The Ultimate Grilling Cookbook
A Collection of Meats, Sauces, Sides and More!
Letter from the Editor

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Please enjoy this Ultimate Grilling eCookbook!

Happy Grilling,

Hillary
Editor
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Chicken

While chicken is very versatile, one of the best ways to prepare chicken is on the grill! Something about those char marks really ups the ante when it comes to having chicken for dinner. Try out one of the tasty recipes below.

Grilled Chicken Tenderloin

Grilling locks in the flavor of this lime, honey and Italian-seasoning marinated chicken.

Ingredients

1 lb. Chicken Breast Tenders
1/2 C. Italian Dressing (drain spices and discard spices)
1 tsp. Fresh Lime Juice
1 1/2 tsp. Honey

Directions

Mix dressing, lime juice and honey together. Pour over chicken tenders, making sure all tenders are covered, marinate for 1 hour. Braise tenders in a non stick pan or grill to lightly golden in color but not dry.

My Recipe Notes:
Honey Mustard Ginger Grilled Chicken

Grill these low fat, low sodium marinated chicken breasts. The hint of ginger and orange is a tasty surprise!

Ingredients

1/2 C. GREY POUPON Honey Mustard
1/4 C. orange marmalade (can substitute with sugar-free)
2 Tbs. finely chopped peeled gingerroot
2 cloves garlic, minced
4 boneless skinless chicken breast halves (1 lb.)

Directions

Mix mustard, marmalade, ginger and garlic. Place chicken in glass dish or plastic bag. Pour 1/4 C. of the mustard mixture over chicken; turn to coat. Cover. Refrigerate at least 1 hour. Remove chicken from mustard mixture; discard mustard mixture. Grill or broil chicken 5-6 minutes on each side or until cooked through. Heat remaining mustard mixture. Serve over chicken.

Tip: Substitute 2 tsp. ground ginger for 2 Tbsp. chopped fresh gingerroot.

Yield: 4 servings

My Recipe Notes:
**Grilled Chicken Dijonnaise**

*A creamy and tangy chicken dish seasoned with plenty of tarragon.*

**Ingredients**

- 1/4 c. vegetable oil
- 1/4 c. fresh lemon juice
- 1/2 tsp. freshly ground pepper
- 6 skinless boneless chicken breast halves
- 3 Tbs. tarragon vinegar
- 2 Tbs. dry white wine
- 1 tsp. dried tarragon
- 4 Tbs. butter or margarine
- 2 Tbs. Dijon style mustard

**Directions**

In a shallow dish, combine oil, lemon juice and pepper. Add chicken and turn to coat with marinade. Marinate, turning occasionally, for 30 minutes. Meanwhile, combine vinegar, wine and tarragon in saucepan. Boil until reduced to about 2 Tbs. Reduce heat to low, add butter and mustard and stir until butter melts. Set sauce aside; keep warm. Drain chicken well, grill or broil over medium heat, turning once and basting frequently with mustard sauce, until just cooked through about 5 minutes aside. Be careful not to overcook chicken.

Serves 6.

**My Recipe Notes:**
Grilled Bourbon Chicken

The flavor of the complex whiskey glaze really comes out with grilling.

Ingredients

1 chicken cut up or 1 1/2 lb. boneless chicken breast

***GLAZE***
1 C. bourbon whiskey
1/2 C. dark brown sugar
1 C. ketchup
2 tsp. Worcestershire sauce
1/4 C. white vinegar
1 Tbs. fresh lemon juice
3 cloves garlic minced
1/2 tsp. dry mustard
salt and pepper to taste

Directions

Combine whiskey, sugar, ketchup, sauce, lemon juice, garlic, salt and pepper and brush chicken with thin coating of glaze and place on grill. Continue to baste while turning chicken.

My Recipe Notes:
Grilled Chicken Wings

A flavorful and easy way to grill up some chicken wings before the big football game.

Ingredients

3 lb. chicken wings
1/2 C. Dijon mustard
2 tsp. olive oil
4 cloves garlic, minced
1/4 C. soy sauce
1/2 tsp. ground ginger

Directions

Cut the chicken wings into three pieces and discard tips. Mix remaining ingredients into a bowl. Add wings and stir. Cover and marinate for 45 minutes. Place pieces on the grill and brush with remaining mixture. Grill over medium-hot coals about 15-20 minutes, turning once.

My Recipe Notes:
Beef

If chicken is good on the grill, beef is even better. There are countless grilled steak and beef recipes to enjoy all summer long, but try one of these tasty ways to cook a steak!

Grilled Beef Tenderloin with Cannelini Beans and Roasted Tomatoes

This colorful dish just gushes with tomatoes.

Ingredients

1 bag frozen small onions (about 4 C.)
3 large tomatoes
2 pints of cherry tomatoes or small pear-shaped ones (Varying colors is a good idea if you can get yellow, purple and red ones.)
2 cans of cannellini beans (15 oz. size)
Olive oil, spray
Bottled garlic sea salt
Beef Tenderloin (2 inches in length per person or one-third to one-half lb. per person)

Directions

Find a heat-proof pan 9 X 13 inches. Spray with olive oil to coat pan. Toss in the frozen onions, straight from the bag. Cut the 3 large tomatoes in half and set them inside the pan, cut side up. Arrange the rest of the tomatoes in the pan in between onions and large tomatoes. Drizzle 3 to 4 Tbs. of quality olive oil over the tomatoes and onions. Grate sea salt on top of onions and tomatoes to taste. It doesn't need a lot. Roast at 500 degrees for one hour. While that's roasting, open the cannellini beans and put in a sauce pan. Drizzle with 3 Tbs. of olive oil and put in at least 1 tsp. of chopped garlic (jar garlic is fine). Heat and simmer for 10 minutes. Turn off.

When you want to serve dinner, heat your grill to 400 degrees or more. Spray the tenderloin on all sides with olive oil. Grill tenderloin, turning every few minutes until it's as done as you like it (15 minutes or so for medium rare). Let sit 10 minutes before you cut and serve. Reheat your tomatoes and beans while the meat sits. Serve two half-inch slices of tenderloin per person, with the tomatoes and beans served on the side. Arrange them as you see fit. The beans can be on top of the tomatoes or over to the side. If you want to expand the meal a bit, you can add a side salad or another vegetable.

Yields: 4 servings.

My Recipe Notes:
**Tangy Grilled Beef**

Try this recipe the next time you decide to serve beef for dinner. The tangy taste will be a hit at the dinner table. I serve this with a side of mash potatoes.

**Ingredients**

1 can (10 3/4 oz.) Tomato Soup  
2 Tbs. each packed brown sugar, lemon juice, and vegetable oil  
1 Tbs. Worcestershire sauce  
1 tsp. garlic powder  
1/4 tsp. dried thyme leaves, crushed  
1 1/2 lb. boneless beef sirloin steak, 3/4 inch thick

**Directions**

Mix soup, sugar, lemon juice, oil, Worcestershire, garlic, and thyme. Grill steak to desired doneness (15 minutes for medium), turning once and brushing often with soup mixture. Heat remaining soup mixture to a boil and serve with steak.

**My Recipe Notes:**
Ultimate Grilled Steak

Mix up some steak sauce along with the sweet taste of balsamic dressing and you are in for one fantastic tasting grilled steak.

Ingredients

1/2 C. A1 Original Steak Sauce  
1/2 C. Balsamic Vinaigrette Dressing  
2 small cloves garlic, minced  
1 tsp. dried oregano leaves  
2 medium beef rib eye steaks, about 8 oz. each

Directions

Mix steak sauce, dressing, garlic and oregano. Reserve 1/4 C. of the mixture. Pour remaining 3/4 C. mixture over steaks in resealable plastic bag; seal bag. Refrigerate 30 min. to marinate. Preheat grill to medium-high heat. Drain steak; discard marinade. Grill steak 4 to 5 min. on each side or until medium doneness (160°F.) Serve drizzled with reserved 1/4 C. dressing mixture.

My Recipe Notes:
Grilled Sirloins and Red Onions with Blue Cheese Butter

Bleu d’Auvergne, a creamy French blue cheese, or a gorgonzola works well in this recipe.

