

WEBER'S Grilling what's good for You™



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INTRODUCTION

It's no secret that making deliberately healthy food choices day after day has a positive impact on your health and well-being. Outdoor grilling, increasingly a year-round endeavor, can bring a variety of wonderful flavors to a broad spectrum of healthful food options. This booklet explains why—and how—to add more nutrient-rich food to your diet, like lean meats, fresh fish, vegetables, and fruit.

Why do your food choices matter? Many common health problems such as cardiovascular disease, type 2 diabetes, hypertension, osteoporosis, and certain cancers have a strong link to poor diet. Consuming nutrient-rich foods that provide vitamins, minerals, antioxidants, and healthy fats are just as important for optimal health as is limiting saturated and trans fat, added sugars, and salt. So make it a point, not only to choose lean meats, but to grill more fish, vegetables, and fruit, too.

Portions also matter. Whether moderating protein amounts or heaping on the vegetables, an appropriate caloric intake combined with regular physical activity is the most effective way to stay at a healthy weight over a lifetime. So to help you demystify the elusive energy balance equation, we've made some portion suggestions as well.

When you can, try to work locally grown foods into your diet. Local vegetables and fruit are usually harvested within a day or so of the time they're purchased by consumers—therefore they are richer in nutrients and flavors that can decline drastically with the passage of time. Also, this produce is less likely to contain waxes or fungicides that supermarket chains may use to extend the delivery life of the product. Buying locally also helps support local farmers, contributes to your community both ecologically and economically, and creates demand for the kind of food you, your family, and your neighbors want to eat.

— **Jamie Purviance and Monique Ryan**

THE FOUR CORNERSTONES OF FLAVOR

GRILLING CAN PLAY A BIG ROLE IN MAKING MEALS THAT ARE GOOD FOR YOU.

To find out more about the why, when, where and how Americans grill, we annually ask grill owners about the fundamentals that drive grilling habits, trends, and tastes. According to the 2008 Weber GrillWatch Survey™, a whopping 31 percent told us that they're grilling outside more than just a year ago. Why? Because they're "trying to eat healthier." More than one-third (39 percent) of all Survey respondents went on to say that they are grilling leaner meats, more vegetables (38 percent), more poultry (34 percent), and more fish (22 percent) than they did a year ago. Six percent are grilling more meat substitutes such as veggie

burgers and tofu, and five percent are grilling more fruit. Women are significantly more likely than men to grill more vegetables (43 versus 33 percent) and more fruit (seven versus four percent).

All of this data makes sense. By using a good outdoor grill, you can make the most mundane ingredients sing with a layering of flavors and aromas that can't be replicated by indoor cooking. You can take a simple boneless chicken breast and bolster its flavor a hundred different ways on the grill by adding rubs, marinades, low-calorie sauces, or introducing smoking woods.



ONE

Nothing is easier and more effective for adding flavor quickly than a judicious use of good **RUBS**. A rub is a mixture of spices, herbs, and other seasonings. The term comes from the practice of massaging meat with the mixture.

TWO

MARINADES work more slowly than rubs, but they are more deeply absorbed. Typically, a marinade is made with some acidic liquid, some oil, and a combination of herbs and spices. These ingredients can “fill in the gaps” when a particular meat, fish, or vegetable lacks enough taste or richness. They can also give food characteristics that reflect regional/ethnic cooking styles.

THREE

Then there are the **SAUCES**, especially the barbecue sauces. Most barbecue sauces in North America today are tomato based, though there’s a fair share of brisk vinegar-based sauces. In the end, a good barbecue sauce is unexplainable magic—and many are low in calories.

FOUR

SMOKING WOODS add no calories but a whole lot of flavor. Hardwood chips and chunks fall into three categories of flavor intensity: pungent (mesquite, hickory, and pecan), moderate (oak, maple, and alder) and mild (apple, cherry, and pear). Beef, lamb, and pork handle the pungent woods really well. For the moderate woods, they work well with fish, pork, and poultry. It’s amazing what a handful or two of oak chips can do for chicken pieces. Very quickly they pick up a deep wood-fired flavor without any bitterness. The mild woods have an even sweeter, fruitier quality, which works beautifully with chicken and vegetables. You can also impart wonderful flavors on your food by smoking herb branches, such as rosemary and thyme.

Before using wood chips or chunks on the grill, be sure to soak them in water for 30 minutes or more. To smoke on a charcoal grill, simply add a handful of the wood in with the coals. If you prefer a gas grill and want to smoke foods, it’s best to have a grill with a smoker box and a dedicated smoker burner.

BASIC GRILLING TOOLS

There's a plethora of grilling gadgets on the market today. These are the must-haves:

TONGS. The most used grilling accessory of them all. Have at least three pairs: One for picking up raw food, one for handling cooked food, and if you own a charcoal grill, one for arranging the coals. The best are made of stainless steel and are spring loaded.

SPATULA. Required for turning burgers, delicate fish fillets, and wide items like pizzas. Don't bother with an extra-long spatula with a flimsy blade; the blade should be long, wide, and sturdy.

BARBECUE MITTS. Fire is hot. Protect yourself at all times while cooking.

