

SKINNY GRILLING



BARBARA GRUNES

Barbara Grunes

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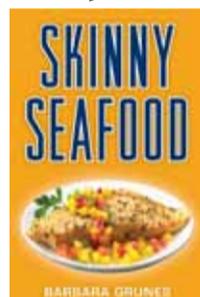
Editorial and production: *Bookcrafters, Inc., Chicago*

Nutritional analyses: *Linda R. Yoakam, M.S., R.D.*

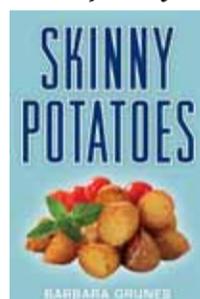
Other titles in Surrey's Skinny series:



Skinny Pizza



Skinny Seafood



Skinny Potatoes

Special thanks to Dorothy Grunes, Sharron Robbins, and Jane Tougus

Ebook edition 1.0 August 2012

Ebook ISBN-10 1-57284-400-0

Ebook ISBN-13 978-1-57284-400-1

Agate Digital is an imprint of Agate Publishing. Agate books are available in bulk at discount prices. For more information visit agatepublishing.com.

This book is dedicated to my son, Louis Kraus, M.D., and to Joanna Gutman, Michele and Dick Chroman, David Marion, and Patty Kolasinski for all of their good advice, tastings, testing, and caring.

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Why “Skinny” Grilling?



Let's face it: Americans are absolutely crazy about grilling. As a matter of fact, as I write these very words, the charwood briquettes on my own grill are well on their way to becoming a glowing body of cooking coals. Nearly nine out of ten American households own and use grills, and every day, on an average, over six million American grills are fired up on patios, in backyards, on fire escapes and balconies, on decks and porches—wherever there's space in yards, trailer parks, public parks, beaches, even inside kitchens on stove-top grills.

Grilling is by far the most popular cooking method in America because it is such a social activity. Grilling embodies a quality of both fun and participation; it is communal, informal, and combines a sense of picnic and party. Grilling is an open, exhibitiv form of cooking, where all can share in and enjoy the flashes, sizzles, aromas, and great expectation of a feast. Typically, grilling takes cooking out of the kitchen and into the open spaces, into the spring, summer, or fall air, and all aspects of the meal take on more of the flavor of a celebration than of routine daily life.

Another phenomenon in American life is that, by the thousands, we have become more concerned about what we eat, about how our food is prepared and cooked, about the effect of what we consume in our bodies and lives. Americans no longer have their eyes focused solely on alluring foods and recipes but increasingly upon healthy foods and recipes. Widespread awareness of the risks of high-fat and high-sodium diets, about the nutritive value of various foods, about the body's ability to process and use fats, carbohydrates, and fiber has drastically changed and reshaped American eating habits.

This combination, the love of grilling and the desire for healthy eating, has motivated the creation of this book. It has been my consistent commitment during the development and testing of these recipes to pro-

vide the reader with the finest and healthiest ingredients that garden or grocer can provide, that cook can prepare, and that grill can produce—without sacrificing the slightest degree of texture, taste, or enjoyment.

Today more than ever before, Americans desire and seek simplicity and quickness in grilling recipes, not so much in the amount of time that food is on the grill, for that is generally a pleasurable and relaxing time, but in the amount of time and effort involved in preparing food for the grill. In a society where time is increasingly precious, home cooks have little inclination to spend hours on food preparation. Yet we increasingly desire new and unique recipes and food combinations. To meet this interesting blend of desires, I have striven to develop simple, easy-to-prepare recipes for the grill—yet recipes that are unique, inspiring, and fun.

Traditionally, American grilling has mainly consisted of throwing fatty chunks of meat on the grill, maybe ladling on some high-sodium barbecue sauce, and serving the result with a baked potato smothered in butter and sour cream. Without disparaging our tastes, this book stands as a refutation to that high-fat, high-calorie, high-sodium tradition. Very simply, “Skinny Grilling” means healthy grilling. It is the constant focus of this book to present recipes that are not only “good from the grill” but recipes that are “good for you from the grill.”

The Nutritional Data

Specific nutritional information is provided for each recipe in this book, but please remember that nutritional data are rarely—if ever—infallible. The recipe analyses were derived using software highly regarded by nutritionists and dietitians. Figures are based on actual lab values of ingredients rather than general rules of thumb, such as each fat gram contains 9 calories, so our results might vary from the results of traditional formulas.

Other factors affecting the nutritional data include: the variable sizes of meat cuts, vegetables, and fruits; a plus or minus 20 percent error factor on the nutritional labels of packaged foods; and cooking techniques and appliances. Thus, if you have any health problems that mandate strict dietary requirements, it is important to consult a physician, clinical dietitian, or nutritionist before proceeding with any recipe in this book. Also, if you are a diabetic or require a diet that restricts calories, fat, or sodium, remember that the nutritional analysis figures may be accurate for the recipe we tested but not for the food you cooked due to the variables.

Please also note that ingredients listed as “optional” are not included in the nutritional data, and if seasonings are used “to taste,” the data may become skewed. When alternate choices of ingredients are given, as “vegetable stock, or chicken stock,” the first-listed item is the one used to develop the nutritional data.

In summary, use the nutritional data as a starting point for planning healthier meals, but regard the figures more as guidelines than as components of an immutable formula.