Ingredients

Blue cheese butter:
4 oz. (about 3/4 C.) creamy blue cheese, at room temperature
3 Tbs. unsalted butter, softened
4 Tbs. chopped chives, divided

For steaks and onions:
2 Tbs. dried thyme leaves
1 1/2 tsp. kosher salt
1 1/2 tsp. coarsely ground black pepper
3 (1-inch thick) boneless sirloin steaks, each about 1 1/4 lbs., trimmed of excess fat
3 large red onions (about 2 1/4 lbs. total)
3-4 Tbs. olive oil for brushing on onions plus extra for greasing grill rack
4-6 metal skewers or wooden skewers (soaked for 30 minutes in water)

Directions

For the blue cheese butter, break cheese into small pieces and place in a mixing bowl along with butter and 3 Tbs. of the chives. Using a fork or spoon, blend the ingredients together. Cover with plastic wrap and refrigerate. (Blue cheese butter can be prepared a day ahead; bring to room temperature 30 minutes before using.) For steaks and onions, mix together thyme, salt and pepper in a small bowl. Use half of the seasoning mixture to rub on both sides of each steak. Peel onions, then halve lengthwise and cut each half into 3/4-inch thick wedges going through the root ends. Divide wedges and place on skewers. Place olive oil in a small bowl, then brush onion wedges on all sides with it. Sprinkle remaining seasoning mixture over both sides of onions. When ready to cook, oil a grill rack and arrange 4 to 5 inches from heat source. Prepare grill for a hot (high temperature) fire. When grill is ready, grill skewered onions, turning often, until charred around the edges and tender. Onions will take about 20 minutes. When done, remove from grill and cover loosely with foil. After onions have been on grill 10 minutes, add steaks. Grill steaks until lightly charred outside and pink inside, 4 to 6 minutes per side for medium rare. (Internal temperature should be about 145 degrees.) Halve each steak and arrange on a serving platter surrounded by onions. Top each steak with a generous dollop of blue cheese butter and sprinkle with remaining chives. Serve warm.

Serves 6.

My Recipe Notes:
Grilled Teriyaki Steak

*Marinate this meat overnight for a delicious grilled result.*

**Ingredients**

- 2 lbs. boneless round steak, 1/2" thick
- 1 tsp. ground pepper
- 2/3 C. teriyaki sauce
- 1/3 C. soy sauce
- 1 1/2 tsp. instant meat tenderizer
- 1/8 tsp. garlic powder

**Directions**

Sprinkle round steak with pepper; pierce at 1 inch intervals with a meat fork. Place in a large shallow container. Combine the remaining ingredients and mix well. Pour over steak. Cover dish and marinate for 8 to 10 hours or overnight in refrigerator. Grill over hot coals 3 to 5 minutes on each side or until done as desired. Makes 6 servings.

**My Recipe Notes:**
Pork

Succulent and tasty, the flavors of pork are enhanced on the grill. The saltiness of the meat combines well with the smoky overtones from the grill. Put a Southwest spin on your tenderloin or barbecue some tasty pork ribs, the choice is yours!

Southwestern Grilled Pork Tenderloin

The perfect preparation for pork tenderloin, marinated overnight and cooked in a snap.

Ingredients

2 whole pork tenderloins (about 1 1/2 lb. total)
5 tsp. chili powder
1 1/2 tsp. oregano
3/4 tsp. ground cumin
2 garlic cloves, crushed
1 Tbs. vegetable oil

Directions

In small bowl, mix all seasonings well. Rub mixture over all surfaces of tenderloin. Cover and refrigerate 2-24 hours. Grill over medium-hot coals, turning occasionally, for 16-21 minutes, until thermometer inserted reads 155-160 degrees F. Pork is done when there is still a hint of pink in the center. Slice to serve.

Servings: 6

My Recipe Notes:
Grilled Boneless Pork Chops

The sweet homemade marinade of apple juice, honey and sherry makes these chops savory and sweet.

Ingredients

12 6 oz. boneless center-cut pork chops  
3/4 C. apple juice  
3/4 C. honey  
6 Tbs. soy sauce  
3 Tbs. dry sherry  
6 cloves garlic, minced

Directions

Combine all ingredients except pork chops. Reserve a small amount of marinade for basting and pour the rest over pork chops in a large Ziploc bag and place in the refrigerator for 4-24 hours. Remove chops from marinade. Grill pork five inches from heat source 12-15 minutes, turning once, to an internal temperature of 155-160 degrees. Baste occasionally with reserved marinade.

Yield: 6 servings

My Recipe Notes:
Grilled Pork Escabeche

*This dish is not for the faint hearted with garlic, chili pepper and onion for real spice!*

**Ingredients**

- 1/2 C. red wine vinegar or other vinegar
- 1 C. red wine
- 2 bay leaves
- 5 sprigs thyme, or 1 tsp. dried thyme
- 5 sprigs marjoram or oregano, or 1 tsp. dried marjoram or 1/2 tsp. dried oregano
- 1 dried or fresh chili (optional)
- 1 large onion, white or red, cut in half and then half-moons
- 3 cloves garlic, peeled and lightly crushed
- 1 Tbs. sugar
- Salt and pepper
- 2 pork tenderloins, 1 1/2 to 2 lb.

**Directions**

Heat a charcoal or gas grill (or preheat broiler) until fire is moderately hot. Meanwhile, combine all ingredients except pork (including a pinch of salt and at least 1/2 tsp. pepper) in a medium saucepan with 1 C. of water. Bring to a boil. Reduce heat to medium-low, and simmer about 5 minutes, until onion softens. Pour into a deep platter large enough for pork.

Sprinkle pork liberally with salt and pepper, and brown on all sides until nearly cooked through (150 degrees on an instant-read thermometer inserted into meat), about 10-15 minutes. Remove pork, let cool a few minutes, then place in marinade. If time allows, marinate for a couple of hours (or overnight, refrigerated). Slice, and serve at room temperature, spooning marinade (with onion) over each slice. To serve more quickly, marinate at least 10 minutes, then cut pork into 1-inch slices, and marinate for 15 minutes before serving.

**My Recipe Notes:**
Smokin' Succulent Grilled Pork

Using a mayonnaise-based sauce with cilantro and chili pepper really spices up these chops.

Ingredients

1 C. mayonnaise
2 Tbs. lime juice
2 Tbs. chopped fresh cilantro (optional)
2 cloves garlic, finely chopped
1 tsp. ground chipotle chili pepper
8 pork chops

Directions

In medium bowl, combine all ingredients except chops. Reserve 1/2 C. mayonnaise mixture. Grill or broil chops, turning once and brushing frequently with remaining mayonnaise mixture, until chops are done. Serve with reserved mayonnaise mixture.

Yield: 4 servings

My Recipe Notes:
Grilled Pork Ribs

This classic spareribs recipe is cooked entirely on the grill. You can buy a barbecue sauce instead of making your own, if you like. Make sure to boil the remaining sauce after you finished brushing it on the ribs; then serve with the ribs along with lots and lots of napkins!

Ingredients

- 4 lb. pork loin back ribs
- 1 Tbs. olive oil
- 4 Tbs. chopped fresh tarragon
- 1/2 C. ketchup
- 1/4 C. water
- 3 Tbs. brown sugar
- 2 Tbs. apple cider vinegar
- 2 tsp. celery seed
- 1/4 tsp. Tabasco sauce
- 1/4 tsp. pepper

Directions

Prepare grill for indirect cooking, placing drip pan directly under the cooking area. Do not cut ribs into serving pieces. Rub ribs with oil and thyme. Place ribs on grill, cover, and grill 4-6" from medium coals for 60-70 minutes, until meat is no longer pink near the bone. Add more briquettes if necessary after 45 minutes of cooking time to maintain temperature.

While ribs are cooking, make barbecue sauce. Combine ketchup, water, sugar, vinegar, celery seed, Tabasco, and pepper in medium saucepan and heat to boiling. Simmer 15-20 minutes, stirring frequently, until sauce thickens. Brush this sauce over the ribs during the last 15-20 minutes of grilling time. Heat any remaining sauce to a boil; boil and stir for 1 minute, then serve with ribs.

Yield: 4 servings

My Recipe Notes:
Fish and Seafood

Seafood and grilling are a match made in heaven. From scallops to salmon to shrimp to you name it, there is nothing tastier than some freshly grilled seafood. Try one of the divine recipes below and you'll wish it was always summer.