GRILL BRUSH. It's the best tool for keeping your grill clean. Get a long-handled one with stiff brass bristles. If your grill has a cast-iron cooking grate, get one with steel bristles.

BASTING BRUSH. Good for basting food with sauces and even more useful for brushing oil on food before grilling.

CHIMNEY STARTER. Lighter fluid is no good, period. It imparts a nasty taste on your food and can be dangerous. If you own a charcoal grill, a chimney starter provides a simple, safe, fast, and more eco-friendly way to light charcoal. Buy one big enough to light as many briquets as will fit in a single layer across your charcoal grate.



TIMER. You need this to follow suggested grilling times.

THERMOMETER. An instant-read thermometer is the surest way to know if you're food is done before taking it off the grill.

VEGETABLE BASKET. As vegetables and fruit are major staples in a healthy diet, splurge on a good grill basket made of professional-grade stainless steel. This way you can grill the smallest of foods, such as mushrooms or strawberries, without worrying that they'll fall through the grate.

DISPOSABLE DRIP PANS. These are essential for most gas grills to catch grease and drippings.



Weber Style™ professional-grade grilling tools are firm and easy to handle.



HEALTHY GRILLING TIPS

ONE

DON'T GO FOR THE BURN. At Weber, we believe in diving right into the facts. First and foremost, burned food is bad. Weber goes to great lengths to design products that will not burn meat if used according to instructions, and we've published several best-selling cookbooks with useful guidance to help barbecue enthusiasts from burning whatever they're grilling. Just remember that burned is bad, while properly cooked food is delicious and healthy.

TWO

TAKE THE GUESSWORK OUT OF GRILLING. Use a thermometer and a timer to let you know when it's time to take food off the grill. Checking meats for internal temperatures is the best way to determine when food is properly cooked—or when "done" is about to become "overdone."

THREE

TRIM EXCESS FAT FROM STEAKS AND CHOPS, leaving only a scant ¼-inch of fat around the edges, which is sufficient to flavor the meat. Less fat is a virtual guarantee against flare-ups, makes cleanup easier, and helps the waistline.

FOUR

USE DIFFERENT UTENSILS AND PREPARATION SURFACES FOR RAW AND COOKED FOODS. For example, use a different set of tongs to place raw food on the grill and use another to take cooked food off. Don't use the same plate for both the raw and cooked food. Also, wash hands thoroughly before and after handling raw food.

GRILLING 101



DIRECT VS. INDIRECT COOKING

The **DIRECT METHOD** is similar to broiling. Food is cooked directly over the heat source. For even cooking, food should be turned just once or twice. Use the Direct Method for foods that take less than 20 minutes to cook—such as steaks, chops, kabobs, sausages, and vegetables. Direct cooking is also necessary to sear meats. Searing creates that wonderful crisp, caramelized texture where the food hits the grate. It also adds nice grill marks and flavor to the entire food surface. Steaks, chops, chicken pieces, and larger cuts of meat all benefit from searing.

To grill by the Direct Method on a gas grill, preheat the grill with all burners on high for about 10 minutes. Adjust all burners to the temperature noted in the recipe, and then place the food on the cooking grate. Close the grill lid and lift it only to turn food or test for doneness at the end of the recommended cooking time.

To grill by the Direct Method on a charcoal grill, first preheat the charcoal in a chimney starter until they are ashed over. Then, spread the coals in a tightly packed, single layer across one-half to three-quarters of the charcoal grate. Put the cooking grate in place, close the lid, and let it preheat for about 10 minutes. Leave all the vents open. Brush the cooking grate clean. Wait until the coals reach the temperature noted in the recipe, and then place the food on the cooking grate directly over the coals. Place the lid on the grill, and lift it only to turn food or test for doneness at the end of the recommended cooking time.

The **INDIRECT METHOD** is similar to roasting, but with the added benefits of that grilled texture, flavor, and appearance you can't get from an oven. Heat rises, reflects off the lid and inside surfaces of the grill, and slowly cooks the food evenly on all sides. The circulating heat works much like a convection oven, so there's no need to turn the food. Use the Indirect Method for foods that require 20 minutes or more of grilling time or for foods that are so delicate that direct exposure to the heat source would dry them out or scorch them. Examples include roasts, ribs, whole chickens, turkeys, and other large cuts of meat, as well as some delicate fish fillets.

To grill by the Indirect Method on a gas grill, preheat the grill with all burners on high for about 10 minutes. Then adjust the burners on each side of the food to the temperature noted in the recipe and turn off the burner(s) directly below the food. For best results, place roasts, poultry, or large cuts of meat on a roasting rack set inside a disposable heavy-gauge foil pan. For longer cooking times, add water to the foil pan to keep drippings from burning.

To grill by the Indirect Method on a charcoal grill, arrange hot coals evenly on either side of the charcoal grate. A drip pan placed in the center of the charcoal grate between the coals is useful to collect drippings and to prevent flare-ups when cooking fattier foods such as goose, duck, or fatty roasts. For longer cooking times, add water to the drip pan to keep drippings from burning. Put the cooking grate in place, close the lid, and let the grill preheat for about 10 minutes. Brush the cooking grate clean. When the coals reach the right temperature, place the food on the cooking grate, centered over the drip pan or empty space. Place the lid on the grill and lift it only to baste or check for doneness at the end of the suggested cooking time.



