezer for a bit before grilling to make the skewers hold together. Don't leave on the grill for too long as they cook faster than you may think. Goes well with a nice ale." - **Leadbelly**

"What a FANTASTIC recipe! It tastes very authentic and it is so easy to make. My husband is Iranian, and Iranians usually grate the onions by hand for their kabobs (rather than chop them finely). I'm too lazy for that, and usually just puree them in the food processor (S Blade, NOT the grater disc). For this particular Indian-Style recipe, I suggest doing all of the following in the food processor: (a) mincing the ginger, (b) grating the onion (just barely pureed and added on top of the ginger), (c) mixing the spices with puree mixture so that they will be evenly distributed in the meat mixture, and (d) adding the cilantro and mint to the onion puree and pulsing a couple times to chop them finely. You will want to work quickly and wash your food processor right away so the spices don't stain it. Also, in the wintertime, we often just make meat patties using a restaurant-style burger press, and bake them in the oven with a broiler treatment the last few minutes. Although it is not as good as on the BBQ, it is still pretty darn good. This is one of our favorite recipes!" - **Mrs. J.**

"I have made this several times. The first was a few years ago, and I would have rated the recipe 3 stars although I followed it exactly they were dry and bland. Then just a few months ago I decided to make it again, and follow the recipe once more. This time they were excellent! The difference? The first time I used lamb from the supermarket, the second time I had the butcher make it from lamb shoulder. I always get the lamb from the butcher now, it's so moist and flavorful that way. I have tinkered with the spices, etc. but really it's good as written. I don't leave out the cilantro even though I don't like it, because it adds to the overall flavor. You can't really taste the mint even if you use fresh. Fantastic recipe! Use good quality meat!" - **Yankee Baker**

Photo Credits - Left: apple.strudel, Top right: Caroline C, Bottom right: RoobyEm

Perfect Pork – Pork Plus



Barbecued Ribs

"Two-day ribs, but worth the effort. Baked and marinated with a rub overnight, then grilled with barbecue sauce." - by Gail



PREP TIME: 30 MINUTES | COOK TIME: 3 HOURS | READY IN: 11 HOURS 30 MINUTES

SERVINGS: 8

INGREDIENTS

- 4 pounds baby back pork ribs
- 4 cloves garlic, sliced
- 1 tablespoon white sugar
- 1 tablespoon paprika
- 2 teaspoons salt
- 2 teaspoons ground black pepper
- 2 teaspoons chili powder
- 2 teaspoons ground cumin
- 1/2 cup dark brown sugar
- 1/2 cup cider vinegar
- 1/2 cup ketchup
- 1/4 cup chili sauce
- 1/4 cup Worcestershire sauce
- 1 tablespoon lemon juice
- 2 tablespoons onion, chopped
- 1/2 teaspoon dry mustard
- 1 clove crushed garlic

DIRECTIONS

1. Preheat oven to 300 degrees F (150 degrees C). Place ribs on a rack in a shallow roasting pan. Scatter 4 cloves of sliced garlic over ribs. Cover, and bake for 2 1/2 hours. Cool slightly.
2. In a small bowl, mix together white sugar, paprika, salt, black pepper, chili powder, and ground cumin. Rub spices over cooled ribs. Cover, and refrigerate overnight.
3. In a small saucepan, mix together brown sugar, cider vinegar, ketchup, chili sauce, Worcestershire sauce, lemon juice, onion, dry mustard, and 1 clove garlic. Simmer over medium-low heat, uncovered, for 1 hour. Reserve a small amount for basting; the remainder is a dipping sauce.
4. Preheat grill for medium heat.
5. Place ribs on grill. Grill, covered, for about 12 minutes, basting with the reserved sauce, until nicely browned and glazed. Serve

with remaining sauce for dipping.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 719, Carbohydrates: 18.9g, Cholesterol: 184mg, Fat: 54g, Dietary Fiber: 0.9g, Protein: 37.5g, Sodium: 1014mg

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HELPFUL HINTS

- To enhance the marinade's sweetness, some cooks stir in molasses.
- Several cooks recommend adding 1/2 teaspoon liquid smoke to the marinade.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"This is the ULTIMATE rib recipe. We make it for all BBQ's and friends and family often comment on how these are the best ribs they have ever had. They rave about how tender they are too. It's a good fake out recipe for beginner grillers. I do have a few suggestions though. First: Beware the spice rub. I slathered it on the first time and it was WAY too much. I'm a little more careful with it now and I put some on the meaty side, and very little on the bone side. Second: Double the sauce recipe and put extra on the ribs and completely forgo the dipping sauce. These are tender enough you can eat them right off the bone without a hassle. The sauce isn't that yummy by itself, but the spice rub totally brings the flavor out." -

TIGERTRAX3

"These are great. I love the oven slow-cooked method, but I rub the meat before, not after. Then I let them cool a bit and slather on the barbecue sauce before grilling. I've also done baked and basted in a 500 degrees F (260 degrees C) oven for 15 to 20 minutes instead of grilling. Either way... yum." -

VOGTIE

"Excellent!! My Husband raved for days. These are just spicy enough without being so hot you can't taste the ribs. I used pork and beef ribs. It was equally good on both. The ribs were tender and moist. I have tried a lot of rib recipes over the years and this is one of the best." -

SNSMILES

Photo Credits - Left: PAMELA D., Top right: Jill, Bottom right: Raquel

Chipotle-Crusted Pork Tenderloin

"Sweet and spicy rub for pork tenderloins. Just coat, let stand for 20 minutes and grill! Goes great with polenta or mashed yams." - by KRAMNODROG



PREP TIME: 15 MINUTES | COOK TIME: 20 MINUTES | READY IN: 35 MINUTES

SERVINGS: 6

INGREDIENTS

- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 3 tablespoons chipotle chile powder
- 1 1/2 teaspoons salt
- 4 tablespoons brown sugar
- 2 (3/4 pound) pork tenderloins

DIRECTIONS

1. Preheat grill for medium-high heat.
2. In a large resealable plastic bag, combine the onion powder, garlic powder, chipotle chile powder, salt, and brown sugar. Place tenderloins in bag and shake, coating meat evenly. Refrigerate for 10 to 15 minutes.
3. Lightly oil grill grate, and arrange meat on grate. Cook for 20 minutes, turning meat every 5 minutes. Remove from grill, let stand for 5 to 10 minutes before slicing.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 183, Carbohydrates: 11.7g, Cholesterol: 62mg, Fat: 6.1g, Dietary Fiber: 1.4g, Protein: 20.4g, Sodium: 667mg

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HELPFUL HINTS

- A chipotle chile is actually a dried, smoked jalapeño pepper. Chipotle chile powder is a blend of ground chipotle chiles with additional spices and herbs.
- If substituting a chipotle chile pepper in place of the chipotle chile powder, also add some cumin, oregano, onion powder, garlic powder, salt, and pepper to the marinade mixture.
- If less heat is preferred, many cooks recommend reducing the chipotle chile powder to 1 tablespoon.
- This recipe can also be adapted for broiling the tenderloins in the oven.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"Wonderful taste! We decided to make this spur of the moment, so we subbed 2 tablespoons chili powder, 1/2 tablespoon cayenne pepper, and 1/2 tablespoon paprika for the chipotle powder. We did not find this overly spicy at all—the flavors worked well together. Very simple to prep and the meat came out juicy and full of flavor. We used 1.6 pounds pork loin boneless rib roast." - **Thinksno**

"Very good....it's spicy! If you like spicy...go for it. I knew the brown sugar would burn, so I grilled it a few minutes on each side to get great grill marks, then moved to indirect heat until the internal temperature reached 150 degrees F (65 degrees C). Let the meat rest, loosely covered with foil, for about 9 to 10 minutes before slicing." - **Huntbuc**

"This is a 10+. It's freakin' awesome! I never grill (3 times in 10 years), but I wanted to try something new. This is very good, and I can't wait to have a family get-together to make it for them. I made this roast pork last night, and used the leftover 'rub' for chicken breasts on the countertop grill tonight. They were terrific also. Great flavor! The pork tasted like it was cooked on a spit fire. LOVED IT!!" - **Donna**

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Grilled Lemon-Herb Pork Chops

"These are SO SIMPLE, yet so good - they taste just like steak! The chops can also be broiled in the oven." - by **DOREENBUCH**



PREP TIME: 10 MINUTES | COOK TIME: 15 MINUTES | READY IN: 2 HOURS 25 MINUTES

SERVINGS: 6

INGREDIENTS

1/4 cup lemon juice
2 tablespoons vegetable oil
4 cloves garlic, minced
1 teaspoon salt
1/4 teaspoon dried oregano
1/4 teaspoon pepper
6 (4 ounce) boneless pork loin chops

DIRECTIONS

1. In a large resealable bag, combine lemon juice, oil, garlic, salt, oregano, and pepper. Place chops in bag, seal, and refrigerate 2 hours or overnight. Turn bag frequently to distribute marinade.
2. Preheat an outdoor grill for high heat. Remove chops from bag, and transfer remaining marinade to a saucepan. Bring marinade to a boil, remove from heat, and set aside.
3. Lightly oil the grill grate. Grill pork chops for 5 to 7 minutes per side, basting frequently with boiled marinade, until done.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 131, Carbohydrates: 1.6g, Cholesterol: 35mg, Fat: 7.5g, Dietary Fiber: 0.1g, Protein: 13.7g, Sodium: 410mg

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HELPFUL HINTS

- Many cooks substitute extra virgin olive oil for the vegetable oil.
- Several cooks recommend marinating the pork chops for a longer time to increase flavor. However, if short on time, one cook recommend "massaging" the chops in the resealable bag every half hour, refrigerating between rubs, to help the meat absorb the marinade flavors faster.
- Take care not to overcook the pork chops as this can make them dry and tough.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"Very good. Needed something to do with pork chops and didn't want to go to the store. Had everything on hand already. Pork had a nice slightly sweet flavor. I used Italian seasoning rather than just oregano and let marinate about three hours. Grilled and they came out perfect. I will make again for sure. Had a friend over for dinner and she was surprised how easy it was. States she will try too." - **Navy_Mommy**

"This is an awesome recipe. Followed it to a "t" except it ended up marinating for close to 48 hours. The key to making killer pork chops on the grill is not to overcook them. One inch thick chops over medium heat = 7 minutes first side, then 5 minutes second. After you've given them a few minutes to rest (7 to 10 minutes), cut the thickest part of one chop to insure the juices are clear." - **cmastheyr**

"These were SO good! I was always afraid to make pork chops because I've only had chewy, flavorless ones. But this is going to be one of my favorite grilling recipes to make again and again. I followed the recipe exactly using bottled lemon juice and it turned out great. Very flavorful, and deliciously moist. I served it with grilled veggies and did a grilled sweet potato with butter, brown sugar, and pecans for dessert." - **katie**

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Marinated Pork Tenderloin

"A slightly sweet marinade that makes for the best-tasting pork you will ever have." - by WKELLER



PREP TIME: 10 MINUTES | COOK TIME: 20 MINUTES | READY IN: 6 HOURS 30 MINUTES

SERVINGS: 4

INGREDIENTS

1/4 cup soy sauce
1/4 cup packed brown sugar
2 tablespoons sherry
1 1/2 teaspoons dried minced onion
1 teaspoon ground cinnamon
2 tablespoons olive oil
1 pinch garlic powder
2 (3/4 pound) pork tenderloins

DIRECTIONS

1. Place soy sauce, brown sugar, sherry, dried onion, cinnamon, olive oil, and a touch of garlic powder in a large resealable plastic bag. Seal, and shake to mix. Place pork in bag with marinade, seal, and refrigerate for 6 to 12 hours.
2. Preheat grill for high heat.
3. Lightly oil grate. Place tenderloins on grill, and discard marinade. Cook 20 minutes, or to desired doneness. Slice into medallions, and serve.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 278, Carbohydrates: 16.9g, Cholesterol: 73mg, Fat: 10.7g, Dietary Fiber: 0.5g, Protein: 27.1g, Sodium: 1008mg

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HELPFUL HINTS

- To manage sodium amounts, many cooks recommend using low-sodium soy sauce.
- To prevent excessive charring caused by the brown sugar, turn the tenderloin every 3 to 4 minutes.
- Some cooks replace the sherry with balsamic vinegar or Marsala wine.
- Take care not overcook the meat. Remove meat from the grill when the internal temperature reaches 150 degrees F (65 degrees C), cover and let rest for about 10 minutes before slicing into medallions.

- Many cooks recommend doubling the marinade and boiling the extra to reduce it into gravy, and some use cornstarch or a roux to thicken this.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"The basis of this recipe is amazing. Yes, I did make adjustments, however they were minor. A whole shallot for the minced dried onion, and 1 fresh clove of garlic for the powdered. I kept the recipe the same, however, I only made 1 tenderloin. I might have added a dash more sherry! I also mixed the marinade in a bowl prior to transferring to a bag. FYI, you can cook this on an electric indoor grill. Just keep rotating and flipping it. It took me about 10 to 15 minutes to reach 145 degrees F (63 degrees C), then while resting, optimum temperature was reached. And also, 6 to 8 hours may be the ideal marinade time. Longer marinade times (I did 12 my first time) tended to make the pork extremely soft, almost mushy due to the sherry." - **Goose**

"Very good! I used Marsala wine instead of sherry, low-sodium soy sauce, and minced garlic. I cut the pork into kabobs and let it marinate for a full day. I skewered green peppers and onions to go along with it. This was perfect for the grill. The pork turned out very moist and had a very nice sweet flavor." - **Jillian**

"5 stars all the way! Don't change a thing! This simple marinade is awesome. I only marinated for 2 hours because I was pressed for time but it still was amazing! Make extra because everyone will want more! A keeper for sure....just try it....you'll see!!! P.S. It was only 5 degrees out when I made this so I baked it in the oven at 425 degrees F (218 degrees C) for 30 minutes instead of grilling. Delicious!" - **Chi Chi S.**

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North Carolina-Style Pulled Pork

"This recipe is delicious, especially when smoked with hickory chips on a charcoal grill. A spicy rub and a zesty vinegar sauce turn pork into a North Carolina favorite." - by Doug



PREP TIME: 1 HOUR | COOK TIME: 6 HOURS | READY IN: 15 HOURS

SERVINGS: 10

INGREDIENTS

- 1 tablespoon mild paprika
- 2 teaspoons light brown sugar
- 1 1/2 teaspoons hot paprika
- 1/2 teaspoon celery salt
- 1/2 teaspoon garlic salt
- 1/2 teaspoon dry mustard
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon onion powder
- 1/4 teaspoon salt
- 8 pounds pork butt roast
- 2 cups cider vinegar
- 1 1/3 cups water
- 5/8 cup ketchup
- 1/4 cup firmly packed brown sugar
- 5 teaspoons salt
- 4 teaspoons crushed red pepper flakes
- 1 teaspoon ground black pepper
- 1 teaspoon ground white pepper
- 2 pounds hickory wood chips, soaked

DIRECTIONS

1. In a small bowl, mix mild paprika, light brown sugar, hot paprika, celery salt, garlic salt, dry mustard, ground black pepper, onion powder, and salt. Rub spice mixture into the roast on all sides. Wrap in plastic wrap, and refrigerate 8 hours, or overnight.
2. Prepare a grill for indirect heat.
3. Sprinkle a handful of soaked wood over coals, or place in the smoker box of a gas grill. Place pork butt roast on the grate over a drip pan. Cover grill, and cook pork at least 6 hours, or until the internal temperature reaches a minimum of 160 degrees F (71 degrees C). Check hourly, adding fresh coals and hickory chips as necessary to maintain heat and smoke.