Honey Grilled Shrimp

Very simple recipe with sticky-sweet flavor.

Ingredients

1 1/2 lb. shrimp, peeled and deveined
1 C. lime juice
1/2 C. Florida honey
1 tsp. white pepper

Directions

Thread shrimp evenly on wooden skewers. Combine remaining ingredients and brush on both sides of shrimp. Place shrimp on grill, 4-6 inches above coals that have lost their flame, have a red glow and a thin layer of white ash. Grill 2-3 minutes, then baste top sides with honey mixture. Turn shrimp and grill an additional 2-3 minutes, or until shrimp are opaque.

My Recipe Notes:
Citrus Grilled Scallops

Without really adding sauce or herbs to scallops they can taste rather boring. To liven up the taste try this recipe for a sweet and tangy taste.

Ingredients

Melted butter, as needed
Fresh parsley, chopped
12 jumbo scallops, halved Widthwise (not the baby ones)

Sauce:
1 C. water
1/4 lemon, juiced
1 C. Chardonnay
1 Tbs. Butter
2 tsp. Honey
Pinch salt
1/2 clove garlic, diced
cornstarch, dissolved in water

Directions

In small saucepan, combine water, wine, juice, butter, honey with peppers and garlic. Place over medium heat; reduce to almost half, stirring frequently. Add cornstarch solution to thick to taste. Remove from heat; keep warm. Grill scallops over hot coals, brushing frequently with melted butter. Cook to taste. Remove scallops from grill. Place 6 scallops halves on each plate. Pour citrus sauce over scallops and garnish with parsley.

My Recipe Notes:
Low Fat Grilled Tuna

This simple recipe is very healthy because there is very little seasoning besides lime juice and some salt and pepper.

Ingredients

4 6 oz. albacore tuna steaks, 1 inch thick  
3 Tbs. extra virgin olive oil  
Salt and ground black pepper to taste  
1 lime, juiced  
1/2 C. hickory wood chips, soaked

Directions

Place tuna steaks and olive oil in a large resealable plastic bag. Seal, and refrigerate for 1 hour.

Preheat the grill for medium heat. When coals are very hot, scatter a handful of hickory or mesquite wood chips over them for flavor. Lightly oil grill grate. Season tuna with salt and pepper, and cook on the preheated grill approximately 6 minutes, turning once. Transfer to a serving platter, and drizzle with freshly squeezed lime juice. Serve immediately.

Tip: Tuna is available most of the year, so fresh steaks should be easy to come by, but be choosy: a reddish color is acceptable, but flesh with dark spots or streaks should be avoided. As with all great ocean fish, the flesh tends to be dry. Marinate with oil, and avoid overcooking. The timing is critical, as tuna should be served medium rare. Use a kitchen timer.

Yield: 4 servings

My Recipe Notes:
Marinated Grilled Salmon

A simple and light dish with lots of sweet and citrus flavor.

Ingredients

3/4 C. olive oil
3/4 C. vegetable oil
3 Tbs. brown sugar
3 Tbs. minced scallion
1 lime
3 Tbs. lemon juice
1 tsp. ground mustard
2 Tbs. dried minced onion
4-6 oz. salmon fillets
Bottle of capers

Directions

Combine all ingredients in bowl, except lime and capers. In a baggie large enough to put the 4 pieces of salmon on top of each other, pour mixture over salmon until covered. Slice lime into small pieces and insert into baggie next to salmon. Massage the bag gently to break up the lime. Let marinate at least 30 minutes. Grill and baste with mixture often as turning. Heat capers with 1 Tbs. of liquid mixture until boiling. Serve salmon with capers and juice.

My Recipe Notes:
Spicy Grilled Shrimp

This is an easy dish to throw together with a whole lot of flavor!

Ingredients

1 large clove garlic
1 Tbs. coarse salt
1/2 tsp. cayenne pepper
1 tsp. paprika
2 Tbs. olive oil
2 tsp. lemon juice
2 lb. large shrimp, peeled and deveined
8 wedges lemon, for garnish

Directions

Preheat grill for medium heat. In a small bowl, crush the garlic with the salt. Mix in cayenne pepper and paprika, and then stir in olive oil and lemon juice to form a paste. In a large bowl, toss shrimp with garlic paste until evenly coated. Lightly oil grill grate. Cook shrimp for 2-3 minutes per side, or until opaque. Transfer to a serving dish, garnish with lemon wedges, and serve. They work great under the broiler, too.

Yield: 6 servings

My Recipe Notes:
Grilled Oysters with Fennel Butter

*A seasonal side dish or appetizer with fresh oysters and fennel.*

**Ingredients**

- 1 tsp. fennel seed, ground
- 1 C. butter, softened
- 1 Tbs. shallots, minced
- 1 Tbs. chopped fennel greens
- 1 tsp. ground black pepper
- 1/2 tsp. salt
- 24 unopened, fresh, live medium oysters

**Directions**

Prepare and light a grill or preheat the oven to 500 degrees F. In a small bowl, blend together the butter, ground fennel seeds, shallots, fennel bulb, fennel greens, pepper and salt. Arrange the oysters on the grill or oven rack, cover and cook for 3 to 5 minutes or until they start hissing and begin to open. Using an oyster knife, pry each oyster open at the hinge, loosen the oyster and discard the flat shell. Top each oyster with 1/2 tsp. of the fennel butter. Return to grill and cook until butter is melted and hot.

Makes 24 servings.

**My Recipe Notes:**
Grilled Scallops and Shrimp

This is a very light, fresh and easy recipe!

Ingredients

1 lb. bay scallops  
1 lb. large shrimp, deveined and cleaned  
1 lb. sugar-cured thick-sliced bacon  
marinade of your choice (recommendation: Dales Marinade)

Directions

Clean shrimp and scallops. Wrap a piece of bacon around each shrimp and scallop. Secure each with a toothpick. Inject each piece with the marinade of your choice and put into a plastic dish. Pour a little more marinade over them and let absorb. Grill for 3 minutes on both sides on a low flame grill. Do not overcook.

My Recipe Notes:
Rosy Red Grilled Salmon with Strawberry Hollandaise

This recipe has a new twist on grilled salmon with the addition of delicious strawberries in both the marinade and the hollandaise sauce served over it.

Ingredients

For the salmon:
1/3 C. strawberries
1/2 C. rice wine vinegar
3 Tbs. canola oil
1 tsp. dijon mustard
1/2 tsp. kosher salt
1/8 tsp. ground cayenne pepper
1 Tbs. cilantro, chopped
4 6-oz. salmon filets
2 Tbs. green onions, chopped
4 whole strawberries, with green hulls intact, for garnish

For the Strawberry Hollandaise:
1/4 C. strawberries
1/4 C. butter
1/4 C. light cream
3 egg yolks, lightly beaten
1 Tbs. fresh lemon juice
1/2 tsp. dry mustard
1/4 tsp. salt
dash of cayenne pepper

directions

For the salmon:
Place strawberries into a food processor bowl and process until pureed. Transfer into a small bowl and whisk in rice wine vinegar, canola oil, dijon mustard, salt, cayenne pepper and cilantro. Place salmon filets into a shallow non-reactive pan and pour strawberry mixture over them. Marinate in refrigerator for about 30-45 minutes. Heat a grill to medium and spray grid with non-stick vegetable spray. Place salmon filets on heated grill, 5 inches from coals and grill 10 minutes per inch of thickness, measuring thickest part or until salmon just flakes when tested with a fork. Discard marinade. Remove to serving platter. Top with Strawberry Hollandaise (directions follow) and garnish with chopped green onions sprinkled over top. Partially slice strawberries and fan out. Place one strawberry fan atop each serving.

For the Strawberry Hollandaise:
Place strawberries into a blender and puree; set aside. Melt butter in a 4 C.-microwave-safe glass container in microwave for 1 minute. Stir in cream, egg yolks, lemon juice, pureed strawberries,
dry mustard, salt and cayenne and cook in microwave on 1/2 power until thickened. Stir several times while cooking. Stir briskly with wire whisk until light and fluffy. Don't overcook or sauce may curdle.