Flavor and Health

Skinny Grilling recipes constantly, yet subtly, focus on reduced fat, sodium, and fewer calories while retaining all the taste and fulfilling the fun expectations of grilled food. While the recipes consistently call for the leanest cuts of meat, poultry, and seafood, tenderness, juiciness, and taste are preserved and enhanced by preparing and grilling meats using a variety of low-fat rubs, marinades, brushing sauces, mops, and some terrific fruit-and vegetable-based sauces. The book emphasizes the use of fresh herb and wood aromatics to create flavorful, succulent, and complementary tastes.

These recipes also supplement traditional grilled foods with grilled fresh fruits and vegetables. Where possible, I have recommended low-fat cheeses and call for margarine in lieu of butter. The book also includes several new and entertaining grilling methods, including the use of herb stems as skewers and grilling thin slices of fish directly on top of fresh fruits and vegetables.

So, here it is, *Skinny Grilling*, the key to looking and feeling good in your own backyard while you savor the enticing aromas of the grill and await the repast.

The Art of Grilling

Grilling meat must certainly have been the earliest of all cooking methods, and its discovery probably was an accident. On the periphery of a smoldering prairie fire, a lightning fire, primitive man found the remains of animals that had not been able to escape the blaze. The delicious aroma of cooked meat, the increased flavor and juiciness of the feast, and the heightened tenderness must have lit the bulb of inspiration, as the consumption of grilled food began its irreversible progress from a survival skill to a culinary art.

Direct and Indirect Grilling

While myriad designs, shapes, and styles of grills are available on the market today, there are actually only two ways to grill: direct (or open) grilling, which is done directly above the bed of coals or heat source; and indirect (or closed) grilling, which is not done directly above the coals, and a cover or hood is used to shield the food from the open air.

Direct Grilling is the most common way to grill, and it is recommended for most foods. It uses radiation to cook, the heat rising from the glowing coals to be absorbed by the food. It can be done using either open or closed grills. Direct grilling takes place at higher temperatures and more quickly than indirect grilling. Flare-ups are common if the grill is uncovered, so watch food carefully and douse flare-ups immediately.

If you are grilling foods that require different cooking temperatures, you can create two grilling areas on opposite sides of the grill by piling more coals in one area of the fire pan than in the other. Cook foods that require lower temperatures on one side and higher-temperature foods on the other. Also, you can move foods that are cooking too quickly to the lower-temperature side of the grill at any time.

The main advantage of direct grilling is that foods can be cooked very quickly, and moisture and flavor can be retained in the leanest cuts of meat. The outer surfaces of foods will sear, sealing in the natural juices.

Indirect Grilling should be done only on grills that are covered. It employs convection as its heating method. Heated air and smoke circulate constantly about the food, transferring heat and cooking the food evenly. At the lower temperatures of indirect grilling, both meats and vegetables absorb the flavors of marinades and sauces, and the taste of grilled foods is further enhanced by the smoky flavor that permeates them, particularly when cooked with hardwood charcoal or wood chips and aromatics (see “Fuels,” below).

Indirect grilling is an ideal cooking method for larger pieces of meat, roasts, whole birds, and foods requiring longer cooking times and less intense heat than afforded by direct grilling. Arrange the coals on opposite sides of the fire pan, leaving the center area open. A drip pan may be placed between the hot-coal mounds to collect drippings from the grilling food. The drip pan may be filled with water, diluted wine, broth, or fruit juices to create moist heat and to add subtle flavors to the food. Aromatic herbs may be added periodically to the liquid in the drip pan for additional flavoring. You may have to add additional coals during an extended cooking process. Remember to keep the grill covered during indirect grilling.

Types of Grills

Today, there are almost as many types of grills on the market as there are venues for grilling. Your choices range from stripped-down tabletop models to permanently installed behemoths that cost hundreds of dollars. Here, we’ve broken grills down into seven generic categories, which hopefully will give you some basis for comparison.

Kettle Grills have covers that fit over large, rounded cooking chambers. Most kettle grills have one or several sets of dampers, or vents, that control the heat. Heat is reflected off the round chamber and cover of the kettle, creating a natural convection oven effect. The cover of a kettle grill can be left off for open grilling.

Hooded Grills are similar to kettle grills in that a hinged cover traps heat for convection grilling and intensifies the smoky flavor imparted to foods. Hooded grills are square or rectangular in shape, and, unlike most kettle grills, they often offer adjustable cooking grids and fuel grates, which enable the cook to control grilling temperature. Like the kettle grill, the hooded grill may be left open for open grilling.

Braziers, or open grills, do not have hoods. They are generally the least expensive and simplest form of grill. Braziers can be either round or rectangular. Some braziers are more elaborate, having a half-hood or hinged hood and a windscreen. Braziers are light, mobile, and easy to use and can be great for casual backyard get-togethers, block parties, or picnics where grill mobility is an advantage. If you are purchasing a brazier, be careful that the unit you buy is sturdy and is supported by solid legs.

Water Smoker Grills have a cylindrical shape that encourages smoke to rise toward the food. A water pan is used to keep the food moist through the evaporation process. Aromatics can be added to the water or sprinkled atop the charcoal or hardwood fuel. Water smokers are designed to cook large items, such as a turkey or a roast, over many hours, so it is important to replenish charcoal and water as necessary. For a makeshift smoker, you can convert a kettle grill by piling coals along one side only and placing a pan of water on the opposite side. This should work for smaller food items that do not require lengthy smoking. (See recipes for smoked foods in Chapter 7.)

