

ULTIMATE GRILLING BUNDLE



Full Bloom 2022 eBook



Paleo Grillerama

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Marinades

Basil-Lemon Chicken Marinade
Citrus and Garlic Pork Marinade
Island Fish Marinade
Tandoori Beef Marinade
Honey Curry Chicken Marinade
Spicy Shrimp Marinade
Blueberry BBQ Pork Marinade
Champagne Fish Marinade
Maple Chicken Marinade

Rubs

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Basil-Lemon Chicken Marinade

Marinade 1 – Makes about 2 1/2 cups

INGREDIENTS:

2 large lemons, zested and juiced
1 cup olive oil

3/4 cup chopped basil leaves
1/2 tablespoon sea salt
1 teaspoon freshly ground black pepper

INSTRUCTIONS:

In a large bowl, whisk together the lemon juice, zest, oil, basil, salt, and pepper. Pour over chicken in a large zipper-topped plastic bag. Squeeze out all the air and seal. Place the bag in the refrigerator and marinate overnight, turning at least one time.

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Citrus and Garlic Pork Marinade

Marinade 2 – Makes about 2 1/2 cups

INGREDIENTS:

2/3 cup olive oil
12 cloves garlic, minced
1 1/2 cups orange juice

1 teaspoon ground cumin
2 teaspoons sea salt
1 teaspoon freshly ground black pepper

INSTRUCTIONS:

In a large bowl, whisk together all the ingredients (olive oil through pepper). Pour this marinade over the pork in a large zipper-topped plastic bag. Squeeze out all the air and seal. Refrigerate for at least 4 hours in the refrigerator up to 2 days, turning once.

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Island Fish Marinade

Marinade 3 – Makes about 2 1/2 cups

INGREDIENTS:

2/3 cup coconut milk
2 medium limes, zested and juiced
2 tablespoons raw honey

1/4 cup grated gingerroot
1 teaspoon sea salt
1/4 teaspoon cayenne pepper

INSTRUCTIONS:

In a large bowl, whisk together all the ingredients (coconut milk through pepper). Pour this marinade over the fish in a large zipper-topped plastic bag. Squeeze out all the air and seal. Refrigerate for at least 4 hours in the refrigerator up to 1 day, turning once.

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Tandoori Beef Marinade

Marinade 4 – Makes about 2 1/2 cups

INGREDIENTS:

1/2 cup coconut milk	1/2 teaspoon ground cumin
2 tablespoons lemon juice	1/4 teaspoon turmeric
2 tablespoons lime juice	1/2 teaspoon cayenne pepper
2 teaspoons sea salt	1/4 teaspoon freshly ground black pepper
2 cloves garlic, minced	1/8 teaspoon ground cinnamon
1 teaspoon grated gingerroot	1/8 teaspoon ground cloves

INSTRUCTIONS:

In a large bowl, whisk together all the ingredients (coconut milk through cloves). Pour this marinade over the beef in a large zipper-topped plastic bag. Squeeze out all the air and seal. Refrigerate for at least 4 hours in the refrigerator up to 2 days, turning once.

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Honey Curry Chicken Marinade

Marinade 5 – Makes about 1 1/2 cups

INGREDIENTS:

3/4 cup raw honey	1 teaspoon sea salt
1/2 cup olive oil	1 teaspoon freshly ground black pepper
1 tablespoon curry powder	2 teaspoons grated gingerroot

INSTRUCTIONS:

In a large bowl, whisk together all the ingredients (honey through ginger). Pour this marinade over the chicken in a large zipper-topped plastic bag. Squeeze out all the air and seal. Refrigerate overnight, turning once.

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Spicy Shrimp Marinade

Marinade 6 – Makes about 2 cups

INGREDIENTS:

1/4 cup chopped parsley	2 teaspoons sea salt
1/2 cup chopped basil leaves	1/2 teaspoon freshly ground black pepper
2 tablespoons chopped green onion	1/4 teaspoon crushed red pepper flakes
2 cloves garlic, minced	1/3 cup low sodium chicken broth
1 teaspoon chopped oregano	3/4 cup olive oil

INSTRUCTIONS:

In a large bowl, whisk together all the ingredients (parsley through olive oil). Pour this marinade over the shrimp in a large zipper-topped plastic bag. Squeeze out all the air and seal. Refrigerate overnight, turning once.

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Blueberry BBQ Pork Marinade

Marinade 7 – Makes about 2 1/2 cups

INGREDIENTS:

2 tablespoons coconut oil, melted	1 tablespoon raw honey
1 small onion, chopped	1/4 teaspoon dry mustard
1 medium jalapeno, seeded and chopped	2 cups frozen blueberries
1/4 cup tomato sauce	1 teaspoon sea salt
	1/2 teaspoon freshly ground black pepper

INSTRUCTIONS:

In a food processor, pulse together all the ingredients (coconut oil through pepper) until smooth. Pour this marinade over the pork in a large zipper-topped plastic bag. Squeeze out all the air and seal. Refrigerate overnight, turning once.

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Champagne Fish Marinade

Marinade 8 – Makes about 1 1/2 cups

INGREDIENTS:

3/4 cup champagne, or use club soda	1 lemon, zested and juiced
1/4 cup olive oil	1/4 cup chopped thyme
1/2 teaspoon dry mustard	1 teaspoon sea salt
	1/2 teaspoon freshly ground black pepper

INSTRUCTIONS:

In a large bowl, whisk together all the ingredients (champagne through pepper). Pour this marinade over the fish in a large zipper-topped plastic bag. Squeeze out all the air and seal. Refrigerate for up to 6 hours, turning once.

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Maple Chicken Marinade

Marinade 9 – Makes about 1 1/2 cups

INGREDIENTS:

1/2 cup olive oil	1/4 cup chopped thyme
6 tablespoons pure maple syrup	1 medium lime, juiced
4 cloves garlic, minced	2 teaspoons sea salt
1/4 cup chopped mint	1 teaspoon freshly ground black pepper

INSTRUCTIONS:

In a large bowl, whisk together all the ingredients (olive oil through pepper). Pour this marinade over the chicken in a large zipper-topped plastic bag. Squeeze out all the air and seal. Refrigerate overnight, turning once.

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Citrus and Dill Rub

Rub 1 – Makes about 1/2 cup for 2 pounds fish

INGREDIENTS:

1 tablespoon sea salt	3 tablespoons lemon zest
2 teaspoons freshly ground black pepper	2 tablespoons dill weed
	1 tablespoon garlic powder

INSTRUCTIONS:

In a small bowl or cup, combine all ingredients; rub into 2 pounds fish and marinate for not more than 1 hour at room temperature.

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Spiced Herb Rub

Rub 2 – Makes about 3/4 cup for 2 pounds pork

INGREDIENTS:

1/2 tablespoon sea salt	2 tablespoons chopped rosemary
1 teaspoon freshly ground black pepper	3 cloves garlic, minced
3 tablespoons chopped thyme	1/2 teaspoon ground cloves

INSTRUCTIONS:

In a small bowl or cup, combine all ingredients; rub into 2 pounds pork and marinate for not more than 2 hours at room temperature.

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Indian Dry Rub

Rub 3 – Makes about 3/4 cup for 2 pounds beef

INGREDIENTS:

2 tablespoons crushed coriander seeds	1 tablespoon ground allspice
2 tablespoons crushed cumin seeds	2 tablespoons ground cinnamon
2 tablespoons paprika	1 tablespoon ground ginger
1 tablespoon cayenne pepper	1 teaspoon ground cloves

INSTRUCTIONS:

In a small bowl or cup, combine all ingredients; rub into 2 pounds beef and marinate for not more than 2 hours at room temperature.

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Herbed Fish Rub

Rub 4 - Makes about 1/2 cup for 2 pounds fish

INGREDIENTS:

3 tablespoons paprika	1 1/2 tablespoons chopped oregano
1 tablespoon minced garlic	1 tablespoon sea salt
1/2 tablespoon dried thyme	3/4 teaspoon cayenne pepper
	3/4 teaspoon freshly ground black pepper

INSTRUCTIONS:

In a small bowl or cup, combine all ingredients; rub into 2 pounds cod and marinate for not more than 1 hour at room temperature.

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DO-AHEAD TIP: Toast sesame seeds.

Persian Dry Rub

Rub 5 - Makes about 3/4 cup for 2 pounds chicken

INGREDIENTS:

3 tablespoons sesame seeds, toasted	1/4 cup chopped oregano
1/4 cup ground pistachios	1 tablespoon ground cloves
2 tablespoons ground almonds	1/2 tablespoon sea salt
	2 teaspoons freshly ground black pepper

INSTRUCTIONS:

In a small bowl or cup, combine all ingredients; rub into 2 pounds chicken and marinate for not more than 1 hour at room temperature, or 4 hours in the refrigerator.

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Hot Spanish Dry Rub

Rub 6 - Makes about 3/4 cup for 3 pounds chicken wings

INGREDIENTS:

6 tablespoons paprika	1 teaspoon oregano
2 tablespoons turmeric	1/2 teaspoon cayenne pepper
1 tablespoon dried chili peppers	1/2 teaspoon garlic powder
1 teaspoon ground cumin	1/2 teaspoon sea salt
	1/4 teaspoon ground cloves

INSTRUCTIONS:

In a small bowl or cup, combine all ingredients; rub into 3 pounds chicken and marinate for not more than 1 hour at room temperature, or 2 hours in the refrigerator.

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Moroccan Rub

Rub 7 – Makes about 3/4 cup for 2 pounds beef filets

INGREDIENTS:

2 tablespoons ground cumin	2 teaspoons ground cinnamon
1 tablespoon ground coriander	2 teaspoons sea salt
2 tablespoons grated gingerroot	1 teaspoon freshly ground black pepper
1 tablespoon onion powder	1/4 teaspoon ground cloves

INSTRUCTIONS:

In a small bowl or cup, combine all ingredients; rub into the beef filets and marinate for not more than 1 hour at room temperature, or up to 6 hours in the refrigerator.