THE SKINNY ON LEAN MEATS

Meats provide protein, of course, but also niacin, vitamins B6 and B12, iron, and zinc. Fat, saturated fat, and cholesterol are also present, and the amount varies depending on the species, the cut of meat, and the amount of marbling or fat that is distributed within the lean portion of the cut. Choosing lean red meats for grilling helps keep total and saturated fat intake down in your diet. Besides choosing lean cuts of meat, you can also trim any remaining visible fat; this can reduce both total and saturated fat intake at that meal.

Nutrition experts recommend that red meat consumption be limited to 18 ounces weekly. Choose fresh meat whenever possible while limiting processed meats such as hot dogs and sausage whenever possible. For red meat consumption, choosing the frequently recommended 3-ounce portion allows for six red meat meals in your weekly diet. However, 6 to 8 ounce servings are more common, allowing for two to three red meat meals weekly. In order to accurately measure these portions, you may want to invest in a kitchen food scale.



BROWN IS BETTER

Whichever cut of meat you choose, you'll get the most flavor from it when the surface is cooked to a deep brown color (not black!). When sugars and proteins in the meat are heated by the grill, they produce literally hundreds of wonderful flavors and aromas. For thick steaks like rib-eyes, filets mignons, T-bones and the like, the "sear and slide" method is best. This is when you sear meat over direct heat, and then slide it over indirect heat to finish cooking.

Another couple of tips on meat: Wet meat doesn't sear, it steams, so be sure to pat marinated meat dry with paper towels before grilling. Also, when meat is taken off of the grill, give it a few minutes to rest. This way, most of the juices will stay in the meat.

NUTRIENT CONTENT OF LEAN MEATS

MEAT CUT, 6 OZ	FAT	SAT FAT	CHOL	CALS
Beef				
Ground round, lean, Choice grade	9	3	110	240
Beef, rib-eye, lean, Choice grade	15	6	156	350
Filet mignon	39	18	120	500
T-bone	27	10	105	380
Top sirloin, Choice grade	27	11	142	440
Flank steak, lean only	10	5	72	255
Lamb				
Rib chop	20	9	137	360
Leg, lean	12	4	149	205
Pork				
Center loin, lean only	14	5	115	260
Poultry				
Chicken breast	6	2	146	285
Chicken thigh	15	4	150	330
Turkey breast	6	2	118	270
Turkey, dark meat	12	4	146	320

Source: United States Department of Agriculture, Release 20



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GO FISHING FOR OMEGA 3s!

Looking for new and delicious grilled foods? Look no further than the wide variety of tastes offered up by fish. The American Heart Association recommends three fish meals weekly for adults and up to 12 ounces of fish weekly for children and pregnant women. Fish is such a great source of specialized fats called eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA)—otherwise known as omega-3 fatty acids. Consuming these fats can reduce unnecessary blood clotting, boost immune function, and reduce inflammation.

Regular consumption of omega-3 fatty acids may help prevent heart disease, stroke, certain cancers, rheumatoid arthritis, and Alzheimer’s disease.

You’ve probably heard that fish have been affected by environmental contamination of mercury. A form called methylmercury builds up in fish when they feed in contaminated waters. Nearly all fish contain traces of methylmercury, with larger fish like shark, swordfish, king mackerel, and tilefish containing very high levels. Intake of these species should be limited. But the good-for-you fish that are lower in mercury include salmon, cod, pollock, sole, haddock, tilapia, shrimp, scallops, whitefish, and catfish.

IT'S EASY TO GRILL FISH AT HOME

While 22 percent of Weber GrillWatch Survey respondents say they’re grilling more fish than a year ago, 44 percent of all respondents say that they find fish the most challenging food to grill. But the fact is that it’s extremely easy and can be made so many different ways—by searing, steaming, planking, adding delicious herbs and spices, etc.—that the flavor options are limitless. Firm fish and seafood are the easiest to grill; tender fish work nicely, too, though they require a bit more care. With a firm, wide spatula or turner in hand, here are five ways to prevent sticking:

ONE

HIGH HEAT. Preheat the grill on high for ten minutes to get it really hot. Fish comes off the grate after a delicate crust of caramelization develops between the flesh and the grate. That requires high heat.

TWO

CLEAN GRATE. Use a brass bristle brush to get the cooking grate really clean before placing food on it.

THREE

USE SOME OIL. Coat the fish on all sides with a thin layer of oil.

FOUR

PATIENCE. Leave the fish alone. Caramelization happens faster when the fish stays in place on the hot grate. Keep the lid down as much as possible and turn the fish only once. Also, when you flip the fish over, place it on a clean area of the grill.

FIVE

GOOD TIMING. Grill the first side a little longer than the second. The first side down on the grate will be the side that eventually faces you on the plate. By grilling it a few minutes longer than the second, it will release more easily and will look fabulous on the plate, with picture-perfect sear marks.

