

Squash, Tomatoes and Corn with Jack Cheese

Ingredients

3 tablespoons vegetable oil
1 medium onion, chopped
2 small garlic cloves, minced
2 large tomatoes (1/5 lbs), halved, seeded, chopped
2 lbs yellow summer squash or zucchini, cut into 1/2 inch cubes
1 1/2 cups corn kernels (from 3 ears)
2 cups coarsely grated Monterey Jack (6 oz)
3/4 teaspoon salt
3/4 teaspoon freshly ground pepper

Method

heat oil in 12 inch heavy skillet over moderately low heat. Add onion & cook, stirring, until softened, about 5 min. Add garlic, tomatoes, squash & corn, increase heat to moderate & cook, stirring until squash is tender, 10-12 min. Reduce heat to low, stir in cheese, salt & pepper and simmer covered just in until cheese is melted (about 30 seconds)

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Chicken Kabobs Mexicana

Ingredients

2 Tbsp olive oil
1 tsp ground cumin
2 Tbsp fresh cilantro, chopped
1 lime juiced
Salt & black pepper
2 boneless chicken breasts, cut into 1 inch cubes
1 zucchini, cut into 1/2-inch slices
1 onion, cut into wedges and separated
1 red or green bell pepper, cut into 1-inch pieces
10 cherry tomatoes

Method

1. In a shallow dish, mix together olive oil, cumin, chopped cilantro, and lime juice. Season with salt and pepper. Add chicken, and mix well. Cover, and refrigerate for at least one hour.
2. Preheat grill for high heat.
3. Thread chicken, zucchini, onion, red bell pepper, and tomatoes onto skewers.
4. Brush grill with oil, and arrange skewers on hot grate. Cook for approximately 10 minutes, or until chicken is cooked through, turning to cook evenly.

Ginger-Maple Steak with Napa Cabbage and Grilled Onions

Ingredients

Ginger-Maple Marinade and Dressing:

1/2 cup reduced-sodium soy sauce
1/3 cup pure maple syrup
1/4 cup lemon juice
2 tablespoons minced fresh ginger
1 tablespoon sesame oil
1 1/2 teaspoons minced fresh garlic
1 1/2 teaspoons chili-garlic paste
2 (10-ounce) boneless beef top loin (strip) steaks, cut 1-inch thick
1/4 teaspoon pepper
1 large red onion, cut into 1/2-inch thick slices
4 cups thinly sliced Napa cabbage

Directions

Whisk marinade ingredients in medium bowl. Place beef steaks and 1/2 cup marinade in food-safe plastic bag; turn steaks to coat. Close bag securely and marinate in refrigerator 15 minutes to 2 hours. Cover and refrigerate remaining marinade for dressing. Preheat charcoal grill to medium heat. Remove steaks from marinade; discard marinade. Sprinkle steaks with pepper. Place steaks in center of grill over medium, ash-covered coals; arrange onion around steaks. Grill steaks, uncovered, 15 to 18 minutes for medium-rare to medium doneness, turning occasionally. Grill onions 15 to 20 minutes or until tender, turning occasionally. Carve steaks into slices. Cut onion slices into quarters. Toss cabbage, onion and 2 tablespoons reserved dressing in large bowl. Arrange beef on cabbage mixture. Drizzle with some of the dressing. Pass remaining dressing.

Notes

Cook's Tip: To prepare on gas grill, preheat grill according to manufacturer's directions for medium heat. Grill steaks, covered, 11 to 15 minutes for medium rare to medium doneness, turning occasionally.

From THE Food Network

Cook's Tip: 2 beef shoulder petite tender roasts (8 to 12 ounces each) or 2 beef shoulder center steaks (ranch), cut 1-inch thick (about 8 ounces each) may be substituted for top loin (strip) steaks. Grill shoulder petite tender roasts, covered, over medium, ash-covered coals 14 to 18 minutes (over medium heat on preheated gas grill, covered, 14 to 19 minutes) for medium-rare to medium doneness, turning occasionally. Grill shoulder center steaks, covered, over medium, ash-covered coals 11 to 14 minutes (over medium heat on preheated gas grill, covered, 12 to 16 minutes) for medium-rare to medium doneness, turning occasionally.

Orzo with Tomatoes, Feta and Green Onions

Ingredients

1/4 cup red wine vinegar
2 tablespoons fresh lemon juice
1 teaspoon honey
1/2 cup olive oil

6 cups chicken broth
1 pound orzo (or riso)

2 cups red and yellow teardrop or grape tomatoes, halved
1 7-ounce package feta cheese, cut into 1/2-inch cubes (about 1 1/2 cups)
1 cup chopped fresh basil
1 cup chopped green onions
1/2 cup pine nuts, toasted

Preparation

Whisk vinegar, lemon juice, and honey in small bowl. Gradually whisk in oil. Season vinaigrette with salt and pepper. (Can be made 2 days ahead. Cover and chill.)

Bring broth to boil in large heavy saucepan. Stir in orzo, reduce heat to medium, cover partially, and boil until tender but still firm to bite, stirring occasionally. Drain. Transfer to large wide bowl, tossing frequently until cool.

Mix tomatoes, feta, basil, and green onions into orzo. Add vinaigrette; toss to coat. Season with salt and pepper. (Can be made 2 hours ahead. Let stand at room temperature.) Add pine nuts; toss. Serve at room temperature.

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Grilled Cantaloupe (Seriously!)

This is a light and refreshing grilled fruit dessert. You can serve this with vanilla ice cream or berry sorbet. The trick to grilling melon is to do it hot and fast. You only need a minute or two with this cantaloupe.

Ingredients:

1 cantaloupe, cut into cubes
1/3 cup honey
1/4 cup butter
2 tablespoons brown sugar

Preparation:

Preheat grill. Place cantaloupe on skewers. Combine honey, butter, cinnamon, and brown sugar in a saucepan. Once melted, brush mixture onto cantaloupe. Place skewers on a lightly oiled grate and cook over high heat for 1-2 minutes. Serve with ice cream and remaining honey-butter sauce.

Napa Cabbage Wraps

Debbie Orol RN, BSN – Raleigh Member

Ingredients

1 pound lean ground beef or Turkey or diced chicken (I have also use sautéed tofu)
1/2 cup finely chopped fresh mint leaves
1/3 cup finely chopped fresh cilantro
1 clove garlic minced
1-inch piece ginger finely chopped
1/2 red onion, finely chopped
1 red pepper julienne
1/2 tsp red pepper flakes
1/2 tsp lime juice
1-2 Tbsp. soy sauce or Asian fish sauce
Lime wedges

Note: Napa cabbage leaves can be slightly steamed to make them more pliable

Method:

Sauté protein choice in a large skillet over medium-high heat, 5 to 10 minutes, or until cooked through; drain.

Add mint, cilantro and next 6 ingredients to skillet and stir until heated through.

Spoon mixture into center of cabbage leaves and roll up.

Serve with lime wedges.

Yum, Deb! Thanks, Courtney

Lime Ginger Honeydew

Ingredients

1/3 cup Splenda granular or 1/3 cup sugar
3 tablespoons water
2 teaspoons lime zest
1 tablespoon lime juice
1 teaspoon fresh ginger, peeled, finely grated
10 cups honeydew melon, cut in chunks

Directions:

1 Combine Splenda or sugar with water in a small pan and bring to a quick boil.
2 Remove from heat and stir to melt the sugar.
3 Cool for 4 minutes in the refrigerator.
4 Add zest, lime juice and ginger into the sugar mixture.
5 Put melon in large bowl and pour sauce over the melon, stirring gently to mix.