



EatingWell Favorite Grilling Recipes

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Mexican Grilled Corn

Plank-Grilled Salmon with Creamy Tarragon Sauce

Makes: 4 servings

Active time: 30 minutes **Total:** 30 minutes
(plus 2-4 hours plank-soaking time)

To make ahead: Cover and refrigerate the sauce (Step 3) for up to 1 day.

Equipment: Cedar grilling plank

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Grilling salmon on a cedar plank imparts a deliciously smoky flavor to the fish. The tarragon cream sauce uses low-in-saturated-fat Greek-style yogurt. Look for cedar planks with other grilling supplies in supermarkets or hardware stores.

- 1¼ pounds salmon fillet
- ½ teaspoon plus a pinch of salt, divided
- ¼ cup low-fat plain Greek yogurt
- 2 tablespoons extra-virgin olive oil, divided
- 1 tablespoon orange juice
- 1 tablespoon fresh tarragon, chopped

1. Soak a cedar grilling plank in water for 2 to 4 hours.
2. About 20 minutes before you're ready to grill, preheat grill to medium. Season salmon

with ½ teaspoon salt and let stand while the grill preheats.

3. Meanwhile, combine yogurt with 1 tablespoon oil, orange juice, tarragon and the remaining pinch of salt in a medium bowl. Whisk vigorously until all the oil has been incorporated into the yogurt.

4. When ready to grill, brush the salmon with the remaining 1 tablespoon oil. Place the soaked cedar plank directly over the fire for about 1 minute. Using tongs, turn the plank over to expose the slightly charred side. Place the salmon fillet skin-side down on the plank. Cover the grill and cook until the salmon is easily flaked with a fork, 7 to 10 minutes. Remove the entire plank from the grill and serve from it or transfer the salmon to a serving platter. Serve the salmon with the sauce.

Per serving: 242 calories; 12 g fat (2 g sat, 7 g mono); 67 mg cholesterol; 1 g carbohydrate; 0 g added sugars; 30 g protein; 0 g fiber; 402 mg sodium; 537 mg potassium.

Nutrition bonus: Potassium (15% daily value), omega-3s.

Carbohydrate servings: 0

Exchanges: 4 lean meat, 1½ fat



Paprika-Herb Rubbed Chicken

Makes: 4 servings

Active Time: 5 minutes **Total:** 25 minutes

To make ahead: Store the rub in an airtight container for up to 3 months; coat the chicken with the rub up to 30 minutes before grilling.

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Herbs de Provence, a mixture of dried herbs commonly used in the south of France, combines with paprika, salt and pepper to make a beautiful rub for the chicken. You can find commercial mixtures of herbs de Provence in the spice section at some natural foods stores and/or gourmet markets. It's also easy to make your own. Mix 1 tablespoon each (or equal proportions) dried thyme, rosemary, oregano, marjoram and savory in a small jar. If desired, add a pinch of dried lavender and crushed aniseed. You can also try it with steak and tofu.

- 1 tablespoon herbes de Provence
- 2 teaspoons paprika
- ½ teaspoon kosher salt
- ¼ teaspoon freshly ground pepper
- 1-1¼ pounds boneless, skinless chicken breast

1. Combine herbes de Provence, paprika, salt and pepper in a small bowl.
2. Coat both sides of chicken with the rub up to 30 minutes before grilling.
3. Preheat grill to medium-high.
4. Oil the grill rack (see *Tip*, page 5). Grill the chicken, turning once, until an instant-read thermometer inserted into the thickest part registers 165°F, 4 to 8 minutes per side.

Per serving: 127 calories; 3 g fat (1 g sat, 1 g mono); 63 mg cholesterol; 1 g carbohydrate; 0 g added sugars; 23 g protein; 1 g fiber; 196 mg sodium; 223 mg potassium.

Carbohydrate servings: 0

Exchanges: 3 lean meat





Steak & Potato Salad with Horseradish Dressing

Makes: 4 servings, about 2 cups each

Active time: 45 minutes **Total:** 45 minutes

To make ahead: Prepare potatoes and green beans (Step 2) and refrigerate for up to 3 days.

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The classic combination of steak and potatoes gets a summer makeover with the addition of fresh grilled corn and green beans. Reserve some of the tangy horseradish dressing if you like and toss it with lettuce as a bed for the steak salad.