Portable, or Tabletop, Grills are small, highly mobile, and very popular for family outings, picnics, days at the beach, and camping. Portable grills are very convenient for grilling for one or two persons. They are available in small kettle or brazier styles and can be used for either open or closed grilling.

Indoor Stove-Top Grills are a relatively new and convenient idea. They sit directly on the range burners and do an admirable job. They are especially appreciated in winter or on rainy days. Be sure to use them according to individual manufacturer's directions, as they can be hazardous inside the home.

Gas and Electric Grills are increasingly popular because of the convenience of having a fire at the push of a button. Gas grills are fueled by either liquid propane (LP) gas or natural gas. The burning gas heats artificial briquettes. Electric grills employ a heating element located beneath a grate of artificial briquettes. Both gas and electric grills are convenient and efficient although they provide less natural flavor and less ambiance than charcoal grills.

Fuels

The term "charcoal" has become embroiled in a controversy of definition in recent years. The item that is most common and most widely sold bearing the label "Charcoal Briquettes" may in reality consist of low-grade coal, wood ash, and petroleum products bound together by chemical additives. Such briquettes may be very expensive, but it is my strong recommendation to steer clear; they can give food a distinctly unpleasant taste and coat foods with a greasy residue. These popular briquettes burn considerably faster than wood-based briquettes and may not be nearly as economical as they seem.

Hardwood Charcoal, or Charwood, is made by slowly smoldering whole pieces of wood, often cherry, maple, oak, hickory, or mesquite, in a low-oxygen fire. The wood is reduced to a carbon product without fillers or additives. Hardwood charcoal burns hot and cleanly, and rather than leaving an unpleasant taste in foods, it imparts a very pleasant flavor. It also is slow burning. I highly recommend seeking out hardwood charcoal for your grilling purposes.

Hardwood Chunks can be used very effectively for grilling. Most fruit woods and hickory, ash, oak, alder, and mesquite make excellent grilling fuel. Be sure that the wood you use is dry. Wood chunks won't

burn nearly as hot as charcoal yet will burn more quickly than charcoal, so you must time your cooking accordingly. However, each type of wood will provide its own delightful flavor to the grilled food. Avoid using resinous woods, such as fir or pine, which give food a very unpleasant taste.

Aromatics are not actually a grilling fuel in themselves, but they make absolutely outstanding flavor additives. Sometimes referred to as flavor or smoking chips, wood aromatics such as cherry, apple, maple, grapevine, olive, and mesquite can be gently tossed—in the form of twigs or chips—onto the coals in a closed grill to add distinctive tastes and flavors to grilling food. Aromatics should be soaked in water before being distributed evenly and periodically during the cooking process over the hot coals. Aromatics are of little use with open grills as the smoke disperses too quickly to flavor the food.

Fresh or dried herbs also make excellent aromatic additives and can be tossed on coals to lightly flavor food. Bay leaves, fennel, savory, rosemary, sage, thyme, and tarragon are especially effective for delicately flavoring poultry and fish.

Cooking Temperatures

Be sure to allow plenty of time for your coals to reach the right stage for grilling. I suggest that you allot 30 to 45 minutes to ensure that you do not become hurried and attempt to grill on coals that are not thoroughly lit or coals that are too hot. When your coals are red hot and glowing, you will not be able to hold your palm 6 inches above them for more than 3 seconds. That is still too hot for most grilling.

When the coals have become covered by a layer of gray ash and you can hold your palm about 6 inches above them for around 5 seconds, the fire is medium hot. Most grilling is done over medium-hot coals. If you are cooking a roast or a whole bird or large fish, you may want to use low heat, when all of the red glow is gone and you can hold your hand comfortably over the coals. However, be certain that your fire has not gone out entirely and that you have not lost most of your grilling heat. If the heat seems too low, try opening the vents to supply oxygen and reinvigorate the coals.

Remember that heat and grilling time will vary considerably, depending on a number of factors, particularly the condition of your coals. Be careful to monitor the grilling process frequently, both at high and at lower temperatures.

Grilling Accessories

An Electric Starter may seem like a rather expensive luxury, but it is a safe and very effective way to start fuel. Its long life makes it more economical than starter fluid in the long run. The main disadvantage is that the electric starter requires a nearby electric outlet. Nestle the starter among the coals and plug it in. The starter heats to red hot and ignites the coals around it, which spread the fire to other coals.

A Grill Chimney is a metal cylinder with two separated chambers inside and vents on the sides or bottom. Fill the top section of the chimney with briquettes, and stuff a crumpled piece of newspaper in the bottom section. Place the chimney on the grate of your grill and light the newspaper. When ignited, empty the coals into the firepan.

Liquid Starters are the most commonly used charcoal starters, but they are also the most expensive, the most dangerous, the least environmentally friendly, and they often impart an unpleasant flavor to grilled food. Liquid starters seem convenient, but they have virtually no other redeeming factor.

Insulated Pot Holders and a good-quality, extended-sleeve, fireproof mitt are an obvious must for grilling. Be sure that your mitt and pot holders are available near the grill at all times and that you have not inadvertently carried them away from the grill area.