4. Remove pork from heat and place on a cutting board. Allow the meat to cool approximately 15 minutes, then shred into bite-sized pieces using two forks. This requires patience.
5. In a medium bowl, whisk together cider vinegar, water, ketchup, brown sugar, salt, red pepper flakes, black pepper, and white pepper. Continue whisking until brown sugar and salt have dissolved. Place shredded pork and vinegar sauce in a large roasting pan, and stir to coat pork. Serve immediately, or cover and keep warm on the grill for up to one hour until serving.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 426, Carbohydrates: 12.1g, Cholesterol: 135mg, Fat: 23.1g, Dietary Fiber: 0.8g, Protein: 39.1g, Sodium: 1698mg

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HELPFUL HINTS

- Because North Carolina barbecue sauce is typically thin and vinegary, some cooks recommend starting with 1 cup of vinegar and adjusting the spiciness to personal preference.
- To obtain a smoky flavor without using a smoker, many cooks add liquid smoke to the sauce.
- This recipe can be adapted for the oven and slow cooker.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"I have made variations of this recipe many times and have found that the best way to obtain the real smoked/BBQ flavor using a kettle-type grill is to BBQ indirectly as stated for about 2 hours, then cover with foil and transfer to a 300 degrees F (150 degrees C) oven for 2 more hours or into the slow cooker for 4 to 6 hours. This way the meat retains all its external smoky goodness, doesn't dry out at the surface, and still 'falls off the bone' as advertised when you're ready to 'pull.' As for the sauce, North Carolina BBQ is famous for its thin, vinegary sauce which absorbs directly and totally into the pulled meat, but adding more sugar or any other favorite ingredient is always up to the cook." - **GrillLover**

"I'm from NC and this is as close to Lexington BBQ as I have ever had. I followed the recipe exactly, except I did trim some of the fat from the meat before cooking. Be careful on the salt though, it was a tad salty. Next time I think I will omit anything that has salt in it from the rub and just substitute celery seed and garlic powder. This was a huge hit with my guests and even more so with me! Thought I was back in NC...if you like Lexington BBQ you will love this!" - **Jackie**

"My husband and I have been making this recipe in a charcoal smoker for three years. We always get rave reviews. We cook it for about an hour per pound of meat or until the meat reaches 165 degrees. I make the full amount of vinegar sauce but only add about half to the meat. Then put the extra on the table so company can add more if they like." - **maria**

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Pork Chops Stuffed with Smoked Gouda and Bacon

"Easy and elegant enough for the in-laws. Be sure, when filling the chops, not to stuff them too full, or the meat will be done cooking before the cheese has had a chance to melt." - by **DARLA C.**



PREP TIME: 15 MINUTES | COOK TIME: 20 MINUTES | READY IN: 35 MINUTES

SERVINGS: 2

INGREDIENTS

2 ounces smoked Gouda cheese, shredded
4 slices bacon, cooked and crumbled
1/4 cup chopped fresh parsley
1/8 teaspoon ground black pepper
2 (2 1/4 inch thick) center-cut, bone-in pork chops
1 teaspoon olive oil
1/4 teaspoon salt
ground black pepper, to taste

DIRECTIONS

1. Preheat an outdoor grill for medium heat.
2. In a small bowl, combine the cheese, bacon, parsley, and 1/8 teaspoon black pepper.
3. Lay the chop flat on cutting board, and with a sharp knife held parallel to the board, cut a pocket into the pork, going all the way to the bone, but leaving the sides intact. Stuff cheese mixture into pocket, and close with a wooden toothpick. Brush meat with oil, and season with salt and more black pepper.
4. Lightly oil the grill grate. Grill over medium heat for 5 to 8 minutes on each side, or until pork is done. Careful not to overcook!

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 398, Carbohydrates: 1.5g, Cholesterol: 121mg, Fat: 26.1g, Dietary Fiber: 0.3g, Protein: 37.2g, Sodium: 1012mg

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HELPFUL HINTS

- Some cooks reduce the amount of parsley and add chopped green onions or chopped fresh spinach leaves.
- For a flavor twist, add chopped apple to the stuffing.
- If a cheesier flavor is preferred, some cooks recommend slicing instead of shredding the Gouda cheese.

- Several cooks recommend butter-flying a pork tenderloin and using the cheese-bacon mixture as the stuffing.
- This recipe can be adapted for the oven.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"FANTASTIC! I didn't use chops as big as asked for, but bought the thick-cut chops from the store and had the butcher make the pocket for me. I cooked my bacon crisp and used 6 slices instead of 4. I used a bit more cheese but other than that did everything as stated. My butcher suggested I use cooking twine and lace it over the tooth picks that I used to seal the slit, I did and it worked out great. I didn't lose any of the goodies from inside the stuffed pocket. Thanks for a great recipe!!" - BUISSE

"These were the best pork chops I have ever eaten. They were so easy, but elegant! I've made them twice. The first time I grilled them, and the second time I broiled them. I like the grilled way better because of the extra flavor I get from the grill. I was concerned about them not getting done or drying out, but they were cooked to perfection. This is one recipe that I will make until death do us part!!" - SUMMERK

"This recipe is outstanding. I've been passing it out to everyone. I had thinner bone-in chops on hand and sliced the pockets before they were completely defrosted—works great! Second time I made these I added about 1 tablespoon of finely minced onion, Parmesan cheese, coriander, more bacon; you could really create several variations to this recipe. I grill these and place them in a metal pan when they look almost done and seal with foil and leave them on the grill to continue cooking and rest—usually with the grill off or on low. Sometimes even put the remaining filling on top to melt. Excellent!" - lcolson

Photo Credits - Left: Allrecipes.com, Top right: abapplez, Bottom right: Mrs. Houston

Prize-Winning Baby Back Ribs

"A foolproof, simple recipe for the most tender, delectable ribs you've ever had. Follow the directions exactly, and success is guaranteed!" - by BONNIE Q.



PREP TIME: 20 MINUTES | COOK TIME: 1 HOUR 5 MINUTES | READY IN: 1 HOUR 25 MINUTES

SERVINGS: 6

INGREDIENTS

1 tablespoon ground cumin
1 tablespoon chili powder
1 tablespoon paprika
salt and ground pepper, to taste
3 pounds baby back pork ribs
1 cup barbeque sauce

DIRECTIONS

1. Preheat grill for high heat.
2. In a small jar, combine cumin, chili powder, paprika, salt, and pepper. Close the lid, and shake to mix.
3. Trim the membrane sheath from the back of each rack. Run a small, sharp knife between the membrane and each rib, and snip off the membrane as much as possible. Sprinkle as much of the rub onto both sides of the ribs as desired. To prevent the ribs from becoming too dark and spicy, do not thoroughly rub the spices into the ribs. Store the unused portion of the spice mix for future use.
4. Place aluminum foil on lower rack to capture drippings and prevent flare-ups. Lightly oil grate, and lay ribs on top rack of grill. Reduce heat to low, close lid, and leave undisturbed for 1 hour. Do not lift lid at all.
5. Brush ribs with barbecue sauce, and grill an additional 5 minutes. Serve ribs as whole rack, or cut between each rib bone and pile individually on a platter.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 441, Carbohydrates: 16.9g, Cholesterol: 117mg, Fat: 30.1g, Dietary Fiber: 1.2g, Protein: 24.6g, Sodium: 582mg

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HELPFUL HINTS

- Some cooks reduce the amount of cumin to suit personal preference.

- Many cooks recommend adding garlic powder for more flavor.
- To prevent oil from the meat dripping onto the grill while cooking and causing flare ups, line the grilling rack beneath the ribs with a sheet of heavy duty aluminum foil, folding up the edges to create a rim.
- If grilling is not an option, this recipe can be adapted for the oven.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

This is one of my favorite rib recipes. Last Saturday I prepared these for a guest list of 40. I had three BBQ's on the go. I did something different though. I added mesquite wood chips and let them smoke the whole time. Oh and a trick to removing the membrane: use a dry butter knife and scrap into the membrane at the small end of the back ribs, then take a piece of paper towel and grip that sucker and tug...should come off every time in one piece. - JEREMYM

These ribs had some nice zip. I cut in between each bone to make appetizers for a large group. They were easy to prepare ahead of time. I added the spices a few hours before cooking to give them a little more kick, then put them on the BBQ right before my company arrived. Everyone raved about the ribs, even the big football fans that know their ribs! - foodfan

This is the PERFECT spice mix, and the best way to season the meat. Trimming the membrane off is crucial, and actually not that hard to do with a flat boning knife if you insert it parallel to the rib and directly over it. Once you get the first few done, you can grab the membrane and just tear it off the rest. But for the preparation, I prefer to SMOKE the ribs Southern-style on a grill instead of doing them in the oven. The key to this is that you put all the coals in a pile on one side of the grill, then all the meat at the far opposite side. Add the soaked hickory chips and the seasoned meat (no sauce yet) and close the lid quickly, close down the top and bottom vents to about 1/4 open, and leave it that way for an hour. Then, add more soaked chips (adjust the vents if needed) and start basting the meat with the barbecue sauce once every 15 minutes for another hour. Close the lid as quickly as possible every time, as the chips will want to flare up and you want to try to avoid that. I've done this at least a dozen times now, and it comes out perfect every time, with the crunchy caramelized sauce on the edges and the meat very tender and juicy. - CHRISNELDER

Photo Credits - Left: CC, Top right: saucychocolate, Bottom right: BamaGal

Scott Hibb's Amazing Whisky-Grilled Baby Back Ribs

"Man, when your guests bite into these at this Memorial Day cookout, they'll savor meat so tender and juicy that it slides right off the bone and gets you the respect you deserve! I have found that the major restaurant chains who make this awesome dish pre-cook their ribs SLOWLY before the quick grilling process." - by **Scott David Hibbard**



PREP TIME: 20 MINUTES | COOK TIME: 2 HOURS 40 MINUTES | READY IN: 3 HOURS

SERVINGS: 4

INGREDIENTS

2 (2 pound) slabs baby back pork ribs
coarsely ground black pepper
1 tablespoon ground red chile pepper
2 1/4 tablespoons vegetable oil
1/2 cup minced onion
1 1/2 cups water
1/2 cup tomato paste
1/2 cup white vinegar
1/2 cup brown sugar
2 1/2 tablespoons honey
2 tablespoons Worcestershire sauce
2 teaspoons salt
1/4 teaspoon coarsely ground black pepper
1 1/4 teaspoons liquid smoke flavoring
2 teaspoons whiskey
2 teaspoons garlic powder
1/4 teaspoon paprika
1/2 teaspoon onion powder
1 tablespoon dark molasses
1/2 tablespoon ground red chile pepper

DIRECTIONS

1. Preheat oven to 300 degree F (150 degrees C).
2. Cut each full rack of ribs in half, so that you have 4 half racks. Sprinkle salt and pepper (more pepper than salt), and 1 tablespoon chile pepper over meat. Wrap each half rack in aluminum foil. Bake for 2 1/2 hours.
3. Meanwhile, heat oil in a medium saucepan over medium heat. Cook and stir the onions in oil for 5 minutes. Stir in water, tomato paste, vinegar, brown sugar, honey, and Worcestershire sauce. Season with 2 teaspoons salt, 1/4 teaspoon black pepper, liquid

smoke, whiskey, garlic powder, paprika, onion powder, dark molasses, and 1/2 tablespoon ground chile pepper. Bring mixture to a boil, then reduce heat. Simmer for 1 1/4 hours, uncovered, or until sauce thickens. Remove from heat, and set sauce aside.

4. Preheat an outdoor grill for high heat.

5. Remove the ribs from the oven, and let stand 10 minutes. Remove the racks from the foil, and place on the grill. Grill the ribs for 3 to 4 minutes on each side. Brush sauce on the ribs while they're grilling, just before you serve them (adding it too early will burn it).

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 1043, Carbohydrates: 54.7g, Cholesterol: 234mg, Fat: 68.5g, Dietary Fiber: 3.5g, Protein: 50.7g, Sodium: 1720mg

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HELPFUL HINTS

- Several cooks use fresh minced garlic and chopped onion in place of the powder versions.
- Some cooks recommend reducing the amount of water to help the sauce thicken faster.
- Many cooks recommend making the sauce a day ahead and doubling the recipe.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"OH YEAH! These things turned out PERFECT! After grilling them for a few minutes on each side to get a crust on the meat, I moved them over to one side, spread the sauce on and smoked them with some hickory wood chips in foil over the flame with the lid closed. HOOO Doggie! These things were better than any restaurant ribs and only \$10 for the meat on sale. This is the one! - APPLEBYE

*"THESE WERE AMAZING! I goofed up. I didn't have any whisky so I just omitted that, I found out at the last min that I didn't have any tomato paste so I used ketchup instead, since ketchup is not as thick as tomato paste I used less water, 1 cup. I also used a real onion, 2 garlic cloves and chili powder instead of chili pepper since I always have that on hand. Other than that everything else I did exactly to the recipe. I also had to cook the sauce a little longer since it started out watery but I'm telling you it turned out PERFECT! I was surprised at how easy these were to make, the prep was not that hard or that long, than I just let everything cook for 2 hours while I cleaned. When ready I gave everything to hubby to grill. He just had to grill the ribs for about 10 minutes, he used half the sauce for coating the ribs while grilling, and when they were done cooking he used the rest of the sauce to put on the ribs so they are very sticky and dripping with sauce. This was the first time I've ever made ribs and they were INCREDIBLE! *UPDATE* I make this every few weeks now. I use boneless pork ribs b/c you get more meat, I double the recipe for extra sauce and I did try to make it exactly how it's written and it's also incredible that way but since I don't normally have whisky or tomato paste I stick to the way I made it the first time. I show off and make this for company and so far EVERYONE is blown away by these ribs. I've given out this recipe a number of times! Thanks, Scott! - GingerB*

"These were wonderful! The sauce was not too sweet and the ribs were juicy and fall off the bone tender! I did only two things differently (which may not have improved the recipe but is just how I've learned to prepare ribs). First I removed the thin membrane from the inner side of the ribs, then I added about 2 tablespoons of water (mixed with extra dry rub) to each of the foil packs before baking to be sure they stayed nice and moist. Excellent sauce prepared exactly as written. Will be making again and again! Thanks for the recipe!! - anniemp70

Photo Credits - Left: Christine M, Top right: tsgma, Bottom right: ALFANN02

Tropical Grilled Pork Chops

"Marinated pork chops are grilled to perfection and topped with a spicy salsa starring pineapple, mango, and applesauce." - by EVE11



PREP TIME: 15 MINUTES | COOK TIME: 45 MINUTES | READY IN: 2 HOURS

SERVINGS: 6

INGREDIENTS

- 1 clove garlic, minced
- 1 teaspoon chili powder
- 1/4 teaspoon cayenne pepper
- 1 pod cardamom seeds
- 1/2 teaspoon water, or as needed
- 1 teaspoon vegetable oil
- 1/4 cup rice wine vinegar
- 1/2 cup sugar
- 1 mango, peeled, seeded and chopped
- 1/4 teaspoon salt
- 1/2 teaspoon cilantro
- 2 teaspoons lemon juice
- 1 fresh jalapeño pepper, minced
- 1 1/2 cups unsweetened applesauce
- 3 pineapple rings, chopped
- 1 pinch white pepper
- 1/3 cup soy sauce
- 1/3 cup rice wine vinegar
- 6 pork chops

DIRECTIONS

1. With a mortar and pestle, mash together the garlic, chili powder, cayenne, and cardamom seeds. Mix in enough water to form a paste.
2. Heat the oil in a saucepan over medium heat. Stir in spice paste, and cook until it begins to bubble, about 30 seconds. Stir in vinegar; cook without boiling for 2 minutes. Stir in sugar until it dissolves. Mix in mango, salt, cilantro, lemon juice, and jalapeño; simmer 20 minutes. Stir in applesauce and pineapple; simmer 10 minutes more. Season with white pepper. Place in a bowl, cover, and refrigerate until ready to use.
3. To prepare marinade, mix 2/3 cup of the salsa with soy sauce and 1/3 cup vinegar. Place pork chops in a large resealable

plastic bag, and pour marinade over chops. Seal tightly, and place in the refrigerator for 1 hour.

4. Prepare grill for medium-high heat. Drain marinade from bag, and heat in a saucepan until boiling.

5. Lightly oil grill grate. Place pork chops on the hot grill. Cook 10 minutes, or to desired doneness, turning once and basting occasionally with the boiled marinade.