NUTRIENT CONTENT OF FISH

FISH, 6 OZ	FAT	SAT FAT	CHOL	CALS	EPA + DHA CONTENT (MG)
Arctic Char	15	2.5	126	325	200 mg
Atlantic Cod	1.5	0.3	94	180	200 mg
Catfish, Farmed	14	3	110	260	210 mg
Haddock	1.6	0.3	127	192	350 mg
Herring, Atlantic	20	4.5	132	350	3,600 mg
Mackerel, Atlantic	30	7	128	450	1,950 mg
Ocean Perch	4	0.5	93	207	540 mg
Pacific Cod	1.4	0.2	80	180	375 mg
Pollock	2	0.3	156	200	975 mg
Salmon, Coho	14	3	108	305	1,800 mg
Salmon, Wild Atlantic	21	4	108	353	3,750 mg
Shrimp	2.3	0.3	432	171	600 mg
Sole	3	0.6	116	200	800 mg
Tilapia	4.5	1.6	98	220	330 mg
Whitefish	13	2	132	295	3,150 mg

Source: United States Department of Agriculture, Release 20



Fish is properly cooked when it's just turning opaque throughout. To test it, remove one piece of fish from the grill. With the presentation side facing down, make a small cut into the center of the fish. If it still looks translucent in the middle, put it back on the grill for another minute or two. But don't over cook it. Most fish should be taken off the grill before it begins to flake.

For shellfish, such as shrimp or scallops (which don't flake), cut through the center of one. Look for an opaque, pearly white color and glistening juices—then it's ready to serve.





PACKING IN THE PRODUCE



Because vegetables and fruit are packed with disease-fighting nutrients, the American Heart Association recommends that we consume a minimum of five servings daily—and even up to nine servings—to lower our risk of heart disease. Vegetables and fruit supply ample amounts of antioxidants, such as vitamin C, and the mineral potassium, which can help control blood pressure. They also contain plenty of antioxidants such as carotenoids, particularly beta-carotene, and immune-boosting vitamin A. But vegetables and fruit are especially distinguished by the thousands of phytonutrients they contain. These phytonutrients act as potent antioxidants in our diet and often have some tongue-twisting names such as catechins, flavonols, stilbenes, allicin, quercetin, ellagic acid, anthocyanthins, and leutin, all of which appear to be increasingly important for maintaining good health.

All vegetables and fruit are nutritious, but some are super nutritious. Some potent vegetable choices include carrots, sweet potatoes, red peppers, broccoli, cauliflower, and bok choy. Potent fruit choices include mango, kiwifruit, apricots, and cantaloupe.



GRILLING VEGETABLES AND FRUIT

Trust us. Grilling vegetables and fruit adds an entirely new repertoire of taste to what could sometimes be boring “healthy” food. When they hit the grill, onions or bell peppers become more savory and ears of corn become so caramelized with smoky flavors that you will want to eat every kernel off of the cob. A sprinkle of ground cloves or a dash of rum is a simple—but most incredible—way to grill pineapples or peaches to sensational tastes. Bananas taste richer—almost decadent—off of the grill.

{ VEGETABLES }

There are five essentials to grilling vegetables:

ONE

Grill what's growing at the time and buy locally if you can. Vegetables in season locally have big advantages over whatever has been shipped far distances.

TWO

Expose as much surface as possible. Cut each vegetable to give you the biggest area to put in direct contact with the cooking grate for better flavor. For example, rather than cutting a zucchini crosswise into round circles, cut it lengthwise into planks to expose more of the interior.

THREE

Use the good oil. Vegetables need oil to prevent sticking and burning. Canola oil will work just fine, but an extra virgin olive oil improves the flavor of virtually every vegetable. Use enough oil to coat each side thoroughly, but not so much that the oil drips off and causes flare-ups.

FOUR

Baste now and then. Vegetables have a lot of water that evaporates quickly on a hot grill. That's good news for flavor because as the water evaporates, the real vegetable flavors get more intense. But some veggies, especially mushrooms, are prone to shrinking and drying out when they lose water, so if they start to wrinkle, brush them with a little oil.

FIVE

Stay in the zone. Just about everything from asparagus to zucchini tends to cook best over direct medium heat. The temperature on the grill's thermometer should be somewhere between 350°F to 450°F.

{ FRUIT }

Grilling fruit is much like grilling vegetables. Select fruit that's ripe (or almost ripe) and firm, because it will soften on the grill. Also, because of its texture, it's a good idea to watch fruit carefully while grilling and to turn it occasionally. The sweet

succulence of most fruit turns golden brown and delicious on the grill, but if left too long in one place, golden brown can turn to black and bitter. To check the color and doneness, slide a thin spatula gently under the fruit and slightly lift.



RECIPES

Now that you have the grilling and nutrition basics, it's time to cook! We've listed 11 delicious and heart-healthy recipes for you on the following pages.

If you come across any grilling questions along the way, you can call the Weber Grill-Line™ at 1-800-GRILL-OUT® where our Certified Barbecue Experts (CBEs) are standing by.

For more information about Weber® grills and grilling accessories, go to www.weber.com® or call Weber Customer Service at 1-800-446-1071, seven days a week, from 7 a.m. to 11 p.m (CT).

