

Quick Facts:

Grill Something Different!

Compiled by

Julie Garden-Robinson, Ph.D., R.D., L.R.D., Food and Nutrition Specialist

Jessica Ryant, Dietetic Intern (former)

Who knew an entire meal could be prepared on the grill? Try these tasty recipes the next time you want to ignite your guests' taste buds.

Grilled Hot Wings

Prep Time: 2+ hours Cook Time: 15 minutes

24 skinless chicken wings
1 cup pineapple juice
2 tablespoons balsamic vinegar
2 tablespoons brown sugar
4 cloves garlic, minced
1 hot chile pepper, diced
½ teaspoon ground allspice
salt and pepper to taste

Preheat grill. Combine all ingredients (except chicken wings) in a small saucepan and let boil for 2 minutes. Remove from heat, pour into a large bowl and let cool. Add chicken wings to the marinade and marinate in the refrigerator for 2 hours or more. Grill over medium heat for 10 to 15 minutes or until cooked through (internal temperature of 165 F). Serve chicken wings with celery and carrot sticks.

Makes six servings. Per serving: 190 calories, 4 grams (g) fat, 11 g carbohydrate, 0 g fiber, 26 g protein and 95 milligrams sodium



Grilled Salmon

Omega-3-rich salmon steaks hold up well on the grill. Plus, since they're usually sliced to a uniform thickness, they cook evenly. Before you light the fire, coat the rack with cooking spray so the fish won't stick to it.

1 tablespoon smoked paprika
1 teaspoon black pepper
1 teaspoon salt
1 pound salmon steaks
About 4 teaspoons honey

Mix the spices together in a small bowl. Rub the mixture evenly over the salmon. Grill for five minutes per side, drizzling lightly with a squeeze from the honey container (about 1 teaspoon per steak) just before they're done (internal temperature of 145 F).

Makes four servings. Per serving: 190 calories, 23 grams (g) protein, 7 g carbohydrates, 7 g fat (1 g saturated), less than 1 g fiber, 630 milligrams sodium

NDSU

EXTENSION

Grilled Vegetables

Cut your favorite vegetables (bell peppers, mushrooms, asparagus, onions, zucchini, summer squash, potatoes) into chunks.

Lay out a piece of aluminum foil and spray with cooking spray.

Place vegetables in a bowl; add enough olive oil or cooking spray to coat. Season with your favorite seasonings (Mrs. Dash, lemon pepper, thyme, rosemary, garlic, etc.).

Toss to coat evenly.

Pour vegetables onto aluminum foil and seal all sides.

Place on a preheated grill. Cooking time varies depending on size and type of vegetables. Most vegetables need 4 to 5 minutes, then stir and grill for another 3 to 4 minutes until vegetables are crisp tender. Potatoes may take longer (30 to 40 minutes), so you may want to do those separately.

Stuffed Peaches on the Grill

While you probably don't think a lot about grilling fruit, these grill packets make a delicious dessert. Top them off with vanilla ice cream and your guests will be pleased.

Prep Time: 10 minutes Cook Time: 18 minutes

4 large peaches
1 cup frozen blueberries
1/3 cup brown sugar
3 tablespoons lemon juice

Wash and halve peaches. Remove pit. Place peaches on aluminum foil so that you can fold up the foil and seal the peaches in. Spoon 2 tablespoons of berries into each peach half. Sprinkle 2 teaspoons of brown sugar and 1 teaspoon of lemon juice on each half. Fold foil and seal. Place on hot grill and cook for 15 to 18 minutes. Turn once. Serve right out of the foil.

Makes four servings. Per serving: 140 calories, 0.5 gram (g) fat, 36 g carbohydrate, 3 g fiber, 2 g protein and 0 g sodium

Grilled Corn on the Cob

Peel back the husk, but don't remove.

Remove the silk and close the husk back up.

Submerge the corn in water for about 15 minutes.

While the corn is soaking, fire up the grill.

Remove the corn from the water and shake out any excess water.

Note: If you wish to season the corn before cooking, you can pull back the husk and add your favorite seasonings. Be sure to close the husks and twist shut before placing the corn on the grill. If using a charcoal grill, turn the corn every 10 to 15 minutes. For gas grills, keep the heat on medium-high and turn every 5 minutes. The husks will turn brown and even may start on fire. Let them cook, turning the corn often. The water that they soaked in is steaming the corn from inside the husk. Corn usually takes about 30 to 45 minutes; after grilling a few times, you will get a feel for how long they need. When done, use a tong to remove the corn from the grill (they are very hot!). Peel back the husks. You may want to run the corn under hot water to remove any ash. Let your taste buds guide you next. Some people eat their corn plain; others use a little butter with some salt and pepper. For a new twist, try mixing some olive oil with your favorite seasonings and brush it onto the corn.



For more information on this and other topics, see: www.ndsu.edu/extension

NDSU Extension does not endorse commercial products or companies even though reference may be made to tradenames, trademarks or service names.

County commissions, North Dakota State University and U.S. Department of Agriculture cooperating. NDSU does not discriminate in its programs and activities on the basis of age, color, gender expression/identity, genetic information, marital status, national origin, participation in lawful off-campus activity, physical or mental disability, pregnancy, public assistance status, race, religion, sex, sexual orientation, spousal relationship to current employee, or veteran status, as applicable. Direct inquiries to Vice Provost, Title IX/ADA Coordinator, Old Main 100, 701-231-7708, ndsu.eoaa@ndsu.edu. This publication will be made available in alternative formats for people with disabilities upon request, 701-231-7881.