6. Warm remaining salsa over medium-low heat. Serve pork chops topped with the salsa.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 269, Carbohydrates: 37.1g, Cholesterol: 37mg, Fat: 7.2g, Dietary Fiber: 2g, Protein: 15.1g, Sodium: 928mg

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HELPFUL HINTS

- Whole cardamom pods typically contain 8 to 16 brown seeds.
- If using a crushed cardamom pod for seasoning, the pod does not need to be removed from the spice mixture since it will disintegrate during cooking.
- If a cardamom pod or seeds are not available, replace with 1/2 teaspoon ground cardamom, or substitute 1/2 teaspoon ground cinnamon, or 1/4 teaspoon ground cinnamon with 1/4 teaspoon ground nutmeg.
- Mangoes are in season from May through September, although imported fruit can be found year-round. Their thin, tough green skin becomes yellow with reddish-orange blotches when ripe.
- Frozen, sliced mangoes may be used in place of the fresh; thaw, and then drain them well.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"Followed the recipe exactly, except I omitted the jalapeños. This was outrageous! I couldn't stop tasting the simmered ingredients! The key to any pork chop is not to overcook it and to only turn it once on the grill (never close the lid while cooking meat and it stays moist). Will be adding this to my rotation of dinners. I'm going to try this marinade with grilled salmon and shrimp next...OH YUM...a MUST DO recipe!" - Kimbo

"OUTSTANDING flavor! I've also used chicken with great success. I used coriander for the cardamom seeds and had to resort to frozen chunked mango but all was still great. I love this recipe!" - silverfly

"I have made this twice and it was a hit. It made the pork chops so flavorful! It is time consuming, but worth the effort. We used leftovers on chicken and it was just as good. I didn't have a mango on hand and used fresh peaches instead. I also didn't have cardamom seeds—just omitted it. Highly recommended if you like flavorful food!" - jenyrose

Photo Credits - Left: bellepepper, Top right: bizzymomma, Bottom right: Jon-david DiMaggio

Perfect Pork - Sausages



Grilled Sausage with Potatoes and Green Beans

"An old slow cooker favorite ready for the grill." - by Tonya Merriman



PREP TIME: 25 MINUTES | COOK TIME: 20 MINUTES | READY IN: 45 MINUTES

SERVINGS: 4

INGREDIENTS

3/4 pound fresh green beans, trimmed and halved
1/2 pound red potatoes, quartered
1 large onion, sliced
1 pound smoked sausage, cut into 1 inch pieces
1 teaspoon salt
1 teaspoon ground black pepper
1 teaspoon vegetable oil
1 teaspoon butter
1/3 cup water

DIRECTIONS

1. Preheat an outdoor grill for high heat.
2. On a large sheet of foil, place the green beans, red potatoes, onion, and sausage. Season with salt and pepper, sprinkle with oil, and top with butter. Tightly seal foil around the ingredients, leaving only a small opening. Pour water into the opening, and seal.
3. Place foil packet on the prepared grill. Cook 20 to 30 minutes, turning once, until sausage is browned and vegetables are tender.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 544, Carbohydrates: 21.3g, Cholesterol: 80mg, Fat: 38.4g, Dietary Fiber: 4.5g, Protein: 28.3g, Sodium: 2302mg

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HELPFUL HINTS

- Use heavy duty aluminum foil, which is sturdier than regular aluminum foil, to make the food package.
- To prevent food from sticking to the aluminum foil, spray it lightly with cooking spray, or toss all ingredients in a bowl with a little olive oil before placing on the aluminum foil sheet.
- Some cooks recommend parboiling the potatoes to ensure they are cooked through, while others cut them into smaller chunks.
- Vary the flavor of this dish by using different sausage varieties: turkey, chicken, chorizo, andouille, or kielbasa.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

*"My family loves it all! Fixed it over the weekend on a camping trip and it went down easy. I used an even pound each of green beans, potatoes, and sausage. Probably should have doubled the sausage amount, also. The recipe seemed like it would be a good one so I made a double batch and tried one over an open fire and the other in a covered mini grill. The open fire batch I cooked for 30 to 35 minutes. Some of the green beans and the potatoes were still a bit crunchy. The other batch I left in the grill—covered—for about 45 minutes. It came out perfect; the sausage actually browned a bit and the green beans and potatoes were perfect. I also sprinkled a pinch of Greek seasoning overall when seasoning (just because I love that seasoning mix) and all in all I'm sure we'll have this many times more. Thanks for the great recipe!" - **SCOOTERLOU***

*"This one scored big at my house! I added some corn on the cob and was so glad I did. I thawed the nibbler-sized ears and threw them in with everything else. All the veggies had a nice flavor. I used an aluminum foil cooking bag which made clean up really easy." - **AMYINTEXAS***

*"This is a great summer (grill) meal that my family loves. The only difference that I make is I use frozen (French-cut) green beans and I add about 2 teaspoons of garlic powder. I also use a foil pan (like a disposable cake pan) and grill it with the grill lid closed. I find it much easier than trying to roll up the foil; and the butter and grease from the kielbasa coat the bottom of the pan so you have little sticking/burning." - **yummy mummy***

Photo Credits - Left: kris.c, Top right: ekp333, Bottom right: LESLEYfromWI

Seattle Cream Cheese Dogs

"On the streets of Seattle, after the bars close, and during sporting events, these are a local favorite—warm cream cheese spread on your favorite hot dog!" - by Dolan A.



PREP TIME: 10 MINUTES | COOK TIME: 20 MINUTES | READY IN: 30 MINUTES

SERVINGS: 4

INGREDIENTS

1/4 cup butter
1 Walla Walla or other sweet onion, thinly sliced
1 (4 ounce) package cream cheese
4 hot dogs, or your favorite sausages
4 hot dog buns
brown mustard
sauerkraut (optional)

DIRECTIONS

1. Preheat grill or grill pan for medium-high heat.
2. Melt butter in a skillet over medium heat. Add onions, and cook slowly until the onions have softened and turned deep brown, about 15 minutes. Warm the cream cheese over low heat in a small skillet until very soft.
3. Grill hot dogs until well browned. Lightly grill hot dog buns on both sides.
4. To assemble cheese dogs, spread warm cream cheese on toasted hot dog bun, add hot dog or sausage, top with onions, mustard and sauerkraut, if desired.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 527, Carbohydrates: 27.7g, Cholesterol: 97mg, Fat: 40.4g, Dietary Fiber: 2.5g, Protein: 13.8g, Sodium: 1359mg

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HELPFUL HINTS

- If warming the cream cheese in a microwave oven, take care not to overheat it.
- This recipe can also be made using veggie dogs, veggie kielbasa, or turkey dogs.
- If preferred, use French rolls in place of the hot dog rolls.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"To me, cream cheese is the secret ingredient in A LOT of foods! This is no exception...we served with a sauerkraut recipe from Allrecipes (I have always hated kraut), but actually I preferred the dogs with it! My family looked at the cream cheese on the dogs (it wasn't appealing)...but raved later. Gotta get past the unusual to get to what's good! Best with Polish or spicier type sausages, tried on regular weiners...too boring." -

Burningdude

"I used brats but I can see this would be great with kielbasa, too (and hot dogs!). The cream cheese really made it. I nuked it in a cup for 30 seconds or so to soften. I used the sauerkraut hot dog topping, also. This is the way to go serving dogs of any variety! Thanks!" - **ALLFROMSCRATCH**

"I grew up in Chicago so I ate a lot of hot dogs as a child. In Chicago you only eat them with mustard, onions, tomatoes, and a pickle spear. So when I saw this recipe I was skeptical to try it. I am glad I tried it. This is so good. I love the sauerkraut on it with the grilled onions. I hate brown mustard but I wanted to try this exactly as printed so I ate it with the brown mustard. I no longer hate brown mustard. It went really well on this. Thank you so much for posting." - **QUASINAUGHT**

Photo Credits - Left: MOLLE888, Top right: Chefbound, Bottom right: Sarah Jo

Wisconsin Bratwurst

"This is the only way to cook bratwurst in Wisconsin. The brats are incredibly tasty! If you can get fresh bratwurst from a sausage shop, do it...it is worth the extra cost. Serve with brown mustard on substantial hoagie rolls, never on hot dog buns. Mustard is important and must always be stone ground. Add warm sauerkraut and ketchup, if you like. Chow down! Think about those Wisconsin summers! Listen to some polka!" - by Bob Cody



PREP TIME: 10 MINUTES | COOK TIME: 35 MINUTES | READY IN: 45 MINUTES

SERVINGS: 10

INGREDIENTS

2 pounds fresh bratwurst sausages
2 onions, thinly sliced
1 cup butter
6 (12 fluid ounce) cans or bottles beer
1 1/2 teaspoons ground black pepper
10 hoagie rolls

DIRECTIONS

1. Prick bratwurst with fork to prevent them from exploding as they cook. Place in a large stock pot with the onions, butter, and beer. Place pot over medium heat, and simmer for 15 to 20 minutes.
2. Preheat grill for medium-high heat.
3. Lightly oil grate. Cook bratwurst on preheated grill for 10 to 14 minutes, turning occasionally to brown evenly. Serve hot off the grill with onions on hoagie rolls.

NUTRITIONAL INFORMATION

Amount per Serving:

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HELPFUL HINTS

- To retain the juicy flavor of the brats, many cooks recommend not pricking them with a fork.
- For caramelized-type onions, some cooks remove the onions from the stockpot and brown them in a skillet on the stovetop.
- Some cooks recommend serving the brats with homemade curry ketchup: 1 teaspoon yellow curry paste blended with 6 tablespoons ketchup.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"Always a Wisconsin favorite! I like to boil the brats with sauerkraut in the water, too. Now that is being a true Wisconsinite. It gives the kraut a little bit of flavor. And you have to have kraut on the bun with the brat!" - vicky

"First time I made brats, and they were delicious! I served them on toasted hoagie rolls (toasted them right on the grill). On the side; fresh chopped onions and warmed (or cold) sauerkraut. I also drained the onions from the boiling beer and served them along with the toppings. That and a nice Dijon...very yummy. Next time I might add some spices to the beer mixture, like red pepper flakes, garlic powder, or a little seafood seasoning. Also, maybe I'll try a darker beer. Don't forget to enjoy these with your favorite beer." - gibsey23

"Oh, my, my, you have a fantastic recipe here, Bob! I have to admit I was leery because I don't like beer but this was wonderful! I only used 5 sausages, so I used 1/2 cup butter and 1 bottle of beer, and 1 onion. If you get a good bratwurst, you don't need to add any other flavorings, I was going to add other things and decided not to add anything else and make as is and I'm glad I did! I let onion mix cook down a bit so they were caramelized. I think I would make the full mixture with the 5 links next time because I ate almost all of the onions all by myself! I also warmed my rolls in the oven so outsides were crispy. I just realized I forgot to add the pepper and it wasn't missed at all. I also used regular mustard. I think I will try this with other sausages too! It was great! Thanks, Bob!" - awesome in tummy

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Pizza



Pita Pizza

"Pita Pizza is a quick snack or meal that can be customized to your liking!" - by Mindy Pretner



PREP TIME: 5 MINUTES | COOK TIME: 15 MINUTES | READY IN: 20 MINUTES

SERVINGS: 1

INGREDIENTS

1 pita bread round
1 teaspoon olive oil
3 tablespoons pizza sauce
1/2 cup shredded mozzarella cheese
1/4 cup sliced crimini mushrooms
1/8 teaspoon garlic salt

DIRECTIONS

1. Preheat grill for medium-high heat.
2. Spread one side of the pita with olive oil and pizza sauce. Top with cheese and mushrooms, and season with garlic salt.
3. Lightly oil grill grate. Place pita pizza on grill, cover, and cook until cheese completely melts, about 5 minutes.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 405, Carbohydrates: 39.9g, Cholesterol: 44mg, Fat: 18g, Dietary Fiber: 2.6g, Protein: 19.7g, Sodium: 1156mg

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HELPFUL HINTS

- Some cooks make pita pizzas using leftover vegetables and meats as toppings.
- To toast both sides of the pita bread, place the pita bread on the grill for 30 seconds, remove it from the grill, add the toppings, and return it to the grill to melt the cheese.
- To prevent the pita bread from overcooking, place a sheet of heavy duty aluminum foil over the grill grate and cook the pitas on top of the foil.
- Naan and flatbread may be used in place of the pita bread.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

“This was fun! I used ‘garlic and herb’ pitas, added some green bell peppers, chopped red onion, and some thinly sliced Canadian bacon. I also used ‘pizza cheese’ (a combo of Cheddar and mozzarella). Boy, was I a skeptic about grilling this but it turned out really good—and VERY simple! I’ll remember this for our upcoming camping trip! Thanks!” - DREGINEK

“This was a really fun dinner to make with our kids, everyone customized it to their liking, two had pepperoni, one had red, yellow, and green peppers with mushrooms, and the other pepperoni, mushroom, and sausage. (I basically did a topping bar...) and then we added some crushed red pepper flakes on top for a kick. Whole-wheat pitas were the way to go, and the kids are already begging to do this again. Thanks so much! It is nice to have an alternative to the expensive delivery.” - HeidiKatherine

“This is a super easy dinner or snack! I used sweet onion-flavored flat bread and customized each pizza for what we wanted—one with pesto, olive oil, and cheese, another with tomato sauce and cheese, and the third with tomato sauce, cheese and various veggies. All were delicious! I think I’ll skip the hassle of rolling out pizza dough and just use pita/flatbread from now on! Great recipe!” - jwilke

Photo Credits - Left: Marlene, Top right: Vivey, Bottom right: Chef4Six

Pizza on the Grill I

"Even with a baking stone, a conventional oven is no match for a professional oven when it comes to making pizza. At home, or rather in your backyard, the grill is the way to go. The heat of a hot grill is perfect, and makes it possible to make incredible pizza at home. Use your favorite toppings, but keep in mind not to overload the pizza. Keep it light. Try it—everything is better on the grill!" - by Doug



PREP TIME: 45 MINUTES | COOK TIME: 15 MINUTES | READY IN: 3 HOURS

SERVINGS: 16

INGREDIENTS

- 1 (.25 ounce) package active dry yeast
- 1 cup warm water
- 1 pinch white sugar
- 2 teaspoons kosher salt
- 1 tablespoon olive oil
- 3 1/3 cups all-purpose flour
- 2 cloves garlic, minced
- 1 tablespoon chopped fresh basil
- 1/2 cup olive oil
- 1 teaspoon minced garlic
- 1/4 cup tomato sauce
- 1 cup chopped tomatoes
- 1/4 cup sliced black olives
- 1/4 cup roasted red peppers
- 2 cups shredded mozzarella cheese
- 4 tablespoons chopped fresh basil

DIRECTIONS

1. In a bowl, dissolve yeast in warm water, and mix in sugar. Proof for ten minutes, or until frothy. Mix in the salt, olive oil, and flour until dough pulls away from the sides of the bowl. Turn onto a lightly floured surface. Knead until smooth, about 8 minutes. Place dough in a well oiled bowl, and cover with a damp cloth. Set aside to rise until doubled, about 1 hour. Punch down, and knead in garlic and basil. Set aside to rise for 1 more hour, or until doubled again.
2. Preheat grill for high heat. Heat olive oil with garlic for 30 seconds in the microwave. Set aside. Punch down dough, and divide in half. Form each half into an oblong shape 3/8 to 1/2 inch thick.
3. Brush grill grate with garlic flavored olive oil. Carefully place one piece of dough on hot grill. The dough will begin to puff almost immediately. When the bottom crust has lightly browned, turn the dough over using two spatulas. Working quickly, brush oil over crust, and then brush with 2 tablespoons tomato sauce. Arrange 1/2 cup chopped tomatoes, 1/8 cup sliced black olives, and 1/8

cup roasted red peppers over crust. Sprinkle with 1 cup cheese and 2 tablespoons basil. Close the lid, and cook until the cheese melts. Remove from grill, and set aside to cool for a few minutes while you prepare the second pizza.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 212, Carbohydrates: 21.5g, Cholesterol: 11mg, Fat: 11.3g, Dietary Fiber: 1.1g, Protein: 6.2g, Sodium: 399mg

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HELPFUL HINTS

- To make the pizzas easier to handle, some cooks recommend dividing the dough into quarters instead of in half to make smaller, thin crust pizzas.
- For easy assembly, have the desired toppings prepared ahead of time.
- To ensure that toppings are fully cooked, some cooks prefer to precook or thinly slice the ingredients.
- One cook recommends using finely shredded cheese to make sure it melts without the pizza crust burning.
- Several cooks note that closing the grill lid helps the cheese melt.
- If using a charcoal grill, make sure to knock down the coals to create even heat across the grill.
- Some cooks make several batches of the pizza dough and freeze the extra to have it available whenever the urge to make pizza strikes.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

*"We have been making this pizza on our gas grill since last summer and have not cooked one in the oven since, even though it's winter! My husband just rolls up the garage door and cooks! For those that had trouble, keep working at it. Grill medium-hot, put the dough on a sheet of aluminum foil dusted with flour so two people can flip it right on the grill. Slick. I have been baking homemade breads and pizza dough for over 30 years so maybe that is why I had no trouble. I don't know but what I do know is we LOVE THIS PIZZA! Thanks for this keeper!" - **Flashsmith***