Long-Handled Tongs serve as an all-purpose tool at the grill and will handle a multitude of duties. Use them to move coals when necessary or to turn food on the grill. Other long-handled cooking tools, such as a spatula, a fork, and a spoon, are also handy, but a good pair of tongs can effectively perform most jobs. If

you use a grill fork, be careful not to pierce meat and poultry as it grills or it will release precious juices.

Basting Brushes come in many shapes, sizes, and bristle widths, but at least one good long-handled basting brush, preferably with a 45-degree bend near the bristles, is necessary for brushing on marinades and sauces. I suggest having several brushes available in the event you are using a variety of coatings.

Skewers. Sooner or later you will certainly make kabobs: At least one set of skewers will be necessary for successful kabobs, whether meat, vegetables, poultry, fish, fruit, or any combination of the above. Wooden or bamboo skewers are excellent and attractive for light, short, or mid-sized kabob combinations and quick-cooking foods. Soak wooden or bamboo skewers in water before use so that they will not burn while grilling.

Double-pronged and single metal skewers also work admirably with most foods, and they are particularly effective for grilling heavy chunks of meat or for long-skewered dishes. Be absolutely certain to use a mitt or pot holder when turning hot metal skewers or when removing them from the grill. Double-pronged skewers are available at some cooking stores, and they are great for preventing food from shifting while turning. You can also thread kabobs onto two single skewers to create the same handy effect.

A Spray Bottle of water is very useful for dousing flare-ups when you are open grilling.

A Meat Thermometer of good quality will pay for itself, and it will take the guess work, and potential disappointment, out of grilling roasts, whole birds, and other meats and poultry. Meat thermometers do not work with thinner cuts of meat.

A Grill-Side Carving Board or wooden platter, preferably with a juice canal, will be a constant asset.

A Wire Brush is an essential clean-up tool. The cooking grid or rack should be scraped clean before each grill use. Treat your grill grid as you would a frying pan or your oven shelves. Do not attempt to grill on a grease- and food-coated grid or your food may pick up unpleasant tastes and stick to the grid or rack. Clean your grill brush by washing it out with hot water to remove grease and food particles.

A Grill Basket with a hinged lid is very valuable for grilling and turning small pieces of meat, light vegetables, shellfish, and fish fillets. The food can be cooked in the grill basket, which serves to prevent pieces from falling through the grid onto the coals.

It is both wise and convenient to keep a flashlight and a fire extinguisher close by your grill. If you need either, you will be extremely thankful to have it available.

Tips for Happy and Successful Grilling

Remember that when using any grilling recipe, including those in this book, many variables make grilling an inexact culinary art. Grilling times vary greatly depending on type of food, combinations of foods, thickness of food, temperature, quantity, distribution of coals, distance between cooking surface and coals, and other factors such as wind velocity and type of grill. The best advice is to be attentive while grilling: watch the food as it cooks. Make adjustments as necessary, such as adding charcoal, spreading hot coals, adjusting vents, moving foods to cooler areas of the grill—whatever is necessary to ensure successful cooking.

Always begin grilling on a clean grill. Clean both the grill grid or rack and the ash-catcher. A full ash-catcher will inhibit the flow of oxygen around the coals.

Be sure to allow coals to reach the proper condition and temperature before you begin grilling. Do not attempt to grill over coals that are too hot or too cool. Thoroughly preheat the cooking surface. Food will stick to a grid that is merely warm.

To prevent food from sticking, you may lightly oil or spray the grilling surface before you begin to cook. If you brush or rub oil onto the grill grid, be careful not to burn yourself or to drop oil onto hot coals.

Before you begin to grill, be sure that you have all the necessary tools—your mitt, platters, and other ac-

cessories—at hand.

Position your grill in a safe area, away from your house or garage and away from overhanging tree limbs. If necessary, rake the area around the grill to prevent a spark from causing a fire. Keep the grill away from your car or any flammables.

Never use a grill indoors unless it is specifically designed and intended for indoor grilling. Keep children and pets well away from a hot grill. Always use a mitt or pot holders when operating a grill.

Allow the grill to cool down thoroughly after cooking. To extinguish the fire, cover the grill and close the vents; douse the coals of an open grill. Never leave a hot grill unattended.

Feel free to experiment and adapt grilling recipes for your own purposes and enjoyment. Use your imagination and enjoy fully the manifold capabilities of your grill. Have fun and enjoy.

Appetizers

Bruschetta

Salmon Fingers with Basil Aroma

Wood-Smoked Pizza

Grilled Quesadillas with Papaya Salsa

Chicken Satay with Peanut Sauce

Turkey Sausage with Sweet Peppers

Soft-Shell Crabs with Yogurt Chili Sauce

Turkey Mini-Burgers

Grilled Portobello Mushrooms



Bruschetta

From the hills above Florence, Italy, comes this easy and delicious appetizer.

Makes 8 servings

Onion Topping

Olive-oil-flavored nonstick cooking spray

2 cups thin-sliced onion

3/4 cup chopped celery
 1 cup chopped yellow or red tomatoes
 3 tablespoons capers, including 1 tablespoon liquid
 1/2 teaspoon salt
 1/4 teaspoon pepper

Brushing Mixture

4 cloves garlic, mashed
 2 tablespoons olive oil
 8 slices Italian or French bread

First prepare the onion topping. Heat a sprayed nonstick frying pan. Sauté onions and celery, covered, over medium heat for 5 minutes or until tender; stir occasionally. Add tomatoes, capers, salt, and pepper. Reheat to serve.

