

# GRILLING RECIPES

from the Wondr Kitchen



**Key of symbols:**

-  Gluten-Free
-  Vegan
-  Vegetarian
-  Dairy-Free

# Cilantro Jalapeño Chicken Breasts



## Ingredients

- 4 6-oz boneless, skinless chicken breasts
- $\frac{3}{4}$  cup vegetable oil
- 1 bunch cilantro, including stems
- 5 cloves garlic, peeled
- $\frac{1}{4}$  tsp ground cumin
- Juice of  $\frac{1}{2}$  a lime
- 1 jalapeño pepper
- $\frac{1}{4}$  tsp salt

Makes 4 servings

## Directions

### Prepare marinade

- 1 Using a meat mallet or rolling pin, pound chicken breasts until about  $\frac{1}{4}$ -inch thin.
- 2 Into a blender add oil, cilantro, garlic, cumin, lime juice, and jalapeño; blend until smooth.
- 3 Pour marinade over chicken in resealable plastic bag. Seal and refrigerate for at least 4 hours.

### Grill chicken

- 1 Remove chicken from marinade and place on small baking sheet. Sprinkle with  $\frac{1}{4}$  tsp salt and let sit for 5-10 minutes to reach room temperature.
- 2 Preheat grill on medium-high setting.
- 3 Place chicken on grill and cook for 3 minutes, then flip over and cook for another 3 minutes or until reaches an internal temperature of 165°F.
- 4 Let chicken rest for 2 minutes before serving.



# Easy Beef Sliders



## Ingredients

- ½ tsp chili powder
- ½ tsp smoked paprika
- ¼ tsp granulated garlic
- ¼ tsp granulated onion
- ¼ tsp black pepper
- ¼ tsp salt
- 1 lb lean ground beef
- 8 whole-wheat slider buns, halved



### Dietitian Tip:

For a lighter, but still juicy slider, choose lean beef, labeled as 90/10 on the package.

## Directions

- 1** In a small bowl, mix chili powder, smoked paprika, garlic, onion, black pepper, and salt until well combined. Set aside.
- 2** Divide beef into eight equal portions and shape into patties of similar thickness.
- 3** Sprinkle each patty on both sides with ¼ tsp of the seasoning mix and set aside for 5-10 minutes to bring to room temperature.
- 4** Preheat grill on medium-high setting.
- 5** Place patties on grill and cook for 2 minutes, then flip and cook for another 2 minutes or until reaches an internal temperature of 160°F.
- 6** Remove from grill and let rest for 2 minutes.
- 7** Toast buns on medium heat until golden.
- 8** Assemble sliders with condiments as desired.

Makes 4 servings (two 2-oz sliders each)



# Grilled Vegetable Pasta Salad



## Ingredients

### Vinaigrette

- 2 Tbsp red wine vinegar
- 1 Tbsp lemon juice
- 1 Tbsp Dijon mustard
- 1 clove garlic, finely chopped
- 2 tsp honey
- 1/3 cup olive oil
- 1 tsp black pepper

### Salad

- 2 cups whole-grain penne pasta, cooked
- 1 large carrot, peeled and cut into 1/4-inch coins
- 1 zucchini, halved lengthwise and cut into half-moons
- 1 yellow squash, halved lengthwise and cut into half-moons
- 1 red bell pepper, cored and cut in strips
- 1/3 cup basil leaves, cut into ribbons
- 1 bunch scallions, sliced thin
- 1 cup baby spinach
- 1 Tbsp olive oil



### Chef Tip:

Prepare the vinaigrette first to let the flavors marry while you prep your pasta and veggies.

## Directions

- 1 In a small bowl, whisk together vinegar, lemon juice, mustard, garlic, honey, olive oil, and black pepper until well combined. Refrigerate vinaigrette for 30 minutes.
- 2 In a large bowl, toss carrot, zucchini, yellow squash, and red bell pepper in olive oil until evenly coated.
- 3 Preheat grill on medium-high setting. Place vegetables in a single layer on an outdoor grill pan. Cook for 5-10 minutes, or until they begin to char. Flip over and grill for another 5 minutes, then remove from heat.
- 4 In a large bowl, lightly toss together pasta, scallions, spinach, and grilled vegetables. Drizzle vinaigrette over mixture.
- 5 Serve chilled or at room temperature.

Makes 4 servings



# Creamy Black Beans



## Ingredients

- 2 15-oz cans black beans, rinsed and drained
- ½ yellow onion, diced
- 6 cloves garlic, chopped
- 1 Tbsp olive oil
- 6 oz dark lager, or light or non-alcoholic beer
- ½ tsp ground cumin
- 1 tsp chili powder
- 1 14.5-oz can low-sodium chicken broth
- 2 Roma tomatoes, diced
- ⅓ cup Italian flat-leaf parsley, chopped
- 1 lime, quartered
- Salt to taste

## Directions

- 1 Heat a large saucepan over medium heat. Add olive oil.
- 2 Stir in onions and sauté for 3 minutes or until softened.
- 3 Add garlic and cook for an additional minute.
- 4 Stir in beans and beer, bring to a slow boil, then cook for 3 minutes, stirring occasionally.
- 5 Add cumin, chili powder, and chicken broth to bean mixture. Reduce heat and simmer for 20 minutes.
- 6 Remove ½ cup of bean mixture and place in a blender. Pulse/blend for 3 seconds, then return creamed mixture back to saucepan.
- 7 Remove beans from stove and stir in tomatoes and parsley.
- 8 Serve with a squeeze of lime and salt to taste.

*Makes 4 servings*



### Chef Tip:

While a dark beer gives a rich malty flavor to this easy bean recipe, you can also use light or non-alcoholic beer for extra flavor.



# Panna Cotta with Grilled Peaches



## Chef Tip:

Prepare the panna cotta in advance of your meal and then grill up your peaches on the spot—you'll have a fresh and easy meal finisher to enjoy!

## Ingredients

- 1 ½ cups reduced-fat (2%) milk
- ½ cup half and half
- ⅓ cup sugar
- 1 tsp vanilla extract
- 1 packet (2 ½ tsp) powdered gelatin
- 1 Tbsp lemon juice
- 2 Tbsp water
- 2 firm peaches, pitted and halved
- 1 Tbsp balsamic vinegar
- 2 Tbsp basil, thinly sliced into ribbons for garnish

## Directions

### Prepare panna cotta

- 1 In a medium saucepan over medium heat, heat milk, half and half, sugar, and vanilla extract until sugar dissolves and milk is warm.
- 2 While milk is heating, in a small bowl stir together gelatin, lemon juice and water. Let gelatin bloom (soften and dissolve into mixture).
- 3 Once sugar is dissolved, turn off heat and remove from burner. Stir in gelatin mixture and mix until dissolved.
- 4 Pour equal amounts of the mixture into 4 5-oz ramekins or 6-oz custard cups.
- 5 Refrigerate for 8 hours or overnight.

### Grill peaches

- 1 Add peach halves to a small bowl. Drizzle with the balsamic vinegar.
- 2 Turn on grill to medium heat. Place peach halves in a single layer on an outdoor grill pan. Grill peaches flesh side down for about 1 minute. Remove from heat and cut into thin slices.
- 3 Serve panna cotta with peaches on the side, garnished with the basil.

Makes 4 servings