*"What a great and different way to have pizza! Used floured aluminum foil trick mentioned in previous review and worked great. Kept grill at 250-300 degrees F (120-150 degrees C) to keep from burning. After flipping, brushed crust with garlic-infused oil and topped with thin tomato slices, fresh basil, and fresh mozzarella slices. Excellent!" - **JECRABTREE***

*"I started grilling pizzas last summer after watching it on TV. A trick we use is to grill the crusts quickly on a hot grill—about 400 degrees F (200 degrees C)—then flip them over so the cooked side is facing up on a cooking sheet. We then bring the pizzas inside the house so that our teenagers and their friends can make their own pizzas using an assortment of toppings. As each pizza is created, we bring it back outside and finish cooking the pizza, with the uncooked side down on the grill. This time, we cook it on a lower heat—about 300 degrees F (150 degrees C)—to ensure the cheese melts without the crusts burning. We've tried putting toppings on the pizza on the grill, but it's just too darn hot that way. Bringing them inside allows us time to make each pizza the way we want to." - **Betty_Crocker***

Photo Credits - Left: Jeff, Top right: Amber Pawlicki, Bottom right: Sarah-May

Terrific Turkey - Burgers



Feta Cheese Turkey Burgers

"Ground turkey makes a great burger. It makes an even better one with feta cheese and kalamata olives. Serve these tasty treats with sun-ripened tomatoes and Greek-style pita." - by Lol



PREP TIME: 15 MINUTES | COOK TIME: 12 MINUTES | READY IN: 27 MINUTES

SERVINGS: 4

INGREDIENTS

1 pound ground turkey
1 cup crumbled feta cheese
1/2 cup kalamata olives, pitted and sliced
2 teaspoons dried oregano
ground black pepper, to taste

DIRECTIONS

1. Preheat the grill for medium high heat.
2. In a large bowl, combine turkey, feta cheese, olives, oregano, and pepper. Mix together, and form into patties.
3. Lightly oil the grate. Place patties on the grill. Cook for 10 to 12 minutes, turning halfway through.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 270, Carbohydrates: 2g, Cholesterol: 123mg, Fat: 17.4g, Dietary Fiber: 0.3g, Protein: 25.2g, Sodium: 525mg

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HELPFUL HINTS

- If preferred, substitute Italian seasoning mix for the dried oregano.
- For a moister turkey burger, one cook recommends adding some chicken broth to the mixture.
- Some cooks add an egg or egg white to bind the meat mixture together.
- Feta cheese flavored with herbs or sun-dried tomatoes may be used in place of regular, plain feta.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

Good Lord Almighty! These burgers are fantastic! After blending the ingredients, I let them set up in the fridge for about 1 hour before forming patties. Grilling was no problem after brushing the grill with a generous layer of olive oil. Forget the bun—these burgers don't need it. Instead top with a layer of steamed spinach and serve with sweet potato French fries. Visually stunning and absolutely delicious!! - FATDAD

We loved this! I added sautéed onion and garlic (about 2 tablespoons onion and 2 teaspoons garlic), 1/4 cup oil-packed sun-dried tomatoes, chopped, a pinch of hot pepper flakes, and after everything was mixed, I made up the patties, packed in plastic wrap, and put in the freezer overnight (my husband insists that burgers grill better if he starts with frozen patties). I served with sliced tomatoes, and a mixture of plain yogurt mixed with grated cucumber (if you like things hot, add cayenne pepper to taste), lettuce, and pita for the bun. Enjoy! And thanks for a starting recipe—that is one of the things I like about Allrecipes.com—the sharing of ideas and starting points! - JJOYB53

Decided to try the recipe as is and am WOWed! That four simple ingredients could create something this outstanding is just a mouthful of joy! I made the patties midday and had no trouble with them falling apart (a simple par-freeze—15 minutes in the freezer—while the grill is heating should fix that for those having issues...it's what I do for my other favorite turkey burger recipe that contains ricotta cheese (that's a moist and tasty burger, too). That mixture is very delicate and handling improves 100% with 15 minutes in the freezer prior to grilling! Hubby wasn't home to try these burgers, but I know he doesn't like olives, so my next attempt may be cause to try adding some diced dried tomatoes to his in lieu of the kalamata olives. Can't wait! - DianeF

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Spicy Chipotle Turkey Burgers

"With a chipotle chile pepper, mozzarella cheese and other seasonings, you will absolutely love this spicy, yet flavorful, burger!" - by mbaucum



PREP TIME: 25 MINUTES | COOK TIME: 10 MINUTES | READY IN: 35 MINUTES

SERVINGS: 4

INGREDIENTS

- 1 pound ground turkey
- 1/2 cup finely chopped onion
- 2 tablespoons chopped fresh cilantro
- 1 chipotle chile in adobo sauce, finely chopped
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon seasoned salt
- 1/4 teaspoon black pepper
- 4 slices mozzarella cheese
- 4 hamburger buns, split and toasted

DIRECTIONS

1. Preheat an outdoor grill for medium-high heat, and lightly oil grate. Place the ground turkey, onion, cilantro, chipotle chile pepper, garlic powder, onion powder, seasoned salt, and black pepper in a mixing bowl; mix well. Form into 4 patties.
2. Cook the hamburgers on the preheated grill until the turkey is no longer pink in the center, about 4 minutes per side. Place the mozzarella slices on the patties 2 minutes before they are ready. Serve on the toasted buns.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 376, Carbohydrates: 25.8g, Cholesterol: 102mg, Fat: 15.3g, Dietary Fiber: 1.8g, Protein: 33.3g, Sodium: 725mg

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HELPFUL HINTS

- Several cooks recommend using two chipotle peppers for more of a zesty kick.
- If the turkey mixture is too moist, some cooks gradually add bread crumbs until it holds together.
- If desired, add a few tablespoons of the adobo sauce to the ground turkey mixture.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"Wish I could give this one more than 5 stars. These were the best turkey burgers I've yet to make! I did use 2 chipotle peppers because we like our food spicy, and they came out just right. I was afraid that using 2 of them would overpower the meat, but it did not. Now here's a GREAT tip to keeping these tasty burgers moist: instead of adding a slice of mozzarella on top, make 8 thin patties instead of 4 thick ones. Put a heaping tablespoon of finely shredded mozzarella on the center of 4 of them and then top each with the other thin patty. Then just seal up the sides of the burger. That way, when you bite into one of these yummy delights, the cheese will ooze out of the middle. Even my husband enjoyed these, (he ate 2 of them!), and he NEVER has been impressed with any type of turkey burger! Thanks for submitting this one; I'll be making it again for sure!" -

Renee Ridgeway

"Amazing! I did add 2 peppers but I took the seeds out of them so I could still have all the smoky flavor of the peppers without the extreme heat. I also added 1/3 cup of panko bread crumbs and 1 tbsp of Greek yogurt for extra moisture. I put them in the freezer for about 2 hours to firm them up and then cooked them. OMG they were so delicious I didn't even use any cheese. I did however top them with a chipotle mayo sour cream that I like. It's just 2 tablespoons fat free sour cream and 1 tablespoon low fat mayo with as much chipotle pepper as you like and about 1-1/2 teaspoons of the adobo sauce. Awesome with some sweet potato fries!! Can't wait to eat the extra patties that I left in the freezer." -

skyhigh

"My husband and I have never tried turkey burgers before but this recipe sounded interesting. I made it just the way it is written except didn't have mozzarella so I used provolone. I served it on whole wheat buns with sliced orange tomato. It was delicious, but next time I would use another chipotle b/c we like it a little spicier. Our burgers were not dry at all—they were perfect. I served sliced orange and red tomatoes and sweet corn on the side and we ate outside—perfect meal for a hot and sunny day! Thanks for the recipe!" -

ABCT77

Photo Credits - Left: DIZ, Top right: CookinBug, Bottom right: Bergy

Spicy Turkey Burgers

"Spice up boring turkey burgers by creating incredible flavor with exotic spices and herbs. Enjoy on a toasted bun with desired fixings and spiced mayonnaise!" - by FOOD_DIVA



PREP TIME: 20 MINUTES | COOK TIME: 20 MINUTES | READY IN: 40 MINUTES

SERVINGS: 8

INGREDIENTS

2 pounds lean ground turkey
2 tablespoons minced garlic
1 teaspoon minced fresh ginger root
2 fresh green chile peppers, diced
1 red onion, diced
1/2 cup fresh cilantro, finely chopped
1 teaspoon salt
1/4 cup low sodium soy sauce
1 tablespoon freshly ground black pepper
3 tablespoons paprika
1 tablespoon ground dry mustard
1 tablespoon ground cumin
1 dash Worcestershire sauce

DIRECTIONS

1. Preheat the grill for high heat.
2. In a bowl, mix the ground turkey, garlic, ginger, chile peppers, red onion, cilantro, salt, soy sauce, black pepper, paprika, mustard, cumin, and Worcestershire sauce. Form the mixture into 8 burger patties.
3. Lightly oil the grill grate. Place turkey burgers on the grill, and cook 5 to 10 minutes per side, until well done.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 230, Carbohydrates: 6.3g, Cholesterol: 84mg, Fat: 11.8g, Dietary Fiber: 1.5g, Protein: 24.4g, Sodium: 650mg

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HELPFUL HINTS

- Some cooks use pickled or canned jalapeño or chipotle peppers in place of the fresh green chiles.
- The amount of cumin may be adjusted to suit personal preference.
- To help the patties hold their form while grilling, several cooks recommend freezing them for 15 minutes.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"FABULOUS!! Moist, juicy and full of taste. I sautéed the chopped chiles, onion and garlic in about 1 teaspoon olive oil just to soften before adding to meat. Used chiles from the garden that have just a touch of heat (not even sure what kind they are), so I also added a couple of dashes of hot (habanero) sauce, which gave the burgers just the right kick. I had about 1.5 to 2 pounds of meat so I just sort of estimated the proportions of everything else. Also omitted the ginger (didn't have and not crazy about) and reduced the cumin. Served them topped with pepper jack cheese on whole wheat buns with garden-fresh corn on the cob and sauteed zucchini. SUPER yummy!" - momjm

"I use this recipe regularly when my boyfriend and I are trying to cut fat. I use the ingredients as listed, but increase the Worcestershire because I like it! I've found that the smaller you chop the onion, pepper and cilantro, the less likely they are to fall apart." - AWFULLYFISHY

"Made these as sliders for my Super Bowl party and they were great! I used pickled jalapeño slices instead of the fresh green chile peppers and they worked well. I will make this again for sure!" - RebeccaW

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Spinach and Feta Turkey Burgers

"These are a big hit in the summertime when everyone is tired of the same old hamburgers and hot dogs. Serve with or without buns and your favorite condiments. I like to serve these with lettuce, tomato, and tzatziki sauce." - by VbCook



PREP TIME: 20 MINUTES | COOK TIME: 15 MINUTES | READY IN: 35 MINUTES

SERVINGS: 8

INGREDIENTS

2 eggs, beaten
2 cloves garlic, minced
4 ounces feta cheese
1 (10 ounce) box frozen chopped spinach, thawed and squeezed dry
2 pounds ground turkey

DIRECTIONS

1. Preheat an outdoor grill for medium-high heat and lightly oil grate.
2. While the grill is preheating, mix together eggs, garlic, feta cheese, spinach, and turkey in a large bowl until well combined; form into 8 patties.
3. Cook on preheated grill until no longer pink in the center, 15 to 20 minutes.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 260, Carbohydrates: 2.4g, Cholesterol: 149mg, Fat: 15.3g, Dietary Fiber: 1g, Protein: 27.4g, Sodium: 290mg

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HELPFUL HINTS

- Many cooks add finely chopped onions to the ground turkey mixture.
- Several cooks recommend seasoning the turkey mixture with salt, ground black pepper, and a splash of Worcestershire sauce.
- To make a firmer burger, one cook mixed in some wheat germ.
- To prevent the turkey patties from breaking apart on the grill, cover the grill grate with a sheet of heavy duty aluminum foil, spray lightly with cooking spray, and place the patties on the foil for cooking.
- Chopped fresh spinach can be used in place of the frozen spinach.
- Some cooks use herb or garlic-flavored feta cheese in this recipe.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"So easy—just 5 ingredients—both my 6- and 9-year-old sons love this. I added extra garlic. The patties do not shrink so be careful with thickness. We have started adding chopped sun-dried tomatoes. Makes a very good burger even better—definitely better with good quality ground turkey breast. Would give 6 stars if I could!" - Bullfrog270

"Definitely a keeper. My 7-year-old grandson loved them and ask me to make them again. I followed the recipe exactly as printed and had no problems. Makes sure you squeeze the spinach dry and chop it more. I also refrigerated the burgers for 1 hour before putting on the grill. I brushed both sides with oil before grilling to prevent them from sticking." - Carol Jo

"Absolutely delicious. RAVE review from my guests, including the men. I sautéed the garlic and onion and then added the squeezed out, chopped spinach to the onions and garlic before incorporating all the veggies into the cold eggs and turkey. I added a squeeze of lemon, a teaspoon or so of salt and a couple dashes of pepper as well as a tiny bit of Worcestershire sauce. Probably added 2 or 3 ounces more of feta than the recipe called for. I also refrigerated the patties before grilling on a charcoal grill. I suggest serving these on onion sandwich buns with lettuce, tomato, and mayo. My guests were all so excited when I suggested serving them on the onion buns...and seemed to think they 'made' these burgers." - Lisa

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Terrific Turkey – Turkey Plus



Asian Roll Lettuce Wrap

"This is an easy, wonderful, light yet filling meal with turkey or beef, rice and fresh veggies! Fun to eat! You will need at least 8 (10 inch) bamboo skewers for cooking the meat." - by Liz



PREP TIME: 35 MINUTES | COOK TIME: 25 MINUTES | READY IN: 1 HOUR

SERVINGS: 4

INGREDIENTS

1 pound ground turkey
1 tablespoon light soy sauce
1 teaspoon minced garlic
2 teaspoons minced fresh ginger root
1 cup brown rice
1 cup water
16 large lettuce leaves
1 cup shredded carrots
1 cup green onions, thinly sliced
1 cup sliced red bell pepper
1 cup sliced radishes
1/3 cup light soy sauce
1/3 cup water
3 tablespoons fresh lemon juice
2 teaspoons minced garlic
1 tablespoon minced fresh ginger root
1 teaspoon sugar

DIRECTIONS

1. In a bowl, mix together ground turkey, 1 tablespoon soy sauce, 1 teaspoon minced garlic and 2 teaspoons ginger. Form into 16 meatballs and roll into ovals. Cover and refrigerate.
2. In a saucepan over medium heat, combine rice with 2 cups water. Bring to a boil, reduce heat and simmer for 20 minutes, or until rice is tender.
3. Preheat the grill or broiler. Arrange rice, lettuce leaves, carrots, scallions, radishes and red peppers onto a serving platter or place each into a small bowl. In a medium bowl, mix together 1/3 cup soy sauce, 1/3 cup water, lemon juice, 2 teaspoons garlic, 1 tablespoon ginger, and sugar. Divide into 4 small dipping bowls.
4. Thread two meatballs onto each 10 inch skewer. Grill or broil for 10 to 12 minutes, turning occasionally to brown all sides. If

broiling, line the broiler pan with aluminum foil and drain fat after 6 minutes.