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African Style Rub

Rub 8 - Makes about 3/4 cup for 1 (2 1/2-lb.) lamb roast

INGREDIENTS:

1/2 tablespoon ground cardamom	1 tablespoon fennel seeds
1/2 teaspoon ground cloves	2 tablespoons paprika
1/2 tablespoon ground cinnamon	2 tablespoons cayenne pepper
1/2 tablespoon ground nutmeg	1 tablespoon sea salt
1/2 tablespoon ground cumin	1 tablespoon freshly ground black pepper
1 tablespoon ground coriander	1 tablespoon grated gingerroot
	2 cloves garlic, minced

INSTRUCTIONS:

In a small bowl or cup, combine all ingredients; rub into the lamb and marinate for not more than 2 hours at room temperature, or up to 12 hours in the refrigerator

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Indian Masala Dry Rub

Rub 9 - Makes about 3/4 cup for 2 pounds beef tenderloin

INGREDIENTS:

2 tablespoons ground cardamom	1 tablespoons ground coriander
1 tablespoon ground cinnamon	2 tablespoons ground cumin
1 teaspoon ground cloves	1 tablespoon ground turmeric
1 tablespoon chili powder	2 tablespoons whole black peppercorns
	1 tablespoon sea salt

INSTRUCTIONS:

In a small bowl or cup, combine all ingredients; rub into the beef and marinate for not more than 2 hours at room temperature, or up to 12 hours in the refrigerator.

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North Eastern Rub

Rub 10 - Makes about 3/4 cup for 2 pounds pork chops

INGREDIENTS:

2 tablespoons smoked paprika	1/2 tablespoon celery salt
3 tablespoons sea salt	1/4 tablespoon cayenne pepper
1 tablespoon freshly ground black pepper	1/2 tablespoon grated gingerroot
1 tablespoon chili powder	1/2 tablespoon garlic powder
1 tablespoon ground cumin	1/2 tablespoon dry mustard
1/2 tablespoon celery seed	1/2 teaspoon ground cinnamon
	1/4 teaspoon ground cloves

INSTRUCTIONS:

In a small bowl or cup, combine all ingredients; rub into the pork chops and marinate for not more than 2 hours at room temperature, or up to 6 hours in the refrigerator.

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DO-AHEAD TIP: Prepare beets and pecans.

Roasted Beet Salad

Side 1 – Serves 4

INGREDIENTS:

2 large beets, roasted and sliced	2 tablespoons extra virgin olive oil
2 medium green apples, peeled cored and sliced	1 tablespoon cider vinegar
1/2 cup chopped pecans, toasted	1 tablespoon raw honey
3 cups packed arugula	1 teaspoon sea salt
1 small orange, zested and juiced	1/2 teaspoon freshly ground black pepper

INSTRUCTIONS:

In a large salad bowl, toss together the beets, apples, pecans and arugula. In a medium bowl, whisk together the remaining ingredients (orange zest and juice through pepper). Drizzle this mixture over the salad and serve.

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Crispy Bacon Brussels Sprouts

Side 2 – Serves 4

INGREDIENTS:

20 medium Brussels sprouts, halved	1/2 tablespoon sea salt
1 1/2 tablespoons coconut oil, melted	1 teaspoon freshly ground black pepper
4 strips bacon, chopped	1/4 teaspoon ground nutmeg

INSTRUCTIONS:

Preheat oven to 400 degrees. On a large sheet pan place all the Brussels sprouts. Drizzle with the melted coconut oil and toss to coat well. Sprinkle with the chopped bacon and season with the salt, pepper and nutmeg. Bake in the oven for 8-10 minutes, or until the Brussels sprouts are tender and the bacon is crisp. Serve hot.

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DO-AHEAD TIP: Steam carrots.

Garlic-Orange Glazed Baby Carrots

Side 3 – Serves 4

INGREDIENTS:

1 tablespoon ghee, or use coconut oil	1 medium orange, zested and juiced
1 pound baby carrots, steamed	2 tablespoons raw honey
2 cloves garlic, minced	1 teaspoon grated gingerroot
1 teaspoon sea salt	1/4 teaspoon freshly ground black pepper

INSTRUCTIONS:

In a large skillet, heat the ghee (or coconut oil) over medium-high heat. Add in the baby carrots and garlic. Season with the salt, zest, juice, honey, gingerroot, and pepper. Stir to combine well. Once the mixture comes to a light simmer, reduce the heat and continue to cook for 2-3 more minutes. Serve hot.

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Lemon-Parsley Cauli-Rice

Side 4 - Serves 4

INGREDIENTS:

2 tablespoons coconut oil	1/4 cup low sodium chicken broth
1 medium head cauliflower, grated*	1 medium lemon, juiced
1 medium shallot, chopped	1 teaspoon sea salt
2 cloves garlic, minced	1/2 teaspoon freshly ground black pepper
	1/4 cup chopped parsley

INSTRUCTIONS:

In a large skillet, heat the coconut oil over medium-high heat. Add in the cauliflower, shallot, and garlic. Cook until tender. Pour in the chicken broth, lemon juice, salt, and pepper. Continue to cook for 4 to 6 minutes, or until all the liquid is absorbed. Remove from heat and toss with the parsley to serve.

*LEANNE'S NOTE: I like to pulse my cauliflower in my food processor to quickly and easily make "rice".

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DO-AHEAD TIP: Hard-boil eggs.

Spicy Green Onion Deviled Eggs

Side 5 - Serves 4

INGREDIENTS:

4 eggs, hard-boiled, halved, divided
1 medium green onion, chopped
1/4 teaspoon Dijon mustard

2 teaspoons sesame oil
1 teaspoon sea salt
1/4 teaspoon freshly ground black pepper
1/4 teaspoon hot sauce

INSTRUCTIONS:

Smash the egg yolks (reserve whites!) with a fork in a medium bowl. Fold in the next 6 ingredients (green onion through hot sauce). Once the mixture is completely combined divide evenly between the hard-boiled egg whites to serve.

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DO-AHEAD TIP: Roast eggplant.

Roasted Eggplant Hummus with Bell Pepper

Side 6 – Serves 4

INGREDIENTS:

1 large eggplant, cubed and roasted
1/4 cup tahini
1 clove garlic, minced
1/2 teaspoon turmeric
1/2 teaspoon sea salt

1/4 teaspoon freshly ground black pepper
1 medium lemon, juiced
1 tablespoon extra virgin olive oil
3 large red bell peppers, de-seeded, de-ribbed,
and cut into wedges

INSTRUCTIONS:

In a large food processor, pulse together the first 8 ingredients (eggplant through olive oil), until smooth. Spoon out mixture into a medium serving bowl. Serve with the bell pepper.

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Lemon-Mint Zucchini

Side 7 – Serves 4

INGREDIENTS:

2 tablespoons coconut oil
4 medium zucchini, sliced thick
1 large shallot, chopped
2 cloves garlic, minced

1 medium lemon, juiced
1/4 cup chopped mint
1/2 tablespoon sea salt
1 teaspoon freshly ground black pepper

INSTRUCTIONS:

In a large skillet, heat the coconut oil over medium-high heat. Add in the zucchini, shallot, and garlic. Cook until the zucchini has a nice color on both sides and is tender. Add in the lemon juice, mint, salt, and pepper and continue to cook for 1-2 minutes more. Remove from the heat and serve warm.

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DO-AHEAD TIP: Toast walnuts, cook bacon. Prepare salad and refrigerate for at least 3 hours before serving.

Bacon, Apple and Broccoli Salad

Side 8 - Serves 4

INGREDIENTS:

3 cups broccoli florets, chopped	1/2 cup Paleo mayonnaise*
1 medium granny smith apple, peeled and chopped	2 tablespoons cider vinegar
1/3 cup walnuts, toasted and chopped	1 teaspoon raw honey
3 slices bacon, cooked and chopped	1 teaspoon sea salt
	1/2 teaspoon freshly ground black pepper

INSTRUCTIONS:

In a large serving bowl, combine the broccoli, apple, walnuts and bacon. Add the mayo, vinegar, honey, salt and pepper. Stir until well combined. Cover the bowl and refrigerate for at least 3 hours before serving.

*LEANNE'S NOTE: You should be able to find a non-dairy mayo that is Paleo friendly, but you'll need to read lots of labels. Or you could make your own, if you like.

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Roman Salad with Heirloom Tomatoes

Side 9 - Serves 4

INGREDIENTS:

4 large heirloom tomatoes, sliced	3 anchovy filets, chopped
1/2 cup sliced black olives	3 tablespoons capers
1/2 cup sliced green olives	1 teaspoon freshly ground black pepper
1/4 cup sliced basil leaves	1/4 cup extra virgin olive oil
1 clove garlic, minced	3 tablespoons balsamic vinegar

INSTRUCTIONS:

On a large serving platter, fan out the tomato slices. Sprinkle with the olives and basil and set aside. In a medium bowl, whisk together the remaining ingredients (garlic through vinegar). Drizzle this dressing over the tomatoes and serve.

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Zucchini Ribbons with Avocado-Basil Sauce

Side 10 - Serves 4

INGREDIENTS:

3 large zucchini	1 teaspoon sea salt
1 tablespoon coconut oil	1/2 teaspoon freshly ground black pepper
1 large avocado, cubed	2 cloves garlic, minced
1/2 cup chopped basil leaves	2 tablespoons extra virgin olive oil
	1 medium lemon, juiced

INSTRUCTIONS:

With a vegetable peeler, slice the zucchini into long ribbons. In a large skillet, heat the coconut oil over medium-high heat. Add in the zucchini ribbons and cook for 5-6 minutes, or until the ribbons are tender and have a slight color. Meanwhile, in a large food processor, pulse together the remaining ingredients (avocado through lemon juice) until smooth. Add this sauce into the skillet with the cooked zucchini ribbons and toss with tongs to coat well. Heat through and serve.

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Roasted Carrots with Dill

Side 11 – Serves 4

INGREDIENTS:

2 tablespoons ghee, melted, or use coconut oil	1 teaspoon sea salt
5 large carrots, peeled and chopped	1/2 teaspoon freshly ground black pepper
	2 tablespoons dried dill

INSTRUCTIONS:

Preheat oven to 400 degrees. Toss together all the ingredients on a large sheet pan. Roast in the oven for 20-22 minutes, or until fork tender. Serve warm.

