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Sources for recipes:
"Taste of Home", "All Recipes", "Betty
Crocker" and Unknown Authors

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Holmes, Washington, Jackson &
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Meals on the Grill

Entrées, Side Dishes & Desserts
A Healthy Alternative to Frying



Notes:

This collection of recipes has been put together to showcase the vast array of healthy meals that can be prepared on the grill.

Recipes include: beef, pork, poultry, seafood and vegetarian options.

Recipes were obtained from several sources and are noted along with nutritional information for each recipe.

These recipes are only a guide
~ be creative when you're cooking!

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Grilled Entrées

Grilled Pork Chops with Maple Apple Glaze

Ingredients (Makes 4 servings)

1/4 cup real maple syrup
1/4 cup apple butter
1/2 teaspoon ground mustard
4 pork bone-in loin chops, 1/2 to 3/4 inch thick, trimmed of fat
1/2 teaspoon garlic pepper blend
1/4 teaspoon salt

Directions

Heat coals or gas grill for direct heat. In 1-quart saucepan, mix maple syrup, apple butter and mustard. Cook over low heat about 1 minute, stirring occasionally, until well blended. Sprinkle pork chops with garlic pepper and salt. Place pork on grill. Brush with maple mixture. Cover and grill over medium heat 10 to 12 minutes, turning and brushing with maple mixture 2 or 3 times, until no longer pink when cut near bone. Discard any remaining maple mixture.

Nutritional Information:

190 calories; 8 g fat; 23 g protein; 6 g carbohydrates; 65 mg cholesterol; 190 mg sodium; 0.1 g fiber

Notes:

*Betty Crocker

Notes:

Tangy Grilled Beef

Ingredients (Makes 6 servings)

- 1 (10.75 ounce) can condensed tomato soup
- 2 tablespoons brown sugar
- 2 tablespoons lemon juice
- 2 tablespoons vegetable oil
- 1 tablespoon Worcestershire sauce
- 1 teaspoon garlic powder
- 1/4 teaspoon dried thyme
- 1 1/2 pounds beef top sirloin steak

Directions

Preheat grill for medium heat. In a small bowl, mix together soup, sugar, lemon juice, oil, Worcestershire, garlic powder, and thyme. Place steak on lightly oiled grill rack over medium hot heat. Grill for 6 to 10 minutes, uncovered, turning once. Brush often with soup mixture. When done, allow to rest a few moments off the heat. Transfer any remaining sauce to a small saucepan and heat to boiling. Serve with steak.

Nutritional Information:

344 calories; 22 g fat; 23 g protein; 12 carbohydrates; 76 mg cholesterol; 371 mg sodium; 0.3 g fiber

Pineapple Chicken Tenders

Ingredients (Makes 10 servings)

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

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.

Place chicken tenders in a medium bowl. Cover with the pineapple marinade, and refrigerate for at least 30 minutes.

Preheat grill for medium heat. Thread chicken lengthwise onto wooden skewers.

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:

160 calories; 2.2 g fat; 19.4 g protein; 14.7 carbohydrates; 52 mg cholesterol; 332 mg sodium; 0.1 g fiber

FRUIT OR VEGETABLE	SLICE OR THICKNESS	HEAT	COOK TIME (MINUTES PER POUND)
Fruits			
Apples	1/2-in. slices	Medium/Direct	4 to 6
Apricots, pitted	halved	Medium/Direct	6 to 8
Bananas	halved lengthwise	Medium/Direct	6 to 8
Peaches, pitted	halved	Medium/Direct	8 to 10
Pears	halved	Medium/Direct	8 to 10
Pineapple	1/2-in. rings	Medium/Direct	7 to 10
Vegetables			
Asparagus	1/2-in. thick	Medium/Direct	6 to 8
Sweet peppers	halved or quartered	Medium/Direct	8 to 10
Corn (NO HUSK)	whole	Medium/Direct	10 to 12
Corn (WITH HUSK)	whole	Medium/Direct	25 to 30
Eggplant	1/2-in. slices	Medium/Direct	8 to 10
Fennel	1/4-in. slices	Medium/Direct	10 to 12
Mushrooms button	whole	Medium/Direct	8 to 10
Mushrooms Portobello	whole	Medium/Direct	12 to 15
Onions	1/2-in. slices	Medium/Direct	8 to 12
Potatoes	whole	Medium/Indirect	45 to 60