5. To eat, place a leaf of lettuce onto the palm of your hand, spoon on a little rice, then a meat roll, and a few of the vegetables. Roll up and dip in dipping sauce or spoon sauce over.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 394, Carbohydrates: 42.5g, Cholesterol: 84mg, Fat: 12.3g, Dietary Fiber: 6g, Protein: 28.6g, Sodium: 960mg

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HELPFUL HINTS

- Soak bamboo or wooden skewers in water for an hour before using to prevent the ends from burning.
- Some cooks add a splash of hot chili sauce or crushed red pepper flakes to give the turkey mixture some heat.
- To prevent the turkey meatballs from falling into the grill, cover the grill grate with a sheet of heavy duty aluminum foil, spray lightly with cooking spray, and place the meatballs on this for cooking.
- If preferred, substitute ground chicken or pork in place of the ground turkey.
- Several cooks serve the wraps with a spicy peanut sauce instead of the soy sauce-based dipping sauce in the recipe.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"This was delicious! I added about a tablespoon of applesauce to the turkey to help keep it moist. After rolling the turkey into ovals, I flattened them a bit before skewering with 2 wooden skewers to help make it easier to flip on the grill. We also added just a splash of rice vinegar to the dipping sauce (in addition to the lemon juice) and offered chopped cilantro and Walla Walla (sweet) onions in addition to the other add-ins. Sweet chili sauce is a mildly spicy-sweet Asian condiment that went really well with this dish. (Plum sauce would make a good substitute.) For added eye appeal, we used a large round platter and lined with red leaf lettuce and placed the turkey skewers in a concentric circle on top. Dipping sauce was served in individual bowls at each place setting. It looked like a magazine spread! Great company dish since much of the prep work can be done ahead of time leaving you to enjoy your guests. I can't wait to make this again!" - Chris J

"Lots of slice and dice but totally worth the effort. FUN, fun, fun to eat! I didn't have any applesauce to add as some suggested to keep the turkey from getting dry, so added 1/4 of a sweet onion diced extremely fine to meat. Put on skewers in little torpedo shapes and grilled on high heat. Highly recommend oil spray on grill just prior to placing meat, it keeps it from sticking and helps in making great grill sear marks for an appetizing presentation. Meat torpedoes were juicy! In addition, I made an Asian peanut dipping sauce and the 'Hot and Sweet Dipping Sauce' from Allrecipes.com. Great medley of sauces! Definitely going to make this again and will consider grilled shrimp and chicken too for a great medley of meats!" - FloridaGrillGal

"These were awesome. Even my picky 7-year-old daughter ate them. I added chili garlic sauce to the meat mixture. Only a bit though. Very good healthy and easy dinner meal. I bet these would be great made on a smaller scale and used as appetizers." - JCRMCARTHUR

Photo Credits - Left: Snow likes to cook, Top right: Tessa, Bottom right: mommyluvs2cook

Grilled Whole Turkey

"This is an easy way to cook a Thanksgiving turkey and free up your oven for other dishes." - by Rtarver



PREP TIME: 15 MINUTES | COOK TIME: 4 HOURS | READY IN: 4 HOURS 30 MINUTES

SERVINGS: 18

INGREDIENTS

12 pounds whole turkey
2 cups water
3 tablespoons chicken bouillon powder
2 teaspoons garlic powder
2 teaspoons onion powder
1 teaspoon poultry seasoning
1/2 teaspoon chopped parsley
1 teaspoon paprika

DIRECTIONS

1. Prepare an outdoor grill for indirect medium heat, and lightly oil grate. Rinse turkey, and pat dry.
2. Place turkey breast side down on the prepared grill. Sear turkey on both sides until skin is golden to dark brown.
3. In a large roasting pan, mix together the water, bouillon powder, garlic powder, onion powder, poultry seasoning, parsley, and paprika.
4. Place turkey breast side down in the roasting pan. Scoop the pan mixture over the turkey. Cover tightly with foil and place on grill.
5. Grill 3 to 4 hours, until the internal temperature of the thigh reaches 180 degrees F (85 degrees C). Remove turkey from grill and let stand 15 minutes before carving.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 461, Carbohydrates: 1g, Cholesterol: 179mg, Fat: 21.4g, Dietary Fiber: 0.1g, Protein: 61.7g, Sodium: 508mg

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HELPFUL HINTS

- Some cooks recommend rubbing butter and herb seasonings over the turkey before searing it.
- The taste of this versatile recipe can be changed by using different flavored broths and/or white wine for part of the water, and

additional herbs such as thyme, savory, and oregano.

- Periodically check the water mixture in the roasting pan and add more if it evaporates or the level becomes low.
- Several cooks note the importance of paying attention to the turkey's cooking progress since some birds cooked in less than 4 hours.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"This was awesome! If there were 6 stars available, I'd give it—we stood around the bird and munched it like barbarians. I love turkey but hate heating up the oven in the summer. This will be our new turkey recipe. We would suggest a low-sodium bouillon powder...the broth was really too salty to make into gravy (but was great for dipping). Also, it only took 2 hours for our 12 pounder, so watch that it doesn't get overdone." -

NEWMOMMA

"I've been grilling our holiday turkey for years, this is the BEST! Grilling advice, if your grill is 22 1/2 inches diameter, you need 25 briquettes on each side for first hour and need to add 8 to each side every hour during cooking. For a 26 3/4 inch grill, you need 30 briquettes the first hour and add 9 to each side every hour." - **rwarnner2005**

*"I have grilled our Thanksgiving turkey for the last three years and our bird will never go in the oven again. This recipe is great to get you started; I suggest stuffing the cavity with celery and onion and using salt and pepper to flavor the bird in addition to the other seasonings. I also loosely covered the breast for the first 2 hours of cooking to keep it moist and took the foil off for the last hour. I cooked a 15 pounder and it took about 3 1/2 hours on the grill. Let the bird sit for 30 minutes before you carve it and you will have meat that will knock your socks off! **Note that the layer of meat below the skin will be pink, some people think the meat is not done but it's what happens when you use the grill!"* - **ERINRYA**

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Marinated Turkey Breast

"This recipe came from my mother. These always turn out juicy and tender no matter how long my husband leaves them on the grill! Easy to prepare, but it's always best when marinated for at least 4 hours." - by Danielle



PREP TIME: 20 MINUTES | COOK TIME: 30 MINUTES | READY IN: 5 HOURS

SERVINGS: 12

INGREDIENTS

2 cloves garlic, peeled and minced
1 tablespoon finely chopped fresh basil
1/2 teaspoon ground black pepper
2 (3 pound) boneless turkey breast halves
6 whole cloves
1/4 cup vegetable oil
1/4 cup soy sauce
2 tablespoons lemon juice
1 tablespoon brown sugar

DIRECTIONS

1. In a small bowl, mix together the garlic, basil, and pepper. Rub over the turkey breasts. Insert one clove into each end of the turkey breasts, and one in the center.
2. In a large shallow dish, blend vegetable oil, soy sauce, lemon juice, and brown sugar. Place the breasts in the dish, and turn to coat. Cover, and marinate in the refrigerator at least 4 hours.
3. Preheat grill for high heat.
4. Lightly oil the grill grate. Discard marinade, place turkey breasts on the grill. Close the lid, and grill turkey breasts about 15 minutes on each side, or to an internal temperature of 170 degrees F (68 degrees C).

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 317, Carbohydrates: 2.2g, Cholesterol: 164mg, Fat: 6g, Dietary Fiber: 0.2g, Protein: 59.8g, Sodium: 405mg

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HELPFUL HINTS

- To manage sodium amounts, many cooks recommend using low-sodium soy sauce.

- For proper food safety, be sure to discard any unused marinade. If you wish to use the marinade as a dipping sauce, make extra and keep it separate from the turkey.
- The marinade is also recommended for chicken.
- If grilling is not an option, this recipe can be adapted to baking or broiling in the oven, or the slow cooker.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"My fiancé and I decided to have Christmas alone this year so we fired up the grill and LOVED this recipe! I didn't have whole cloves on hand so I used ground cloves and mixed it with the other ingredients—worked perfectly! If your grill tends to get too hot or juices from the turkey sparks flames in the grill, try propping the lid open a small amount with a SAFE pair of tongs to allow a little air in—it will not dry out the turkey. Thanks for sharing this recipe!" - RAJEUNIR

"My husband and son decided they didn't want to eat, but I went ahead and made this anyways since I had marinated it. I added more lemon juice and brown sugar and cooked it for about 40 minutes on the grill at medium....basting it every five minutes or so. It came out perfect. My two pound turkey breast was GONE! They couldn't get enough! I can't wait to make it again and this time, I will save more of the marinade, heating it to make a sauce. It was great! Thanks!" - Dawn

"I liked this recipe but suggest that if grilling, the breast be rolled and tied. Otherwise the thin side of a breast will cook faster than the thick side. When doing this again I would triple the marinade and save it. I would reduce it by a third with a little bit of freshly grated ginger and some orange zest. Then I would thicken it with about a teaspoon of corn starch dissolved in about 1/4 cup of chicken broth. Finally, be sure to let the breast rest for about 5 minutes after taking it off of the grill. It will be sweeter and juicier this way." - Dennis S

Photo Credits - Left: cookin'mama, Top right: Carrie Magill, Bottom right: REDNECKWOMAN

Vegetarian - Burgers



Portobello Mushroom Burgers

"The steak of veggie burgers. Serve on a bun with lettuce, tomato, and aioli sauce. Oh, yeah!" - by Bob Cody



PREP TIME: 15 MINUTES | COOK TIME: 20 MINUTES | READY IN: 35 MINUTES

SERVINGS: 4

INGREDIENTS

4 portobello mushroom caps
1/4 cup balsamic vinegar
2 tablespoons olive oil
1 teaspoon dried basil
1 teaspoon dried oregano
1 tablespoon minced garlic
salt and pepper to taste
4 (1 ounce) slices provolone cheese

DIRECTIONS

1. Place the mushroom caps, smooth side up, in a shallow dish. In a small bowl, whisk together vinegar, oil, basil, oregano, garlic, salt, and pepper. Pour over the mushrooms. Let stand at room temperature for 15 minutes or so, turning twice.
2. Preheat grill for medium-high heat.
3. Brush grate with oil. Place mushrooms on the grill, reserving marinade for basting. Grill for 5 to 8 minutes on each side, or until tender. Brush with marinade frequently. Top with cheese during the last 2 minutes of grilling.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 203, Carbohydrates: 9.8g, Cholesterol: 20mg, Fat: 14.6g, Dietary Fiber: 2g, Protein: 10.3g, Sodium: 356mg

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HELPFUL HINTS

- Be sure to remove the tough, woody stems from the portobello mushrooms; they can be saved to flavor soups and stocks.
- To enjoy the rich, pungent sweet flavor of balsamic vinegar, buy the best-quality aged balsamic vinegar you can find. It will make a difference.
- The portobello mushrooms may be served on toasted, sliced French rolls, French baguettes, ciabatta bread, wheat buns, or bolo rolls.

- Some cooks top the portobello mushrooms with fresh basil leaves.
- If grilling is not an option, use an oven broiler. Some cooks have also successfully prepared the mushrooms in a toaster oven.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"Honestly, as a real meat lover, I could replace hamburger forever with grilled portobello! The taste is beyond belief. Simplified things a bit, as some men might. Just used a dish of olive oil, added a dash of salt and pepper and brushed it on. I also did the same to 1/2-inch thick cuts of onion and grilled them side by side (onions a little longer, of course). When they were both finished, I topped the mushroom with the thick cut onion and topped that with provolone. What a surprise I am telling you. Good luck and thank you!" - Greg P..ski

"Absolutely delicious! My husband was surprised at how meaty and satisfying these were. I used fresh basil as opposed to dried and they turned out great. I also only marinated them for about 10 minutes since I have had experiences in the past where the mushrooms soak up too much of the vinegar and end up tasting sour. A great vegetarian alternative!" - escarlson235

"My hubby loves making these. The kids think they're great and have enjoyed them also with Cheddar, Monterey Pepper Jack, and mozzarella cheeses. Once the 'burger' is assembled we like to top the mushroom with some marinara sauce and serve on toasted Portuguese rolls. Wonderful!" - LINDA MCLEAN

Photo Credits - Left: Allrecipes.com, Top right: CookinBug, Bottom right: uogirl

Vegetarian - Sandwiches



California Grilled Veggie Sandwich

"I came up with this recipe to entertain friends. Since I am a semi-vegetarian and love to BBQ, I am always inventing something new. The first time I made this, my meat-lover friends raved about this dish! I prefer mesquite coals over gas barbecues...however, either works fine." - **by Heather Johnson**



PREP TIME: 30 MINUTES | COOK TIME: 20 MINUTES | READY IN: 50 MINUTES

SERVINGS: 4

INGREDIENTS

1/4 cup mayonnaise
3 cloves garlic, minced
1 tablespoon lemon juice
1/8 cup olive oil
1 cup sliced red bell peppers
1 small zucchini, sliced
1 red onion, sliced
1 small yellow squash, sliced
2 (4-x6-inch) focaccia bread pieces, split horizontally
1/2 cup crumbled feta cheese

DIRECTIONS

1. In a bowl, mix the mayonnaise, minced garlic, and lemon juice. Set aside in the refrigerator.
2. Preheat the grill for high heat.
3. Brush vegetables with olive oil on each side. Brush grate with oil. Place bell peppers and zucchini closest to the middle of the grill, and set onion and squash pieces around them. Cook for about 3 minutes, turn, and cook for another 3 minutes. The peppers may take a bit longer. Remove from grill, and set aside.
4. Spread some of the mayonnaise mixture on the cut sides of the bread, and sprinkle each one with feta cheese. Place on the grill cheese side up, and cover with lid for 2 to 3 minutes. This will warm the bread, and slightly melt the cheese. Watch carefully so the bottoms don't burn. Remove from grill, and layer with the vegetables. Enjoy as open faced grilled sandwiches.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 393, Carbohydrates: 36.5g, Cholesterol: 22mg, Fat: 23.8g, Dietary Fiber: 3.2g, Protein: 9.2g, Sodium: 623mg

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HELPFUL HINTS

- To enhance the flavor of the vegetables, some cooks recommend marinating them before grilling with balsamic vinegar and extra virgin olive oil.
- If desired, add portobello mushroom chunks to the vegetables.
- For a Mediterranean twist, mix in pesto and/or chopped sundried tomatoes to the mayonnaise mixture.
- To prevent the vegetables from falling through the grill grate, use a grill basket or place a sheet of heavy duty aluminum foil over the grate and cook them on this.
- English muffins may also be used as the sandwich bread.
- One cook sliced a long loaf of bread in half, layered the vegetables across the bottom slice to make a submarine- or grinder-style sandwich, and then sliced the loaf into sections for serving.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"This was quite possibly the best sandwich I've ever had (my hubby said the same thing). We put it in Italian-seasoned focaccia and after the veggies were done (we grilled them on a gas grill), we assembled the sandwich, wrapped it in foil, and put in a 350 degrees F (175 degrees C) oven for 20 minutes. Incredible. I want another one already. For us, this made 2 very large sandwiches. UPDATE: we've made these about once every other week and we still haven't gotten tired of them. Make sure and make the sauce ahead of time and let it sit for about an hour in the fridge to mix the flavors well." - trooworld

"This was absolutely delicious!! One serving filled me up. We grilled the veggies on a tin foil platter sprayed with olive oil and it worked great. We grilled them for 7 minutes a side, also to make sure the onions were soft and a bit caramelized. (We don't like them raw.) Try it!" - TDAWNP

"A great recipe to serve if you are having a vegetarian over for dinner. Very tasty and easy. We grilled all the veggies in a grill basket on the bbq, instead of individually on the grill. I couldn't find yellow squash and substituted eggplant instead. Very yummy indeed." - DAISGIRL808

Photo Credits - Left: Allrecipes.com, Top right: SunnyByrd, Bottom right: karen0

Grilled Portobello Sandwich with Roasted Red Pepper and Mozzarella

"I had this once in a restaurant, and have spent a while trying to recreate it. Please enjoy." - by acherry53400



PREP TIME: 40 MINUTES | COOK TIME: 15 MINUTES | READY IN: 55 MINUTES

SERVINGS: 4

INGREDIENTS

- 1 red bell pepper
- salt and black pepper to taste
- 1/2 cup olive oil
- 4 portobello mushroom caps, cleaned
- 4 slices onion
- 4 Kaiser rolls, split
- 4 teaspoons mayonnaise
- 1 teaspoon roasted garlic, mashed into a paste (optional)
- 4 ounces buffalo mozzarella, thinly sliced
- 4 slices tomato
- 16 fresh basil leaves, divided