- 1 pound baby potatoes, scrubbed
- 12 ounces green beans (about 3 cups), trimmed
- ½ cup sliced fresh chives or scallion greens
- ¼ cup reduced-fat sour cream
- 3 tablespoons white-wine vinegar or red-wine vinegar
- 2 tablespoons prepared horseradish
- 1 tablespoon Worcestershire sauce
- 1 teaspoon freshly ground pepper, divided

- 2 tablespoons extra-virgin olive oil
- 1 pound sirloin steak or strip steak (1-1¼ inches thick), trimmed
- ¼ teaspoon salt
- 2 ears corn, husked

1. Preheat grill to medium.
2. Bring 1 inch of water to a boil in a large saucepan fitted with a steamer basket. Add potatoes, cover and cook until tender, 10 to 15 minutes. Transfer to a cutting board to cool. Add beans to the steamer basket, cover and cook until bright green and just tender, 4 to 6 minutes. Rinse in a colander with cold water until cool. Drain thoroughly and transfer to a large bowl. Cut the potatoes into halves or quarters and add to the bowl with the beans. Stir in chives (or scallion greens).
3. Meanwhile, combine sour cream, vinegar, horseradish, Worcestershire and ½ teaspoon pepper in a small bowl. Whisk in oil.
4. Sprinkle both sides of steak with salt and the remaining ½ teaspoon pepper. Oil the grill rack (see *Tip*, page 5). Grill the steak about 5 minutes per side for medium-rare, 6 minutes per side for medium. Grill the corn, turning occasionally, until marked and tender, 8 to 12 minutes total. Transfer to a cutting board; let the steak rest for 5 minutes. When the corn is cool enough to handle, cut the kernels from the cob. Thinly slice the steak crosswise. Add the steak and any accumulated juice and the corn kernels to the bowl with the potatoes and beans; toss with the horseradish dressing.

Per serving: 376 calories; 14 g fat (4 g sat, 8 g mono); 66 mg cholesterol; 36 g carbohydrate; 0 g added sugars; 28 g protein; 6 g fiber; 291 mg sodium; 1,142 mg potassium.

Nutrition bonus: Vitamin C (45% daily value), Zinc (34% dv), Potassium (33% dv), Folate (22% dv), Magnesium (21% dv), Iron & Vitamin A (20% dv).

Carbohydrate servings: 2

Exchanges: 2 starch, 1 vegetable, 3 lean meat, 1 fat

Grilled Shrimp Skewers over White Bean Salad

Makes: 6 servings, about ¾ cup salad and 4 shrimp each

Active time: 30 minutes **Total:** 30 minutes

To make ahead: Cover and refrigerate the salad and shrimp separately for up to 1 day

Equipment: Six 8- to 10-inch skewers

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Fresh herbs make all the difference in this light, summery bean salad that in turn makes an aromatic bed for the easy grilled shrimp. The shrimp and salad are wonderful together but you could also make them separately. Consider skewering and grilling scallops as another delicious option.

- 1 teaspoon finely grated lemon zest
- ⅓ cup lemon juice
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons packed fresh oregano, minced
- 2 tablespoons packed fresh sage, minced
- 2 tablespoons minced fresh chives
- 1 teaspoon freshly ground pepper
- ½ teaspoon salt
- 2 15-ounce cans cannellini beans, rinsed
- 12 cherry tomatoes, quartered
- 1 cup finely diced celery
- 24 raw shrimp (21-25 per pound; see *Tip*), peeled and deveined

1. Combine lemon zest, lemon juice, oil, oregano, sage, chives, pepper and salt in a large bowl. Reserve 2 tablespoons of the dressing in a small bowl. Add beans, tomatoes and celery to the large bowl; toss well.
2. Preheat grill to medium-high or place a grill pan over medium-high heat until hot.
3. Thread shrimp onto 6 skewers. (If using a grill pan, you don't need to skewer the shrimp.)
4. Oil the grill rack (see *Tip*, page 5) or the grill pan. Grill the shrimp until pink and firm, turning once, about 4 minutes total. Serve the shrimp on the white bean salad, drizzled



with the reserved dressing.

Per serving: 212 calories; 8 g fat (1 g sat, 5 g mono); 95 mg cholesterol; 22 g carbohydrate; 0 g added sugars; 17 g protein; 8 g fiber; 575 mg sodium; 242 mg potassium.

Nutrition bonus: Vitamin C (20% daily value).

Carbohydrate servings: 1

Exchanges: 1 starch, 1 vegetable, 2½ lean meat, 1½ fat

Tip: Both wild-caught and farm-raised shrimp can damage the surrounding ecosystems when not managed properly. Look for shrimp certified by an independent agency, such as Wild American Shrimp or Marine Stewardship Council. If you can't find certified shrimp, choose wild-caught shrimp from North America—it's more likely to be sustainably caught.