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Creamed Cauliflower

Side 12 – Serves 4

INGREDIENTS:

1 large head cauliflower, core removed and cut into large pieces	1 clove garlic, minced
1/2 cup ghee, melted, or use coconut oil	1 teaspoon sea salt
	1/2 teaspoon freshly ground black pepper
	1 tablespoon unsweetened coconut yogurt

INSTRUCTIONS:

Steam the cauliflower until completely tender, allow to cool. In a large food processor, place the cauliflower, ghee (or coconut oil), garlic, salt, and pepper. Puree until completely smooth. Spoon the mixture out into a serving dish and then stir in the coconut yogurt. Serve hot.

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Grilled Green Beans and Mushrooms

Side 13 – Serves 4

INGREDIENTS:

2 tablespoons ghee, or use coconut oil	1 pound green beans, trimmed
2 cloves garlic, minced	1 tablespoon balsamic vinegar
8 ounces wild mushrooms, sliced	1 teaspoon sea salt
	1/2 teaspoon freshly ground black pepper

INSTRUCTIONS:

Preheat outdoor grill to medium-high heat. In a medium bowl, toss together the ghee (or coconut oil), garlic, mushrooms, green beans, vinegar, salt, and pepper. Place this mixture in a grill basket. Grill for 10-15 minutes, on the coolest section of the grill. Stir every 5 minutes or so, so that nothing burns. Serve.

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Summer Vegetable Ratatouille

Side 14 - Serves 4

INGREDIENTS:

3 tablespoons coconut oil, melted and divided	3 medium sweet potatoes, sliced thin
1 medium onion, sliced	1 teaspoon sea salt
2 cloves garlic, minced	1/2 teaspoon freshly ground black pepper
2 medium zucchini, sliced to medium thickness	1 tablespoon chopped thyme
3 large tomatoes, sliced to medium thickness	1 tablespoon chopped dill

INSTRUCTIONS:

Preheat oven to 350 degrees. In a large skillet, heat 1 tablespoon of the coconut oil over medium-high heat. Cook the onions, garlic, and zucchini until slightly softened. Remove from the heat. In a greased medium baking dish, arrange the cooked veggies along with the tomatoes, and sweet potatoes. In a medium bowl, whisk together the remaining melted coconut oil with the salt, pepper, thyme, and dill. Pour this mixture over the vegetables and cover the dish with foil. Bake in the oven for 25 minutes. Remove the foil and return to the oven to bake for another 25-30 minutes or until the vegetables are golden brown and tender. Serve.

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Greek Style Grilled Broccoli

Side 15 - Serves 4

INGREDIENTS:

1 tablespoon coconut oil, melted	1 teaspoon freshly ground black pepper, divided
1 1/2 medium heads broccoli, stem removed and roughly chopped	2 tablespoons extra virgin olive oil
1 cup grape tomatoes	1/2 cup sliced black olives
2 cloves garlic, sliced thin	1 medium lemon, zested and juiced
2 teaspoons sea salt, divided	2 tablespoons capers

INSTRUCTIONS:

Preheat outdoor grill to medium-high heat. In a medium bowl toss together the coconut oil, broccoli, tomatoes, and garlic. Season with half of the salt and half of the pepper and put the mixture into a grill basket. Place on the grill in the coolest section. Grill for 10-12 minutes stirring occasionally, or until the broccoli is just tender. Remove from the heat and set aside. Pour the grilled vegetable mixture into a large serving bowl. Add in the remaining ingredients (olives through capers, as well as the remaining salt and the remaining pepper). Toss together until evenly coated and serve warm.

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Simple Summer Salad with Apricots

Side 16 – Serves 4

INGREDIENTS:

1/3 cup balsamic vinegar	1 teaspoon sea salt
1/3 cup extra virgin olive oil	1/2 teaspoon freshly ground black pepper
3 tablespoons Dijon mustard	3 medium apricots, sliced
1 tablespoon chopped chives	6 cups mixed salad greens

INSTRUCTIONS:

In a medium bowl, whisk together the first 6 ingredients (vinegar through pepper). Toss together the apricots and salad greens in a large salad bowl. Drizzle with the dressing and toss once more to evenly coat the salad. Serve right away.

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DO-AHEAD TIP: Prepare skewers at least 2 hours before serving.

Grill-less Marinated Salad Skewers

Side 17 – Serves 4

INGREDIENTS:

1 large red onion, cut into small wedges	1/4 cup cider vinegar
1 cup marinated artichoke hearts	1 medium lemon, zested and juiced
1 cup grape tomatoes	1 clove garlic, minced
2 medium English cucumbers, cut into medium-large cubes	1 teaspoon sea salt
1/4 cup extra virgin olive oil	1/2 teaspoon freshly ground black pepper
	Metal or bamboo skewers

INSTRUCTIONS:

Skewer the onion, artichokes, tomatoes, and cucumber until all the vegetables are gone. Place all the skewered vegetables in a large zipper-topped plastic bag and set aside. In a medium bowl, whisk together the remaining ingredients (oil through pepper). Pour this over the skewers in the bag. Squeeze out all the air and seal the bag. Place the bag in the refrigerator for a minimum of 2 hours before serving, turning once.

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Grillerama

Volume 2

Grillorama – Volume 2

Marinades

Pineapple Marinade for Pork
Honey Sesame Beef Marinade
Ginger and Beer Chicken Marinade
Asian Pork Marinade
Pomegranate and Garlic Fish Marinade
Jalapeno and Citrus Beef Marinade
Maple Chicken Marinade
Blood Orange Fish Marinade
Spanish Beef Marinade

Rub

Minty Indian Spice Rub
Tangy Rib Rub
8 Spice Dry Rub
Spanish Style Rub
Kansas City Dry Rub
Smoked Dry Rub
Celery Scented Dry Rub
Texan Dry Rub
Oregano and Parsley Dry Rub
5 Herb Dry Rub

Sides

Barbecue Corn
Savoy Cabbage and Citrus Slaw
Chilled Curry Pasta Salad
Thai Grilled Vegetables
Lemony Green Beans
Chilled Mango Gazpacho
Greek Style Quinoa Salad
Carrot and Beet Slaw
Roman Style Salad
Spiced Zucchini Bake
Bleu Cheese and Peach Salad
Fresh Fruit with Yogurt Salad
Radish and Snow Pea Slaw
New Potatoes with Mint and Ginger
Heirloom Tomato and Watermelon Salad
Quinoa and Date Salad
Summer Tomato Tart

Pineapple Marinade for Pork

Marinade 1 – Yields 2 1/2 cups

INGREDIENTS:

1 cup crushed pineapple	1/4 cup cider vinegar
1/3 cup low sodium soy sauce	2 cloves garlic, minced
1/3 cup honey	1 teaspoon minced ginger
	1/4 teaspoon ground cloves

INSTRUCTIONS: In a large bowl, mix together all ingredients, (pineapple through cloves). Pour marinade over pork loin in a large zipper-topped plastic bag. Squeeze out all air and seal. Refrigerate overnight, turning occasionally.

GLUTEN FREE: Make sure soy sauce and vinegar are gluten free.

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Honey Sesame Beef Marinade

Marinade 2 - Yields 2 cups

INGREDIENTS:

1/2 cup low sodium soy sauce	8 cloves garlic, minced
1/3 cup honey	4 green onions, chopped
3 tablespoons sake, or use rice wine vinegar	2 tablespoons toasted sesame seeds
2 tablespoons sesame oil	1/2 teaspoon freshly ground black pepper

INSTRUCTIONS: In a large bowl with a lid, mix together all ingredients, (soy sauce through pepper). Add in beef and seal the bowl with lid. Refrigerate overnight, turning occasionally.

GLUTEN FREE: Make sure soy sauce and sake (or vinegar) are gluten free.

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Ginger and Beer Chicken Marinade

Marinade 3 – Yields 2 cups

INGREDIENTS:

1 1/2 cups flat beer, or use flat ginger beer	2 cloves garlic, minced
1/2 cup olive oil	1 large orange, zested and juiced
2 tablespoons minced gingerroot	1 tablespoon freshly ground black pepper

INSTRUCTIONS: In a large bowl with a lid, mix together all ingredients, (beer through pepper). Add in chicken and seal the bowl with lid. Refrigerate for 4 hours to overnight, turning occasionally.

GLUTEN FREE: Use a gluten free beer.

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Asian Pork Marinade

Marinade 4 – Yields 1 1/4 cups

INGREDIENTS:

1/4 cup oyster sauce	2 tablespoons minced gingerroot
1/4 cup hoisin sauce	2 tablespoons sweet sherry, optional
1/4 cup low sodium soy sauce	2 cloves garlic, minced
1/4 cup honey	1 tablespoon Chinese chili paste
	2 teaspoons Asian peanut oil

INSTRUCTIONS: In a large bowl with a lid, whisk together all ingredients, (oyster sauce through peanut oil). Add in pork and seal the bowl with lid. Refrigerate overnight up to 2 days, turning occasionally.

GLUTEN FREE: Make sure oyster sauce, hoisin sauce, soy sauce, sherry (if using), and chili paste are gluten free.

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Pomegranate and Garlic Fish Marinade

Marinade 5 – Yields 3 1/4 cups

INGREDIENTS:

1 cup pure pomegranate juice	1/2 teaspoon allspice
1/2 cup honey	1/4 teaspoon cayenne pepper
1/2 teaspoon ground coriander	6 cloves garlic, minced
1/2 teaspoon cinnamon	1 tablespoon sea salt
	1 tablespoon freshly ground black pepper

INSTRUCTIONS: In a large bowl with a lid, whisk together all ingredients, (pomegranate juice through pepper). Add in fish and seal the bowl with lid. Refrigerate 4 hours to overnight, turning occasionally.

GLUTEN FREE: Make sure juice is gluten free.