DIRECTIONS

1. Preheat an outdoor grill for medium-high heat, and lightly oil the grate.
2. Place the red bell pepper onto the preheated grill, and grill until the skin is completely charred on all sides, 10 to 15 minutes. Place the pepper into a paper bag, seal the bag, and let the pepper cool. When cooled, remove the charred skin, slice the pepper into quarters, and remove the seeds. Thinly slice the pepper and set aside.
3. Mix salt and pepper into the olive oil in a small bowl. Brush the smooth side of the mushrooms with the seasoned oil, and grill, oiled side down, until the mushrooms show grill marks, about 3 minutes. Brush the gill sides of the mushrooms with more seasoned olive oil, flip the mushrooms, and grill until the mushrooms are softened and juicy, about 3 more minutes. Set the mushrooms aside and keep warm.
4. Lightly grill the slices of onion until softened and lightly browned, about 2 minutes per side. Spread the rolls out onto the grill to toast, about 1 minute. Mix the mayonnaise and roasted garlic in a bowl.
5. Spread each roll with garlic mayonnaise, and make each sandwich with 1 mushroom cap, 1 ounce sliced mozzarella cheese, 1 slice of tomato, 4 basil leaves, 1 slice of grilled onion, and 1/4 the roasted red pepper slices. Repeat for remaining sandwiches.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 520, Carbohydrates: 32g, Cholesterol: 24mg, Fat: 38.8g, Dietary Fiber: 3.8g, Protein: 12.7g, Sodium: 392mg

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HELPFUL HINTS

- To add more flavor, some cooks add a splash of balsamic vinegar to the seasoned olive oil before brushing it on the mushrooms.
- Yellow or orange bell peppers may be used in place of the red bell pepper.
- If fresh basil is unavailable, stir 1 or 2 tablespoons into the garlic mayonnaise.
- For a little kick, substitute pepper Jack cheese for the buffalo mozzarella.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"Very good recipe! I would use a very large pepper or at least two small ones since the one we used was a little too small, and would triple up on the mayonnaise/garlic sauce since the teaspoons used in the recipe really don't make that much for the big mushroom caps. So we made more to spread on both the bottom and the top buns for each sandwich. Everything else was perfect. Very flavorful! Thank you for sharing the recipe! Will definitely make again." - **Jen**

"Unbelievable! Restaurant quality. I roasted a yellow pepper (only thing I had) and used one side of an everything bagel (again, only thing I had) and it was unbelievable! Didn't change anything else! Can't wait to make it again!" - **RiksterQT**

"I combined the olive oil, several cloves of minced fresh garlic, salt, and pepper together and brushed it onto the portobellos. I guess the above mixture was a brush-on marinade. I put the portobellos aside while I prepared the other ingredients and then broiled the cap side first for about 2 minutes, then the gill side, stacked with roasted red peppers, basil, cheese and tomato for about 5 minutes. I served these with the Allrecipes.com Burger or Hot Dog Buns and these sandwiches came out great." - **wmihalo**

Photo Credits - Left: RiksterQT, Top right: osulolli, Bottom right: Christina

Veggies on the Side



Grilled Garlic Artichokes

"No more dipping artichokes in mayo! These artichokes are grilled with a lemon-garlic basting sauce. This is the best way to eat artichokes." - by rosiella



PREP TIME: 5 MINUTES | COOK TIME: 30 MINUTES | READY IN: 35 MINUTES

SERVINGS: 4

INGREDIENTS

2 large artichokes
1 lemon, quartered
3/4 cup olive oil
4 cloves garlic, chopped
1 teaspoon salt
1/2 teaspoon ground black pepper

DIRECTIONS

1. Fill a large bowl with cold water. Squeeze the juice from one lemon wedge into the water. Trim the tops from the artichokes, then cut in half lengthwise, and place halves into the bowl of lemon water to prevent them from turning brown.
2. Bring a large pot of water to a boil. Meanwhile, preheat an outdoor grill for medium-high heat.
3. Add artichokes to boiling water, and cook for about 15 minutes. Drain. Squeeze the remaining lemon wedges into a bowl. Stir in the olive oil and garlic, and season with salt and pepper.
4. Brush the artichokes with a coating of the garlic dip, and place them on the preheated grill. Grill the artichokes for 5 to 10 minutes, basting with dip and turning frequently, until the tips are a little charred. Serve immediately with the remaining dip.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 402, Carbohydrates: 10g, Cholesterol: 0mg, Fat: 40.7g, Dietary Fiber: 4.7g, Protein: 2.9g, Sodium: 659mg

Powered by ESHA Nutrient Database

HELPFUL HINTS

- The artichokes may be steamed instead of boiled.
- Some cooks reduce the amount of olive oil and add more lemon juice.
- Several cooks increase the boiling time for the artichokes to 20 minutes.
- The artichokes may also be served with ranch dressing or lemon-mustard-mayo sauce.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"Great recipe and super easy. I used small artichokes and made them for an appetizer—really a crowd pleaser and so pretty on the plate. I boiled them a little longer and also added a small amount of balsamic vinegar to the marinade. Delicious and everyone asked for the recipe. Thanks!" - Lisa L

"Really good, and very simple! I boiled the artichoke halves the day before, drained them thoroughly on paper towels, and refrigerated them before scooping out the chokes with a spoon (don't forget this important step) and grilling them the next day. Get them good and charred for the best flavor! The marinade/dipping sauce is great! I also made a garlic aioli for dipping that complemented the artichokes nicely." - Aimee

"Loved it, only thing I did differently was used only about 1/4 cup olive oil, half of a lemon, lots of fresh pressed garlic, sea salt, and pepper in a small bowl and basted as it was grilling." - Shar E.

Photo Credits - Left: CookinBug, Top right: Anna Banana, Bottom right: JasBradley

Grilled Portobello Mushrooms

"A good dish that goes with almost anything year round. You can double this recipe and serve it as a main dish with rice. Enjoy!" - by Michael



PREP TIME: 15 MINUTES | COOK TIME: 20 MINUTES | READY IN: 35 MINUTES

SERVINGS: 4

INGREDIENTS

1/2 cup finely chopped red bell pepper
1 clove garlic, minced
1/4 cup olive oil
1/4 teaspoon onion powder
1 teaspoon salt
1/2 teaspoon ground black pepper
4 portobello mushroom caps

DIRECTIONS

1. Preheat grill for medium heat.
2. In a large bowl, mix the red bell pepper, garlic, oil, onion powder, salt, and ground black pepper. Spread mixture over gill side of the mushroom caps.
3. Lightly oil the grill grate. Place mushrooms over indirect heat, cover, and cook for 15 to 20 minutes.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 156, Carbohydrates: 7.3g, Cholesterol: 0mg, Fat: 13.8g, Dietary Fiber: 2.1g, Protein: 3.1g, Sodium: 589mg

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HELPFUL HINTS

- Several cooks recommend cutting the amount of salt to 1/2 teaspoon.
- For more flavor, some cooks marinate the portobello mushrooms briefly before grilling using Italian salad dressing or balsamic vinegar and extra virgin olive oil.
- This recipe can also be adapted to bake the mushrooms in the oven.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"I made these tonight for my husband, who mentioned that he was dying for some on the grill. The aroma was so inviting, that this non-mushroom lover had to taste test it. I am now sold on portobellos! My husband said they were the best he's ever had! One thing I did differently was that I grilled the mushrooms stem-side down for about 4 to 5 minutes and then flipped them and added the spread. Two thumbs up from this family!" -

BZYMOM

"Hubby and I both agree—five stars! Perfect and memorable in so many ways! They're beautiful, so in addition to being a side dish they double as a pretty and colorful garnish to the dinner plate. They're different, not the same ol' veggie side dish. They're also healthy and nutritious. Finally, they're just plain delicious. I rubbed the mushrooms with olive oil before filling and grilling them, and used a mix of yellow, red and green peppers for additional color. So pretty! Sure, these can easily be popped in the oven, but grilling them adds such a nice, smoky flavor. We enjoyed these so much we're having them again tomorrow night. While perfect as is, I'm going to add a little grated Asiago cheese to the mix. Delicious and creative recipe!" - **naples34102**

*"This was INCREDIBLE. I added a splash of balsamic vinegar to the topping mixture, otherwise followed it exactly. Then I grilled the mushrooms (which were HUGE) gill side down for a few minutes, then turned over and added the topping. Right before the end, I added a sprinkling of smoked Gouda to melt. While I made this as a side dish to accompany [Marinated Grilled Shrimp](#) (also in this cookbook and 5*****!), these mushrooms could easily stand on their own. They end up with an amazing beefy quality, very juicy and tons of flavor! The bell peppers disappear, so nothing special needs to be done there, just chop them finely. WILL DEFINITELY KEEP THIS RECIPE and use again!" -* **zernike**

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Grilled Potatoes and Onion

"Always cook up a package of potatoes and onions with the rest of your grilled meal! Start early, because it takes about a half an hour to cook. These cook over indirect heat (off to the side), so you can grill other things at the same time." - by Bob Cody



PREP TIME: 15 MINUTES | COOK TIME: 30 MINUTES | READY IN: 45 MINUTES

SERVINGS: 4

INGREDIENTS

4 potatoes, sliced
1 red onion, sliced
1 teaspoon salt
1 teaspoon ground black pepper
4 tablespoons butter

DIRECTIONS

1. Preheat grill for medium heat.
2. For each packet, measure out 2 or 3 squares of aluminum foil large enough to easily wrap the vegetables, and layer one on top of the other. Place some of the potatoes and onion in the center, sprinkle with salt and pepper, and dot with butter. Wrap into a flattened square, and seal the edges. Repeat with remaining potatoes and onion.
3. Place aluminum foil-wrapped package over indirect heat, and cover. Cook for approximately 30 minutes, turning once. Serve hot off the grill.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 278, Carbohydrates: 40.1g, Cholesterol: 31mg, Fat: 11.8g, Dietary Fiber: 5.3g, Protein: 4.8g, Sodium: 677mg

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HELPFUL HINTS

- To ensure even cooking, slice the potatoes as thin or slightly thinner than the sliced onions.
- Lightly spraying the aluminum foil with cooking spray will prevent the potato-onion mixture from sticking.
- Many cooks use garlic powder, seasoning salt, and/or fresh herbs to give the potato-onion combination more flavor.
- Several cooks recommend this recipe for camping trips.
- Sprinkling lemon juice over the potatoes and onions will add extra moisture and flavor.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"This was very good and makes a great side dish to any grilled meal! After reading all the other reviews, here's what I did: Prepare the foil sheets and dot with butter BEFORE putting the veggies inside (prevents burning and sticking); slice the potatoes and onion and mix together in a large bowl with olive oil, salt and pepper (careful of the pepper, I found that 1 teaspoon was a bit too much); wrap it up tight, flatten it out and leave it on the grill for 30 minutes, turning halfway. It came out perfect! Thank you, Bob!" - Creed

"Simple, but great recipe. You absolutely must use the red onions as they turn out sweet with an amazing texture that complements the potatoes. I quartered my onion and separated the pieces. Also I always add a sprinkling of celery salt and cayenne to potatoes of this style (a flavor must). And of course, added 2 whole cloves of garlic. Also, like others I tossed the potatoes, onions and spices in a little olive oil before putting on foil, also lightly coated with oil. No sticking and the potatoes were perfectly tender after 30 minutes on medium heat. YUM!" - BARBALICIOUS

"We've been making these for years. Try adding some thickly sliced sharp or extra sharp cheese to the foil packs...the 'burnt' on stuff is the best! Spray with nonstick spray before grilling so you can get every bite!" - Bchilds

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Grilled Soy-Sesame Asparagus

"This asparagus pairs especially well with Asian types of grilled foods, such as kebabs or satays." - by Sue Lau



PREP TIME: 10 MINUTES | COOK TIME: 8 MINUTES | READY IN: 18 MINUTES

SERVINGS: 4

INGREDIENTS

- 1 tablespoon toasted sesame oil
- 1 tablespoon soy sauce
- 3 cloves garlic, minced
- 1 teaspoon brown sugar
- 1 1/2 pounds fresh asparagus, trimmed
- 2 tablespoons toasted sesame seeds

DIRECTIONS

1. Preheat grill for high heat.
2. In a bowl, mix sesame oil, soy sauce, garlic, and brown sugar. Place asparagus in the bowl, and toss to coat.
3. Lightly oil a fine-mesh grill grate. Place asparagus on grate, and cook 8 minutes, until tender but firm. Garnish with sesame seeds to serve.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 100, Carbohydrates: 9.8g, Cholesterol: 0mg, Fat: 5.9g, Dietary Fiber: 4.1g, Protein: 4.9g, Sodium: 230mg

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HELPFUL HINTS

- To prepare the asparagus, snap the ends to remove the fibrous bottom part.
- Several cooks recommend using light-colored, untoasted cold-pressed sesame oil, not toasted sesame seed oil. Dark-colored, toasted sesame oil is typically used as a finishing oil or dressing towards the end of cooking; it will break down under high heat and may taste 'off.'
- Be sure to refrigerate sesame oil after opening to prevent it from turning rancid.
- Note that persons allergic to sesame seeds should be cautious about using sesame oil.
- Some cooks add 1/8 teaspoon Chinese five spice powder to enrich the marinade flavor.
- If a fine-mesh grill grate is not available, use a grill basket or place a sheet of heavy duty aluminum foil over the grate and cook

the spears on this to prevent the spears from falling through the grill grate.

- Many cooks recommend sprinkling sea or kosher salt over the grilled asparagus to enhance its flavor.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"The flavor was amazing and the asparagus on the grill was perfectly cooked. I actually made the sauce up ahead of time and let the asparagus marinate in it for a few hours. I will definitely make this again!" - erylakay

"Nice Asian twist with the sesame oil! I love the aroma of sesame oil. I made it last night with all the exact ingredients. I never really follow the measurements with any recipe. I had extra marinade so I had my fiancé baste it on the asparagus while grilling. This is an awesome recipe! When summer is over, I will try it on the stove. I believe it will be equally tasty!" - citylounger

"This was an amazing and different way to eat asparagus. I made this with soy-ginger salmon and it was the perfect match. Served with some wild rice pilaf and this is a meal I will make again and again. I don't have an indoor grill so I just put it under the broiler for a few minutes they turned out perfect. I was actually thinking that you could double the sauce for this and throw it in with the salmon in a foil packet and cook it would be awesome as well. I am going to try that next week. Thank you so much for the recipe! PS: I used the darker toasted sesame oil and I had no problems with something tasting funny. I only tasted awesome." - BOOTBYRD

Photo Credits - Left: Chef4Six, Top right: Lorraine, Bottom right: Chef4Six

Grilled Yellow Squash

"This is a tasty way to use up all the yellow squash you have pouring out of your garden every summer. I also do this same thing with zucchini." -
by Sarah Stephan



PREP TIME: 10 MINUTES | COOK TIME: 20 MINUTES | READY IN: 30 MINUTES

SERVINGS: 8

INGREDIENTS

4 medium yellow squash
1/2 cup extra virgin olive oil
2 cloves garlic, crushed
salt and ground black pepper, to taste

DIRECTIONS

1. Preheat the grill for medium heat.
2. Cut the squash horizontally into 1/4 inch to 1/2 inch thick slices so that you have nice long strips that won't fall through the grill.
3. Heat olive oil in a small pan, and add garlic cloves. Cook over medium heat until the garlic starts to sizzle and become fragrant. Brush the slices of squash with the garlic oil, and season with salt and pepper.
4. Grill squash slices for 5 to 10 minutes per side, until they reach the desired tenderness. Brush with additional garlic oil, and turn occasionally to prevent sticking or burning.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 146, Carbohydrates: 4.2g, Cholesterol: 0mg, Fat: 14.2g, Dietary Fiber: 1.9g, Protein: 1g, Sodium: 51mg

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HELPFUL HINTS

- For more flavor, some cooks add balsamic vinegar to the garlic oil.
- To prevent the squash from falling through the grill grate, use a grill basket or place a sheet of heavy duty aluminum foil over the grate and cook it on this.
- Some cooks recommend grilling the squash in foil packets to make it easy to turn.
- Additional vegetables such as green beans and pre-steamed carrots can be grilled with the squash.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

*“Quick, easy and delicious, this is just as tasty prepared on an indoor grill. I used zucchini as well as yellow squash, which was a nice color contrast on the plate. While hubby prefers his as is, I like mine sprinkled with grated Parmesan.” - **naples34102***

*“This had great flavor, but was done much too quickly. 3 to 4 minutes per side is plenty of time on the grill. I would recommend having your other courses ready to go before grilling the squash.” - **Foxy***

*“I have tried this recipe many times while grilling at home. But this time I wanted this for a grill out and wanted to add some bite to the dish. So I sliced the 3 zucchini, 3 squash, 2 small onions into thin rounds and julienned 4 jalapeños. Put everything into a gallon size plastic bag with the garlic, olive oil, and salt to marinate. Boy-oh-boy, this was the hit of the evening and even had many children asking me to give their moms the recipe. Only one regret—I should have made more.” - **lateacher***