Brushing Mixture: Mix together garlic and olive oil. Brush bread lightly on both sides with oil mixture.

Spray grill rack and place on grid over ashen-hot coals. Toast bread on both sides. Remove from heat and top with onion mixture. Serve hot.

Nutritional Data			
Per Serving	Exchanges		
Calories:	143	Milk:	0.0
% Calories from fat:	29	Veg.:	1.0
Fat (g)	4.7	Fruit:	0.0
Sat. fat (g):	0.7	Bread:	1.0
Cholesterol (mg):	0	Meat:	0.0
Sodium (mg):	384	Fat:	1.0
Protein (g):	3.5		
Carbohydrate (g):	22.6		

Salmon Fingers with Basil Aroma

For aroma, scatter 1/2 cup rinsed and drained dried basil over the hot coals just as you are about to grill.

Makes 6 servings

1 lb. center-cut salmon fillet, boned, skinned
 1/2 cup dry white wine
 1/4 cup fine whole-wheat breadcrumbs
 Nonstick cooking spray
 1/2 cup dried basil for aromatic
 4 lettuce leaves, wash and pat dry
 1 cup chopped tomato

Cut salmon into 1-inch strips. Soak salmon strips in a shallow dish with wine for 1 hour, turning once. Drain.

Roll salmon fingers in breadcrumbs.

Spray a grill rack and place it on grid over ashen-hot coals. Scatter rinsed and drained basil over coals.

Grill salmon, turning once with a long-handled spatula. Grill fish about 4 minutes on each side or until it is done to taste. Salmon will flake easily when tested with a fork.

To serve, place salmon fingers on a salad plate over lettuce leaves. Spoon on chopped tomatoes next to the salmon. Serve hot or cold.

Nutritional Data			
Per Serving	Exchanges		
Calories:	108	Milk:	0.0
% Calories from fat:	24	Veg.:	1.0
Fat (g)	2.9	Fruit:	0.0
Sat. fat (g):	0.6	Bread:	0.0
Cholesterol (mg):	13.6	Meat:	1.5
Sodium (mg):	82	Fat:	0.0
Protein (g):	11.8		
Carbohydrate (g):	5.2		

Wood-Smoked Pizza

Chicago is famous for its deep-dish pizza made with a cornmeal crust. This pizza is also made with a cornmeal crust, which yields a denser, richer crust. You can substitute white cornmeal if you wish.

Makes 8 servings

Crust

- 1 cup, scant, warm water
- 1/2 teaspoon honey
- 1 pkg. (2 1/2 teaspoons) active dry yeast
- 2 cups bread flour
- 3/4 cups yellow cornmeal
- 1/2 teaspoon salt
- 2 tablespoons olive oil

Topping

- 4 teaspoons olive oil
- 4 large, ripe garden tomatoes, sliced thin
- 4 cloves garlic, minced
- 1/2 teaspoon salt
- 2 tablespoons each: fresh basil, oregano, chives, and parsley
- 4 tablespoons crumbled, skim mozzarella cheese

Crust: In a glass or small bowl mix water with honey. Sprinkle yeast over water and stir until yeast dissolves. Yeast will begin to bubble in about 5 minutes.

While yeast is “proofing,” mix flour, cornmeal, salt, and oil. Use either an electric mixer, food processor, or a bowl and wooden spoon. Stir in yeast and process only a few seconds if using a processor, and 3 to 5 minutes if using an electric mixer. Dough may be sticky.

Place dough in a bowl, and cover lightly with plastic wrap or a damp towel. Let dough rise about 1 hour or until double in size. Punch dough down, and let it stand for 5 minutes.

Knead dough on a lightly floured board or on a pastry cloth for a few minutes until smooth and shiny.

Let dough rise again for about 40 minutes, and again punch it down.

Stretch and shape dough by hand, or use a rolling pin on a lightly floured board. Shape dough into four 7-inch circles or free-form shapes.

Topping: Brush dough with oil. Arrange tomato slices on top and sprinkle with spices, herbs, and cheese.

Using a spatula or pizza paddle sprinkled with cornmeal, put pizzas onto preheated tiles placed on a baking sheet. Place over ashen-hot coals. Cover grill, and cook pizzas until done to taste, about 5 to 6 minutes. Turn pizzas around once during grilling. Crusts will color slightly.

Remove pizzas with long-handled spatula or paddle. Cut each into serving pieces and serve hot. Sprinkle pizzas with red pepper flakes if desired.

Nutritional Data			
Per Serving	Exchanges		
Calories:	245	Milk:	0.0
% Calories from fat:	27	Veg.:	1.0
Fat (g)	7.4	Fruit:	0.0
Sat. fat (g):	1.3	Bread:	2.0
Cholesterol (mg):	2	Meat:	0.0
Sodium (mg):	294	Fat:	1.5
Protein (g):	7		
Carbohydrate (g):	38.2		

Grilled Quesadillas with Papaya Salsa

Quesadillas are a Mexican dish you can serve as a sandwich or as an appetizer.

Makes 6 servings

Salsa

- 1 cup chopped tomatoes
- 1 cup chopped, peeled papaya
- 1/2 cup chopped onion
- 1 jalapeño pepper, carefully seeded and chopped
- 2 tablespoons fresh lime juice
- 1/4 cup chopped cilantro

Quesadillas

- 3 small (6–7 in.) flour tortillas
- 2 1/4 cups fat-free ricotta cheese
- 3 tablespoons grated skim mozzarella cheese
- 3/4 cup cooked, mashed, and cooled pinto beans
- 1 teaspoon ground cumin

First prepare the salsa. Combine all salsa ingredients in a small bowl. Cover and refrigerate until ready to serve. Toss ingredients before serving.