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Jalapeno and Citrus Beef Marinade

Marinade 6 - Yields 2 cups

INGREDIENTS:

1 large lime, zested	1/4 cup chopped cilantro
1/2 cup lime juice	1 teaspoon sea salt
1/2 cup olive oil	1 large jalapeno, seeded and chopped
1/4 cup orange juice	2 cloves garlic, minced

INSTRUCTIONS: In a large zipper-topped plastic bag, mix together all ingredients, (lime zest through garlic). Add in beef and squeeze out all the air before sealing. Refrigerate for 4 hours, or overnight, turning occasionally.

GLUTEN FREE: No changes necessary.

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Maple Chicken Marinade

Marinade 7 – Yields 2 cups

INGREDIENTS:

1/4 cup pure maple syrup	1/2 cup low sodium soy sauce
1/4 cup olive oil	4 cloves garlic, minced
1/4 cup unsalted butter, melted	1 medium jalapeno, seeded and chopped

INSTRUCTIONS: In a large zipper-topped plastic bag, mix together all ingredients, (maple syrup through jalapeno). Add in chicken and squeeze out all the air before sealing. Let sit at room temperature for up to 2 hours, or refrigerate for up to 4 hours, before cooking.

GLUTEN FREE: Make sure soy sauce is gluten free.

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Blood Orange Fish Marinade

Marinade 8 – Yields 2 cups

INGREDIENTS:

1 cup pink grapefruit juice	1 tablespoon olive oil
1/2 cup blood orange juice	2 tablespoons chopped rosemary
1/2 orange juice	1 tablespoon honey
1/4 cup lime juice	1 tablespoon sea salt
	1 1/2 tablespoons freshly ground black pepper

INSTRUCTIONS: In a large bowl with a lid, whisk together all ingredients, (grapefruit juice through pepper). Add in fish and seal the bowl with lid. Refrigerate 4 hours to overnight, turning occasionally.

GLUTEN FREE: No changes necessary.

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Spanish Beef Marinade

Marinade 9 – Yields 2 cups

INGREDIENTS:

1/3 cup cider vinegar	1 small lime, juiced
1/3 cup olive oil	2 tablespoons ground cumin
1/3 cup chopped cilantro	1 tablespoon black peppercorns
1 teaspoon chipotle chili powder	1 tablespoon dried oregano
6 cloves garlic, minced	1 teaspoon sea salt

INSTRUCTIONS: In a large zipper-topped plastic bag, mix together all ingredients, (cider vinegar through salt). Add in beef and squeeze out all the air before sealing. Refrigerate for 4 hours, or overnight, turning occasionally.

GLUTEN FREE: Make sure vinegar and chipotle chili powder are gluten free.

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Minty Indian Spice Rub

Rub 1 – Yields 1/2 cup

INGREDIENTS:

3 tablespoons curry powder	1/2 tablespoon ground cumin
1 1/2 tablespoons sea salt	1 tablespoon dried mint
1/2 tablespoon crushed red pepper flakes	1 teaspoon ground ginger
	1 teaspoon ground coriander

INSTRUCTIONS: In a small bowl or cup, combine all ingredients; rub into 2 pounds of beef and marinate for not more than 2 hours at room temperature.

GLUTEN FREE: Make sure curry powder is gluten free.

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Tangy Rib Rub

Rub 2 – Yields 1 1/2 cups

INGREDIENTS:

2 tablespoons dark brown sugar	1/2 tablespoon onion powder
3/4 tablespoon sea salt	1/2 tablespoon Spanish paprika
1 tablespoon ground coriander	1 teaspoon garlic powder
1/2 tablespoon mustard powder	1 teaspoon freshly ground black pepper
	1/2 teaspoon cayenne pepper

INSTRUCTIONS: In a small bowl or cup, combine all ingredients; rub into 2 pounds of pork or beef ribs and marinate for not more than 2 hours at room temperature.

GLUTEN FREE: No changes necessary.

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8 Spice Dry Rub

Rub 3 – Yield 1/2 cup

INGREDIENTS:

2 tablespoons dark brown sugar	1 tablespoon dry mustard
2 tablespoons sweet paprika	1/2 tablespoon freshly ground black pepper
1 tablespoon sea salt	1/2 teaspoon Old Bay Seasoning
1 tablespoon chili powder	1/4 teaspoon ground ginger
	1/4 tablespoon onion powder

INSTRUCTIONS: In a small bowl or cup, combine all ingredients; rub into 2 pounds of chicken breast and marinate for not more than 1 hour at room temperature.

GLUTEN FREE: Make sure Old Bay Seasoning is gluten free.

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Spanish Style Rub

Rub 4 – Yield 1/2 cup

INGREDIENTS:

1 tablespoon cumin	1 tablespoon dark brown sugar
1 tablespoon paprika	2 tablespoons sea salt
1 tablespoon garlic powder	1 teaspoon cayenne pepper
1 tablespoon onion powder	1 teaspoon freshly ground black pepper
1 tablespoon chili powder	1 teaspoon ground white pepper

INSTRUCTIONS: In a small bowl or cup, combine all ingredients; rub into 2 pound beef tenderloin and marinate for not more than 2 hours at room temperature.

GLUTEN FREE: No changes necessary.

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Kansas City Dry Rub

Rub 5 – Yield 3/4 cup

INGREDIENTS:

1/4 cup brown sugar	1/2 tablespoon chili powder
2 tablespoons paprika	1/2 tablespoon garlic powder
1/2 tablespoon freshly ground black pepper	1/2 tablespoon onion powder
1/2 tablespoon sea salt	1/2 teaspoon cayenne pepper

INSTRUCTIONS: In a small bowl or cup, combine all ingredients; rub into steaks and marinate for not more than 2 hours at room temperature.

GLUTEN FREE: No changes necessary.

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Smoked Dry Rub

Rub 6 – Yield 1/2 cup

INGREDIENTS:

2 tablespoons smoked paprika	1 dash cayenne pepper
1 teaspoon chili powder	2 tablespoons brown sugar
1 tablespoon cumin	1 tablespoon sea salt
	1 tablespoon freshly ground black pepper

INSTRUCTIONS: In a small bowl or cup, combine all ingredients; rub into tuna steaks and marinate for not more than 1 hour at room temperature.

GLUTEN FREE: No changes necessary.

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Celery Scented Dry Rub

Rub 7 – Yields 1/2 cup

INGREDIENTS:

2 teaspoons black peppercorns	2 tablespoons brown sugar
2 teaspoons yellow mustard seeds	2 teaspoons sea salt
1 teaspoon cumin seeds	1 teaspoon celery seeds
3 tablespoons paprika	1 teaspoon garlic powder
	1/2 teaspoon cayenne pepper

INSTRUCTIONS: In a small bowl or cup, combine all ingredients; rub into pork chops and marinate for not more than 2 hours at room temperature.

GLUTEN FREE: No changes necessary.

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Texan Dry Rub

Rub 8 – Yields 3/4 cup

INGREDIENTS:

2 tablespoons sea salt	1 tablespoon ground cumin
1/4 cup dark brown sugar	1/2 tablespoon dry mustard
1/4 cup chili powder	1/2 teaspoon cayenne pepper
1 tablespoon freshly ground black pepper	1/4 teaspoon ground chipotle chili powder

INSTRUCTIONS: In a small bowl or cup, combine all ingredients; rub into filets and marinate for not more than 2 hours at room temperature.

GLUTEN FREE: Make sure chipotle chili powder is gluten free.

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Oregano and Parsley Dry Rub

Dry Rub 9 – Yields 1/2 cup

INGREDIENTS:

2 tablespoons paprika	1/2 tablespoon chili powder
1 tablespoon freshly ground black pepper	1/2 tablespoon ground cumin
1/2 tablespoon garlic powder	1/2 tablespoon dark brown sugar
1/2 tablespoon sea salt	1 teaspoon dried parsley flakes
1/2 tablespoon dry mustard	1/2 teaspoon dried oregano

INSTRUCTIONS: In a small bowl or cup, combine all ingredients; rub into 2 pounds shrimp and marinate for not more than 30 minutes at room temperature.

GLUTEN FREE: No changes necessary.

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5 Herb Dry Rub

Rub 10 – Yield 1/2 cup

INGREDIENTS:

3/4 tablespoon sea salt	1/4 tablespoon freshly ground black pepper
3/4 tablespoon paprika	1 1/4 tablespoons garlic powder
1 1/4 tablespoons dark brown sugar	1 1/4 tablespoons onion powder
1/4 tablespoon dried thyme	1/2 teaspoon cayenne pepper
1/4 tablespoon dried dill weed	1/4 tablespoon dry mustard
1/4 tablespoon dried oregano	1/4 tablespoon ground allspice
1/4 tablespoon dried basil	1/4 tablespoon ground dried sage

INSTRUCTIONS: In a small bowl or cup, combine all ingredients; rub into 2 pounds salmon and marinate for not more than 1 hour at room temperature.

GLUTEN FREE: No changes necessary.

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Barbecue Corn

Side 1 – Serves 4

INGREDIENTS:

6 tablespoons unsalted butter, softened	1 tablespoon chili powder
1 clove garlic, minced	1 1/2 teaspoons sea salt
1/4 cup barbecue sauce	1 teaspoon freshly ground black pepper
	4 ears sweet corn, husked

INSTRUCTIONS: Heat grill to medium-high heat. In a medium bowl, mix together first 6 ingredients, (butter through pepper). Brush the butter mixture all over the corn ears. Place the corn in foil and wrap up individually. Place the wrapped corn ears on the grill and cook for 15 minutes, or until done. Flip over the corn once during the grill time. Remove from heat and let rest at least 5 minutes before opening foil packets.

GLUTEN FREE: Make sure barbecue sauce is gluten free.

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DO-AHEAD TIP: Prepare slaw 1 hour ahead.