10 Grilling Safety Tips

1. When using charcoal and lighter fluid, follow the instructions exactly and don't ever let lighting charcoal become a game.
2. Gas grilling should be done outside the home at least 10 feet away from the house. Check all connections for leaks by turning on the cylinder valve and spraying the connections with a solution made by mixing equal amounts of liquid dish soap and water. If bubbles appear, those connections need to be tightened or replaced.
3. Keep the grill away from heavy foot traffic. It's also highly recommended to keep children, pets and outdoor games like football away from the grill.
4. Always place lighters and matches away from the grill and children.
5. Wear fitted clothing. While you may be warm, you're safest when wearing long-sleeved shirts, long pants and closed shoes.
6. Never leave a lit grill unattended.
7. Before you put anything on the grill, get the grill hot and scrub it of any residue with a clean wire-bristled brush.
8. Use long-handled tools to avoid leaning over the grill when flipping over burgers and other meats.
9. Create separate areas on the grill for raw meat and cooked foods to prevent cross-contamination.
10. Invest in an instant-read thermometer: Making sure meat and poultry are cooked to the proper temperatures is vital.

Grilled Tilapia with Lemon Basil Vinaigrette

Ingredients (Makes 4 servings)

3 tablespoons lemon juice
3 tablespoons minced fresh basil, divided
2 tablespoons olive oil
2 garlic cloves, minced
1/2 teaspoon grated lemon peel
4 tilapia fillets (6 ounces each)
*Season to taste

Directions

For vinaigrette, in a small bowl, whisk the lemon juice, 2 tablespoons basil, olive oil, garlic and lemon peel; set aside 2 tablespoons for sauce. Sprinkle fillets with salt and pepper. Brush both sides of fillets with remaining vinaigrette.

Using long-handled tongs, moisten a paper towel with cooking oil and lightly coat the grill rack. Grill, covered, over medium heat or broil 4 in. from the heat for 3-4 minutes on each side or until fish flakes easily with a fork. Brush with reserved vinaigrette and sprinkle with remaining basil.

Nutritional Information: (1 fillet)

206 calories; 8 g fat; 32 g protein; 2 g carbohydrates; 83 mg cholesterol; 398 mg sodium; trace fiber

*Taste of Home

Black Bean Veggie Burgers

Ingredients (Makes 4 servings)

1 (16 ounce) can black beans, drained and rinsed
1/2 green bell pepper, cut into 2 inch pieces
1/2 onion, cut into wedges
3 cloves garlic, peeled
1 egg
1 tablespoon chili powder
1 tablespoon cumin
1 teaspoon Thai chili sauce or hot sauce
1/2 cup bread crumbs

Directions

Preheat an outdoor grill for high heat, and lightly oil a sheet of aluminum foil. In a medium bowl, mash black beans with a fork until thick and pasty.

In a food processor, finely chop bell pepper, onion, and garlic. Then stir into mashed beans. In a small bowl, stir together egg, chili powder, cumin, and chili sauce.

Stir the egg mixture into the mashed beans. Mix in bread crumbs until the mixture is sticky and holds together. Divide mixture into four patties. Place patties on foil, and grill about 8 minutes on each side.

Nutritional Information:

198 calories; 3 g fat; 11.2 g protein; 33 g carbohydrates; 53 mg cholesterol; 507 mg sodium; 9.8 g fiber

*AllRecipes.com

USDA Recommended Safe Minimum Internal Temperatures

Cook all raw beef, pork, lamb and veal steaks, chops, and roasts to a minimum internal temperature of 145 °F as measured with a food thermometer before removing meat from the heat source. For safety and quality, allow meat to rest for at least three minutes before carving or consuming. For reasons of personal preference, consumers may choose to cook meat to higher temperatures.