Grilled Chicken Tostadas with Sweet-&-Sour Vegetables

Makes: 6 servings, 2 tostadas each

Active time: 1¼ hours **Total:** 2 hours

To make ahead: Cover and refrigerate the mole sauce (Step 2) for up to 1 week or freeze for up to 3 months. Cover and refrigerate the vegetables (Step 3) for up to 1 day.

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These grilled chicken tostadas are topped with rich mole sauce and sweet-and-sour summer vegetables and use store-bought tostada shells for convenience. If you want to make this a vegetarian dish, leave out the grilled chicken.

Adobo-Rubbed Chicken

- 4 teaspoons chili powder, preferably made with New Mexico or ancho chiles
- 2 tablespoons lime juice
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon ground cumin
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon salt
- ½ teaspoon freshly ground pepper
- 3 8-ounce boneless, skinless chicken breasts, trimmed

Mole Sauce

- 3 dried ancho or New Mexico chiles
- 2 cups boiling water
- 3 medium tomatoes, quartered and seeded
- ½ cup chopped onion

- 2 cloves garlic, peeled
- 2 tablespoons red-wine vinegar
- 1 tablespoon all-purpose flour
- 2 teaspoons sugar
- ½ teaspoon ground cumin
- ½ teaspoon freshly ground pepper
- ¼-½ teaspoon cayenne pepper
- Pinch of ground cloves
- 1 tablespoon extra-virgin olive oil
- ¾ teaspoon salt
- Sweet-&-Sour Vegetables**
- 2 cups diced carrot
- 1 cup diced summer squash
- ¼ cup distilled white vinegar
- 1 teaspoon dried oregano
- 1 teaspoon sugar
- ½ teaspoon freshly ground pepper, plus more to taste
- ¼ teaspoon salt
- 12 tostada shells (see *Tip*)

1. To prepare adobo rub and chicken: Combine chili powder, lime juice, oil, cumin, onion powder, garlic powder, salt and pepper in a small bowl. Rub 2 tablespoons of adobo rub generously all over chicken breasts (the remaining rub can be stored in the refrigerator for up to 3 days). Let marinate for 30 minutes or wrap in plastic and refrigerate for up to 1 day.

2. To prepare mole sauce: Tear chiles into pieces; discard stems and seeds. Place in a bowl, add boiling water and soak until the chiles are soft, about 30 minutes. Pour the chiles and soaking liquid into a blender. Add tomatoes, onion, garlic, vinegar, flour, sugar, cumin, pepper, cayenne to taste and cloves; blend until smooth. Strain the sauce through a sieve to filter out any remaining seeds and skins, pressing out as much liquid as possible from the solids. Heat oil in a large skillet.

3. To prepare sweet-&-sour vegetables: Bring 2 cups water to a boil in a large saucepan. Add carrots and cook for 7 minutes. Add squash, vinegar, oregano, 1 teaspoon sugar, ½ teaspoon pepper and ¼ teaspoon salt. Continue cooking until the vegetables are just tender, 2 to 3 minutes more. Drain, transfer to a bowl and season with more pepper to taste. Set aside to cool.

4. About 20 minutes before you're ready to grill the chicken, preheat grill to medium.

5. Oil the grill rack (see *Tip*, page 6). Grill the chicken until an instant-read thermometer inserted into the thickest part registers 165°F, 6 to 8 minutes per side. Transfer to a clean cutting board, let rest for 5 minutes and slice into ½-inch strips.

6. To assemble tostadas: Place 2 tostada shells on each plate. Drizzle about 2 tablespoons of the mole sauce over each tostada, then top each with about 2 ½ tablespoons of the vegetables. Divide the chicken among the tostadas and drizzle with more mole sauce. Serve with taco garnishes as desired.

Per serving: 355 calories; 15 g fat (3 g sat, 5 g mono); 63 mg cholesterol; 31 g carbohydrate; 2 g added sugars; 27 g protein; 6 g fiber; 719 mg sodium; 877 mg potassium.

Nutrition bonus: Vitamin A (195% daily value), Vitamin C (32% dv), Potassium (25% dv), Magnesium (18% dv), Iron (16% dv).

Carbohydrate servings: 1½

Exchanges: 2 starch, 1 vegetable, 3 lean meat, 3 fat

Tips:

To make your own tostadas: Heat about ½ inch canola oil or peanut oil in a small skillet over medium heat. Add a corn tortilla and cook for 1 to 2 minutes. Flip and cook until crisp, 1 to 2 minutes. Drain on paper towels. Repeat until all tortillas are cooked, reducing heat, if necessary, to prevent the oil from smoking or splattering.