Photo Credits - Left: larkspur, Top right: MAMALEIGH, Bottom right: la belle vie

Mexican Corn on the Cob (*Elote*)

"My Mexican friend gave me this recipe for corn on the cob. Street vendors there sell their corn made this way. Cotija cheese can be found in most grocery stores." - by blakleyl



PREP TIME: 10 MINUTES | COOK TIME: 10 MINUTES | READY IN: 20 MINUTES

SERVINGS: 4

INGREDIENTS

4 ears corn, shucked
1/4 cup melted butter
1/4 cup mayonnaise
1/2 cup grated cotija cheese
4 wedges lime

DIRECTIONS

1. Preheat an outdoor grill for medium-high heat.
2. Grill corn until hot and lightly charred all over, 7 to 10 minutes, depending on the temperature of the grill. Roll the ears in melted butter, then spread evenly with mayonnaise. Sprinkle with cotija cheese and serve with a lime wedge.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 386, Carbohydrates: 28.9g, Cholesterol: 56mg, Fat: 29.1g, Dietary Fiber: 4g, Protein: 8.4g, Sodium: 404mg

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HELPFUL HINTS

- Cotija cheese is a seasonal, hard cow's milk cheese named after the town of Cotija in the Michoacán province of Mexico, where it originated. It comes in two varieties: a hard, dry firm and very salty version, or a moister, fattier and less salty cheese similar to Parmesan and Greek feta. It is often sold already grated.
- If cotija cheese is unavailable, replace it with Parmesan cheese or a three-cheese Italian blend.
- For authentic Mexican flavor, add cumin, lime juice, and chili powder to the mayonnaise.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"I am so glad a reviewer posted how to make this cheese with parmesan because I couldn't find cotija in the grocery store. Mixed in one bowl, 3 tbs of mayonnaise and 2 teaspoons of lime juice to it. Mixed in another bowl, 2 tablespoons grated Parmesan cheese, 1/2 teaspoons chili powder,

1/4 teaspoons ground red pepper, 1/4 teaspoon ground cumin and 1/8 teaspoon salt. This was a perfect combo!! I served with [chili-lime chicken kabobs](#) also found in this cookbook.” - **imsomr**

“In addition to the lime, and if you like hot food, most vendors add chile guajillo and a little salt. It’s a chili power—cayenne is an OK sub. This stuff is really excellent—almost addicting! Great side dish if you just use corn off the cob and have no time to grill!” - **Paul**

“This recipe works better with white corn. Plus, you need to soak the corn in water with the husk still on for about 30 minutes. After that, remove from water, cook until the husk is charred. Remove the husk for a juicy treat.” - **SuperWill**

Photo Credits - Left: MissGleasonSanchezApostolides, Top right: Lu Lu, Bottom right: michellej

Southwestern Roasted Corn Salad

"Corn has never tasted so good! This is a perfect side dish for a BBQ and tastes great on a hot summer day." - by **Kim Fusich**



PREP TIME: 20 MINUTES | COOK TIME: 20 MINUTES | READY IN: 55 MINUTES

SERVINGS: 8

INGREDIENTS

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, peeled and minced
3 limes, juiced
1 teaspoon white sugar
salt and ground black pepper, to taste
1 tablespoon hot sauce

DIRECTIONS

1. Place the corn in a large pot with enough water to cover, and soak at least 15 minutes.
2. Preheat grill for high heat. Remove silks from corn, but leave the husks.
3. Place corn on the preheated grill. Cook, turning occasionally, 20 minutes, or until tender. Remove from heat, cool slightly, and discard husks.
4. Cut the corn kernels from the cob, and place in a bowl. Mix in the red bell pepper, green bell pepper, and red onion.
5. In a blender or food processor, mix the cilantro, olive oil, garlic, lime juice, sugar, salt, pepper, and hot sauce. Blend until smooth, and stir into the corn salad.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 223, Carbohydrates: 23.9g, Cholesterol: 0mg, Fat: 14.7g, Dietary Fiber: 4.1g, Protein: 3.7g, Sodium: 356mg

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HELPFUL HINTS

- To bring out the natural sweetness of the red onion, some cooks recommend grilling it.
- To cut the kernels off the ear of corn, place a small bowl upside down in a larger bowl. Hold the corn ear upright on the small bowl and slice vertically down the long side. The kernels will fall into the larger bowl and collect without scattering.
- If desired, replace the green peppers with chopped avocado and tomatoes.
- Make the salad in advance and refrigerate to allow the flavors to blend.
- Some cooks serve the salad as a salsa with homemade tortilla chips.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"This recipe was delicious and so easy! The only change I made was to use frozen corn instead of fresh, and I grilled it on my countertop grill. Turned out fantastic with much less work. The cilantro dressing is amazing." - **Jacqui**

"Very tangy—and colorful, too! I make this as a salad with a base of arugula and baby endive, using the bell peppers, onion, and corn as more of a garnish. Yellow bell pepper is a great addition, too." - **CanuckDownUnder**

"I used canned corn as a shortcut and it tasted great! Roasted corn is probably better, but I can't resist such a timesaving substitution. I also like it spicy so I added additional hot sauce. I'll add diced jalapeños next time for a fresh, crunchy kick. Recommend reducing the olive oil just a bit. Will definitely make again for my next BBQ." - **KAREN**

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Zucchini Boats on the Grill

"Delish zucchini stuffed with your favorite ingredients and finished on the hot grill. Great side dish or as a light meal on their own." - by BAJATHECAT



PREP TIME: 20 MINUTES | COOK TIME: 25 MINUTES | READY IN: 45 MINUTES

SERVINGS: 4

INGREDIENTS

2 medium zucchini
1 slice white bread, torn into small pieces
1/4 cup bacon bits
1 tablespoon minced black olives
1 jalapeño pepper, minced
3 tablespoons diced green chile peppers
1/4 cup minced onion
1/4 cup chopped tomato
6 tablespoons shredded sharp Cheddar cheese
1 pinch dried basil
seasoned salt, to taste
ground black pepper, to taste

DIRECTIONS

1. Prepare the grill for indirect heat.
2. Place the zucchini in a pot with enough water to cover. Bring to a boil, and cook 5 minutes. Drain, cool, and cut in half lengthwise. Scoop out the pulp to about 1/4 inch from the skin. Chop pulp.
3. In a bowl, mix the zucchini pulp, bread pieces, bacon bits, olives, jalapeño, green chile peppers, onion, tomato, and Cheddar cheese. Season with basil, seasoned salt, and pepper.
4. Stuff the zucchini halves with the pulp mixture. Seal each stuffed half in aluminum foil.
5. Place foil packets on the prepared grill over indirect heat. Cook 15 to 20 minutes, until tender.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 120, Carbohydrates: 9g, Cholesterol: 18mg, Fat: 6.3g, Dietary Fiber: 2g, Protein: 8.2g, Sodium: 502mg

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HELPFUL HINTS

- As a shortcut, some cooks recommend cooking the zucchini in a microwave oven instead of boiling it. Slice zucchini in half and place the cut side down in a dish with a little water.
- Some cooks substitute seasoned bread crumbs, panko (Japanese-style bread crumbs), or crushed, seasoned croutons for the white bread.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"This is a good mix of ingredients, and we will make these again. It would have been far too soggy if I hadn't drained and squeezed the zucchini meat in a colander and paper towels. Instead of enclosing them in foil, I made small foil boats and cooked the zucchini with the top exposed. This made them crunchy and tasty on the top." - **ERICMARS**

"I've made these before and they are great. We use sweet Italian sausage instead of bacon and they are a big hit." - **Stephanie**

"These are REALLY good. Can easily be converted to a vegetarian dish by subtracting the bacon bits. Be sure not to leave on the grill too long because the 'boat' will get soggy." - **JillyFish**

Photo Credits - Left: larkspur, Top right: LynnInHK, Bottom right: Jenn Horton

Desserts



A Peanuttty S'more

"This twist on a classic is more gooey and more tasty. The chocolate and peanut butter melt much better between two hot marshmallows and it is delicious!" - by Cin



PREP TIME: 1 MINUTES | COOK TIME: 4 MINUTES | READY IN: 5 MINUTES

SERVINGS: 1

INGREDIENTS

2 large marshmallows
2 graham cracker squares
1 peanut butter cup

DIRECTIONS

1. Cook the marshmallows over an open flame or hot coals until they are browned outside, and soft all the way through, 2 to 4 minutes.
2. Place the marshmallows on top of one of the graham cracker squares. Place the peanut butter cup on top of the marshmallows. Top with the last graham cracker square.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 252, Carbohydrates: 42.6g, Cholesterol: 1mg, Fat: 8g, Dietary Fiber: 1.4g, Protein: 3.9g, Sodium: 234mg

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HELPFUL HINTS

- Several cooks recommend using a full-size 'thinner' peanut butter cup because it melts more easily than the smaller, thicker size cup.
- Various candies can be used in place of the peanut butter cup, from dark chocolate bars, white and dark chocolate swirl candies, to chocolate coconut candies.
- Instead of the peanut butter cups, some cooks use plain peanut butter with chocolate graham crackers and marshmallows.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"My kids have been making s'mores with peanut butter cups for years. We keep the peanut butter cups frozen until time to use—then using a marshmallow fork that has been crimped together, we place the peanut butter cup on top of one half of the graham cracker and melt it over the fire, then top with the roasted marshmallow and other graham cracker. Makes my mouth water just typing it out!" - KWILEY

“Our family has been making these on camping trips for years! They are so dang good. We’ve also used the peanut butter cups with caramel and a chocolate bar with caramel. They are all really good, but since I am a PB freak, these are my favorite!” - HotMama16

“These are heaven! I was going to post this recipe, but I am glad I found this. We like to sandwich the peanut butter cup between the marshmallows. Yummy yummy to your tummy.” - Mrs.Robinson

Photo Credits - Left: kimbernic, Top right: GodivaGirl, Bottom right: MySweetCreations

Barbecued Pineapple

"Barbecued pineapple! Serve in bowls or banana boats with pineapple on either side, and a scoop or two of ice cream with juice glaze on top. You may substitute juice (1/2 cup) for the sugar and rum part of the marinade." - **by Michael Fischer**



PREP TIME: 15 MINUTES | COOK TIME: 15 MINUTES | READY IN: 8 HOURS 30 MINUTES

SERVINGS: 4

INGREDIENTS

- 1 fresh pineapple
- 1/4 cup rum
- 1/4 cup brown sugar
- 1 tablespoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground cloves

DIRECTIONS

1. Peel the pineapple and, leaving it whole, cut out the center core. Slice into 8 rings, and place them in a shallow glass dish or resealable plastic bag. In a small bowl, mix together the rum, brown sugar, cinnamon, ginger, nutmeg, and cloves. Pour marinade over the pineapple, cover, and refrigerate for 1 hour, or overnight.
2. Preheat grill for high heat. Lightly oil grate.
3. Grill pineapple rings 15 minutes, turning once, or until outside is dry and char marked. Serve with remaining marinade.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 151, Carbohydrates: 30.9g, Cholesterol: 0mg, Fat: 0.4g, Dietary Fiber: 2.8g, Protein: 0.8g, Sodium: 6mg

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HELPFUL HINTS

- As a shortcut, frozen pineapple chunks or canned pineapple rings may be used as a substitute for fresh.
- To prevent pineapple rings from falling through the grill grate, place them in a grill basket or place a sheet of heavy duty aluminum foil over the grate and cook them on the foil.
- This recipe can be used for dessert or served as a side with savory dishes.
- Vanilla ice cream is recommended by many cooks as the perfect match when serving the pineapple for dessert.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

"This was excellent. All I had in the pantry was dark rum so I used that and boy, howdy, was this ever good. The rum was not too strong after cooking and it had a nice caramelized glaze to it. I served this with grilled pork chops and strawberry spinach salad from Allrecipes.com and it was a hit. I will make this again and again." - **Steph**

"Easy and everyone was impressed. I used orange juice instead of rum and 1 tablespoon of pumpkin pie spice instead of the others because it was all I had. Delicious." - **JLMARTI**

"Made this twice now. Oddly enough the pineapple that looked the most burnt tasted the best! The first time I actually dropped the cloves for more cinnamon and used dark rum but only because I didn't have any cloves and the first bottle of rum I found was dark. It was requested of me again so second round, same rum, doubled EVERYTHING because I was using a plastic container and I wanted to have plenty to let it sit in. I even poured what didn't soak into the pineapple onto it while it was on the grill. Oh, man! Next time I will double again except for the cloves...they were too strong. Still awesome though!" - **Fizz**

Photo Credits - Left: poplemousse, Top right: SHORECOOK, Bottom right: Chef4Six

Grilled Peaches and Cream

"This is an easy grilled peach dessert! I use a honey nut-flavored cream cheese spread and it's wonderful! Drizzle a little extra honey after they're grilled and they're perfect!" - by OLIVIA17



PREP TIME: 15 MINUTES | COOK TIME: 8 MINUTES | READY IN: 23 MINUTES

SERVINGS: 8

INGREDIENTS

4 peaches, halved and pitted
2 tablespoons clover honey
1 cup soft cream cheese with honey and nuts
1 tablespoon vegetable oil

DIRECTIONS

1. Preheat a grill for medium-high heat.
2. Brush peaches with a light coating of oil. Place pit side down onto the grill. Grill for 5 minutes, or until the surfaces have nice grill marks. Turn the peaches over, and drizzle with a bit of honey. Place a dollop of the cream cheese spread in the place where the pit was. Grill for 2 to 3 more minutes, or until the filling is warm. Serve immediately.

NUTRITIONAL INFORMATION

Amount per Serving: Calories: 127, Carbohydrates: 8.6g, Cholesterol: 32mg, Fat: 10.2g, Dietary Fiber: 0g, Protein: 1.1g, Sodium: 133mg

Powered by ESHA Nutrient Database

HELPFUL HINTS

- To enjoy the best flavor, be sure to use ripe, slightly soft peaches with a good 'peachy' aroma.
- Chopped pecans, almonds, or walnuts may be used as the nuts mixed with the cream cheese.
- Some cooks recommend sprinkling the peaches with brown sugar and cinnamon before placing them on the grill to add a caramelized taste.
- If fresh peaches aren't available, some cooks substitute canned peach halves.
- One cook mixes balsamic vinegar with brown sugar and drizzles this sauce over the cream cheese topping.
- If desired, the cream cheese may be replaced with vanilla ice cream, vanilla-flavored yogurt, or mascarpone cheese.

REVIEWS FROM HOME COOKS WHO'VE MADE THIS RECIPE

“What a perfect way to enjoy fresh, in-season peaches! I had some Arkansas peaches, cut them down the seam and pulled them away from the pit, brushed with oil, and followed the directions exactly. Hubby did the grilling and grilled for less time than specified, but they were juicy, succulent and with the cream cheese filling a little bit like a peach cheesecake. I didn’t have the honey and nut, so used whipped cream cheese and mixed in some honey and chopped nuts. Drizzled honey over the finished product. Brilliantly simple recipe—loved it!” - GRANNYLOOHOO

“I LOVE grilled peaches! This was such a simple dessert that I can’t believe that I haven’t tried it until now. I didn’t do the coating of oil. I cut the peaches in half and sprinkled them with a bit of sugar. I grilled them for 5 to 6 minutes and they were done. I didn’t bother putting them back on the grill with the filling inside. Just serve with filling and drizzle with honey.” - Jillian

“Yummy! A unique dessert, and so easy! Don’t worry about exactly how much time to grill them for—when you see nice black grill marks, they’re done. Great with vanilla ice cream on the side.” - girlbob

Photo Credits - Left: homeschooler3, Top right: SunnyByrd, Bottom right: Fit&Healthy Mom

Helpful Information



Metric Equivalents

The recipes that appear in this cookbook use the standard U.S. method for measuring liquid and dry ingredients (teaspoons, tablespoons, and cups). The information on these charts is provided to help cooks outside the United States successfully use these recipes. All equivalents are approximate.

Metric Equivalents for Different Types of Ingredients

A standard cup measure of a dry or solid ingredient will vary in weight depending on the type of ingredient. A standard cup of liquid is the same volume for any type of liquid. Use the following chart when converting standard cup measures to grams (weight) or milliliters (volume).