My Recipe Notes:
**Grilled Tuna Steaks**

*Simply flavored with teriyaki and fresh ginger, this fish dish stands on its own.*

**Ingredients**

- 4 tuna steaks, about 1 1/2 lb.
- 1 C. teriyaki sauce
- 1/2 tsp. garlic, minced
- 1/2 tsp. fresh ginger, peeled and minced

**Directions**

Mix the teriyaki sauce, ginger and garlic. Add the tuna and marinate in the refrigerator for at least 30 minutes, turning 2 or 3 times. Pre-heat the grill. Place the steaks on grill and cook until just done, basting with the marinade.

**My Recipe Notes:**
Grilled Lemon Dill Fish

All you need for the best fish preparation is a little lemon juice and some dill weed.

Ingredients

1/2 C. Kraft Mayo Light Mayonnaise
1 Tbs. lemon juice
1 tsp. dill weed
1/2 tsp. grated lemon peel
1 lb. firm-textured fish fillets (such as cod, catfish or salmon)

Directions

Mix mayo, juice, dill and peel. Place fish on greased grill over medium coals. Brush with 1/2 of the mayo mixture. Grill 5 minutes; turn. Brush with remaining mayo mixture. Grill an additional 5 to 8 minutes or until fish flakes easily with fork. Special Extra: For more flavor, increase lemon juice to 2 Tbs. Use Your Broiler: Place fish on rack of broiler pan 2 to 4 inches from heat. Brush with 1/2 of the mayo mixture. Broil 5 minutes; turn over. Brush with remaining mayo mixture. Broil an additional 5 to 8 minutes or until fish flakes easily with fork.

My Recipe Notes:
Sandwiches

Make delicious convenience food by grilling up some sandwiches. You can turn your grilled chicken or grilled tomatoes into a one-hand creation by sampling adding some bread and various ingredients. The powers of the grill have no bounds!

Hickory Grilled Chicken Sandwiches

Pineapple and onion add delicious flavor to these chicken sandwiches.

Ingredients

4 4-oz. skinless, boneless chicken breast halves
4 1/4” thick slices red onion
1/3 C. hickory-flavored barbecue sauce
Cooking spray
4 canned pineapple slices
4 reduced-calorie hamburger buns

Directions

Prepare grill. Brush chicken and onion with barbecue sauce. Place chicken, onion, and pineapple on grill rack coated with cooking spray; cover and grill 5 minutes on each side or until chicken is done, removing onion and pineapple when tender. Place each chicken breast on bottom half of bun; top with onion, pineapple and top half of bun.

Yield: 4 servings

My Recipe Notes:
Grilled Eggplant Sandwiches

This is an excellent veggie sandwich with lots of flavor!

Ingredients

Eggplant:
4 tsp. olive oil
1 clove garlic, finely chopped
1 1/2 tsp. chopped, fresh basil
salt to taste
freshly ground black pepper
2 small eggplants

Sandwiches:
1/2 C. cream cheese, low-fat whipped, or goat cheese
4 pieces of focaccia or other good quality bread, sliced in half, lengthwise
2/3 C. spinach, washed and dried
4 slices of tomato

Directions

For the eggplant, preheat the grill. Mix the olive oil, garlic, salt, pepper and 1/2 tsp. of the basil together. Slice the eggplants lengthwise into half-inch slices. Brush the slices on both sides with the olive oil mixture. Grill the eggplant slices until they become soft in the center, about 2-3 minutes on each side.

For the sandwiches, mix the cheese, the remaining tsp. of basil, salt and pepper together. Set aside. Spread 4 halves of bread with the cheese mixture, then top with the spinach or arugula, a slice of tomato and a few slices of eggplant. Place the other half of the bread on top.

Yield: 4 servings

My Recipe Notes:
Grilled Salmon and Cheddar Sandwiches

*A lemon, onion, and salmon mixture is spread between French bread slices and grilled.*

**Ingredients**

- 1 lb salmon; 1 can
- 1 Tbs. onion; grated
- 10 oz cheddar
- 1 Tbs. lemon juice
- 1/4 C. mayonnaise

**Directions**

Slice the Cheddar Cheese into 4 slices of 2 1/2 oz. each. Mix the salmon with the onion, lemon juice, and mayonnaise. Spread the mixture on thick slices of French bread and top with a slice of cheddar cheese. Add a top slice of bread and butter both sides of the sandwich generously. Grill until brown, then turn and brown the other side, and the cheese is melted. Serve hot.

Yield: 4 servings

**My Recipe Notes:**
Grilled Tomato Sandwiches

Try using mozzarella and a little pesto for an extra touch to this sandwich.

Ingredients

2 ripe tomato; thinly sliced  
4 oz. cheddar cheese; sliced  
1 medium onion; peeled and very thin sliced  
3 Tbs. mayonnaise  
4 slices white; wheat or multi grained bread

Directions

Place each slice of bread on a cookie sheet. Grill on one side until the bread is toasted. Turn the bread over. Spread each slice of bread with mayonnaise. Then divide the tomato slices evenly between the bread. Evenly place cheese over tomatoes. Place 1/4 of the onion on each sandwich. Grill until the cheese melts and the bread is slightly toasted. Let sit for 1 minute before serving.

My Recipe Notes:
Grilled Turkey Sandwiches

Grilled sandwiches that are sure to disappear from the lunchbox quickly.

Ingredients

- 4 tsp. cream cheese, softened
- 4 slices whole wheat or white bread
- 2 slices (1 oz each) cheddar, Swiss or provolone cheese
- 4 thin slices cooked turkey
- 6 to 12 fresh spinach leaves
- 1 Tbs. butter or margarine, softened

Directions

Spread the cream cheese on two slices of bread. Layer cheese, turkey and spinach over cream cheese; top with remaining bread. Spread butter on top and bottom of sandwiches. Cook on both sides on a hot griddle or skillet until the bread is browned and cheese is melted. Serve immediately.

Makes 2 serving

My Recipe Notes:
Kabobs

If anything was ever made for the grill, it would be the kabob. A skewer of tasty ingredients enhanced by the grill, the options are endless! Try out some of these delicious and unique recipes.

**Grilled Veggie Kabobs**

Flavorful veggies are really easy to make on the grill and a sure-fire way to please your family and friends. Add some cubes of tofu or another favorite source of protein and you've got yourself the perfect summer meal. Save this super recipe for the next time you fire up the backyard barbecue!

**Ingredients**

Marinade:
- 1/2 C. olive oil
- 3 Tbs. fresh lemon juice
- 2 tsp. salt
- 1 tsp. freshly-ground black pepper
- 1 1/2 tsp. dried oregano
- 2 cloves garlic, mashed

Veggies:
- 4 medium-size red onions, quartered
- 2 medium-size green zucchini, cut into 1-inch pieces
- 2 medium-size yellow summer squash, cut into 1-inch pieces
- 12 cremini mushrooms, stemmed
- 1 red bell pepper, seeded and cut into 1-inch pieces
- 1 pkg. extra-firm tofu, cut into 1-inch cubes (optional)
- 1/4 lb. feta cheese, crumbled, for garnish (optional)

**Directions**

Mix marinade ingredients in a small bowl, stirring to blend. Place prepared vegetables, and tofu if using, in a 2-gallon zipper-top plastic bag. Pour in the marinade, seal the bag, and turn over to coat everything. Marinate in the refrigerator 1 to 4 hours. When ready to cook, remove vegetables from marinade and thread onto kabob rods, if using rotisserie, or skewers if using grill. Leave a little space between the vegetables for air to circulate. Grill using rotisserie or directly on grill until all vegetables are golden and tender, 20 to 25 minutes. Remove from rods or skewers and serve warm, garnished with the crumbled feta, if desired. Since vegetables will grill at different rates, you may want to place all the vegetables of each type together on the skewers—the onions on one, for example, and bell peppers on another. This makes it easy to remove the skewers when those veggies are done.

**My Recipe Notes:**

You can find this recipe and more than 14,000 others at www.Recipe4Living.com. Browse our collection and submit your own favorites!
Beef, Pepper and Mushroom Kabobs

Make your next barbecue a fiesta with these low fat kabobs over brown rice and pine nuts.