Turkey Burgers with Mango Chutney

Makes: 4 servings

Active time: 30 minutes **Total:** 30 minutes

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Mango chutney and grilled red onion flavor this quick turkey burger. Serve with grilled baby red potatoes.

- 1 16- to 20-inch-long baguette, preferably whole-grain
- 1 large red onion, cut into ¼-inch-thick rounds, divided
- 1 pound 93%-lean ground turkey
- 4 tablespoons mango chutney, divided
- ¼ teaspoon salt
- 2 cups shredded romaine lettuce

1. Preheat grill to medium-high.
2. Cut baguette into 4 equal lengths. Split each piece horizontally and pull out about half of the soft bread from each side.
3. Finely chop enough onion rounds to equal ½ cup. Combine the chopped onion with turkey, 1 tablespoon chutney and salt in a medium bowl; gently mix with your hands until well combined. Form into 4 burgers,

about ½ inch thick and oval-shaped to match the shape of the bread.

4. Oil the grill rack (see *Tip*). Grill the remaining onion rounds until softened and blackened in spots, 3 to 4 minutes per side. Grill the burgers until cooked through and an instant-read thermometer inserted into the center registers 165°F, 4 to 5 minutes per side. Grill the bread, cut-side down, until just beginning to char on the edges, about 2 minutes.

5. To assemble sandwiches, spread the remaining mango chutney on the bottom pieces of baguette. Top with a turkey burger, grilled onion and lettuce. Cover with the remaining bread.

Per serving: 345 calories; 8 g fat (2 g sat, 0 g mono); 65 mg cholesterol; 44 g carbohydrate; 9 g added sugars; 30 g protein; 6 g fiber; 735 mg sodium; 376 mg potassium.

Nutrition bonus: Vitamin A (41% daily value).

Carbohydrate servings: 2½

Exchanges: 2 starch, 1 carbohydrate (other), 3 lean meat

Tip: Oiling a grill rack before you grill foods helps ensure that the food won't stick. Oil a folded paper towel, hold it with tongs and rub it over the rack. (Do not use cooking spray on a hot grill.)

Beer-Barbecued Chicken

Makes: 6 servings.

Active time: 15 minutes **Total:** 1¼ hours

Equipment: Kitchen string, metal or foil drip pan

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Here's our spin on the roast-a-chicken-on-top-of-a-can-of-beer technique that's popular with barbecue aficionados. Barbecuing poultry with the skin on helps prevent the meat from drying out. To keep calories and fat in check, remove the skin before serving.

- 1 tablespoon smoked paprika (see *Tip*)
- 2 teaspoons dried oregano
- 1½ teaspoons salt
- 1 teaspoon packed dark brown sugar
- 1 teaspoon ground cumin
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- ½ teaspoon ground chipotle chile (see *Tip*)
- ½ teaspoon freshly ground pepper
- 1 4-pound chicken
- 1 12-ounce bottle beer, preferably pale ale or American lager, divided

1. Preheat a gas grill (with all burners lit) to 400°F or build a fire in a charcoal grill and let it burn down to medium heat (about 400°F).
2. Combine paprika, oregano, salt, brown sugar, cumin, onion powder, garlic powder, chipotle chile and pepper in a small bowl.
3. Remove giblets from chicken (if included) and trim any excess skin. Loosen the skin over the breast and thigh meat. Rub the spice mixture under the skin onto the breast meat and leg meat, a little on the skin and inside the cavity. Tuck wings under the body and tie the legs together with kitchen string.
4. If using a gas grill, turn off one burner (leaving 1 to 2 burners lit, depending on your grill). If using a charcoal grill, move the coals to one side. Wearing an oven mitt, carefully place a drip pan under the grill rack on the unheated side. Place the chicken breast-side down on the rack over the pan. Pour half the beer into the cavity (it's OK if some drips out



into the drip pan).

5. Close the lid and roast undisturbed for 45 minutes.

6. Turn the chicken breast-side up. Pour the remaining beer into the cavity. Cover and continue roasting until an instant-read thermometer inserted into the thickest part of the thigh without touching bone registers 165°F, 30 to 45 minutes more. Transfer the chicken to a clean cutting board; let rest for 10 minutes before removing the string and carving.

Per serving (without skin): 152 calories; 3 g fat (1 g sat, 1 g mono); 72 mg cholesterol; 2 g carbohydrate; 1 g added sugars; 27 g protein; 1 g fiber; 647 mg sodium; 263 mg potassium.