Quesadillas: To make each quesadilla, spread 3/4 cup of ricotta cheese over one-half of each tortilla.

Sprinkle with 1 tablespoon of mozzarella cheese. Mix mashed beans with cumin, and sprinkle 1/4 cup of it over the cheese. Fold each tortilla in half, pressing halves together lightly with your finger tips.

Spray a grill rack and adjust it on the grid over ashen-hot coals. Place quesadillas on rack, and grill until each side begins to brown, turning once. Using a pair of kitchen scissors, cut each quesadilla in half to serve.

Nutritional Data			
Per Serving	Exchanges		
Calories:	184	Milk:	0.0
% Calories from fat:	8	Veg.:	1.0
Fat (g)	1.7	Fruit:	0.0
Sat. fat (g):	0.6	Bread:	1.5
Cholesterol (mg):	12.1	Meat:	1.5
Sodium (mg):	75	Fat:	0.0
Protein (g):	18.5		
Carbohydrate (g):	27.9		

Chicken Satay with Peanut Sauce

Chicken satay is a popular Indonesian delicacy that is grilled on skewers.

Makes 8 servings

Peanut Sauce (about 1 cup)

- Nonstick cooking spray
- 1/4 cup chopped green onion
- 3 cloves garlic, minced
- 1 teaspoon grated fresh ginger, or 1/2 teaspoon ginger powder
- 1/2 teaspoon ground cumin
- 1/2 teaspoon cayenne pepper
- 1/4 teaspoon salt
- 2 tablespoons light soy sauce
- 2 tablespoons dark corn syrup
- 2 tablespoons fresh lemon juice
- 3 tablespoons light, low sodium peanut butter
- 2 tablespoons coconut milk

Chicken

- 2 chicken breasts, about 32 ozs., bones and skin discarded
- 8 short bamboo skewers, soaked in water 2 minutes, drained

Peanut Sauce: Spray a small nonstick saucepan. Sauté onions, garlic, and ginger, covered, about 3 minutes over medium heat. Stir as needed. Add cumin, pepper, and salt.

Put mixture into a food processor or blender, add remaining ingredients, and puree. Spoon sauce into bowl. Cover and refrigerate until needed. You can make sauce the day before it's served.

Chicken: Cut in thin lengthwise strips and pound chicken. Thread strips onto drained skewers.

Spray a grill rack and adjust it on grid over ashen-hot coals. Grill chicken about 2 minutes on each side,

turning as necessary until chicken is cooked through.

Place skewers on a platter with sauce bowl and serve.

Nutritional Data			
Per Serving	Exchanges		
Calories:	155	Milk:	0.0
% Calories from fat:	30	Veg.:	0.0
Fat (g)	5.1	Fruit:	0.0
Sat. fat (g):	1.8	Bread:	0.5
Cholesterol (mg):	46	Meat:	2.0
Sodium (mg):	247	Fat:	0.0
Protein (g):	19		
Carbohydrate (g):	7.6		

Turkey Sausage with Sweet Peppers

Makes 8 servings

Olive-oil-flavored nonstick cooking spray

4 smoked turkey sausages, about 2 ozs. each, room temperature

1 cup sliced onion

2 cups sliced red or green bell peppers

1 cup sliced tomatoes

1/2 teaspoon fennel seeds

1 teaspoon chopped oregano, or 1/2 teaspoon dried

1/4 teaspoon garlic powder

Spray a grill rack and place it on grid over ashen-hot coals. Grill sausages, onions, peppers, and tomatoes, turning as necessary until done. It will take longer to cook the sausages than the vegetables, so start with the sausages and add the vegetables as the sausage is cooking.

Remove food to a board. Cut sausages into small coin-shaped slices. Toss sausage with vegetables and seasonings.

Spoon onto individual dishes, and serve hot with Italian bread.

Nutritional Data			
Per Serving	Exchanges		
Calories:	73	Milk:	0.0
% Calories from fat:	27	Veg.:	1.0
Fat (g)	2.3	Fruit:	0.0
Sat. fat (g):	0.6	Bread:	0.0
Cholesterol (mg):	18	Meat:	1.0
Sodium (mg):	243	Fat:	0.0
Protein (g):	6		
Carbohydrate (g):	7.8		

Soft-Shell Crabs with Yogurt Chili Sauce

The soft-shell crab season is from spring through summer. To clean soft-shell crabs, remove the face section of the crab. Lift the shell on both sides of the back, then with a small, sharp knife scrape off the gills. Remove the sand. It is best to ask your fishmonger to clean the crabs for you.

Makes 8 servings

Yogurt Chili Sauce

- 2 cups plain nonfat yogurt
- 1/4 cup chili sauce
- 1/4 cup minced onion
- 1/2 teaspoon chili powder

Soft-Shell Crabs

- 1 cup flavored breadcrumbs
- 1 teaspoon marjoram, or 1/4 teaspoon dried
- 2 tablespoons minced parsley
- 1/4 teaspoon pepper
- 2 egg whites, slightly beaten
- 8 soft-shell crabs, cleaned, washed, patted dry with paper toweling
- Nonstick cooking spray

Yogurt Chili Sauce: Combine all ingredients in a small bowl. Cover and refrigerate until ready to serve. Stir and taste to adjust seasoning.