Savory Cabbage and Citrus

Side 2 – Serves 4

INGREDIENTS:

1 large head Savoy cabbage, shredded
4 scallions, chopped
3/4 cup chopped cilantro
1/2 cup sour cream

1/2 cup mayonnaise
1 1/2 tablespoons sugar
2 medium limes, zested and juiced
1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper

INSTRUCTIONS: In a large serving bowl, mix together cabbage, scallion and cilantro and set aside. In a medium bowl mix together remaining ingredients, (sour cream through pepper). Pour this mixture over the cabbage mixture and mix well. Cover the bowl and refrigerate for at least one hour before serving.

GLUTEN FREE: Make sure mayonnaise is gluten free.

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DO-AHEAD TIP: Cook macaroni. Chill salad for 2 hours before serving.

Chilled Curry Pasta Salad

Side 3 – Serves 4

INGREDIENTS:

8 ounces elbow macaroni, cooked
1/4 cup coconut milk
2 tablespoons curry powder
1/4 cup peanut oil
2 tablespoons mayonnaise
1/4 cup mango chutney, finely chopped

1/4 cup rice wine vinegar
2 teaspoons sea salt
1 teaspoon freshly ground black pepper
1 1/2 cups shredded broccoli
1/2 cup chopped scallions
1/4 cup chopped cilantro

INSTRUCTIONS: In a large serving bowl, place cooked macaroni and set aside. In a medium bowl, whisk together the next 8 ingredients, (milk through pepper). Fold in the broccoli, scallions and cilantro. Once mixed well, pour all the ingredients into the cooked macaroni. Mix together and cover. Chill for at least 2 hours before serving.

GLUTEN FREE: Make sure curry powder, mayonnaise, and vinegar are gluten free. Use gluten free pasta.

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Thai Grilled Vegetables

Side 4 – Serves 4

INGREDIENTS:

3 red bell peppers, sliced	1 tablespoon whole coriander
3 yellow bell peppers, sliced	2 teaspoons fish sauce
2 Chinese eggplants, sliced thick	1/4 cup lime juice
6 cloves garlic, minced	1 tablespoon olive oil

INSTRUCTIONS: Preheat oven to 375 degrees. On a parchment lined sheet pan, place the bell peppers and eggplant. Set this aside. In a small bowl, whisk together remaining ingredients (garlic through olive oil). Drizzle this mixture over the bell pepper mixture and toss on the sheet pan. Bake for 15 minutes, flipping vegetables once half way through the cook time. Serve hot or at room temperature.

GLUTEN FREE: Make sure fish sauce is gluten free.

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DO-AHEAD TIP: Blanch green beans.

Lemony Green Beans

Side 5 – Serves 4

INGREDIENTS:

1 tablespoon olive oil	2 pounds green beans, ends trimmed and blanched
3 tablespoons unsalted butter	1 tablespoon lemon zest
3 cloves garlic, minced	2 teaspoons sea salt
1 small shallot, minced	1 teaspoon freshly ground black pepper
1 teaspoon crushed red pepper flakes	

INSTRUCTIONS: In a large skillet, heat olive oil and butter over medium-high heat. Add in the garlic, shallots and crushed red pepper flakes. Cook until everything is soft. Add in the blanched green beans and season with the lemon zest, salt and pepper. Cook until the green beans are heated through, about 2-3 minutes. Serve hot.

GLUTEN FREE: No changes necessary.

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DO-AHEAD TIP: Prepare gazpacho at least 2 hours ahead (see recipe).

Chilled Mango

Side 6 – Serves 4

INGREDIENTS:

2 1/2 cups chopped mango	1/2 cup orange juice
1 small English cucumber, chopped	1/3 cup lime juice
1 medium jalapeno, seeded and chopped	1/4 cup chopped cilantro
1 green onion, chopped	1/2 teaspoon sea salt
	1/4 teaspoon cayenne pepper

INSTRUCTIONS: In a food processor, puree mango, cucumber, jalapeno and onion until only slightly chunky. In a large bowl, mix together remaining ingredients, (orange juice through pepper). Add Mango puree and stir to combine well. Cover and refrigerate for at least 2 hours, best if overnight.

GLUTEN FREE: No changes necessary.

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DO-AHEAD TIP: Cook quinoa. Chill salad, if desired.

Greek Style Quinoa Salad

Side 7 – Serves 4

INGREDIENTS:

1/4 cup cider vinegar	1/3 cup cilantro, chopped
2 cloves garlic, minced	1 medium red onion, diced
1 medium lemon, juiced	1 cup cherry tomatoes, halved
3 tablespoons olive oil	1/2 cup chopped artichoke hearts
1 1/2 cups quinoa, cooked	1 teaspoon sea salt
1/2 cup Kalamata olives, halved	1 teaspoon freshly ground black pepper
1/3 cup parsley, chopped	1/2 cup crumbled feta cheese

INSTRUCTIONS: In a medium bowl, whisk together vinegar, garlic, lemon juice, and olive oil. Place the cooked quinoa in a large bowl and pour the garlic mixture over top. Add in the next 6 ingredients (olives through artichokes.) Season with the salt and pepper and gently toss to combine. Sprinkle the feta over the top and serve, either room temperature or chilled.

GLUTEN FREE: Make sure vinegar, olives, and artichokes are gluten free.

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DO-AHEAD TIP: Prepare slaw and refrigerate for at least 2 hours before serving (see recipe).

Carrot and Beet Slaw

Side 8 – Serves 4

INGREDIENTS:

2 tablespoons lemon juice	1 teaspoon honey
1 tablespoon red wine vinegar	1/2 teaspoon sweet paprika
1 clove garlic, minced	1/8 teaspoon cayenne
1/2 small red onion, chopped	1/4 cup olive oil
1/2 tablespoon sea salt	2 large carrots, shredded
1/2 teaspoon freshly ground black pepper	2 large beets, shredded
1 teaspoon ground cumin	1/2 cup chopped cilantro

INSTRUCTIONS: In a large bowl, whisk together first 11 ingredients, (lemon juice through olive oil). Add in the carrots, beets and cilantro. Mix well and cover. Refrigerate for at least 2 hours before serving.

GLUTEN FREE: Make sure vinegar is gluten free.

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Roman Style Salad

Side 9 – Serves 4

INGREDIENTS:

1 cup balsamic vinegar	2 tablespoons capers
1/2 cup green olives, halved	1 clove garlic, minced
1/2 cup Kalamata olives, halved	1/4 cup chopped basil leaves
1/4 cup chopped parsley	1/2 teaspoon freshly ground black pepper
3 anchovy fillets, drained and chopped	6 tablespoons extra virgin olive oil
	3 large beef steak tomatoes, sliced

INSTRUCTIONS: In a medium saucepan, heat balsamic vinegar over medium-low heat. Simmer vinegar until it reduces by half. Once reduced, remove from heat and set aside to cool. In a medium bowl, mix together olives, parsley, anchovies, capers, garlic, basil, pepper and oil. Set aside. On a large serving platter, fan out tomato slices so that they just barely overlap. Drizzle over olive mixture, and then drizzle over the reduced balsamic. Serve at room temperature.

GLUTEN FREE: Make sure vinegar, olives, anchovies, and capers are gluten free.

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Spiced Zucchini Bake

Side 10 – Serves 4

INGREDIENTS:

2 medium zucchini, sliced	1/2 teaspoon thyme
2 medium yellow squash, sliced	1 clove garlic, minced
1/4 cup chopped basil leaves	1 cup grated mozzarella cheese
3 tablespoons chopped green onion	1/2 cup grated Parmesan
8 ounces diced tomatoes	1/2 tablespoon sea salt
1/2 tablespoon crushed red pepper flakes	1 teaspoon freshly ground black pepper

INSTRUCTIONS: Preheat oven to 350 degrees. In an 8x8 greased baking dish, fan out zucchini and squash alternating between the two, and set aside. In a medium bowl, mix together the next 6 ingredients, (basil through garlic). Pour this mixture on top of the zucchini and squash. Sprinkle over the cheeses, salt, and pepper. Cover with foil and bake for 20 minutes. Remove the foil and continue to bake for another 15-20 minutes, or until veggies are soft and cheese is bubbling. Remove from oven and let rest for at least 10 minutes before serving.

GLUTEN FREE: Make sure make sure canned tomatoes are gluten free.

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Bleu Cheese and Peach Salad

Side 11 – Serves 4

INGREDIENTS:

1 tablespoon whole grain mustard	1/2 teaspoon freshly ground black pepper
1 tablespoon pure maple syrup	2 medium hearts Romaine lettuce, chopped
2 tablespoons balsamic vinegar	2 large peaches, cut in 6 wedges
1/2 cup olive oil	1 medium shallot, thinly sliced
1 teaspoon sea salt	1/2 cup crumbled bleu cheese
	3 tablespoons chopped green onion

INSTRUCTIONS: In a medium bowl, whisk together first 6 ingredients (mustard through pepper), and set aside. Place the lettuce in a large salad bowl and fan out the peach slices over the top. Drizzle with the mustard mixture. Sprinkle with the shallot, bleu cheese, and green onion. Serve at room temperature.

GLUTEN FREE: Make sure mustard and vinegar are gluten free.

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Fresh Fruit with Yogurt Salad

Side 12 – Serves 4

INGREDIENTS:

2 cups grapes	2 teaspoons lemon juice
1 cup dark cherries, pitted	1 teaspoon honey
1 cup strawberries, trimmed and sliced	1/2 teaspoon pure vanilla extract
8 ounces Greek vanilla yogurt	1 teaspoon lime juice

INSTRUCTIONS: In a large bowl, mix together grapes, cherries and strawberries; set aside. In a medium bowl, whisk together yogurt, lemon juice, honey, vanilla and lime juice. Pour over fruit and mix together. Serve at room temperature or chilled.

GLUTEN FREE: Make sure yogurt is gluten free.

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DO-AHEAD TIP: Prepare slaw and chill for at least 2 hours before serving.

Radish and Snow Pea Slaw

Side 13 – Serves 4

INGREDIENTS:

1 medium red onion, chopped	1/2 teaspoon whole grain mustard
1 large bunch radishes, shredded	1 teaspoon honey
1 1/2 cups thinly sliced snow peas	2 tablespoons extra virgin olive oil
4 teaspoons rice wine vinegar	1 teaspoon sea salt
	1/2 teaspoon freshly ground black pepper

INSTRUCTIONS: In a large bowl, mix together onion, radishes and snow peas. Set bowl aside. In a medium bowl, whisk together vinegar, mustard, honey, olive oil, salt, and pepper. Pour this mixture over the radish mixture and gently mix. Chill for at least 2 hours before serving.