Carbohydrate servings: 0

Exchanges: 3½ lean meat

Tip: Smoked paprika and ground chipotle chile can be found in the spice section of well-stocked supermarkets.

Garden Pizza

Makes: 4 servings

Active time: 40 minutes **Total:** 40 minutes

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Bell pepper, zucchini and fresh tomato sauce give this vegetarian pizza a taste of summer.

- 4 whole baby or 1 medium zucchini, halved lengthwise
- 1 pint cherry tomatoes
- 2 tablespoons tomato paste
- 8 fresh basil leaves
- 2 teaspoons minced fresh oregano
- ¼ teaspoon salt
- ½ teaspoon freshly ground pepper
- Yellow cornmeal for dusting
- 1 pound prepared whole-wheat pizza dough
- 4 ounces fresh mozzarella cheese, thinly sliced
- 1 medium yellow bell pepper, diced
- 3 tablespoons grated Parmesan cheese

1. Preheat grill to medium-high. (*For charcoal grilling, see right.*)
2. Grill zucchini until marked and softened, about 4 minutes. Thinly slice. Reduce heat to low.
3. Process tomatoes, tomato paste, basil, oregano, salt and pepper in a food processor until smooth, scraping down the sides as needed.
4. Sprinkle cornmeal onto a pizza peel or large baking sheet. Roll out the dough (*see Tips*) and transfer it to the prepared peel or baking sheet, making sure the underside of the dough is completely coated with cornmeal.
5. Slide the crust onto the grill rack; close the lid. Cook until lightly browned, 3 to 4 minutes.
6. Using a large spatula, flip the crust. Spread the tomato mixture on the crust, leaving a 1-inch border. Quickly top with mozzarella, bell pepper and the zucchini. Sprinkle on Parmesan.
7. Close the lid again and grill until the cheese has melted and the bottom of the crust has browned, about 8 minutes.

Pizza on a charcoal grill: Light 6 quarts (about 1 large chimney starter full) of charcoal and burn until the coals are mostly white, about 20 minutes. Spread the coals in an even layer. Place a grate over the coals. Let the coals burn until they are about medium-low. (Grill any toppings for the pizza while the coals are burning down.) To test the heat, hold your palm about 5 inches above the grill rack; if you can hold it there for about 8 seconds before you need to move it away, the fire is medium-low. Transfer the crust to the grill rack, cover the grill and cook the crust, checking once or twice, until lightly browned, 3 to 4 minutes. Flip the crust, quickly add the toppings, cover the grill and cook until the toppings are hot and the bottom of the crust has browned, 5 to 8 minutes. If your crust browns faster than your toppings are cooking, slide a baking sheet under the pizza to keep the crust from burning while the toppings finish.

Per serving: 383 calories; 9 g fat (5 g sat, 2 g mono); 26 mg cholesterol; 59 g carbohydrate; 1 g added sugars; 19 g protein; 7 g fiber; 681 mg sodium; 564 mg potassium.

Nutrition bonus: Vitamin C (127% daily value), Folate (40% dv), Vitamin A (24% dv) Calcium (23% dv), Iron & Magnesium (20% dv), Potassium & Zinc (17% dv).

Carbohydrate Servings: 3½

Exchanges: 3 starch, 1½ vegetable, 1 high-fat meat

Tip:

When you're ready to get your pizzas on the grill, turn the dough out onto a lightly floured surface. Dust the top with flour; dimple with your fingertips to shape into a thick, flattened circle—don't worry if it's not perfectly symmetrical. Then use a rolling pin to roll into a circle about 14 inches in diameter.





Flank Steak Pinwheels

Makes: 4 servings

Active time: 40 minutes **Total:** 40 minutes

To make ahead: Prepare the steak roll (Steps 2-4). Wrap tightly in plastic wrap and refrigerate for up to 6 hours. When ready to grill, proceed with Steps 5 and 6.

Equipment: Meat mallet, skewers

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These festive wheels of steak, Boursin cheese, spinach and sun-dried tomatoes look fancy, but they're quite easy to make. For a party, arrange them on a platter atop a bed of spinach.