Ingredients

1 Tbs. fresh lemon juice
1 Tbs. extra-virgin olive oil
1 Tbs. water
2 tsp. Dijon mustard
1/2 tsp. chopped fresh oregano
1/4 tsp. freshly ground black pepper
1 lb. boneless top sirloin steak, cut into 1” squares
1 large red bell pepper, cut into 1 inch pieces
12 large mushrooms
2 C. cooked brown rice
1/4 C. pine nuts, toasted

Directions

In a large bowl, whisk together the lemon juice, oil, water, mustard, oregano, and black pepper. Add the steak, bell pepper, and mushrooms, tossing to coat. Alternately thread the steak, bell pepper, and mushrooms on each of 4 metal skewers. Set aside. Prepare the rice according to package directions. Keep warm. Meanwhile, place the kabobs on a grill over medium coals. Grill uncovered, turning occasionally for 8-11 minutes or until a meat thermometer measures 145 degrees (for medium-rare). Mix the toasted pine nuts into the rice. Serve the kabobs over the rice mixture, allowing 1/2 C. rice per serving.

Yield: 4 servings

My Recipe Notes:
Grilled Fajita Kabobs
Simple Mexican flavoring makes these steak kabobs a delicious, low-carb meal.

Ingredients

1 1/4 lb. steak
1/3 C. Italian dressing
3 Tbs. lime juice
2 green bell peppers, cut into chunks
2 medium onions, cut into chunks
8 medium flour tortillas, warmed
Salsa

Directions

Soak bamboo skewers ten minutes. Trim fat from steak, cut into 1 inch cubes. In a small bowl combine dressing and lime juice. Thread beef, peppers and onions onto the skewers, brush with dressing. Grill 10-15 minutes until all is done. Season with salt if you wish. Serve on tortillas with salsa.

My Recipe Notes:
Lemon Chicken Kabobs

Lemon juice, cider vinegar and cayenne pepper mixed together make for some flavorful kabobs.

Ingredients

1/3 C. lemon juice  
1 Tbs. cider vinegar  
2 tsp. salt  
1/4 tsp. cayenne pepper  
Garlic, minced  
2 boned and skinned chicken breast halves  
3 small zucchini  
1/2 lb. mushrooms

Directions

In a bowl with fork mix lemon, vinegar, salt, cayenne and garlic. Cut each breast in half, then in 3 pieces. Marinate chicken in lemon overnight. Cut zucchini in 2 inch pieces. Place on skewers with chicken and mushrooms and broil 15 minutes, basting.

Yield: 2 servings

My Recipe Notes:
**Grilled Shrimp and Pineapple Kabobs**

This is a super-easy recipe that has lovely presentation with the yellow pineapple and pink shrimp.

**Ingredients**

30-36 fresh jumbo shrimp, peeled, deveined, with tails left on
1 C. Italian salad dressing
2 Tbs. fresh lemon juice
Fresh pineapple slices, cut in 1-inch cubes

**Directions**

Place shrimp in a large plastic zip-lock bag. Add Italian dressing and lemon juice and seal tight. Shake the bag to coat the shrimp. Alternately, combine dressing and lemon juice in a shallow bowl, add shrimp and toss to coat. Marinate in refrigerator 2-4 hours, mixing occasionally. Soak wooden skewers in water for 30 minutes. Spray grill rack with non-stick spray to prevent sticking. Place shrimp and pineapple alternately on the skewers. Grill 3-4 minutes on each side or until shrimp is pink and cooked through.

**My Recipe Notes:**
Sides

Tasty as the main course may be, it wouldn't be the same without some grilled side dishes. From all sorts of grilled vegetables to grilled garlic bread, the tasty possibilities are endless! Grill up some asparagus or corn on the cob today!

**Easy Grilled Potatoes**

*This mixture of spices is really flavorful and it tastes especially good on the grill. It's a healthier way to make potatoes than frying.*

**Ingredients**

- 2 large russet potatoes
- 1/4 C. olive oil
- 2 Tbs. paprika
- 1 Tbs. kosher salt
- 1 tsp. pepper
- 1/4 tsp. cayenne pepper
- 2-3 spring rosemary, chopped (optional)

**Directions**

Slice potatoes with a knife or mandoline about 1/4-inch thick. Soak in cold water for about 20 minutes. Drain potatoes and pat dry.

In a separate bowl, combine spices. Drizzle potatoes with olive oil and sprinkle spice mix over. Mix with hands or tongs until each potato slice is fully covered and has a reddish color from the paprika.

Place on the grill in a single layer for about 405 minutes on each side, depending on your grill and the thickness of the potatoes.

Serve with garlic sauce, ketchup or on their own.

**My Recipe Notes:**
**Grilled Corn on the Cob**

*The best summer foods of all time. If the husks burn don't worry, blow them out or rub a little water on them.*

**Ingredients**

- corn in husks
- 1-2 Tbs. butter per ear
- salt and pepper if desired

**Directions**

Let the corn in husks soak in a pot of water for 1 hour. Pull down the husks and remove the silk. Brush each ear with about 1-2 Tbs. of butter. You can also sprinkle with salt and pepper. Pull the husks back up around the ears. Place the corn on a gas grill over medium heat or on a charcoal grill 4-6 inches from medium coals. Grill for 20-30 minutes, turning the ears halfway through the cooking time.

**Hint:**
The way to butter your ear of corn is to load up a piece of bread with butter take your corn wrap it in it like a blanket and roll.

**My Recipe Notes:**
**Grilled Vegetables**

*My family, including the kids (13 and 12) loved these. The infused flavor came through on the back notes of the taste. Rare that they ask for a second helping of vegetables - they did this time!*

**Ingredients**

- Portobello mushroom, sliced
- Onion, cut into large chunks keeping the root in tact
- Carrots, sliced in 1/2-inch pieces diagonally
- Fingerling potatoes, sliced
- Blood Orange O Olive Oil
- 1/4 C. red wine
- Kosher Salt

**Directions**

Infuse vegetables with olive oil for grilling (portabella, onion, carrots) and grill. Sauté sliced fingerling potatoes in the olive oil to pick up the flavor before combining with the mushroom and onion mixture. When combined, add red wine and some kosher salt for seasoning.

**My Recipe Notes:**
Grilled Garlic Bread

This bread goes well with anything you want to grill.

Ingredients

1 C. mayonnaise
6 cloves garlic, peeled and minced
3/4 C. grated Parmesan cheese
1/2 C. grated Cheddar cheese
1 Tbs. half-and-half
1/4 tsp. paprika
1 (1-lb.) loaf French bread, halved lengthwise

Directions

Preheat grill for high heat and lightly oil grate. In a medium bowl, mix mayonnaise, garlic and Parmesan cheese. In a medium saucepan over medium low heat, mix the Cheddar cheese, half-and-half, and paprika. Stir constantly until melted and well blended. Pour into the bowl with mayonnaise mixture. Thoroughly mix together. Place French bread in the preheated oven. Heat until lightly toasted, about 5 minutes. Remove French bread from oven. Spread with the blended mixture. Wrap tightly in foil. Place on the preheated grill, and cook 15 minutes, or until the mixture is warm and bubbly.

Makes 1 loaf.

My Recipe Notes:
**Cheesy Potatoes on the Grill**

*This is an amazing side dish for anyone who decides to grill out for supper. It is basically a French fry heaven plate with all the fixings.*

**Ingredients**

- 1 20-oz. pkg. frozen French fries, thawed
- 1 C. shredded cheddar cheese
- 1/2 C. chopped green onion w/tops
- 1/4 C. half and half or milk
- 2 Tbs. butter or margarine
- Salt and pepper to taste
- Paprika

**Directions**

Create a large square of foil, double thick and about 18 inches per side. Spray with non-stick spray if desired. In a bowl, mix fries cheese, onions, and half and half. Scoop mixture onto foil, top with salt, pepper and paprika. Dot with butter. Wrap securely in foil. Grill packet 4-5 inches from medium, coals turning 2-3 times, approximately 20-25 minutes.

(You can also just bake them for 30 minutes at 350 degrees instead of grilling.)

Makes 6 servings.

**My Recipe Notes:**
Grilled Bacon and Onion Skewers

These sweet onion wedges are wrapped in bacon and marinated in a brown sugar and molasses mixture before grilling.

