

Beat the heat

Simple summertime recipes for the grill! For a light meal, serve fish with vegetables and whole grain bread or sourdough bread.

Mixed Vegetable Grill

quick and easy, loaded with flavor!

Serves 4-6

Marinade:

¼ cup olive oil

2 cloves garlic minced, or 1 tsp prepared minced garlic

salt to taste

OPTIONAL: try one of these for added flavor, or a combination

¼ cup chopped fresh flat-leaf parsley OR 2 tsp dried

¼ cup chopped fresh basil OR 1 tsp dried

Veggies: Can vary vegetable mixture, cut to similar thickness for even cooking time

3 large bell peppers, mixed colors, cut in large squares

2 small zucchini squash, green and yellow, sliced thick

1 sweet Vidalia onion, cut in 1/6ths

Mix marinade and put in large ziplock or plastic container. Add prepped veggies.

Marinate for ½ hour or more, tipping bag or container to flavor all veggies. Remove from marinade, and place into a vegetable griller. Grill over charcoal or coal, flipping once, 3-4 minutes per side. Serve hot or room temp.

Calories per 1/4th recipe: approximately 124, 6g fat

Best Ever Grilled Salmon

Serves 4-6

1 large salmon fillet, 2#

Marinade:

¾ cup lemon juice

¾ cup lite soy sauce

1 Tbsp brown sugar (or to taste)

Blend marinade well. Put fish fillet or steaks into a large ziplock bag and allow to marinate, refrigerated for up to an hour. Heat grill until hot. Remove fish from marinade, grill until fish flakes easily. May add additional marinade during cooking for more flavor.

Hint: if fish has skin on, then grill on a paper bag cut to the size of the fish. The skin will stick to the bag, and fish can be removed with a spatula to a serving tray.

Per 1/6th recipe (5.3 oz): calories 211, fat 11 g, protein 37 g