- $\frac{3}{4}$ cup sun-dried tomatoes (not packed in oil)
- 2 cups boiling water
- 1 pound flank steak, trimmed of fat
- 1 clove garlic, minced
- 3 tablespoons light herbed cheese spread, such as Boursin (see Variation)
- 1 cup baby spinach
- $\frac{3}{4}$ teaspoon kosher salt
- $\frac{1}{2}$ teaspoon freshly ground pepper

1. Preheat grill to high.
2. Place sun-dried tomatoes in a bowl; pour boiling water over them and let steep until softened, about 10 minutes. Drain and chop.
3. Meanwhile, place steak between 2 large pieces of plastic wrap. Pound each side of the steak thoroughly with the pointed side of a meat mallet until the steak is an even $\frac{1}{4}$ -inch thickness.
4. Rub garlic all over one side of the steak. Spread cheese lengthwise in a 3-inch-wide strip down the middle of the steak. Top with the sun-dried tomatoes and spinach. Starting at one edge of a long side, roll the steak up tightly, tucking in the filling as you go.
5. Carefully rub salt and pepper all over the outside of the steak roll. Turn the roll so the overlapping edge is on top. Push 8 skewers, evenly spaced, through the roll, close to the overlapping edge to hold the roll together. Slice the roll into 8 equal portions, roughly 1 to $1\frac{1}{2}$ inches thick, with a skewer in each. Lay the slices on their sides and push the skewer through so it sticks out about 1 inch.
6. Oil the grill rack (see Tip, page 5). Grill the pinwheels 3 to 4 minutes per side for medium-rare. Use a spatula when turning them to prevent too much filling from falling out. (Don't worry if the ends of the skewers burn. They will still hold the pinwheels together.) Remove the skewers; let the pinwheels rest for 5 minutes before serving.

Per serving: 144 calories; 5 g fat (2 g sat, 2 g mono); 52 mg cholesterol; 4 g carbohydrate; 0 g added sugars; 19 g protein; 1 g fiber; 370 mg sodium; 490 mg potassium.

Nutrition bonus: Zinc (31% daily value), Potassium (20% dv), Iron (16% dv).

Carbohydrate servings: 1

Exchanges: 1 vegetable, $3\frac{1}{2}$ lean meat

Blue cheese variation: Substitute $\frac{1}{2}$ cup chopped roasted red peppers or $\frac{1}{2}$ cup chopped artichoke hearts for the sun-dried tomatoes (skip Step 2). Mash $\frac{1}{2}$ cup blue cheese with 2 tablespoons milk until smooth and substitute for the Boursin in Step 4.

Pork Chops with Peach Barbecue Sauce

Makes: 4 servings

Active time: 40 minutes **Total:** $1\frac{1}{4}$ hours (including 30 minutes brining time)

To make ahead: Brine the pork chops (Step 1) for up to 4 hours. Refrigerate the peach barbecue sauce (Step 3) for up to 5 days.

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The tangy peach barbecue sauce that glazes these pork chops is incredible on grilled chicken or salmon as well. Bone-in pork chops are less likely to dry out, and be sure to trim excess fat.

- $\frac{1}{4}$ cup plus $\frac{1}{2}$ teaspoon kosher salt, divided
- $\frac{1}{4}$ cup firmly packed brown sugar
- 2 cups boiling water
- 3 cups ice cubes
- 4 bone-in, center-cut pork chops, $\frac{1}{2}$ - $\frac{3}{4}$ inch thick ($1\frac{1}{4}$ -2 pounds), trimmed
- 2 ripe but firm peaches, pitted and quartered, or 3 cups frozen sliced peaches
- 1 medium tomato, quartered and seeded
- 2 tablespoons cider vinegar
- 1 tablespoon canola oil
- $\frac{1}{2}$ cup chopped onion, preferably Vidalia
- 2 teaspoons finely chopped fresh ginger
- 2 tablespoons honey
- $\frac{1}{4}$ teaspoon freshly ground pepper, plus more to taste

1. Place $\frac{1}{4}$ cup salt and brown sugar in a medium heatproof bowl. Pour in boiling water and stir to dissolve. Add ice cubes and stir to cool. Add pork chops, cover and refrigerate for at least 30 minutes or up to 4 hours.
2. Puree peaches, tomato and vinegar in a food processor until smooth.
3. About 30 minutes before you're ready to cook the pork chops, heat oil in a medium saucepan over medium-high heat. Add onion and cook, stirring occasionally, until golden brown, 5 to 7 minutes. Add ginger and cook, stirring frequently, until fragrant, 1 to 2 min-



utes. Add the peach puree, the remaining $\frac{1}{2}$ teaspoon salt, honey and pepper to taste. Bring to a boil over high heat, then reduce the heat to a simmer. Cook until reduced by about half, 20 to 25 minutes. Reserve $\frac{1}{4}$ cup of the sauce for basting the chops; keep the remaining sauce warm in the saucepan until ready to serve.