MESQUITE-GRILLED FLANK STEAK WITH BLACK BEAN SALSA

Prep time: 25 minutes

Grilling time: 8 to 10 minutes

Rub

- 1 teaspoon pure chile powder
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 1 teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- ⅛ teaspoon ground cinnamon, optional

Salad

- 1 can (15 ounces) black beans, rinsed
- 1 cup seeded, finely diced tomatoes
- ½ cup ¼-inch-diced yellow bell pepper
- ⅓ cup ½-inch-diced red onion
- ½ cup thinly sliced scallions, white and light green parts
- 2 tablespoons extra virgin olive oil
- 1 tablespoon fresh lime juice
- 1 teaspoon minced garlic

- 1 flank steak, 1½ to 2 pounds and about ¾ inch thick
- Extra virgin olive oil
- Kosher salt
- Freshly ground black pepper

1. In a small bowl mix the rub ingredients.

2. In a medium bowl combine the salad ingredients, including ¾ teaspoon of the rub. Mix gently but thoroughly. If desired, to let the flavors meld, set aside at room temperature for at least 1 hour or as long as 8 hours.

3. Lightly coat the steak with oil. Season evenly with the remaining rub. Let the steak sit at room temperature for 20 to 30 minutes before grilling.

4. Brush the cooking grate clean. Grill the steak over **direct high heat** (450°F to 550°F), with the lid closed as much as possible, until cooked to your desired doneness, 8 to 10 minutes for medium rare, turning once and rotating as needed for even cooking. Remove from the grill and let rest for 3 to 5 minutes. Season the salad with salt and pepper to taste.

5. Cut the steak against the grain into ¼-inch slices. The thinner the slices, the more tender the meat will be. Serve the meat warm along with the juices on the cutting board and the black bean salad.

Makes 6 servings

Calories, 331; Total Fat, 19g; Saturated Fat, 6g; Cholesterol, 66mg; Sodium, 529mg; Carbohydrate, 11g; Dietary Fiber, 3g; Protein, 29g.



LAMB CHOPS WITH TOASTED CURRY

Prep time: 10 minutes

Grilling time: 5 to 8 minutes

Curry

- ½ teaspoon ground coriander
- ½ teaspoon ground cumin
- ½ teaspoon freshly ground black pepper
- ¼ teaspoon ground ginger
- ⅛ teaspoon ground cayenne pepper
- ⅛ teaspoon ground cinnamon
- Pinch ground cloves
- ¼ teaspoon ground turmeric
- ¼ teaspoon kosher salt

16 rib lamb chops, each about ¾ inch thick
Vegetable oil

1. In a small skillet over medium heat, combine the coriander, cumin, pepper, ginger, cayenne, cinnamon, and cloves. Toast the spices until the

aromas are apparent, about 2 to 3 minutes, stirring occasionally. Transfer the mixture to a small bowl and add the turmeric and salt. Blend thoroughly.

2. Remove the lamb from the refrigerator and let stand at room temperature 20 to 30 minutes before grilling. Trim the chops of excess fat. Lightly brush or spray the chops on both sides with the oil and season on both sides with the curry. Grill over **direct medium heat** (350°F to 450°F), with the lid closed as much as possible, until cooked to desired doneness, 5 to 8 minutes for medium rare, turning once and swapping their positions as needed for even cooking. Serve warm.

Makes 8 servings

Calories, 216; Total Fat, 13g; Saturated Fat, 4g; Cholesterol, 77mg; Sodium, 133mg; Carbohydrate, 0g; Dietary Fiber, 0g; Protein, 24g.



SKEWERED PORK AND PEPPERS

Prep time: 10 minutes

Grilling time: 4 to 6 minutes

Paste

- 2 tablespoons extra virgin olive oil
 - 2 teaspoons Dijon mustard
 - 1 teaspoon paprika
 - $\frac{1}{2}$ teaspoon granulated garlic
 - $\frac{1}{2}$ teaspoon light brown sugar
 - $\frac{1}{2}$ teaspoon kosher salt
 - $\frac{1}{4}$ teaspoon freshly ground black pepper
- $1\frac{1}{4}$ pounds boneless pork sirloin, cut into $\frac{3}{4}$ -inch cubes
- 2 large red bell peppers, cut into $\frac{3}{4}$ -inch squares

1. In a medium bowl combine the paste ingredients and mix until smooth. Add the pork to the bowl and stir to coat evenly. Allow to stand at room temperature for 10 to 15 minutes before grilling.

2. Thread the pork and peppers on skewers, alternating the ingredients. Grill over **direct high heat** (450°F to 550°F), with the lid closed as much as possible, until the pork is barely pink in the center, 4 to 6 minutes, turning once and swapping their positions as needed for even cooking. Serve warm.

Makes 6 servings

Calories, 244; Total Fat, 17g; Saturated Fat, 6g; Cholesterol, 65mg; Sodium, 143mg; Carbohydrate, 4g; Dietary Fiber, .88g; Protein, 18g.



BEER-MARINATED CHICKEN TACOS

Prep time: 20 minutes

Marinating time: 2 to 4 hours

Grilling time: 8 to 10 minutes

Marinade

- 1 cup dark Mexican beer, such as Negra Modelo
- 2 tablespoons dark sesame oil
- 1 tablespoon finely chopped garlic
- 1 teaspoon dried oregano
- 1 teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- ¼ teaspoon ground cayenne pepper

- 6 boneless, skinless chicken thighs, about 4 ounces each

Guacamole

- 2 ripe Haas avocados
 - 1 tablespoon fresh lime juice
 - ¼ teaspoon kosher salt
- 6 flour or corn tortillas (6 to 7 inches)

1. In a small bowl whisk the marinade ingredients. Place the thighs in a large, plastic resealable bag and pour in the marinade. Press the air out of the bag and seal tightly. Turn the bag to distribute the marinade, place the bag in a bowl, and refrigerate for 2 to 4 hours, turning the bag occasionally.