Soft-Shell Crabs: Mix together breadcrumbs, marjoram, parsley, and pepper. Spread crumbs on a flat dish.

Put slightly beaten egg whites in a separate shallow bowl.

When ready to grill, roll the crabs in the egg whites and dust with breadcrumb mixture.

Spray a grill rack and adjust it on the grid over ashen-hot coals.

Grill crabs 3 to 4 minutes on each side or until crabs change from a bluish color to a reddish hue. They will be slightly firm to the touch.

Serve one crab per person and pass the chili sauce.

Nutritional Data			
Per Serving	Exchanges		
Calories:	125	Milk:	0.0
% Calories from fat:	7	Veg.:	0.0
Fat (g)	0.9	Fruit:	0.0
Sat. fat (g):	0.2	Bread:	1.0
Cholesterol (mg):	13.6	Meat:	1.0
Sodium (mg):	812	Fat:	0.0
Protein (g):	11.2		
Carbohydrate (g):	17.5		

Turkey Mini-Burgers

As an alternative, you can serve these mini-burgers with cranberry relish.

Makes 8 servings

Burgers

- 1 lb. ground turkey breast meat
- 2 egg whites
- 1/4 cup finely ground whole-wheat breadcrumbs
- 3/4 cup minced onion
- 2 tablespoons chopped drained capers
- 1/4 teaspoon pepper

Accompaniments

- 2 thin slices rye or pumpernickel bread, cut into 8 triangles
- Lettuce leaves, cut to bread size
- 8 thin slices tomato
- 1 medium-small red onion, cut into thin slices

Burgers: In a mixing bowl, combine ground turkey with egg whites, crumbs, onions, capers, and peppers.

Shape into 8 small burgers. Place burgers on a plate and refrigerate until ready to grill.

Spray grill rack and adjust it on grid over ashen-hot coals. Grill burgers 1 minute on each side, and continue cooking until turkey is cooked through but not overcooked. Remove turkey burgers with a long-handled spatula.

Accompaniments: Place lettuce leaves on bread and top with a tomato slice. Add burgers and finish with onion rings. Serve hot.

Nutritional Data			
Per Serving	Exchanges		
Calories:	103	Milk:	0.0
% Calories from fat:	14	Veg.:	0.0
Fat (g)	1.6	Fruit:	0.0
Sat. fat (g):	0.4	Bread:	0.5
Cholesterol (mg):	25	Meat:	1.5
Sodium (mg):	126	Fat:	0.0
Protein (g):	13		
Carbohydrate (g):	9		

Grilled Portobello Mushrooms

Use the stems of the mushrooms, chopped, in a salad or in a soup.

Makes 4 servings

Marinade

- 1 cup balsamic vinegar, or red wine vinegar
- 1/2 cup water, or vegetable stock
- 1/2 cup chopped onion
- 1 lemon, sliced
- 2 bay leaves
- 1 teaspoon fresh oregano, or 1/2 teaspoon dried

1 teaspoon fresh basil, or 1/2 teaspoon dried

Mushrooms

4 Portobello mushrooms, about 1 lb.

Nonstick cooking spray

First prepare the marinade. Mix all marinade ingredients in a shallow bowl. Clean mushrooms and remove stems. (Chop and reserve stems for salad or a stuffed mushroom dish.) Put mushrooms in marinade and let stand for 1 hour. Turn mushrooms once or twice. Drain.

Spray grill rack and place it on grid over ashen-hot coals. Grill mushrooms about 2 minutes on each side.

Remove mushrooms, cut into strips, and serve a few slices on individual plates garnished with grilled green onions and/or cherry tomatoes.

Nutritional Data			
Per Serving	Exchanges		
Calories:	56	Milk:	0.0
% Calories from fat:	26	Veg.:	2.0
Fat (g)	2.1	Fruit:	0.0
Sat. fat (g):	0	Bread:	0.0
Cholesterol (mg):	0	Meat:	0.0
Sodium (mg):	8.6	Fat:	0.0
Protein (g):	3.9		
Carbohydrate (g):	9.5		

Vegetables

- Grilled Vegetables with Pasta
- Vegetables Grilled à la South of France
- Grilled Vegetables on Warm Focaccia
- String Beans and Asparagus with Pesto Dipping Sauce
- Grilled Sweet Peppers Salad
- Grilled Eggplant Spread
- Vegetables and Potatoes with Pasta
- Double-Baked Potatoes with Chili Sauce
- Baked Potatoes with Garlic and Mustard Topping
- Vegetable Kabobs with Sweet Potatoes and Bananas
- Eggplant Steaks with Sour Cream and Wasabi
- Vegetable Tortillas
- Veggie Pizza on the Grill



Grilled Vegetables with Pasta

Grilled vegetables are a treat. A simple recipe for grilled vegetables is to slice and cook them on a sprayed grill rack only until just done. Arrange the vegetables on a platter, and sprinkle them with balsamic vinegar.