GLUTEN FREE: Make sure vinegar and mustard are gluten free.

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New Potatoes with Mint and Ginger

Side 14 – Serves 4

INGREDIENTS:

1/4 cup sesame oil	1/2 cup olive oil
2 pounds new potatoes, halved	1/2 teaspoon cayenne pepper
3 tablespoons grated gingerroot	1/4 teaspoon ground cumin
2 teaspoons sea salt	1/4 teaspoon turmeric
1 teaspoon freshly ground black pepper	3/4 cup chopped mint leaves
	1 medium lime, zested and juiced

INSTRUCTIONS: Preheat oven to 400 degrees. On a parchment lined sheet pan, toss together oil, potatoes, gingerroot, salt, and pepper. Bake for 20-25 minutes, or until the potatoes are fork tender. In a medium bowl, whisk together remaining ingredients (olive oil through lime zest and juice). Place cooked potatoes on a large serving platter and drizzle with the mint mixture.

GLUTEN FREE: No changes necessary.

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Heirloom Tomato and Watermelon Salad

Side 15 – Serves 4

INGREDIENTS:

1 small seedless watermelon, peeled and cut into small chunks	1 tablespoon extra virgin olive oil
2 medium heirloom tomatoes, each cut into 8 wedges	1/4 cup feta cheese
1 tablespoon chopped mint	1/2 teaspoon sea salt
	1/2 teaspoon freshly ground black pepper
	1/2 cup balsamic vinegar
	1/3 cup honey

INSTRUCTIONS: Arrange the watermelon and tomatoes on a large platter so that they are nicely fanned out. Sprinkle with the mint, olive oil, feta, salt, and pepper. In a medium bowl, whisk together balsamic and honey. Drizzle this over the watermelon mixture and serve.

GLUTEN FREE: Make sure vinegar is gluten free.

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DO-AHEAD TIP: Prepare quinoa.

Quinoa and Date Salad

Side 16 – Serves 4

INGREDIENTS:

1 cup quinoa, cooked	1 medium lemon, zested and juiced
8 soft Medjool dates, pitted and chopped	1/3 cup extra virgin olive oil
1 pound fava beans in the pod	1/2 teaspoon freshly ground black pepper
2 tablespoons sherry vinegar	12 scallions, chopped
1 teaspoon sea salt	2 tablespoons chopped mint
	1 cup small arugula

INSTRUCTIONS: In a large serving bowl, mix together quinoa, dates and fava beans. Gently mix together and set aside. In a medium bowl, whisk together vinegar, salt, lemon zest, lemon juice, oil, and pepper. Pour this mixture over the quinoa mixture. Add in the scallions, mint, and arugula). Gently fold everything together and serve.

GLUTEN FREE: Make sure vinegar is gluten free.

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Summer Tomato Tart

Side 17 – Serves 4

INGREDIENTS:

4 filo pastry sheets, halved	4 large tomatoes, sliced 1/4-inch thick
2 tablespoons unsalted butter, melted	1 teaspoon sea salt
1 tablespoon Dijon mustard	1/2 teaspoon freshly ground black pepper
1 cup grated Swiss cheese	1 tablespoon chopped thyme leaves
	6 basil leaves

INSTRUCTIONS: Preheat oven to 400 degrees. On a parchment lined sheet pan, place a half sheet of filo dough and brush with a thin layer of butter. Repeat this process until all the filo and butter is used by stacking it on top of each layer. Smear the Dijon mustard in a thin layer. Sprinkle over the cheese and then fan out the tomatoes in a single layer. Sprinkle with the salt, pepper and thyme. Bake for 20-25 minutes or until the crust is golden brown and cheese is bubbling. Remove from the oven and garnish with the basil leaves. Slice and serve.

GLUTEN FREE: Make sure filo and mustard are gluten free.

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Summer Grillerama from



The Dinner Diva

9 Marinades

10 Rubs

17 Do-Ahead Side Dishes

Perfect recipes for the “grill” in all of us!



Welcome to The Summer Grillerama!

Take a chill pill and light up the grill, y'all! Who says grilling is just for guys? Not me! I'm all OVER the grill as a girl and have some handy tips for you to get it right. Once you understand that cooking over an open flame isn't just sissy "man's work", you'll want to get started with some of these off-the-hook great rubs for meat and poultry, marvelous marinades for just about everything and some great summer side salads to get your cookout or picnic all lit up, pun intended!

No shopping list included here, but a shopping list template to add what you want from what you see. Remember, a lot of the spices mentioned here can be procured for a song at the big box stores or even the discount chain corner drugstore!

First off grilling tips you need to know:

1. **Some Like It Hot.** When using a grill, whether it is gas or charcoal, it is imperative to preheat it. You cannot put the food on a cold grill and start that way for the same reasons you don't stick food in an oven that hasn't been preheated—it messes up the cooking time and the way it should cook. Don't do it!
2. **Cool Tools.** You just might want to check out your favorite hardware store so you can try some new fun barbecue implements. There are some wonderful grilling accessories that you just cannot live without. One is a hole-y wok. That's right...big holes in a flat bottomed wok. I grilled the most incredible stir fried squash in one of those things. It was easy—sliced zucchini, summer squash and a little oil and garlic tossed together in the bowl got thrown into that wok and those vegetables were amazing. Think of the possibilities! I also purchased a flat hole-y cookie sheet looking thing. That is how I cook my fish without losing it through the grill slats.
3. **More Cool Tools.** Don't forget when you fire up the barby, you will be needing some good grilling tools. I use to use my kitchen spatula till the one day I burned the hair off my arm when I was turning chicken and that was enough to convince me. Use real grilling tools and spend a few dollars on some nice ones. Lousy tools give you lousy results.
4. **The Brush Off.** Don't forget to get a good wire brush to clean the grill, too. Keeping the grill immaculate will improve what you're eating immensely. "Burning off" the old food only works to a degree—you need the brush!
5. **Use Marinades.** Marinades infuse themselves into foods and makes for a delicious choice for healthy cooking. Marinades also tenderize and turn even the most mundane piece of meat or poultry into something exotic and full of flavor

Here are some recipes to complement your choice of grilled meat or fish...some can be made in advance, some can be prepared the same day and still others can be prepared right on the grill.

Marinades

Marinades make anything taste better; I'm a massive fan! And of course, I like to do it as easily as possible. To make it easier, I use those big zipper topped plastic bags from start to finish, no matter what the recipe says—that way, there's virtually no clean up and when you're done, you pour out the remaining marinade (IMPORTANT: this stuff is a cootie fest!) and toss the bag (don't get frugal and wash it—if it had meat in it, it's virtually impossible to get it clean enough. Out it goes!).

To make marvelous marinade you need these three things:

1. Acid (like lemon or vinegar)
2. Flavor (garlic, herbs and spices)
3. Oil (I like olive oil).

The world is your oyster when you keep these components in mind. You can make your own marinades out of what you have on hand. They're very forgiving concoctions, too—no need to measure and worry over getting it “just so”. However, we all need a starting place and these recipes totally do the trick!

And here's an extra added bonus about this delicious way of grilling.

*Marinating your meat before grilling is safer
than just throwing your chicken or meat on the grill.*

I am sure you have heard about the dangers of grilling and carcinogenic dangers lurking on the barbecue. Well, recent studies have shown that carcinogens are significantly reduced in grilling when the meat has been marinated. The reason? Could be the anti-oxidant rich marinade that is full of phytochemicals—those naturally occurring substances that fight cancer, researchers aren't entirely sure, but they do know that marinades do work for reducing carcinogens.

About the recipes--although choice of meat is designated for the following recipes, they can be interchangeable with whatever you choose; meat, poultry or even fish.

Basic Chicken Marinade

Yields about 1 1/2 cups

INGREDIENTS:

1/2 cup orange juice
1/4 cup lemon juice
1 teaspoon Dijon mustard
1 teaspoon Worcestershire sauce
1/4 cup olive oil
3 cloves garlic, pressed
1/4 cup chopped fresh parsley
1 teaspoon dried oregano
Sea salt and freshly ground black pepper, to taste

INSTRUCTIONS:

In a glass bowl, airtight container or blender, combine first 4 ingredients (orange juice through Worcestershire); add a little of the olive oil at a time then add remaining ingredients; blend well. Marinate chicken for at least 3 hours, turning occasionally.



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Citrus-Sage Marinade

Yields about 1 1/4 cups

INGREDIENTS:

Juice of 1 orange
Juice of 2 lemons
1/4 teaspoon chopped fresh sage leaves
1 1/2 inch fresh gingerroot, peeled and minced
1 tablespoon low sodium soy sauce
3 cloves garlic, minced
Dash of hot sauce (optional)

INSTRUCTIONS:

In a glass bowl, airtight container or blender, combine all ingredients; blend well. Marinate chicken for several hours or overnight, turning occasionally.



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Asian Chicken Marinade

Yields about 1 1/2 cups

INGREDIENTS:

1 medium onion, chopped
3 cloves garlic, minced
1 cup honey
1/2 cup teriyaki sauce
1/2 inch fresh gingerroot, peeled and minced
1/8 teaspoon cayenne pepper
1/2 cup dark brown sugar
1 lemon, juiced

INSTRUCTIONS:

In a glass bowl, airtight container or blender, combine all ingredients; blend well. Marinate chicken for 6 or more hours, turning occasionally.



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Basic Beef Marinade

Yields about 2 cups

INGREDIENTS:

2 large cloves garlic, pressed
1/4 cup low sodium soy sauce
1/4 cup Dijon mustard
1 teaspoon freshly ground black pepper
1 cup olive oil
1/4 cup Worcestershire sauce
1/4 cup lemon juice

INSTRUCTIONS:

In a glass bowl, airtight container or blender, combine all ingredients; blend well.