2. Scoop the avocado flesh into a medium bowl. Add the lime juice and salt. Using a fork, mash the ingredients together. Cover with plastic wrap, placing it directly on the surface to prevent browning, and refrigerate until about 1 hour before serving.

3. Remove the thighs from the bag and discard the marinade. Grill over **direct high heat** (450°F to 550°F), with the lid closed as much as possible, until the meat is firm and the juices run clear, 8 to 10 minutes, turning once or twice and swapping their positions as needed for even cooking. Cut the chicken into thin strips.

4. Warm the tortillas over **direct medium heat** (350°F to 450°F) for about 1 minute, turning once. Pile the sliced chicken inside the tortillas. Top each with a spoonful of guacamole. Serve warm.

Makes 6 servings

Calories, 354; Total Fat, 18g; Saturated Fat, 3g; Cholesterol, 94mg; Sodium, 418mg; Carbohydrate, 23g; Dietary Fiber, 3g; Protein, 26g.

MARINATED SCALLOPS WITH ROASTED TOMATILLO SALSA

Prep time: 30 minutes

Marinating time: 1 hour

Grilling time: 10 to 12 minutes

Marinade

- 3 tablespoons extra virgin olive oil
- 1 teaspoon freshly grated lime zest
- 1 tablespoon fresh lime juice
- 1 tablespoon minced garlic
- ½ teaspoon crushed red pepper flakes
- ½ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper

- 24 large sea scallops, about
1½ ounces each

Salsa

- 1 small yellow onion, cut crosswise into ½-inch slices
- Extra virgin olive oil
- 8 medium tomatillos, about ½ pound total, husked and rinsed
- 1 medium poblano chile
- ¼ cup lightly packed fresh cilantro leaves and tender stems
- 1 medium garlic clove, crushed
- ½ teaspoon dark brown sugar
- ½ teaspoon kosher salt

1. In a medium bowl whisk the marinade ingredients.

2. Rinse the scallops under cold water. Remove and discard the small, tough side muscle from each scallop that has one. Place the scallops in the bowl with the marinade and toss to evenly coat them. Cover the bowl and refrigerate for 1 hour.



3. Lightly brush or spray the onion slices on both sides with oil. Grill the onions, tomatillos, and chile over **direct high heat** (450°F to 550°F), with the lid closed as much as possible, until lightly charred all over, 6 to 8 minutes, turning once or twice and swapping their positions as needed for even cooking. Transfer the onions and tomatillos to a blender or food processor and place the chile on a work surface. When the chile is cool enough to handle, remove and discard the skin, stem, and seeds. Add the chile to the onions and tomatillos, along with the remaining salsa ingredients. Process until fairly smooth. Taste and adjust the seasonings, if necessary.

4. Remove the scallops from the bowl and discard the marinade. Grill over **direct high heat** (450°F to 550°F), with the lid closed as much as possible, until just opaque in the center, 4 to 6 minutes, turning once. Serve warm with the salsa.

Makes 6 servings

Calories, 220; Total Fat, 7g; Saturated Fat, 1g; Cholesterol, 56mg; Sodium, 518mg; Carbohydrate, 10g; Dietary Fiber, 1g; Protein, 29g.



ARCTIC CHAR WITH GRILLED VEGETABLE CONFETTI

Prep time: 10 minutes

Grilling time: 20 to 25 minutes

Confetti

- 2 ears corn, husked
 - 1 medium red onion, cut crosswise into 1/3-inch slices
 - Extra virgin olive oil
 - 1 pint cherry tomatoes, each one quartered
 - 1/2 cup finely chopped fresh basil leaves
 - 1 tablespoon champagne vinegar
 - 2 teaspoons minced garlic
 - Kosher salt
 - Freshly ground black pepper
-
- 4 arctic char or salmon fillets (with skin), each about 6 ounces and 1 inch thick
 - 3/4 teaspoon kosher salt
 - 1/2 teaspoon freshly ground black pepper
 - 4 lemon wedges

1. Lightly coat the corn and onion slices with oil. Grill over **direct medium heat** (350°F to 450°F), with the lid closed as much as possible, until the corn is golden brown in spots all over, and the onion slices are well marked and tender, turning occasionally and swapping their positions as needed for even cooking. The corn will take 12 to 15 minutes and the onion slices will take 8 to 10 minutes.

2. When cool enough to handle, stand the ears of corn up in a medium bowl and slice the kernels from the ears with a sharp knife. Roughly chop the onions and add them to the bowl. Add the remaining confetti ingredients. Season with salt and pepper to taste.

