

Geisinger

Ready, set...grill!

It's that time of year again — grilling season! The warmer temperatures and nicer weather make it a great time to eat lighter, healthier meals. Grilling is not only fun, but it's also one of the healthiest ways to cook. Check out the tips below to add some variety and new flavors to your summer grilling.

Step 1 — Pick a protein

- Enjoy lean meats like skinless chicken breast, ground turkey or salmon most often.
- Occasionally enjoy other meats like beef or pork. Look for the “lean” label.
- **Cooking tip:** For added flavor, try marinating your meat overnight.

Note: The grilled salmon recipe would be great served over a grilled summer vegetable salad or freshly grilled pineapple! See recipes on other side.

Grilled marinated salmon

Yield: 4 servings

Ingredients

- 4 5-ounce skinless salmon fillets
- 1 tsp. olive oil
- 1 garlic clove, minced or crushed
- Juice of 1 fresh lemon wedge
- Salt and pepper to taste

Directions

1. Mince garlic.
2. Whisk together garlic, lemon juice and oil in a small bowl.
3. Place fish fillets in a bowl or deep dish. Top with lemon/garlic/oil mixture and rub into fish. (Let marinate overnight for best flavor.)
4. Set grill to medium high heat. Lightly oil grill to prevent sticking.
5. Remove excess oil from salmon and season to taste with salt and pepper.
6. Grill fish for 5 – 6 minutes on each side, or until desired doneness is achieved.



Grilled summer vegetable salad

Yield: 4 servings

Ingredients

- 12 button mushrooms
- 12 cherry tomatoes
- 1 large green bell pepper, sliced
- 1 large red bell pepper, sliced
- 1 large zucchini, diced
- 1 1/2 Tbsp. balsamic vinegar
- 1 Tbsp. olive oil
- 1 1/2 tsp. honey
- Salt and pepper
- 3 heads romaine lettuce
- 1/4 c. shaved hard cheese

Directions

1. Pre-heat grill.
2. Whisk together honey, vinegar and oil in small bowl and set aside.
3. Slice mushrooms and peppers, dice zucchini.
4. Place vegetables in large bowl and toss with oil mixture until coated. Season to taste with salt and pepper.
5. Wrap vegetables in large piece of foil and place on medium high heat.
6. After 5-6 minutes, open foil and allow to continue to cook for an additional 3-4 minutes. Vegetables should caramelize.
7. Remove from heat.
8. Clean and chop fresh romaine. Place in large serving dish and top with grilled vegetables and juices and your choice of shaved cheese.

Step 2 — Fill your plate with color

Fresh, grilled vegetables are not only healthy, but also taste delicious!

Cooking tip: Cut vegetables into small pieces for quick, even cooking. Skewers or foil packs are great for grilling. To prevent sticking, lightly brush vegetables with a healthy fat, like olive oil.

Note: This recipe would be great with any combination of your favorite vegetables. You can place the veggies right on the grill or use a grill pan. A house-made or store-bought vinaigrette of your choice is optional. For additional protein, top with marinated grilled salmon or chicken.

Step 3 — Grill your dessert

- Did you know when fruit is grilled, the natural sugars caramelize giving it a new, intense flavor?
- Fruits like bananas, melon, peaches and pineapple are great for grilling.
- **Cooking tip:** Choose fruits that are firm, not over ripe. Cut them into large chunks to help them maintain their shape while cooking.

Simple fresh grilled pineapple

Yield: 4 servings

Ingredients

- 1 medium-sized pineapple, peeled and cored
- Oil for grill
- Toasted coconut (optional)

Directions

- Lightly oil grill to prevent sticking.
- Slice pineapple into 1/4 inch thick slices.
- Place on medium high grill until grill marks appear and caramelization occurs on each side.
- Top with toasted coconut (optional).