Marinate beef overnight, turning occasionally.



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Asian Beef Marinade

Yields about 1 cup

INGREDIENTS:

1/3 cup low sodium soy sauce
1/3 cup water
1/3 cup red wine vinegar
2 tablespoons brown sugar
1 teaspoon minced fresh gingerroot
2 cloves garlic, pressed

INSTRUCTIONS:

In a glass bowl, airtight container or blender, combine all ingredients; blend well.

Marinate beef at room temperature for not more than 2 hours, turning occasionally, OR refrigerate overnight.



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South Seas Marinade for Pork

Yields about 10 ounces

INGREDIENTS:

1 (6-oz.) can pineapple juice
1/2 cup low sodium soy sauce
2 tablespoons brown sugar
1 teaspoon ground ginger
1 medium onion, chopped
1 clove garlic, minced

INSTRUCTIONS:

In a glass bowl, airtight container or blender, combine all ingredients; blend well. Marinate pork in refrigerator for several hours or overnight, turning occasionally.



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Honey-Garlic Marinade for Pork

Yields about 1/2 cup

INGREDIENTS:

1/4 cup lemon juice
1/4 cup honey
2 tablespoons low sodium soy sauce
2 cloves garlic, minced

INSTRUCTIONS:

In a glass bowl or airtight container, combine all ingredients; blend well. Marinate pork in refrigerator for 6 to 24 hours, turning occasionally.



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Wine-Sage Marinade for Fish

Yields about 1 1/4 cups

INGREDIENTS:

1/2 cup white wine
1/2 cup olive oil
1 tablespoon lemon juice
2 tablespoons chopped fresh parsley
2 teaspoons dried sage
1/4 teaspoon sea salt
1/4 teaspoon freshly ground black pepper

INSTRUCTIONS:

In a glass bowl, airtight container or blender, combine all ingredients; blend well. Marinate fish in refrigerator for up to 2 hours, carefully turning occasionally.



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Lemon-Dill Marinade for Fish

Yields about 1/2 cup

INGREDIENTS:

4 tablespoons olive oil
2 tablespoons white wine vinegar
Juice of 2 lemons
1 clove garlic, pressed
2 tablespoons chopped fresh dill
Dash of dried tarragon

INSTRUCTIONS:

In a glass bowl or airtight container, combine all ingredients; blend well. Marinate in refrigerator for 2 hours or more, turning once.



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RUB A DUB DUB

Rubs really kick up the marinades job of making your meat or poultry become AMAZING in the flavor department! Here are several we LOVE!

Tex-Mex Dry Rub for Beef

INGREDIENTS:

1 teaspoon chili powder
1/2 teaspoon ground cumin
1/4 teaspoon onion powder
1/4 teaspoon garlic powder
1/8 teaspoon dried oregano

INSTRUCTIONS:

In a small bowl or cup, combine all ingredients; rub into beef and marinate for not more than 2 hours at room temperature.



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Cajun Rub

INGREDIENTS:

3 tablespoons paprika
1 tablespoon garlic powder
1 teaspoon dried thyme
1 teaspoon black pepper
1 teaspoon cayenne pepper (can use less if you want it less hot)

INSTRUCTIONS:

In a small bowl or cup, combine all ingredients; rub into meat and marinate for not more than 2 hours at room temperature.



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Dry Chile Rub

INGREDIENTS:

1 tablespoon chipotle or ancho chile powder
1 tablespoon dried oregano
2 teaspoons brown sugar
1/2 teaspoon garlic powder

INSTRUCTIONS:

In a small bowl or cup, combine all ingredients; rub into meat and marinate for not more than 2 hours at room temperature.



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Herb Rub

INGREDIENTS:

1 tablespoon dried thyme
1 tablespoon dried rosemary
1 tablespoon pepper
1/4 teaspoon allspice

INSTRUCTIONS:

In a small bowl or cup, combine all ingredients; rub into meat and marinate for not more than 2 hours at room temperature.



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Mexican Spice Rub

INGREDIENTS:

2 tablespoons cumin
2 tablespoons chili powder
1 tablespoon coriander
1 teaspoon pepper
1/2 teaspoon red pepper flakes (optional; depending how hot you want it)

INSTRUCTIONS:

In a small bowl or cup, combine all ingredients; rub into meat and marinate for not more than 2 hours at room temperature.



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Thyme Mustard Rub

INGREDIENTS:

3 tablespoons dried thyme
2 tablespoons dry mustard
1 teaspoon black pepper

INSTRUCTIONS:

In a small bowl or cup, combine all ingredients; rub into meat and marinate for not more than 2 hours at room temperature.



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Cocoa Coffee Rub (amazing on beef!)

INGREDIENTS:

4 teaspoons cumin
1 tablespoon cocoa powder
1 tablespoon instant coffee
1 tablespoon black pepper
2 teaspoons allspice

INSTRUCTIONS:

In a small bowl or cup, combine all ingredients; rub into meat and marinate for not more than 2 hours at room temperature.



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Indian-Style Rub

INGREDIENTS:

1 1/2 tablespoon crushed fennel seed
1 1/2 tablespoons curry powder
1 1/2 tablespoons white pepper
1/8 teaspoon cloves

INSTRUCTIONS:

In a small bowl or cup, combine all ingredients; rub into meat and marinate for not more than 2 hours at room temperature.



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4-Pepper Dry Rub

INGREDIENTS:

1 tablespoon black pepper
1 tablespoon white pepper
1/2 teaspoon cayenne pepper
1/2 teaspoon red pepper flakes
1 1/2 teaspoons coriander
1 1/2 teaspoons cumin
1/2 teaspoon cinnamon

INSTRUCTIONS:

In a small bowl or cup, combine all ingredients; rub into meat and marinate for not more than 2 hours at room temperature.



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Leanne's Pepper Garlic Rub

INGREDIENTS:

1 tablespoon garlic powder
1 tablespoon onion powder
1 teaspoon black pepper
1 teaspoon crushed red pepper

INSTRUCTIONS:

In a small bowl or cup, combine all ingredients; rub into meat and marinate for not more than 2 hours at room temperature.



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DO-AHEAD SIDE DISHES

These can be prepared ahead of time, refrigerated and then reheated.

Tuscan Risotto

Serves 4

INGREDIENTS:

5 cups low sodium chicken broth
1 cup water (or more, if needed)
3 tablespoons olive oil
1 medium onion, chopped
2 cups Arborio OR other short-grained rice
1/2 cup dry white wine

1 1/4 teaspoons sea salt
1/2 cup chopped sun-dried tomatoes
3 tablespoons jarred pesto
1/4 teaspoon freshly ground black pepper
1/4 cup grated Parmesan cheese
(plus garnish)



INSTRUCTIONS:

In a medium saucepan, bring broth and water to a simmer. In a large saucepan, heat the oil over medium-low heat; add onion and cook for 5 minutes or until translucent, stirring occasionally; add rice; cook and stir for 2 minutes or until it begins to turn opaque. Add wine and sea salt; cook, stirring frequently, until wine has been fully absorbed by the rice. Add sun-dried tomatoes and about 1/2 cup of the simmering broth; cook, stirring frequently, until broth has been completely absorbed. Allow rice and broth to bubble gently, adjusting heat as needed. Continue to cook the rice, adding broth 1/2 cup at a time and allowing the rice to absorb the broth before adding the next 1/2 cup. Cook in this manner until rice is tender, 25 to 30 minutes total. The broth that hasn't been absorbed should be thickened by the starch from the rice. Stir in pepper, pesto and Parmesan cheese. Garnish with additional Parmesan.

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DO-AHEAD TIP: Cook lentils and couscous according to package directions.

Lentil-Couscous Mint Salad

Serves 6

INGREDIENTS:

6 tablespoons cider vinegar
4 tablespoons Dijon mustard
1/4 cup olive oil
Sea salt and freshly ground black pepper, to taste
1 1/3 cups cooked, drained and cooled red lentils

1 cup cooked, drained and cooled whole wheat couscous
3/4 cup chopped fresh mint
4 green onions, chopped (white parts only)
3 plum (Roma) tomatoes, chopped



INSTRUCTIONS:

In a small bowl, whisk together vinegar, mustard, oil, sea salt and pepper. Place lentils, couscous, mint, green onions and tomatoes in a large bowl; add dressing; toss.

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Ricotta Orzo

Serves 4

INGREDIENTS:

1/2 pound orzo
1 teaspoon olive oil
1 1/4 cups chopped leeks, well rinsed
1/2 cup frozen baby green peas
1/2 teaspoon sea salt

1/8 teaspoon freshly ground black pepper
1 cup Ricotta cheese
4 slices bacon, cooked and crumbled
1/2 cup milk, warmed
1/3 cup grated Parmesan cheese
1 tablespoon chopped fresh dill



INSTRUCTIONS:

Fill a large saucepan with water and bring it to a boil; add 2 tablespoons of sea salt and the orzo; cook for 4 minutes; drain, rinse well and set aside. Heat the oil in a large skillet over medium heat; add leeks and saute for 3 minutes or until tender and bright green. Add peas, sea salt and pepper; cook for 1 minute. Add cooked orzo, Ricotta and bacon; toss well and heat through, about 3 minutes. Add warm milk, Parmesan cheese and dill; cook for 1 minute.

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SLAWS

Here are a few eclectic varieties that can be prepared ahead of time and the dressing added just before serving.

Crispy Bok Choy Slaw

Serves 4

INGREDIENTS:

2 tablespoons rice vinegar
3 teaspoons toasted sesame oil
1 teaspoon sugar
1 teaspoon Dijon mustard

1/8 teaspoon sea salt
3 cups very thinly sliced bok choy
1 medium carrot, trimmed
2 green onions, thinly sliced



INSTRUCTIONS:

In a small bowl, whisk together first 5 ingredients (vinegar through sea salt) until sugar has dissolved. In a large bowl, combine remaining ingredients; add dressing and toss.

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DO-AHEAD TIP: Cook bacon.