3. Thoroughly coat the fillets with oil. Season them evenly with the salt and pepper. Brush the cooking grate clean. Grill the fillets, flesh side down first, over **direct high heat** (450°F to 550°F), with the lid closed as much as possible, until barely pink in the center, 8 to 10 minutes, turning once after 5 to 6 minutes. Swap their positions as needed for even cooking. Serve warm with the vegetable confetti and lemon wedges.

Makes 4 servings

Calories, 351; Total Fat, 17g; Saturated Fat, 3g; Cholesterol, 82mg; Sodium, 459mg; Carbohydrate, 19g; Dietary Fiber, 4g; Protein, 33g.

CEDAR-PLANKED SALMON WITH HOISIN-MUSTARD GLAZE

Prep time: 10 minutes

Grilling time: 15 to 25 minutes

Glaze

- 1 tablespoon hoisin sauce
 - 1 tablespoon Dijon mustard
 - 1 tablespoon fresh lemon juice
 - 1 tablespoon unsalted butter, melted
 - ½ teaspoon dark sesame oil
- 1 large salmon fillet, with skin,
2 to 2½ pounds, about 16 inches long
and ¾ inch thick
- ½ teaspoon kosher salt
 - ¼ teaspoon freshly ground black pepper

- 1 untreated cedar plank, about 16 inches
by 8 inches, submerged in water for
at least 1 hour

1. In a small bowl mix the glaze ingredients.
2. Place the salmon, skin side down, on a large cutting board. Using needle-nose pliers, remove any pin bones from the salmon. Cut the salmon in half lengthwise but do not cut through the skin. Then cut the salmon crosswise to make 8 servings, but again do not cut through the skin. Brush the glaze evenly over the salmon flesh, brushing some glaze between the individual servings. Season the top evenly with the salt and pepper.
3. Place the soaked plank over *direct medium heat* (350°F to 450°F) and close the lid. After a few minutes, when the plank crackles and smoke begins to escape from the grill, place the salmon, skin side down, in the center of the plank. Close the lid and let the salmon cook until lightly



browned on the surface and opaque all the way to the center of the flesh, 15 to 25 minutes. If at any point you see a lot of smoke pouring out of the grill, use a water bottle to extinguish the flames on the wood plank. Moving the plank over indirect heat will also prevent flare-ups, but the cooking time will be longer.

4. Using sturdy tongs or spatulas, carefully remove the salmon and the plank from the grill together and lay it down on a heatproof surface. Serve the salmon on the plank or pick up individual servings by sliding a spatula between the skin and flesh. Serve warm or at room temperature.

Makes 8 servings

Calories, 234; Total Fat, 14g; Saturated Fat, 3g;
Cholesterol, 72mg; Sodium, 274mg;
Carbohydrate, 1g; Dietary Fiber, 0g;
Protein, 23g.



EGGPLANT WITH SPICY ASIAN DRESSING

Prep time: 10 minutes

Grilling time: 8 to 10 minutes

Dressing

- 1-2 serrano chile peppers, stems and seeds removed, minced
- 3 tablespoons soy sauce
- 2 tablespoons fresh lemon juice
- 2 tablespoons minced yellow onion
- 1 tablespoon water

- 2 globe eggplants, about $\frac{3}{4}$ pound each
- $\frac{1}{4}$ cup vegetable oil
- 1 teaspoon granulated garlic

1. In a small bowl combine the dressing ingredients.

2. Remove about $\frac{1}{2}$ inch from both ends of each eggplant. Cut the eggplants crosswise into $\frac{1}{2}$ -inch slices. Lightly brush both sides of the slices with oil and season evenly with the granulated garlic. Grill over **direct medium heat** (350°F to 450°F) until well marked and tender, 8 to 10 minutes, turning once, and swapping their positions as needed for even cooking. Keep the lid closed as much as possible during grilling. Place the slices on a platter in a single layer. Immediately spoon the dressing over the top. Serve warm.

Makes 4 servings

Calories, 171; Total Fat, 14g; Saturated Fat, 2g; Cholesterol, 0mg; Sodium, 778mg; Carbohydrate, 12g; Dietary Fiber, 2g; Protein, 2g.

GRILLED ASPARAGUS WITH BALSAMIC SYRUP

Prep time: 5 minutes

Grilling time: 4 to 6 minutes

- ½ cup inexpensive balsamic vinegar
- 2 pounds medium asparagus
(40 to 50 spears), each about
½ inch thick at the stem end
- ¼ cup extra virgin olive oil
- ½ teaspoon kosher salt
- ¼ teaspoon freshly ground
black pepper

1. If you plan to do this first step on an indoor stove, turn on the fan in the stove's hood. The simmering vinegar creates a pungent aroma. In a small saucepan, bring the vinegar to a simmer over medium heat, and then reduce the heat until a few bubbles are just breaking through the surface. Cook at a slow simmer until about ¼ cup of vinegar remains. As you get close to ¼ cup, the vinegar will cling to the back of a spoon and it will coat the bottom of the saucepan when you rock it back and forth. The total cooking time will be roughly 10 minutes, but keep an eye on the vinegar. If it cooks too quickly or it reduces too much, it will turn bitter rather than sweet. Remove the saucepan from the heat and let cool to room temperature (the syrup will continue to thicken as it cools).