Cook all raw ground beef, pork, lamb, and veal to an internal temperature of 160 °F as measured with a food thermometer.

Cook all poultry to a safe minimum internal temperature of 165 °F as measured with a food thermometer.

* www.usda.gov

Be Food Safe ~ Prepare with Care

CLEAN: Wash hands and surfaces often. Wash your hands with warm, soapy water for 20 seconds before and after handling food. Wash your cutting boards, dishes, etc., with hot, soapy water after preparing each food item. Rinse all fresh fruits and vegetables under running tap water. There is no need to wash or rinse meat or poultry.

SEPARATE: Don't cross-contaminate. Separate raw, cooked, and ready-to-eat foods while shopping, preparing, or storing. Never place cooked food on a plate which previously held raw meat, poultry, or seafood.

COOK: Cook food to safe internal temperatures. Use a food thermometer to be sure!

CHILL: Refrigerate food promptly. Refrigerate or freeze perishables, prepared foods and leftovers within 2 hours or sooner.

Grilled Pizza

Ingredients—you choose

Directions

Make the pizza dough or use prepared pizza dough. Prepare the grill for high direct heat. Prepare the toppings you choose. Shape the pizza dough by flattening it with your hands on a slightly floured surface. Once you've stretched the dough, let it sit for 5 minutes and then push out the edges with your fingers again (about 12-inches in diameter). Do not make a raised rim, it will interfere with the grilling process. Place dough on lightly floured/rimless cookie sheet. Once the grill is hot, apply olive oil to grill grates. Slide pizza dough on to hot grill grates. Close grill lid and cook for 2 minutes. After 2 minutes, open grill and check to see if dough is browning. You may rotate the dough 90 degrees and cook for another minute or until the bottom begins to brown. When top of the pizza dough starts bubbling with air pockets and is browned flip the dough over. Paint the grilled surface of the pizza with a little olive oil, then cover with 1 ladle of sauce. Sprinkle on your toppings. If you are using a gas grill, reduce the heat. If working with a charcoal grill, close the vents on the cover almost all the way. Close the lid and cook for 2-3 minutes more, or until the bottom begins to char and the cheese is bubbly. Pull off the grate with a spatula onto a cutting board or other flat surface and let rest for a couple minutes before cutting into slices.

Nutritional Information:

Will vary based on toppings

*SimplyRecipes.com

Grilled Side Dishes

Spicy Summer Mushrooms

Ingredients (Makes 8 servings)

1 cup Worcestershire sauce
1 cup water
1/4 teaspoon ground black pepper
3 drops hot pepper sauce
2 pounds whole fresh mushrooms

Directions

In a medium bowl, mix Worcestershire sauce, water, ground black pepper and hot pepper sauce. Poke holes in the mushrooms using a fork, then place them in the sauce mixture. Cover and marinate in the refrigerator at least 1 hour. Preheat grill for high heat. Lightly oil the grill grate. Place mushrooms on the grill and cook until browned and tender, about 10 minutes.

Nutritional Information:

90 calories; 0 g fat; 6 g protein; 14 g carbohydrates; 0 mg cholesterol; 1030 mg sodium; 4 g fiber

*AllRecipes.com

Grilled Fruit Kabobs

Ingredients (Makes 6 servings)

1/2 cup margarine
1/4 cup honey
3 fresh peaches, pitted and quartered
3 fresh plums, pitted and quartered
3 bananas, cut into 4 pieces each
12 strawberries, hulled
12 skewers

Directions

Preheat an outdoor grill for medium heat and place a large sheet of foil onto the grate. Melt the margarine and honey together in a small saucepan over medium heat. Reduce heat to low and cook gently, stirring occasionally, until slightly thickened, about 5 minutes. Do not let the sauce boil. Thread a peach quarter, a plum quarter, a banana piece, and a strawberry onto each skewer. Place the skewers onto the foil on the preheated grill; spoon margarine-honey mixture over each skewer. Grill until the fruit is softened and the sauce has thickened and cooked onto the fruit, about 5 minutes. Flip the skewers, spoon more margarine-honey sauce over each, and grill for about 5 more minutes on the other side.