Old Glory Slaw

Serves 6

INGREDIENTS:

12 slices bacon, cooked and crumbled
6 cups finely shredded cabbage

1 cup coleslaw dressing
1/2 cup crumbled blue cheese
1 cup halved cherry tomatoes



INSTRUCTIONS:

In a large bowl, combine bacon, cabbage and dressing; toss well. Sprinkle with blue cheese and cherry tomatoes.

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Melon Slaw

Serves 6

INGREDIENTS:

4 tablespoons finely chopped green onions
4 tablespoons chopped fresh mint
1/4 cup cider vinegar
2 tablespoons honey
1 teaspoon sea salt
1/4 teaspoon freshly ground black pepper

1 small pear, peeled, cored and cut
into large matchsticks
1/2 English cucumber, cut into large
matchsticks
1 cup shredded jicama
1 1/2 cups small watermelon cubes



INSTRUCTIONS:

In a medium bowl, whisk together first 6 ingredients (green onions through pepper); add remaining ingredients; toss well.

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SALADS

Here are some delicious variations on the usual vegetable salad.

DO-AHEAD TIP: Cook bacon.

Big (and sinful) Broccoli Salad

Serves 6

INGREDIENTS:

4 slices bacon, cooked and crumbled
1 head fresh broccoli, chopped
3/4 cup shredded sharp cheddar cheese
1/4 large red onion, chopped
2 tablespoons red wine vinegar

2 tablespoons sugar
1/2 teaspoon sea salt
1 teaspoon freshly ground black pepper
2/3 cup lowfat mayonnaise
1/2 teaspoon lemon juice



INSTRUCTIONS:

In a large bowl, combine bacon, broccoli, cheese and onion. In a small bowl, whisk together remaining ingredients; drizzle over salad and toss.

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DO-AHEAD TIP: Marinate mushrooms for at least 45 minutes or up to 24 hours and cook snap peas (see recipe).

Mushroom-Snap Pea Salad

Serves 6

INGREDIENTS:

1/3 cup extra virgin olive oil
3 tablespoons white wine vinegar
3/4 teaspoon sea salt
1/2 teaspoon freshly ground black pepper

5 ounces button mushrooms, sliced
4 cups sugar snap peas
1 1/2 teaspoons chopped fresh thyme leaves



INSTRUCTIONS:

In a medium bowl, whisk together first 4 ingredients (oil through pepper); add mushrooms, toss to coat, cover and refrigerate for at least 45 minutes or up to 24 hours, stirring occasionally. Fill a large bowl with ice water and set aside. Bring a large saucepan of water and 1 tablespoon of sea salt to a boil; add snap peas and cook for 2 minutes; drain and immediately submerge in the ice water and allow peas to sit for 2 minutes or until chilled; drain and transfer to a large bowl. Drain the mushrooms and discard all but 3 teaspoons of the marinade. Toss mushrooms, snap peas, reserved marinade and thyme; serve immediately.

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DO-AHEAD TIP: Prepare dressing and chill for 1 hour (see recipe).

Strawberry-Spinach Salad

Serves 4

INGREDIENTS:

2 tablespoons sesame seeds
1 tablespoon poppy seeds
1/2 cup sugar
1/2 cup olive oil
1/4 cup white vinegar
1/4 teaspoon paprika

1/4 teaspoon Worcestershire sauce
1 tablespoon minced onion
10 ounces spinach, rinsed, dried and
torn into bite-size pieces
1 quart strawberries, rinsed, hulled
and sliced
1/4 cup slivered almonds



INSTRUCTIONS:

In a medium bowl, whisk together first 8 ingredients (sesame seeds through onion); cover and refrigerate for 1 hour. In a large bowl, combine spinach, strawberries and almonds; pour dressing on top; toss. Refrigerate for 10 to 15 minutes before serving.

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Mediterranean Salad

Serves 4

INGREDIENTS:

1 1/2 English cucumbers, sliced (or hot house, no big
nasty seeds, blech)
3/4 cup crumbled Feta cheese
1/2 cup kalamata olives, pitted
1 1/2 cups chopped Roma tomatoes

2 3/4 tablespoons diced oil packed
sun-dried tomatoes
1 tablespoon oil from sun-dried
tomatoes
1/4 large red onion, sliced



INSTRUCTIONS:

In a large salad bowl, toss together all ingredients. Chill until serving.

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POTATOES

These potato side dishes can be partially prepared ahead and popped on the grill at mealtime!

Scalloped BBQ Taters

Serves 4

INGREDIENTS:

4 medium red skin potatoes, thinly sliced
1 large onion, thinly sliced
4 cloves garlic, minced

1/4 cup chopped fresh basil leaves
1/4 cup butter, cubed
Sea salt and freshly ground black pepper, to taste



INSTRUCTIONS:

Layer potatoes, onion, garlic, basil and butter on 4 sheets of heavy-duty aluminum foil wrap (each about 18 inches square); season with sea salt and pepper. Fold up, envelope style; seal to make a package. Cook on preheated grill over indirect heat for 30 minutes or until potatoes are tender, turning packages halfway through cooking time.

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Savory Grilled Spuds

Serves 4

INGREDIENTS:

1/2 cup lowfat mayonnaise
2 tablespoons grated Parmesan cheese
2 cloves garlic, pressed
1 teaspoon minced fresh parsley
1/2 teaspoon sea salt
1/2 teaspoon paprika

1/2 teaspoon freshly ground black pepper
4 medium russet potatoes, scrubbed and cut into 1/4-inch slices
2 small onions, sliced and separated into rings
1/4 cup butter



INSTRUCTIONS:

In a large bowl, combine first 7 ingredients (mayo through pepper); add potatoes and onion; toss gently to coat and spoon evenly onto 4 sheets of greased heavy-duty aluminum foil wrap (each about 18 inches square); dot with butter. Fold foil around potato mixture and seal tightly. Grill over medium heat, covered, for 30 to 35 minutes or until potatoes are tender, turning once.

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DO-AHEAD TIP: Cook bacon.

Grilled Potato Skins

Serves 6

INGREDIENTS:

2 tablespoons butter, softened
1/2 teaspoon dried rosemary
1/2 teaspoon sea salt
1/4 teaspoon freshly ground black pepper

2 large russet potatoes, scrubbed
1 cup shredded cheddar cheese
3 slices bacon, cooked and crumbled
1/2 cup sour cream
2 green onions, chopped



INSTRUCTIONS:

In a small bowl, combine rosemary, butter, sea salt and pepper; set aside. Cut potatoes into 8 wedges and hollow out the center of each wedge. Place hollowed wedges in microwave and cook on HIGH for 5 to 6 minutes. Brush with butter mixture and place on a preheated grill, skin side up. Grill for 5 minutes then turn and grill for 3 minutes. Add cheese to wedges and cook for an additional 2 to 3 minutes. Remove from grill and top with crumbled bacon, sour cream and chopped green onion.

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ROASTED VEGGIES

These veggie side dishes can be partially prepared ahead and popped on the grill at mealtime!

Roasted Asparagus with Citrus Dressing

Serves 6

INGREDIENTS:

1 tablespoon fresh lemon juice
1 tablespoon fresh orange juice
1 tablespoon honey
1/2 teaspoon Dijon mustard
3/4 teaspoon sea salt, divided

2 pounds asparagus, trimmed
1 pint cherry OR grape tomatoes
1 tablespoon extra virgin olive oil
Freshly ground black pepper, to taste
2 tablespoons finely chopped fresh dill



INSTRUCTIONS:

In a small bowl, whisk together first 4 ingredients (lemon juice through mustard) and 1/4 teaspoon of sea salt; set aside.

Place asparagus in a large bowl; add tomatoes and oil and toss to coat. Spread asparagus on a "hole-y" grill; spoon tomatoes between and top of asparagus. Sprinkle with remaining sea salt and a generous grinding of black pepper. Grill over medium heat for 15 minutes or until asparagus is tender-crisp and tomatoes are slightly crinkled; drizzle with reserved dressing and sprinkle with chopped dill. Serve warm or at room temperature.

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Grilled Veggies

Serves 4

INGREDIENTS:

2 medium zucchini, sliced diagonally
2 medium yellow squash, sliced diagonally
2 medium green bell peppers, seeded, deribbed and sliced into strips

1 large red onion, sliced into eighths
2 tablespoons vegetable oil
Sea salt and freshly ground black pepper, to taste



INSTRUCTIONS:

In a large bowl, combine all ingredients; toss well. Spread veggies on a "hole-y" grill; Grill over medium heat for 15 minutes or until veggies are tender-crisp, turning occasionally to prevent burning.

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Zesty BBQ Corn on the Cob

Serves 4

INGREDIENTS:

4 ears shucked fresh corn
1 teaspoon sugar

1/4 cup milk
Barbecue sauce



INSTRUCTIONS:

Bring water to a rapid boil in a large saucepan; add sugar and milk then carefully place corn in water and boil for 2 minutes; remove from saucepan and place each ear on a sheet of heavy-duty aluminum foil wrap (about 18 inches square); slather with barbecue sauce; wrap loosely and seal tightly. Grill over medium-high heat for 5 to 7 minutes, turning at least once.

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Chipotle-Lime Grilled Corn on the Cob

Serves 4

INGREDIENTS:

4 ears shucked fresh corn
2 tablespoons butter, softened
1/4 teaspoon freshly grated lime zest
1 teaspoon lime juice

1/2 teaspoon minced chipotle pepper
in adobo sauce plus 1/4 teaspoon
adobo sauce*
1/2 teaspoon sea salt



INSTRUCTIONS:

Wrap each ear of corn in a sheet of heavy-duty aluminum foil wrap; seal tightly. Cook on preheated grill at high heat for 10 minutes, turning frequently. Remove from grill and let stand in foil packages while preparing the butter. In a small bowl, combine remaining ingredients. Carefully unwrap the corn and serve with the butter mixture.

*You will most likely by a great big can of these chipotle pepper in adobo sauce and you don't need much. SAVE the remainder of the can in a freezer quality zipper topped bag, marked and dated and freeze for later. Add to soups, stews or taco meat, you'll get great flavor and not waste a drop!

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