Ingredients

2 large sweet onions, cut in wedges
8 thick hickory-smoked bacon slices, cut in half
2 Tbs. light brown sugar
2 Tbs. balsamic vinegar
1 Tbs. molasses
long wooden skewers

Directions

Soak long wooden picks in water 30 minutes before threading with onion wedges. Wrap onion wedges with bacon; secure with long wooden picks. Place in a large shallow dish. Combine sugar, vinegar, and molasses; drizzle over onion wedges. Cover and chill 1 hour. Remove onion wedges from marinade, reserving marinade. Grill, covered with grill lid, over medium-high heat (350 degrees to 400 degrees) 20 minutes or until onion wedges are crisp-tender, turning and basting occasionally with reserved marinade.

Yield: 4 Servings

My Recipe Notes:
Basted Grilled Vegetables

Your choice of mixed vegetables are prepared with olive oil, lemon, and fresh herbs.

Ingredients

Grated peel (no white) and juice of one lemon
1/2 C. olive oil
2 Tbs. fresh, chopped thyme, rosemary or oregano
1 clove garlic, pressed
Vegetables: eggplant, green pepper, squash, etc.

Directions

Combine lemon juice, olive oil, herbs and garlic. To grill, brush vegetables with basting sauce. Place vegetables on lightly greased grill. Cook, turning often until vegetables are slightly browned and tender.

My Recipe Notes:
**Grilled Tri-Colored Pepper and Mushroom Salad**

*The peppers in this colorful salad provide an excellent source of vitamins A & C.*

**Ingredients**

- 1 green pepper
- 1 red pepper
- 1 yellow pepper
- 8 oz. Portobello mushroom caps
- 3/4 C. KRAFT LIGHT DONE RIGHT! Red Wine Vinaigrette Reduced Fat Dressing

**Directions**

Cut peppers into quarters. Toss peppers and mushrooms with 1/2 C. of the dressing. Drain vegetables; reserve dressing. Place vegetables on grill over medium coals. Grill 8 to 10 minutes or until tender, turning and brushing occasionally with reserved dressing. Slice mushrooms. Toss mushrooms and peppers with remaining 1/4 C. dressing.

**My Recipe Notes:**
Roasted or Grilled Asparagus

The grilling makes the asparagus have a smoky flavor you'll love.

Ingredients

1 bunch of asparagus  
Olive oil spray  
Sea salt to taste

Directions

To roast: Wash your asparagus. Wipe off excess moisture. Spray the spears with olive oil to coat them. Put in an ovenproof container. They can be stacked up some. That's fine. Sprinkle with sea salt or regular salt if you don't have sea salt. Roast at 400 degrees for 15 minutes. Check for doneness. If they are stacked up high in a narrow pan, it might take longer. And it also depends on how al dente (crisp) you like your asparagus. Let asparagus cool down some before serving so you don't burn your or your guests' mouth(s).

To grill: Follow all of the directions above for coating the asparagus. Then grill them directly on the rack, on medium, turning once until all sides have nice stripes. Depending on your grill, this will only be a few minutes.

Serves 4 to 6.

My Recipe Notes:
**Grilled Portobello Mushrooms**

*This vegetarian "burger" is more healthful than the regular hamburger. The mushrooms also are excellent when smoked with hickory chips.*

**Ingredients**

4 large Portobello mushroom caps (5 inches in diameter)  
4 whole-wheat buns, toasted  
1/3 C. balsamic vinegar  
1/2 C. water  
1 Tbs. sugar or sugar substitute  
1 clove garlic  
1/4 tsp. cayenne pepper, optional  
2 Tbs. olive oil

**Directions**

Clean mushrooms with a damp towel and remove stems. Lay gill side up in a shallow glass baking dish. Combine ingredients for marinade and spoon over the mushrooms. Cover and marinate in the refrigerator for at least 1 hour; turn mushrooms once. Start the grill. The grill is ready when the coals/flame reach a medium heat. (You should be able to keep your hand 5 inches above heat for about 3 seconds). Spray a vegetable cooking grate with non-stick spray.

Place mushrooms "gill" side up on grate. Grill for about 5 minutes on each side or until tender. Baste with marinade to keep from drying out. Serve on toasted bun with lettuce, tomato and any other condiments you would like.

Yield: 4 servings

**My Recipe Notes:**
Hot Dogs and Hamburgers

The best part about summer is being able to grill up your typical grill fare: hot dogs and hamburgers! Nothing tastes better from the grill than a charred hot dog or a freshly grilled burger. Cook 'em up any way you want!

Bacon Wrapped Hamburgers

Add some life to your regular barbecue - the bacon makes the hamburgers so tender!

Ingredients

- 1/2 C. shredded Cheddar cheese
- 1 Tbs. grated Parmesan cheese
- 1 small onion, chopped
- 1 egg
- 1 Tbs. ketchup
- 1 Tbs. Worcestershire sauce
- 1/2 tsp. salt
- 1/8 tsp. pepper
- 1 lb. ground beef
- 6 slices bacon
- 6 hamburger buns, split

Directions

Preheat a grill for high heat. In a large bowl, mix together the Cheddar cheese, Parmesan cheese, onion, egg, ketchup, Worcestershire sauce, salt and pepper. Crumble in the ground beef, and mix together by hand. Form into 6 patties, and wrap a slice of bacon around each one. Secure bacon with toothpicks. Place patties on the grill, and cook for 5 minutes per side, or until well done. Remove toothpicks before serving on hamburger buns.

Yield: 6 servings

My Recipe Notes:
**Grilled Burgers Latino**

*In the mood for some juicy burgers? Make it Latino style! Add some ground cumin and cinnamon to your meat mixture along with tons of great ingredients.*

**Ingredients**

- 6 strips of bacon
- 1 lb. ground beef
- 2 Tbs. chopped onions
- 1 fresh green chili pepper, seeded, chopped
- 1 garlic clove, peeled, finely chopped
- 1/4 tsp. ground cumin
- 1/8 tsp. ground cinnamon
- 1 avocado, peeled, pitted, sliced
- 1 tomato, sliced
- 1 pkg. hamburger bun

**Directions**

Cook strips of bacon until crisp; drain on paper towel. Crumble bacon and mix with ground beef, onion, green chili peppers, garlic, cumin and cinnamon. Divide into patties and grill to an internal temperature of 160 degrees (well-done). Serve with sliced avocado and sliced tomato over hamburger buns.

Serving Size: 4

**My Recipe Notes:**
Blue Ribbon Burgers

These easy-to-make burgers win contests!

Ingredients

2 lbs. Ground Beef
2 tsp. Worcestershire Sauce
1/2 tsp. Salt
1/4 tsp. Garlic Salt
1/4 tsp. Pepper
3 oz. Cream Cheese; Softened
2 Tbs. Blue Cheese; Crumbled
4 oz. can Mushroom pieces

Directions

Mix meat, Worcestershire sauce and seasonings. Shape the mixture into 12 thin patties, each about 4-inches in diameter. Mix the cream cheese and the blue cheese. Top each of 6 patties with the cheese mixture, spreading to within 1/2 inch of the edge; press the mushrooms into the cheese. Cover each patty with one of the remaining patties, sealing the edges firmly. Broil or grill the patties 4-inches from the heat, turning once, until the desired doneness is reached and cheese is melted, about 10 to 15 minutes.

My Recipe Notes:
**Hot Dogs and Kraut**

A terrific blend of bacon, sauerkraut and homemade Thousand Island dressing. You can substitute a favorite bottled Thousand Island variety if you prefer.

**Ingredients**

Thousand Island Dressing:
- 1/2 C. mayonnaise
- 2 Tbs. chili sauce
- 1 Tbs. minced onion
- 1 Tbs. minced green bell pepper
- 1 Tbs. minced dill pickle or sweet pickle relish, your preference
- 2 tsp. minced fresh parsley

For the Dogs:
- 3/4 C. sauerkraut
- 8 hot dogs
- 8 hot dog buns
- 3 bacon slices, chopped and fried crisp

**Directions**

Prepare the dressing, combining the ingredients in a small bowl. Set aside. Heat the grill, bringing the temperature to high. While your grill is heating, in a medium bowl, mix together the sauerkraut with the dressing. Grill the hot dogs for about 3 to 5 minutes over high heat until deeply browned, rolling to crisp all surfaces. Toast the buns on the edge of the grill if you wish. Toss the bacon with the sauerkraut mixture. Place the dogs on the buns and serve with the sauerkraut.