Nutritional Information:

268 calories; 15.4 g fat; 1.3 g protein; 34.8 g carbohydrates; 0 mg cholesterol; 179 mg sodium; 2.7 g fiber

*AllRecipes.com

Grilled Pineapple Slices

Ingredients (Makes 8 servings)

1 fresh pineapple - peeled, cored and cut into rings
1/4 cup canned coconut milk
1/2 cup cinnamon sugar

Directions

Preheat a grill for medium heat. When the grill is hot, lightly oil the grate.

Place the coconut milk and cinnamon sugar into separate dishes. Dip slices of pineapple into coconut milk, then coat in cinnamon sugar.

Grill slices for 6 minutes on each side. Remove to plates, and serve.

Nutritional Information:

92 calories; 1.6 g fat; 0.5 g protein; 20.4 g carbohydrates; 0 mg cholesterol; 2 mg sodium; 0.9 g fiber

Skewered Grilled Potatoes

Ingredients (Makes 8 servings)

2 pounds red potatoes, quartered
1/2 cup water
1/2 cup light plain yogurt
1/4 cup vegetable broth
2 teaspoons crushed dried rosemary
1 teaspoon garlic powder
Wooden skewers, soaked in water for 30 minutes

Directions

Place potatoes and water in a microwave safe bowl. Cook potatoes in microwave on high until just tender, about 15 minutes, stirring half-way through. Drain potatoes and allow to steam for a few minutes to dry.

In a large bowl, stir together yogurt, broth, rosemary, and garlic powder. Mix in drained potatoes and toss to coat. Marinate, covered, in the refrigerator for 1 hour.

Preheat an outdoor grill for high heat and lightly oil grate.

Remove potatoes from marinade, and skewer. Grill, covered, for 6 to 8 minutes, brushing occasionally with marinade, turning half-way through. Remove potatoes from skewers and serve hot.

Nutritional Information:

88 calories; 0.2 g fat; 2.2 g protein; 18.7 g carbohydrates; 0 mg cholesterol; 7 mg sodium; 2.1 g fiber

Grilled Desserts

Campfire Veggies

Ingredients (Makes 6 servings)

4 medium unpeeled potatoes, sliced
1 small onion, chopped
1 (10 ounce) package frozen mixed vegetables
5 tablespoons butter, divided
1/4 teaspoon garlic salt to taste (optional)
*Season to taste

Directions

Preheat an outdoor grill for medium heat. Prepare two foil packets by layering together 4 squares of heavy duty aluminum foil for each packet. If using regular duty foil, use twice the number of layers. Spray the top sheet with nonstick cooking spray. In a bowl or reseal-able bag, toss together the potato slices, onion, and frozen vegetables; season to taste. Evenly divide the potatoes between the two foil packets, and top with the divided butter. Fold each packet, starting length wise, rolling edges together, repeat for each end, making sure to seal edges tightly. Cook the foil packets over the preheated grill until the potatoes are tender, approximately 15 minutes per side.

Nutritional Information:

229 calories; 10 g fat; 4.7 g protein; 32.3 g carbohydrates; 25 mg cholesterol; 272 mg sodium; 5.2 g fiber

*AllRecipes.com

Sweet Grilled Peaches

Ingredients (Makes 4 servings)

1 (16 ounce) package frozen peach slices
1/2 cup honey
2 tablespoons cinnamon

Directions

Preheat a grill for medium heat. Place peaches onto a large piece of aluminum foil. Use two if necessary to hold in all of the peaches without spillage. Drizzle the honey over the peaches, and sprinkle with cinnamon. Close up the foil, sealing tightly. Place the foil packet onto the preheated grill, and cook for 10 minutes, turning once halfway through. Carefully open the packet, and serve.

Nutritional Information:

244 calories; 0.2 g fat; 1 g protein; 64.9 g carbohydrates; 0 mg cholesterol; 9 mg sodium; 4 g fiber

*AllRecipes.com