4. Preheat grill to medium.

5. Remove the pork chops from the brine (discard brine), rinse well, and thoroughly dry with paper towels. Season the chops with $\frac{1}{4}$ teaspoon pepper and brush both sides with some of the reserved sauce.

6. Grill the pork chops, turning once, until an instant-read thermometer inserted into the center registers 145°F, 2 to 4 minutes per side. Transfer to a plate, tent with foil and let rest for 5 minutes. Serve with the warm peach barbecue sauce on the side.

Per serving: 280 calories; 11 g fat (2 g sat, 5 g mono); 83 mg cholesterol; 18 g carbohydrate; 10 g added sugars; 27 g protein; 2 g fiber; 506 mg sodium; 564 mg potassium.

Nutrition bonus: Potassium & Zinc (16% daily value), Vitamin C (15% dv).

Carbohydrate servings: 1

Exchanges: $1\frac{1}{2}$ carbohydrate, 4 lean meat, 1 fat



Grilled Eggplant & Tomato Stacks

Makes: 6 servings

Active time: 25 minutes **Total:** 25 minutes

To make ahead: Prepare through Step 2, cover and refrigerate for up to 1 day. Bring to room temperature before serving.

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You can grill the eggplant rounds up to a day in advance, then assemble the eggplant, tomato and mozzarella “stacks” at the last minute. To make the eggplant and tomato stacks look symmetrical, use eggplant and tomatoes with approximately the same diameter.

- 2 teaspoons plus 1 tablespoon extra-virgin olive oil, divided
- 1 medium eggplant (¾-1 pound), cut into 6 rounds about ½ inch thick
- ½ teaspoon coarse salt, divided
- 6 teaspoons prepared pesto
- 2 large beefsteak tomatoes, each cut into 3 slices about ¾ inch thick
- 4 ounces fresh mozzarella, cut into 6 thin slices

- 6 fresh basil leaves
- 1 tablespoon balsamic vinegar
- ¼ teaspoon freshly ground pepper

1. Preheat grill to medium-high or place a grill pan over medium-high heat until hot.
2. Use 2 teaspoons oil to brush both sides of eggplant slices; sprinkle with ¼ teaspoon salt. Grill the eggplant slices for 5 minutes. Turn; continue grilling until tender and marked with grill lines, 3 to 5 minutes more. Transfer to a large platter.
3. Spread each eggplant slice with 1 teaspoon pesto. Top with a slice of tomato, a slice of mozzarella and a basil leaf.
4. Drizzle vinegar and the remaining 1 tablespoon oil over the towers; sprinkle with the remaining ¼ teaspoon salt and pepper.

Per serving: 145 calories; 11 g fat (4 g sat, 6 g mono); 17 mg cholesterol; 7 g carbohydrate; 0 g added sugars; 6 g protein; 3 g fiber; 323 mg sodium; 309 mg potassium.

Nutrition bonus: Vitamin C (17% daily value), Calcium & Vitamin A (15% dv).

Carbohydrate servings: ½

Exchanges: 1 vegetable, ½ high fat meat, 1 fat



Packet-Roasted Balsamic Green Beans & Peppers

Makes: 4 servings

Active time: 20 minutes **Total:** 40 minutes

Equipment: Parchment paper or foil

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Grill these veggie packets as a side for grilled chicken, steak or pork chops.

- 2 tablespoons extra-virgin olive oil
- 2 teaspoons Dijon mustard
- 2 teaspoons pure maple syrup
- 2 cloves garlic, minced
- ½ teaspoon salt
- 12 ounces green and/or yellow beans
- 2 bell peppers, thinly sliced lengthwise
- ⅓ cup toasted pine nuts (see Tip)
- 2 tablespoons balsamic vinegar

1. Preheat grill to medium.
2. To prepare packets, start with eight 20- to 24-inch-long pieces of foil. Layer two sheets for each of four packets (the double layers will help protect the contents from burning).
3. Mix oil, mustard, syrup, garlic and salt in a large bowl. Add beans and peppers; toss to coat.

4. Place one-fourth of the vegetable mixture (about 1 cup) on half of each double layer of foil, leaving at least a 1-inch border around the edges for folding. Sprinkle with pine nuts. Fold the foil over the ingredients and tightly seal by crimping and folding the edges together.

5. Grill over medium heat for 10 to 12 minutes, rotating the packets to another spot on the grill about halfway through to ensure even cooking. Let the packets rest unopened for 5 minutes. Drizzle the vegetables with vinegar just before serving.