**My Recipe Notes:**
**Brats and Beer on the Grill**
*The essence of Wisconsin tailgating – this is the ultimate football afternoon menu.*

**Ingredients**

- 6 fresh bratwursts
- 1 12 oz. can beer (not dark beer)
- 1 medium onion, chopped
- 6 peppercorns
- 4 whole cloves
- 6 hard rolls

**Directions**

Place bratwursts, beer, onion, peppercorns, and cloves in a 3-quart saucepan. Simmer for 20 minutes. Drain. Grill bratwursts 2-5 inches from charcoal about 10 minutes, until browned. Sprinkle with water to form a crisp skin. Serve in hard rolls with coarse grain mustard.

Yield: 6 servings

**My Recipe Notes:**
Other

We've covered the basics right down to kabobs, burgers and hot dogs, but there are still a few tasty grill marks we just couldn't leave out! Grill up some Italian sausage or be creative and grill a pizza!

Pizza on the Grill

With this recipe, you'll make the garlic and basil pizza dough from scratch, and learn the tricks of grilling a perfect pizza that features tomatoes, olives, roasted red pepper, and basil.

Ingredients

1 (.25 oz.) package active dry yeast
1 C. warm water
1 pinch white sugar
2 tsp. kosher salt
1 Tbs. olive oil
3 1/3 C. all-purpose flour
2 cloves garlic, minced
1 Tbs. chopped fresh basil
1/2 C. olive oil
1 tsp. minced garlic
1/4 C. tomato sauce
1 C. chopped tomatoes
1/4 C. sliced black olives
1/4 C. roasted red peppers
2 C. shredded mozzarella cheese
4 Tbs. chopped fresh basil

Directions

In a bowl, dissolve yeast in warm water, and mix in sugar. Proof for ten minutes, or until frothy. Mix in the salt, olive oil, and flour until dough pulls away from the sides of the bowl. Turn onto a lightly floured surface. Knead until smooth, about 8 minutes. Place dough in a well oiled bowl, and cover with a damp cloth. Set aside to rise until doubled, about 1 hour. Punch down, and knead in garlic and basil. Set aside to rise for 1 more hour, or until doubled again. Preheat grill for high heat. Heat olive oil with garlic for 30 seconds in the microwave. Set aside. Punch down dough, and divide in half. Form each half into an oblong shape 3/8 - 1/2 inch thick. Brush grill grate with garlic-flavored olive oil. Carefully place one piece of dough on hot grill. The dough will begin to puff almost immediately. When the bottom crust has lightly browned, turn the dough over using two spatulas. Working quickly, brush oil over crust, and then brush with 2 Tbs. tomato sauce. Arrange 1/2 C. chopped tomatoes, 1/8 C. sliced black olives, and 1/8 C. roasted red peppers over crust. Sprinkle with 1 C. cheese and 2 Tbs. basil. Close the lid, and cook until cheese melts. Remove from grill, and set aside to cool. Repeat for second pizza.

My Recipe Notes:
Grilled Italian Sausage and Peppers

Italian sausage has so much delicious flavor on its own, that the simple grilled peppers are the perfect accompaniment.

Ingredients

2 yellow peppers, seeded and sliced  
2 red peppers, seeded and sliced  
1/4 C. olive oil  
2 garlic cloves, minced  
1/4 C. fresh parsley, chopped  
Salt and pepper to taste  
2 lb. Italian sausage links, cut lengthwise

Directions

Combine peppers, olive oil, garlic, parsley and salt and pepper and toss. Grill peppers over medium-high heat for 5-8 minutes turning once. Remove from heat and reserve. Grill sausages for 10-12 minutes or until no longer pink in the center. Place peppers over the sausages and serve.

The Skinny: Use the lowest fat sausages you can find.

Yield: 8 servings

My Recipe Notes:
**Grilled Meatloaf**

*Who doesn’t love meatloaf? Try this simple and quick recipe for the kids to eat up.*

**Ingredients**

- 2 lbs. ground beef
- 1-1/2 C. bread crumbs
- 2 eggs
- 3/4 C. water
- 1/3 C. ketchup
- 3/4 tsp. garlic powder
- 1/4 tsp. salt
- 1/2 tsp. pepper

**Directions**

Preheat the grill to a medium-high heat. Combine all the ingredients; mixing well. Make 2 loaves placing the mixture into a hinged grill basket that has been coated with a non-stick spray. Place on the grill and cook, turning once, for 20 to 30 minute or until the loaves are firm and cooked through. Note - you can also use ground chicken or turkey. You will also want to double the amounts of seasonings used.

**My Recipe Notes:**

You can find this recipe and more than 14,000 others at [www.Recipe4Living.com](http://www.Recipe4Living.com).
Browse our collection and submit your own favorites!
Mixed Grill

With lamb, sausage, Canadian bacon, and steak, this mixed grill will satisfy an army!

Ingredients

6 beef sausages
6 loin or shoulder lamb chops
6 small sirloin or filet steaks (about 4 oz. each)
6 pieces Canadian bacon, grilled to crispy
6 large white mushrooms, grilled
3 lamb kidneys, halved, cored and trimmed, grilled
3 large firm tomatoes, halved and grilled 2-3 minutes per side
salt and fresh black pepper to taste
1-1/4 C. cream
1/2 C. canned beef bouillon
2 Tbs. Dijon or wholegrain prepared mustard

Directions

Season chops, steaks, kidneys, tomatoes and mushrooms well with salt and pepper. Lightly oil a medium-hot barbecue. Grill ingredients as follows: sausages, 10-15 minutes or until done; lamb chops, 5-7 minutes per side; steaks, 3-4 minutes per side; Canadian bacon, grilled to crispy; mushrooms, 3 minutes per side; kidneys, 2-3 minutes per side; tomatoes, 2-3 minutes per side. Total cooking time should be about 15 minutes. Set grilled meats and vegetables aside in a warm place while you make the sauce. In a clean saucepan, boil the canned beef bouillon until reduced to about 1/4 C. Add the cream and bring to a boil over medium heat, simmering for 2-3 minutes to thicken slightly. Stir in the mustard and remove from the heat. Divide the ingredients into equal portions and serve with the sauce.

My Recipe Notes:
**Grilled Steak Pinwheels**

*These tender, juicy, thin-sliced pieces of meat rolled up with bacon, mushrooms and herbs.*

**Ingredients**

- 2 flank steaks, 1 lb. each
- 1/2 lb. sliced bacon, cooked and crumbled
- 1 C. finely chopped fresh mushrooms
- 1 C. finely chopped green onions
- 1/4 C. finely chopped basil or 4 tsp. dried basil
- 2 Tbs. minced fresh chives

**Directions**

Pound flank steaks on both sides. Combine bacon, mushrooms, onions, basil and chives. Spread evenly over steaks. Roll meat and secure with skewers or wooden picks. Cut each roll into 1/2" to 3/4" slices and secure each slice with a skewer or wooden pick. Grill over hot fire for 4-6 minutes, or until meat reaches desired doneness. Remove picks before serving.

**Yield:** 6-8 servings

**My Recipe Notes:**
Sauces and Seasonings

What's grilling without a little seasoning or sauce? Use the following recipes for your basic meats to make sure they have enough flavor!

**Grilling Sauce**

This is my rendition of a smoky grilling sauce -- it is sweet, tangy and great on all kinds of meat!

**Ingredients**

1/2 C. grape jam  
1/4 C. cider vinegar  
1/2 tsp. garlic powder  
1 dash liquid smoke  
1/3 C. sugar  
1/8 C. Worcestershire sauce  
1/2 tsp. salt  
1/2 tsp. black pepper  
1 pat butter or margarine  
1 Tbs. cornstarch (optional)

**Directions**

Put all ingredients in a saucepan and heat until they come to a boil.

**My Recipe Notes:**
Grill Seasoning

This is a great mix of spices to have on hand during the summer. Just sprinkle it on anything before you stick it on the grill.

Ingredients

1/2 C. dried oregano
5 Tbs. kosher or sea salt
4 Tbs. paprika
4 Tbs. ground fennel seed
3 Tbs. granulated garlic
3 Tbs. granulated onion
1 Tbs. cayenne pepper
1 Tbs. chili powder
4 tsp. sugar

Directions

Combine all the ingredients in a glass or plastic container with a tight-fitting lid, and shake to mix. Use on grilled vegetables, chicken, steak, shrimp, or pork. Can be stored in a cool, dark place for up to 6 months.