Makes 4 entrée servings

- 1 zucchini, cut in 1/4-in. diagonal slices
- 4 summer squash, cut in half
- 1 large red or green bell pepper, seeded from the top, cut in round slices
- 1 red onion, sliced
- Nonstick cooking spray
- 1/2 cup balsamic vinegar
- 12 ozs. penne, or pasta of your choice, cooked according to pkg. directions
- 1/2 cup nonfat ricotta cheese
- 1/2 cup plain nonfat yogurt
- 1 tablespoon basil
- 2 teaspoons chopped chives
- 1/2 teaspoon garlic powder
- 1/4 teaspoon each ingredient: salt and pepper
- 2 tablespoons fresh-grated Parmesan cheese

Cut vegetables and have them ready by the grill.

Spray a grill rack and place it on the grid over hot or ashen coals. Grill vegetables a few minutes on each side until tender. Vegetables will char slightly. The vegetables will grill at different speeds, so remove them as they are ready. Sprinkle vegetables with balsamic vinegar.

Put hot drained pasta in a deep glass bowl. Toss pasta with vegetables and remaining ingredients. Best served hot.

Nutritional Data			
Per Serving	Exchanges		
Calories:	400	Milk:	0.0
% Calories from fat:	8	Veg.:	2.0

Fat (g)	3.7	Fruit:	0.0
Sat. fat (g):	1	Bread:	4.0
Cholesterol (mg):	6	Meat:	1.0
Sodium (mg):	248	Fat:	0.0
Protein (g):	20.1		
Carbohydrate (g):	72.8		

Vegetables Grilled à la South of France

Ratatouille has become a fall favorite recipe. That is when the vegetables are at their peak. To prepare this dish, the vegetables are grilled and served together in a medley, capturing the flavor of a ratatouille. Vegetables grill well over ashen rather than hot coals.

Makes 4 servings

- 1 small eggplant, peeled, sliced
- 1 medium zucchini, sliced
- 1 large tomato, sliced
- 1 green bell pepper, seeded, sliced
- 1 cup sliced onion
- Nonstick cooking spray
- 1 tablespoon chopped basil
- 2 teaspoons olive oil
- 1/2 teaspoon oregano
- 1/4 teaspoon each ingredient: salt, and pepper

Over a double thickness of paper towels, sprinkle eggplant with salt. Let stand 30 minutes. Wash salt off eggplant. Slice remaining vegetables and place near grill.

Spray grill rack and position it on grid over hot or ashen coals. Place eggplant on rack first, as it takes longer to cook, 10 to 20 minutes, depending on heat of coals and distance from them. Add remaining vegetables. Grill vegetables about 2 minutes per side, turning them as necessary with a long-handled spatula and fork. Vegetables will char slightly and should be hot. Put vegetables on a large serving plate.

Sprinkle vegetables with basil, olive oil, oregano, salt and pepper. Good hot or cold.

Nutritional Data			
Per Serving	Exchanges		
Calories:	76	Milk:	0.0
% Calories from fat:	29	Veg.:	2.0
Fat (g)	2.7	Fruit:	0.0
Sat. fat (g):	0.4	Bread:	0.0
Cholesterol (mg):	0	Meat:	0.0
Sodium (mg):	141	Fat:	0.5
Protein (g):	2.1		
Carbohydrate (g):	12.8		

Grilled Vegetables on Warm Focaccia

Focaccia comes ready-made at the grocery store. If you want to prepare your own, the next recipe will guide you. Either way,

enjoy your grilled vegetables on warm focaccia.

Makes 6 entrée servings

Whole-Wheat Focaccia (recipe follows)
1/2 cup dried oregano, soaked in water 5 minutes, drained
1/2 medium eggplant, trimmed, peeled, sliced thin
1 lb. thin asparagus, trimmed
1 large tomato, sliced
4 cloves elephant garlic, peeled, sliced lengthwise
1 large onion, peeled, sliced
Nonstick cooking spray
1/2 cup Italian parsley, chopped
1/3 cup red wine vinegar
1 tablespoon oregano

Sprinkle drained oregano over the hot coals as an aromatic for the vegetables. Cut and trim vegetables and have them handy near the grill. Spray a grill rack and place it on the grid over hot or ashen coals.

Spray vegetables lightly, and place eggplant on the grill rack first, as it will take the longest to cook. Add remaining vegetables and grill on both sides until vegetables are just tender. Vegetables will char slightly. Turn vegetables as necessary as they grill.

Remove vegetables to a platter. Sprinkle with parsley, vinegar, and ground oregano.

Spread the vegetables on one of the focaccias. Cover with the other focaccia, and cut into 6 servings. Best served hot.

Whole-Wheat Focaccia

Makes 6 servings, two 9-in. rounds

1/2 teaspoon honey
1 cup (scant) warm water
1 pkg. active dry yeast
3/4 cup whole-wheat flour
2 cups all-purpose flour
1/2 cup white cornmeal
1/2 teaspoon salt
1 tablespoon olive oil
Nonstick cooking spray

Stir honey into the warm water in a measuring cup or small bowl. Sprinkle yeast over water and stir until yeast dissolves. Let mixture stand in draft-free area about 5 minutes or until yeast begins to bubble.

Mix flour and cornmeal with salt and oil in a food processor fitted with a steel blade or in an electric mixer with a dough hook. To mix dough by hand, use a bowl and wooden spoon.

Pour in yeast mixture and process until a soft, almost sticky dough is formed, 5 to 10 seconds. If using an electric mixer, mix 3 minutes or until a smooth dough is formed. If mixing dough by hand, mix ingredients until a smooth, slightly sticky dough is formed, 3 to 5 minutes.