Per serving: 202 calories; 15 g fat (2 g sat, 8 g mono); 0 mg cholesterol; 16 g carbohydrate; 2 g added sugars; 4 g protein; 4 g fiber; 332 mg sodium; 425 mg potassium.

Nutrition bonus: Vitamin C (145% daily value), Vitamin A (49% dv), Folate & Magnesium (15% dv).

Carbohydrate servings: 1

Exchanges: 2 vegetable, 3 fat

Tip: To toast pine nuts, place in a small dry skillet and cook over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.



Mexican Grilled Corn

Makes: 4 servings

Active time: 25 minutes **Total:** 25 minutes

✓ Heart Health ✓ Diabetes ✓ Weight Loss ✓ Gluten Free

Street vendors across Mexico sell this style of roasted or grilled corn—topped with mayonnaise, chili powder and Cotija cheese. Serve the unadorned corn on a platter with small bowls of the sauce, cheese and lime on the side so everyone can make their own.

- 2 tablespoons low-fat mayonnaise
- 2 tablespoons nonfat plain yogurt
- ½ teaspoon chili powder
- 4 ears corn, husked
- 4 tablespoons finely shredded Cotija (see Tip) or Parmesan cheese
- 1 lime, quartered

1. Preheat grill to medium-high.

2. Combine mayonnaise, yogurt and chili powder in a small bowl.

3. Grill corn, turning occasionally, until marked and tender, 8 to 12 minutes total. Spread each ear with 1 tablespoon of the sauce and sprinkle with 1 tablespoon Cotija (or Parmesan). Serve with lime wedges.

Per serving: 100 calories; 2 g fat (1 g sat, 0 g mono); 2 mg cholesterol; 20 g carbohydrate; 0 g added sugars; 4 g protein; 2 g fiber; 120 mg sodium; 282 mg potassium.

Nutrition bonus: Vitamin C (16% daily value).

Carbohydrate servings: 1

Exchanges: 1 starch, 1 fat

Tip: Cotija cheese, also called *queso añejo* or *queso añejado*, is an aged Mexican cheese similar in texture and flavor to Parmesan. Find it near other specialty cheeses or in Mexican grocery stores.

Grilled Peach Sundaes

Makes: 2 servings

Active time: 10 minutes **Total:** 25 minutes

✓ Heart Health ✓ Diabetes ✓ Weight Loss ✓ Gluten Free

Fruit on the grill? Most definitely! Try grilling other stone fruit or pineapple too.

- 2 peaches, halved and pitted
- 1 teaspoon canola oil
- 2 scoops nonfat vanilla frozen yogurt or fruit sorbet
- 1 tablespoon toasted unsweetened coconut

Preheat grill to high. Brush peach halves with oil. Grill until tender. Place 2 peach halves in each bowl and top with a scoop of frozen yogurt (or sorbet) and coconut.

Per serving: 191 calories; 4 g fat (2 g sat, 2 g mono); 2 mg cholesterol; 34 g carbohydrate; 19 g added sugars; 6 g protein; 3 g fiber; 65 mg sodium; 513 mg potassium.

Carbohydrate Servings: 2

Exchanges: ½ fruit, 1 other carbohydrate, ½ fat



About EatingWell

The EatingWell mission is to provide the inspiration and information people need to make healthy eating a way of life.

- We deliver delicious, simple recipes that meet stringent guidelines for taste, nutrition and dependability, recipes easily replicated by home cooks.
- We report on the latest nutrition and health news, providing the practical, science-based answers consumers are looking for.
- We examine the connections among food, its origins and its impact on communities.
- We encourage people to make informed, mindful decisions about how they eat and to celebrate the joys of food.

EatingWell reaches millions of consumers through the award-winning *EatingWell* Magazine, www.EatingWell.com, EatingWell cookbooks and licensing partners that trust EatingWell to provide healthy recipes, how-to instruction, diet and nutrition articles and custom healthy-eating solutions.

We hope you enjoy our recipes and feel informed and inspired to make healthy eating *your* way of life!

About EatingWell health tags

A recipe checked...



has limited saturated fat.



is low in calories and meets limits for Carbohydrate Servings.



has reduced calories (and limited saturated fat).



does not contain wheat, rye, barley or oats.

(Many processed foods, such as broths, soy sauce and other condiments, may contain hidden sources of gluten. If a recipe calls for a packaged [e.g., canned] ingredient, we recommend that you carefully read the label to make sure you pick a brand that does not contain a hidden source of gluten. Also, please note that while a recipe may be marked “Gluten Free,” the serving suggestions that accompany it may contain gluten.)