My Recipe Notes:
TGI Fridays Jack Daniel's Grill Glaze

Just like you order in the restaurant, this special sauce is finally revealed.

Ingredients

1 tsp. onion powder
1 Tbs. Tabasco sauce
2 Tbs. red wine vinegar
1/4 C. Jack Daniel's Ole No. & Tennessee Whiskey
2 C. packed brown sugar
1/4 C. water
2 beef bouillon cubes
2 Tbs. Worcestershire sauce
2 4 oz. chicken breasts

Directions

Combine ingredients in a saucepan. Bring to a boil. Reduce heat and simmer for 15 minutes. Let cool. Use as a glaze on meat, poultry, and seafood just before removing from grill.

To prepare chicken breasts using Jack Daniel's grill glaze: Use 2 (4oz.) breasts for each serving. Marinate chicken in your choice of marinade for 5-10 minutes. Place chicken on the grill or in a sauté pan. While cooking, baste often with marinade. When cooked to your satisfaction, brush liberally with glaze. Remove immediately to serving dish. Glaze burns quickly and can be difficult to remove from grill or pans if left to burn onto surface.

My Recipe Notes:
Asian Hot-Que Grill Sauce for Chicken/Beef/Pork

Very spicy with chili powder and garlic, this is a marinade that will knock your socks off. Great to use on meat when you're making an Asian-themed meal.

Ingredients

1 Tbs. brown sugar  
2 Tbs. red wine vinegar  
1 C. ketchup  
1/2-1 tsp. Chinese hot mustard  
1 large garlic clove, minced  
1 Tbs. soy sauce  
1-3 tsp. Asian chili paste with garlic

Directions

Combine all ingredients except chili paste in a small saucepan. Bring to a boil, then turn off heat. Stir in chili paste.

To use: Brush on chicken, beef or pork while grilling.

Yield: 1 1/4 cups

My Recipe Notes:
Pepper Herb Grilling Rub

This homemade rub is a simple as combining lots of spices and using them on whatever sounds good!

Ingredients

- 1 Tbs. paprika
- 1 tsp. garlic powder
- 1 tsp. cayenne pepper
- 1/2 tsp. onion powder
- 1/2 tsp. assorted freshly ground peppercorns (White, Pink, Green)
- 1/2 tsp. dried thyme
- 1/2 tsp. dried oregano
- 1/2 tsp. salt
- 1 tsp. dried lemon zest.

Directions

Combine all the ingredients and place in a tin or jar. This can be used to rub on chicken, pork or beef before grilling. It can be sprinkle, then rubbed in, or some mixed with a little olive oil and rubbed on to the meat. Any grilling technique can be used. If you don't have the varied types of peppercorns, you can use a good quality black pepper instead.

My Recipe Notes:
Fruits/Desserts

End your meal with a surprisingly sweet finish...from the grill! Yes, fruits are no enemy when it comes to the grill – we only wish the wonderful taste of grilled peaches or pineapple was available all year round! Get creative!

Grilled Peaches with Fresh Cherry Sauce

This creates a pretty dessert with layers of brown sugar, grilled peaches, ice cream, and fresh cherry sauce.

Ingredients

For the sauce:
1 lb. dark cherries, pitted (about 1 C.)
1 Tbs. sugar
1/2 C. dry red wine
1 tsp. balsamic vinegar
1 tsp. kirsch (cherry liqueur)

For the peaches:
4 medium peaches
2 Tbs. unsalted butter
2 Tbs. brown sugar
1 C. vanilla ice cream
4 cookies

Directions

To make the cherry sauce: In a sauté pan over medium-high heat, combine the pitted cherries, sugar, red wine, and balsamic vinegar. Bring to a simmer and cook, stirring occasionally, until the fruit is soft, 6 to 8 minutes. Transfer the mixture to a food processor and purée until completely smooth. Return the mixture to the sauté pan over medium-high heat. Add the kirsch. Simmer until reduced to about 1/4 C., 1 to 2 minutes. Cut the peaches in half and remove and discard the pits. Place the halves in a medium bowl. In a small saucepan set over low heat, melt the butter and brown sugar together. Coat the peaches with the butter mixture. Grill the peaches over Direct Medium heat until grill marks are clearly visible and the peaches are soft, 10 to 12 minutes, turning once halfway through grilling time. While the peaches are still warm, layer each serving glass with 2 peach halves, 1 scoop ice cream, and 1 Tbs. cherry sauce. Tuck a cookie into each glass. Serve immediately.

Makes 4 servings.

My Recipe Notes:
Grilled Pears with Raspberry Sauce

If you like, substitute blackberries or blueberries for the raspberries with their corresponding preserves. Fresh or frozen berries can be used, but taste them first; if they're tart, add a little sugar.

Ingredients

4 ripe Bosc or Anjou pears
2 Tbs. melted margarine
1 C. fresh or frozen raspberries
1 C. seedless raspberry preserves
2 Tbs. orange juice

Directions

Preheat the grill. Peel the pears, cut in half, and remove the cores. Brush the pear halves with the margarine and grill until they show char marks, 4 to 5 minutes. In a small saucepan simmer three-fourths of the raspberries, the preserves, and orange juice for 4 to 5 minutes. Press the sauce through a strainer, discarding the seeds. Pour the sauce evenly onto 4 dessert dishes, topping each with one of the pear halves, cut side down. Garnish with the remaining raspberries.

My Recipe Notes:
**Grilled Apricots with Fromage Blanc**

Grilled fruit is a great finish to a backyard barbecue. The best fruits for grilling in my opinion, are apricots, peaches and nectarines (white are best).

**Ingredients**

8 oz. fromage blanc  
1 tsp. minced lemon zest  
1 Tbs. fresh lemon juice  
1 tsp. vanilla extract  
1 to 2 Tbs. superfine sugar, preferably, or granulated sugar  
10 ripe apricots, cut in half and pitted

**Directions**

Prepare a fire in an outdoor grill or preheat a gas grill. Mix together the fromage blanc, lemon zest, lemon juice, vanilla extract, and 1 Tbs. of the sugar in a small bowl. Taste and add more sugar if you like. If you have a pastry bag, spoon the mixture into a pastry bag fitted with a large star tip. Place the apricots, skin side down, on the grill. Grill them until they just begin to soften and brown, 3 to 5 minutes. Arrange them, skin side down, on a serving tray. If you have a pastry bag, pipe a star of the fromage blanc mixture into the center of each apricot half; if not, spoon some of the mixture into the center. Serve immediately.

**My Recipe Notes:**
Grilled Fruit with Balsamic Vinegar Syrup

A drizzling of homemade syrup makes for a delicious, tropical fruit treat.

Ingredients

1 small pineapple
2 large mangoes
2 large peaches
2 Tbs. brown sugar
1/2 C. balsamic vinegar
Mint or basil leaves

Directions

Prepare pineapple. Peel, core and cut into wedges. Cut peaches and mangoes in half and remove pits. Place fruit in a large bowl. Spray generously with nonstick, butter-flavored cooking spray. Toss. Spray again to ensure it is coated. Sprinkle with brown sugar. Toss to coat evenly. Set aside. Simmer balsamic vinegar over low heat in a small saucepan until reduced by one half. Remove from heat. Prepare grill.
Spray clean, cold grill generously with nonstick spray (or use a nonstick grill-tray). Grill fruit over medium heat until the sugar caramelizes. Arrange fruit onto individual serving plates. Drizzle with balsamic "syrup". Serve garnished with mint or basil.

Yield: 6 servings

My Recipe Notes:
Grilled Pineapple

Flavored with honey and a little hot pepper sauce, this is a great fruit preparation.

**Ingredients**

1 fresh pineapple - peeled, cored and cut into 1 inch rings  
1/4 tsp. honey  
3 Tbs. melted butter  
1 dash hot pepper sauce  
salt to taste

**Directions**

Place pineapple in a large resealable plastic bag. Add honey, butter, hot pepper sauce, and salt. Seal bag, and shake to coat evenly. Marinate for at least 30 minutes, or preferably overnight. Preheat an outdoor grill for high heat, and lightly oil grate. Grill pineapple for 2 to 3 minutes per side, or until heated through and grill marks appear. You can cut the pineapple slices into wedges for easier handling, then just thread onto skewers before grilling!

**My Recipe Notes:**