

10

GREAT GRILLING RECIPES FOR SPRING 2018



GRILLED STUFFED JALAPENOS

14 servings @ 2 halves each

Ingredients:

14 jalapeño peppers, halved lengthwise and seeded
2 bacon slices
4 oz cream cheese, softened (about 1/2 cup)
4 oz fat-free cream cheese, softened (about 1/2 cup)
1 oz extra-sharp cheddar cheese, shredded (about 1/4 cup)
1/4 cup minced green onions
1 tsp fresh lime juice
1/4 tsp kosher salt
1 small garlic clove, minced
2 tbsps chopped fresh cilantro
2 tbsps chopped seeded tomato
Cooking spray

1. Preheat your grill to medium-high.
2. Cook bacon in a skillet over medium heat until crisp. Remove from pan; drain on paper towel plate. Crumble the bacon. Combine crumbled bacon, the cheeses, and the next 4 ingredients (through garlic) in a bowl, stir to combine. Evenly fill the pepper halves. Place peppers, cheese sides up, on grill rack or grill grate coated with cooking spray. Close cover and grill peppers approx. 8 minutes or until bottoms of peppers are charred and cheese mixture is lightly browned. Place on a platter, sprinkle with tomato & cilantro.

BLUE CHEESE & VIDALIA BURGER

4 servings @ 1 each

Ingredients:

1 pound lean ground sirloin
1/2 cup (2 oz) crumbled blue cheese
1/4 cup canola mayonnaise
2 tsp chopped fresh thyme, divided
1/4 tsp hot pepper sauce
1/2 tsp extra-virgin olive oil
4 slices Vidalia or other sweet onion
2 teaspoons sherry vinegar
4 hamburger buns
4 slices tomato
2 cups arugula or lettuce
Salt & pepper to taste

1. Preheat your grill to medium-high.
2. Combine blue cheese, mayo, 1 tsp thyme, and hot pepper sauce in a small bowl, stirred well.
3. Divide beef into 4 portions, shaping each into a 1/2 inch thick patty. Sprinkle with salt & pepper.
4. Brush oil over both sides of onion slices; sprinkle with pepper. Place the patties and onions on grill rack coated with cooking spray; cover and grill for 3 minutes each side. Set patties aside. Place onion slices in a zip-bag, toss with remaining 1 tsp thyme and vinegar. Seal. Let stand 5 minutes;
5. Spread buns with mayo mixture. Arrange greens & tomato on bottom of bun; top with patty, onion slice & top.

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HONEY MUSTARD GRILLED CHICKEN

Ingredients:

- 1/3 cup Dijon mustard
- 1/4 cup honey
- 2 tbsps mayonnaise
- 1 tspn steak sauce
- 4 skinless, boneless chicken breast halves

Instructions:

1. Preheat the grill for medium heat.
2. In a shallow bowl, mix the mustard, honey, mayo, 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 15 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.

CAMPFIRE BANANA SPLITS

Ingredients:

- 6 large bananas, unpeeled, stems removed
- 2 cups semisweet chocolate chips
- 1 (10.5 ounce) package miniature marshmallows

Instructions:

1. Preheat the grill for high heat.
2. Spray 4 sheets of aluminum foil, large enough to wrap bananas, with cooking spray.
3. Slice the peel of the banana from stem to bottom, while slicing the banana inside lengthwise. The bananas can be cut into slices instead if you like, (while still in the peel) for easier handling later.
4. Carefully open the banana just wide enough to place the chocolate chips and marshmallows inside the peel with the banana. Stuff with as much of the chocolate chips and marshmallows as desired.
5. Wrap the bananas with the aluminum foil and place on the grill or directly in the coals of a fire. Leave in long enough to melt the chips and the marshmallows, about 5 minutes.
6. Unwrap bananas, open the peels wide, and eat with a spoon.

HAM SLICES ON THE GRILL

Ingredients:

- 1 cup packed brown sugar
- 1/4 cup lemon juice
- 1/3 cup prepared horseradish
- 2 slices ham (smoked turkey can be substituted)

Instructions:

1. Preheat grill for high heat and lightly oil grate.
2. In a small bowl, mix brown sugar, lemon juice and prepared horseradish.
3. Heat the brown sugar mixture in the microwave on high heat 1 minute, or until warm.
4. Score both sides of ham slices. Place on the prepared grill.
5. Baste continuously with the brown sugar mixture while grilling.
6. Grill 6 to 8 minutes per side, or to desired doneness.