2. Remove and discard any tough, woody ends from the asparagus spears. Peel the ends of the asparagus, if desired. Lightly coat the asparagus



with the oil. Season evenly with the salt and pepper. Brush the cooking grate clean. Lay the asparagus perpendicular to the bars on the cooking grate. Grill over *direct medium heat* (350°F to 450°F), with the lid closed as much as possible, until lightly charred and crisp-tender, 4 to 6 minutes, rolling the spears a couple times and swapping their positions as needed for even cooking.

3. Arrange the asparagus on a platter or individual plates. If the syrup is stiff, warm it briefly over medium heat. Drizzle some of the syrup over the spears (you may not need all of it). Season with more salt, if desired. Serve warm or at room temperature.

Makes 8 servings

Calories, 53; Total Fat, 4g; Saturated Fat, 1g; Cholesterol, 0mg; Sodium, 63mg; Carbohydrate, 4g; Dietary Fiber, 1g; Protein, 3g.



GRILLED CARROTS

Prep time: 10 minutes

Grilling time: 3 to 5 minutes

- 8 medium carrots, each 6 to 8 inches long and about 1 inch wide at the stem
 - 2 tablespoons unsalted butter
 - $\frac{1}{2}$ teaspoon red wine vinegar
 - $\frac{1}{4}$ teaspoon freshly ground nutmeg
 - $\frac{1}{2}$ teaspoon kosher salt, divided
 - $\frac{1}{4}$ teaspoon freshly ground black pepper, divided
 - 1 teaspoon minced fresh Italian parsley
1. Peel the carrots and cook them in boiling water until they are partially cooked but still crisp, 4 to 6 minutes. Drain the carrots and rinse them under cold water for at least 10 seconds to stop the cooking.

2. Lay the carrots flat on a work surface. In a small saucepan over medium heat, melt the butter with the vinegar and nutmeg. Brush the carrots with the butter mixture and season with half the salt and pepper.

3. Brush the cooking grate clean. Grill the carrots over **direct high heat** (450°F to 550°F), with the lid open, until lightly charred with spots and stripes, 3 to 5 minutes, turning occasionally and swapping their positions as needed for even cooking. Move the carrots to a platter and season them with the remaining salt and pepper. Sprinkle the parsley over the top. Serve warm.

Makes 4 servings

Calories, 88; Total Fat, 3g; Saturated Fat, 2g; Cholesterol, 8mg; Sodium, 171mg; Carbohydrate, 15g; Dietary Fiber, 5g; Protein, 2g.



GRILLED PEACHES WITH BLACKBERRY SAUCE

Prep time: 10 minutes

Grilling time: 8 to 10 minutes

Sauce

6 ounces fresh blackberries, about 1 cup
2-3 tablespoons granulated sugar

2 tablespoons unsalted butter
1 tablespoon granulated sugar
4 medium peaches, firm but ripe,
halved and pits removed
1 cup vanilla frozen yogurt, optional

1. In a food processor, puree the blackberries with 2 tablespoons water. Add the sugar to taste.

2. In a small saucepan over medium heat, melt the butter, then add the sugar and stir to dissolve. Remove the saucepan from the heat. Brush the peach halves all over with the butter mixture.

3. Grill the peach halves over *direct medium heat* (350°F to 450°F) until they are browned in spots and warm throughout, 8 to 10 minutes, turning them every 3 minutes or so. Keep the lid closed as often as possible during grilling. Serve the peaches warm with the blackberry sauce and frozen yogurt, if desired.

Makes 4 servings

Calories, 172; Total Fat, 6g; Saturated Fat, 4g;
Cholesterol, 16mg; Sodium, 1mg;
Carbohydrate, 31g; Dietary Fiber, 4g;
Protein, 1g.

**JAMIE
PURVIANCE**

graduated from Stanford University and the Culinary Institute of America (with high honors) before launching his career as a food writer for major magazines and newspapers such as *Bon*



Appétit, *Better Homes & Gardens*, *Cooking Light*, *Fine Cooking*, *Town & Country*, and the *Los Angeles Times*. He is the author of several best-selling cookbooks, including *Weber's Real Grilling* and *Weber's Charcoal Grilling*. Purviance is certified by the Kansas City Barbecue Society and serves as a judge for the Memphis in May World Championship Barbecue Cooking Contest, in addition to other major competitions. He has also appeared on several national television shows including *Today*, *The Early Show*, *Good Morning America*, *Fox & Friends*, and the *Oprah Winfrey Show*—as well as PBS, CNN, the History Channel, and the Food Network.

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that provides nutrition programs for diverse groups of people with an emphasis on long-term follow-up and support programming. Monique has developed nutrition plans for clients in the areas of sports nutrition, weight management, women's health, eating disorder recovery, and disease prevention and wellness. She has also delivered nutrition and wellness programs to a variety of corporations.

Monique is a prolific nutrition writer and is the author of dozens of magazine articles and four books, including *Sports Nutrition for Endurance Athletes* and *Performance Nutrition for Team Sports*. She is a regular contributor to *VeloNews*, *Inside Triathlon*, and *Outside* magazines. Monique has consulted for USA Cycling, USA Triathlon, the Chicago Fire Soccer Team, the Timex Multisport Team, and several professional cycling teams. She currently consults with coaches, athletic trainers, and professional and amateur athletes competing at all levels.



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