Standard Cup	Fine Powder (ex. flour)	Grain (ex. rice)	Granular Solid (ex. sugar)	Liquid Solid (ex. butter)	Liquid (ex. milk)
1	140 g	150 g	190 g	200 g	240 ml
3/4	105 g	113 g	143 g	150 g	180 ml
2/3	93 g	100 g	125 g	133 g	160 ml
1/2	70 g	75 g	95 g	100 g	120 ml
1/3	47 g	50 g	63 g	67 g	80 ml
1/4	35 g	38 g	48 g	50 g	60 ml
1/8	18 g	19 g	24 g	25 g	30 ml

Useful Equivalents for Liquid Ingredients by Volume

Teaspoon	Tablespoon	Cup	Fluid Ounces	Milliliters	Liters
1/4 teaspoon				1 ml	
1/2 teaspoon				2 ml	
1 teaspoon				5 ml	
3 teaspoons	1 tablespoon		1/2 fluid ounce	15 ml	
	2 tablespoons	1/8 cup	1 fluid ounce	30 ml	
	4 tablespoons	1/4 cup	2 fluid ounces	60 ml	
	5 1/3 tablespoons	1/3 cup	3 fluid ounces	80 ml	
	8 tablespoons	1/2 cup	4 fluid ounces	120 ml	
	10 2/3 tablespoons	2/3 cup	5 fluid ounces	160 ml	
	12 tablespoons	3/4 cup	6 fluid ounces	180 ml	
	16 tablespoons	1 cup	8 fluid ounces	240 ml	
	1 pint	2 cups	16 fluid ounces	480 ml	
	1 quart	4 cups	32 fluid ounces	960 ml	
				1000 ml	1 liter

Useful Equivalents for Cooking/Oven Temperatures

	Fahrenheit	Celsius	Gas Mark
Freeze Water	32° F	0° C	
Room Temperature	68° F	20° C	
Boil Water	212° F	100° C	
Bake	325° F	165° C	3
	350° F	175° C	4
	375° F	190° C	5
	400° F	200° C	6
	425° F	220° C	7
	450° F	230° C	8
Broil			Grill

Useful Equivalents for Dry Ingredients by Weight

(To convert ounces to grams, multiply the number of ounces by 30)

Ounces	Pounds	Grams
1 ounce	1/16 pound	30 g
4 ounces	1/4 pound	120 g
8 ounces	1/2 pound	240 g
12 ounces	3/4 pound	360 g
16 ounces	1 pound	480 g

Useful Equivalents for Length

(To convert inches to centimeters, multiply the number of inches by 2.5)

Inches	Feet	Yard	Centimeters	Meters
1 inch			2.5 cm	
6 inches	1/2 foot		15 cm	
12 inches	1 foot		30 cm	
36 inches	3 feet	1 yard	90 cm	
40 inches			100 cm	1 m

Common Substitutions

Ingredient	Amount	Substitution
Allspice	1 teaspoon	1/2 teaspoon ground cinnamon, 1/4 teaspoon ground ginger, and 1/4 teaspoon ground cloves
Arrowroot starch	1 teaspoon	1 tablespoon flour OR 1 teaspoon cornstarch
Baking powder	1 teaspoon	1/4 teaspoon baking soda plus 1/2 teaspoon cream of tartar OR 1/4 teaspoon baking soda plus 1/2 cup buttermilk (decrease liquid in recipe by 1/2 cup)
Beer	1 cup	1 cup nonalcoholic beer OR 1 cup chicken broth
Brandy	1/4 cup	1 teaspoon imitation brandy extract plus enough water to make 1/4 cup
Bread crumbs	1 cup	1 cup cracker crumbs OR 1 cup matzo meal OR 1 cup ground oats
Broth (beef or chicken)	1 cup	1 bouillon cube plus 1 cup boiling water OR 1 tablespoon soy sauce plus enough water to make 1 cup OR 1 cup vegetable broth
Brown sugar	1 cup, packed	1 cup white sugar plus 1/4 cup molasses and decrease the liquid in recipe by 1/4 cup OR 1 cup white sugar OR 1 1/4 cups confectioners' sugar
Butter (salted)	1 cup	1 cup margarine OR 1 cup shortening plus 1/2 teaspoon salt OR 7/8 cup vegetable oil plus 1/2 teaspoon salt OR 7/8 cup lard plus 1/2 teaspoon salt
Butter (unsalted)	1 cup	1 cup shortening OR 7/8 cup vegetable oil OR 7/8 cup lard

Common Substitutions (Continued)

Ingredient	Amount	Substitution
Buttermilk	1 cup	1 cup yogurt OR 1 tablespoon lemon juice or vinegar plus enough milk to make 1 cup
Cheddar cheese	1 cup, shredded	1 cup shredded Colby Cheddar OR 1 cup shredded Monterey Jack cheese
Chervil	1 tablespoon, fresh	1 tablespoon fresh parsley
Chicken base	1 tablespoon	1 tablespoon fresh parsley
Chocolate (semisweet)	1 ounce	1 (1 ounce) square unsweetened chocolate plus 4 teaspoons white sugar OR 1 ounce semisweet chocolate chips plus 1 teaspoon shortening
Chocolate (unsweetened)	1 ounce	3 tablespoons unsweetened cocoa plus 1 tablespoon shortening or vegetable oil
Cocoa	1/4 cup	1 (1 ounce) square unsweetened chocolate
Corn syrup	1 cup	1 1/4 cups white sugar plus 1/3 cup water OR 1 cup honey OR 1 cup light treacle syrup
Cottage cheese	1 cup	1 cup farmer's cheese OR 1 cup ricotta cheese
Cracker crumbs	1 cup	1 cup bread crumbs OR 1 cup matzo meal OR 1 cup ground oats
Cream (half-and-half)	1 cup	7/8 cup milk plus 1 tablespoon butter
Cream (heavy)	1 cup	1 cup evaporated milk OR 3/4 cup milk plus 1/3 cup butter

Common Substitutions (Continued)

Ingredient	Amount	Substitution
Cream (light)	1 cup	1 cup evaporated milk OR 3/4 cup milk plus 3 tablespoons butter
Cream (whipped)	1 cup	1 cup frozen whipped topping, thawed
Cream cheese	1 cup	1 cup pureed cottage cheese OR 1 cup plain yogurt, strained overnight in cheesecloth
Cream of tartar	1 teaspoon	2 teaspoons lemon juice or vinegar
Crème fraîche	1 cup	Combine 1 cup heavy cream and 1 tablespoon plain yogurt. Let stand 6 hours at room temperature.
Egg	1 whole (3 tablespoons)	2 1/2 tablespoons powdered egg substitute plus 2 1/2 tablespoons water OR 1/4 cup liquid egg substitute OR 1/4 cup silken tofu, pureed OR 3 tablespoons mayonnaise OR 1/2 banana, mashed with 1/2 teaspoon baking powder OR 1 tablespoon powdered flax seed, soaked in 3 tablespoons water
Evaporated milk	1 cup	1 cup light cream
Farmer's cheese	8 ounces	8 ounces dry cottage cheese OR 8 ounces creamed cottage cheese, drained
Fats for baking	1 cup	1 cup applesauce OR 1 cup fruit puree
Flour (bread)	1 cup	1 cup all-purpose flour plus 1 teaspoon wheat gluten
Flour (cake)	1 cup	1 cup all-purpose flour minus 2 tablespoons
Flour (self-rising)	1 cup	7/8 cup all-purpose flour plus 1 1/2 teaspoons baking powder

Common Substitutions (Continued)

Ingredient	Amount	Substitution
Garlic (fresh)	1 clove	1/8 teaspoon garlic powder OR 1/2 teaspoon granulated garlic OR 1/2 teaspoon garlic salt (reduce salt in recipe)
Ginger (dry)	1 teaspoon, ground	2 teaspoons chopped fresh ginger
Ginger (fresh)	1 teaspoon, minced	1/2 teaspoon ground dried ginger
Green onion	1/2 cup, chopped	1/2 cup chopped onion OR 1/2 cup chopped leek OR 1/2 cup chopped shallots
Hazelnuts	1 cup whole	1 cup macadamia nuts OR 1 cup almonds
Herbs (fresh)	1 tablespoon, chopped	1 teaspoon chopped dried herbs
Honey	1 cup	1 1/4 cups white sugar plus 1/3 cup water OR 1 cup corn syrup OR 1 cup light treacle syrup
Hot sauce	1 teaspoon	3/4 teaspoon cayenne pepper plus 1 teaspoon vinegar
Ketchup	1 cup	1 cup tomato sauce plus 1 teaspoon vinegar plus 1 tablespoon white sugar
Lemongrass	2 fresh stalks	1 tablespoon lemon zest
Lemon juice	1 teaspoon	1/2 teaspoon vinegar OR 1 teaspoon white wine OR 1 teaspoon lime juice

Common Substitutions (Continued)

Ingredient	Amount	Substitution
Lemon zest	1 teaspoon, grated	1/2 teaspoon lemon extract OR 2 tablespoons lemon juice
Lime Juice	1 teaspoon	1 teaspoon vinegar OR 1 teaspoon white wine OR 1 teaspoon lemon juice
Lime zest	1 teaspoon, grated	1 teaspoon grated lemon zest
Macadamia nuts	1 cup	1 cup almonds OR 1 cup hazelnuts
Mace	1 teaspoon	1 teaspoon ground nutmeg
Margarine	1 cup	1 cup shortening plus 1/2 teaspoon salt OR 1 cup butter OR 7/8 cup vegetable oil plus 1/2 teaspoon salt OR 7/8 cup lard plus 1/2 teaspoon salt
Mayonnaise	1 cup	1 cup sour cream OR 1 cup plain yogurt
Milk (whole)	1 cup	1 cup soy milk OR 1 cup rice milk OR 1 cup water or juice OR 1/4 cup dry milk powder plus 1 cup water OR 2/3 cup evaporated milk plus 1/3 cup water
Mint (fresh)	1/4 cup, chopped	1 tablespoon dried mint leaves
Mustard (prepared)	1 tablespoon	Mix together 1 tablespoon dried mustard, 1 teaspoon water, 1 teaspoon vinegar, and 1 teaspoon white sugar
Onion	1 cup, chopped	1 cup chopped green onions OR 1 cup chopped shallots OR 1 cup chopped leek OR 1/4 cup dried minced onion
Orange zest	1 tablespoon, grated	1/2 teaspoon orange extract OR 1 teaspoon lemon juice

Common Substitutions (Continued)

Ingredient	Amount	Substitution
Sour cream	1 cup	1 cup plain yogurt OR 1 tablespoon lemon juice or vinegar plus enough cream to make 1 cup OR 3/4 cup buttermilk mixed with 1/3 cup butter
Soy sauce	1/2 cup	1/4 cup Worcestershire sauce mixed with 1/4 cup water
Stock (beef or chicken)	1 cup	1 beef or chicken bouillon cube dissolved in 1 cup water
Sweetened condensed milk	1 (14 ounce) can	3/4 cup white sugar mixed with 1/2 cup water and 1 1/8 cups milk dry powdered milk (bring to a boil and cook, stirring frequently, until thickened, about 20 minutes)
Vegetable oil (for baking)	1 cup	1 cup applesauce OR 1 cup fruit purée
Vegetable oil (for frying)	1 cup	1 cup lard OR 1 cup vegetable shortening
Vinegar	1 teaspoon	1 teaspoon lemon or lime juice OR 2 teaspoons white wine
White sugar	1 cup	1 cup brown sugar OR 1 1/4 cups confectioners' sugar OR 3/4 cup honey OR 3/4 cup corn syrup
Wine	1 cup	1 cup chicken or beef broth OR 1 cup fruit juice mixed with 2 teaspoons vinegar OR 1 cup water
Yeast (active dry)	1 (.25 ounce) package	1 cake compressed yeast OR 2 1/2 teaspoons active dry yeast OR 2 1/2 teaspoons rapid rise yeast
Yogurt	1 cup	1 cup sour cream OR 1 cup buttermilk OR 1 cup sour milk

Common Substitutions (Continued)

Ingredient	Amount	Substitution
Sour cream	1 cup	1 cup plain yogurt OR 1 tablespoon lemon juice or vinegar plus enough cream to make 1 cup OR 3/4 cup buttermilk mixed with 1/3 cup butter
Soy sauce	1/2 cup	1/4 cup Worcestershire sauce mixed with 1/4 cup water
Stock (beef or chicken)	1 cup	1 beef or chicken bouillon cube dissolved in 1 cup water
Sweetened condensed milk	1 (14 ounce) can	3/4 cup white sugar mixed with 1/2 cup water and 1 1/8 cups milk OR dry powdered milk (bring to a boil and cook, stirring frequently, until thickened, about 20 minutes)
Vegetable oil (for baking)	1 cup	1 cup applesauce OR 1 cup fruit puree
Vegetable oil (for frying)	1 cup	1 cup lard OR 1 cup vegetable shortening
Vinegar	1 teaspoon	1 teaspoon lemon or lime juice OR 2 teaspoons white wine
White sugar	1 cup	1 cup brown sugar OR 1 1/4 cups confectioners' sugar OR 3/4 cup honey OR 3/4 cup corn syrup
Wine	1 cup	1 cup chicken or beef broth OR 1 cup fruit juice mixed with 2 teaspoons vinegar OR 1 cup water
Yeast (active dry)	1 (.25 ounce) package	1 cake compressed yeast OR 2 1/2 teaspoons active dry yeast OR 2 1/2 teaspoons rapid rise yeast
Yogurt	1 cup	1 cup sour cream OR 1 cup buttermilk OR 1 cup sour milk

Storage Guidelines

In the Pantry

Item	Time
Baking powder and soda	1 year
Flour, all-purpose	10 to 15 months
Herbs, dried (discard if aroma fades)	1 to 3 years
Milk, evaporated and sweetened condensed	1 year
Mixes, cake	1 year
Mixes, pancake	6 months
Peanut butter	6 months
Salt and ground black pepper	18 months
Spices, ground (discard if aroma fades)	2 to 3 years
Spices, whole	4 years
Sugar	18 months

In the Refrigerator

Item	Time
Butter and margarine	1 month
Buttermilk	1 to 2 weeks
Eggs (fresh in shell)	3 to 5 weeks
Half-and-half	7 to 10 days
Meat, casseroles, cooked	3 to 4 days
Meat, steaks, chops, roasts, uncooked	3 to 5 days
Milk, regular, whole, or fat-free	1 week
Milk, ultra-pasteurized, whole, or fat-free	30 days
Poultry, uncooked	30 days
Sour cream	3 to 4 weeks
Whipping cream	10 days

In the Freezer

Item	Time
Breads, quick	2 to 3 months
Breads, yeast	3 to 6 months
Butter	6 months
Cakes, cheesecakes, and pound cakes	2 to 3 months
Cakes, unfrosted	2 to 5 months
Cakes, with cooked frosting	not recommended
Cakes, with creamy-type frosting	3 months
Candy and fudge	6 months
Casseroles	1 to 2 months
Cheese	4 months
Cookies, baked, unfrosted	8 to 12 months

In the Freezer (Continued)

Item	Time
Cookies, dough	1 month
Eggs (not in shell), whites	1 year
Eggs (not in shell), yolks	8 months
Ice cream	1 to 3 months
Meat, cooked	2 to 3 months
Meat, ground, uncooked	3 to 4 months
Meats, roasts, uncooked	9 months
Meats, steaks or chops, uncooked	4 to 6 months
Nuts	8 months
Pies, pastry shell	2 to 3 months
Pies, fruit	1 to 2 months

In the Freezer (Continued)

Item	Time
Pies, pumpkin	2 to 4 months
Pies, custard, cream, meringue	not recommended
Poultry, cooked	3 to 4 months
Poultry, parts, uncooked	9 months
Poultry, whole, uncooked	12 months
Soups and stews	2 to 3 months

Nutritional Analysis

Nutrient Analyses Based on Premier Databases

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Allrecipes.com is committed to providing recipe-based nutritional information so that individuals may, by choice or under a doctor's advice, adhere to specific dietary requirements and make healthful recipe choices. The nutritional values that appear in this cookbook and on Allrecipes.com nutrition pages are based on individual recipe ingredients. When a recipe calls for "salt to taste," we calculate the sodium based on 1/4 teaspoon or 1 gram of salt. While we have taken the utmost care in providing you with the most accurate nutritional values possible, please note that this information is not intended for medical nutrition therapy. If you are following a strict diet for medical or dietary reasons, it's important that you first consult your physician or registered dietitian before planning your meals based on recipes from Allrecipes.com, and second, remain under appropriate medical supervision while using the nutritional information at Allrecipes.com.

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