GRILLED ZUCCHINI PIZZA

Ingredients:

- 1 large zucchini
- 1/2 cup butter, melted
- 3 cloves crushed garlic
- 1/2 cup mozzarella cheese
- 1/2 (14 ounce) can pizza sauce

Instructions:

1. Slice the Zucchini into thick rounds.
2. Combine the melted butter and crushed garlic in a small bowl. set aside.
3. When the coals on your barbeque are almost burned down, lay your zucchini slices on the grill. Let cook for three minutes then turn over and brush the butter/garlic mixture on each slice.
4. Cook for three more minutes and turn over again and brush the other side with the garlic and butter.
5. Cover the slices with pizza sauce and cheese and let cook until the cheese begins to melt.

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CAJUN GRILLED CORN

Ingredients:

- 6 ears corn, husked and cleaned
- 1/2 cup butter, softened
- 6 tablespoons Cajun seasoning

Instructions:

1. Peel back husks from the corn, remove strings and leave just a few layers of husk on the corn.
2. Spread butter or margarine over each ear of corn.
3. Sprinkle Cajun seasoning lightly over each ear, or to taste. Fold corn husks back over the corn. Wrap in foil.
4. Place on grill for 25 minutes, turning occasionally.
5. Unwrap foil, peel back husks and enjoy.

SPICY GRILLED CATFISH

Ingredients:

- 4 (6 oz.) catfish fillets
- 1/4 c. bottled lemon juice
- 1/4 c. soy sauce
- 1/4 c. vegetable oil
- 2 tbsp. finely chopped fresh gingerroot or 2 tsp. ground ginger
- 6 cloves garlic, finely chopped (1 tbsp.)
- 3 green onions, chopped
- 1 tsp. instant minced onion
- 1 tsp. paprika
- 1/4 to 1/2 tsp. cayenne pepper

Instructions:

1. In a shallow dish, arrange catfish fillets.
2. In a small bowl or jar, combine lemon juice, soy sauce, vegetable oil, ginger, garlic, green onions, minced onion, paprika and cayenne pepper. Pour it over catfish.
3. Cover, marinate in the refrigerator for 1 to 2 hours.
4. Remove the catfish from marinade; grill or broil 4 minutes on each side, or until catfish flakes with fork.

QUICK~N~EASY GRILLED POTATOES

Ingredients:

- 2 large russet potatoes, scrubbed
- 2 tablespoons olive oil
- salt and ground black pepper to taste

Instructions:

1. Poke each potato with the tines of a fork.
2. Place the potatoes in a microwave oven, and cook on high power for about 5 minutes. Check about halfway through, and turn potatoes over for even cooking. Slice each potato in half the long way and cook potatoes another 2 minutes on high power.
3. Preheat a grill for medium heat.
4. Brush the potato tops with olive oil, and season with salt and pepper to taste.
5. Cook on prepared grill for 15 to 20 minutes, turning once.

MARINATED FLANK STEAK

Ingredients:

- 1/2 onion, chopped
- 3 cloves garlic, chopped
- 1/4 cup olive oil
- 1/4 cup balsamic vinegar
- 1/4 cup soy sauce
- 1 tablespoon Dijon mustard
- 1 tablespoon rosemary
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 1/2 pounds flank steak

Instructions:

1. Whisk onion, garlic, olive oil, balsamic vinegar, soy sauce, mustard, rosemary, salt, and pepper in a mixing bowl.
2. Put the steak in a large resealable plastic bag. Pour marinade into the bag. Squeeze air from the bag and seal. Marinate in the refrigerator at least 30 minutes (can be up to 2 days).
3. Preheat grill for medium-high heat and lightly oil the grate.
4. Remove steak from the marinade, shake to remove excess liquid. Reserve marinade.
5. Cook steak 6 to 8 minutes per side, brushing occasionally with reserved marinade. An instant-read thermometer inserted into the center should read 150 degrees. Move steak to a cutting board, rest meat 5 minutes before slicing thinly across the grain.