

Grilled Salmon Kebabs

Ingredients

2 tablespoons of chopped fresh oregano
2 teaspoons of sesame seeds
1 teaspoon of ground cumin
1/4 teaspoon of crushed red pepper flakes
1-1/2 pounds skinless wild salmon fillet, cut into 1-inch pieces
2 lemons, very thinly sliced into rounds
Olive oil cooking spray
16 bamboo skewers, soaked in water for 1 hour

Directions:

1. Heat the grill one medium heat and spray the grates with oil. Mix oregano, sesame seeds, cumin, and red pepper flakes in a small bowl to combine; set spice mixture aside.
2. Beginning and ending with salmon, thread salmon and folded lemon slices onto 8 pairs of parallel skewers to make 8 kebabs total. Spray the fish lightly with oil and season kosher salt and the reserved spice mixture. Grill the fish, turning occasionally, until fish is opaque throughout, about 8 to 10 minutes total. Serves 8.

Grilled Pesto Chicken and Tomato Kebabs

Ingredients:

1 cup fresh basil leaves, chopped
1 clove garlic
3 tablespoons of reduced-fat parmesan cheese
fresh pepper to taste
2 tablespoons of olive oil
1-1/4 pounds of skinless chicken breasts cut into 1-inch cubes
24 cherry tomatoes
16 wooden skewers

Directions:

1. In a food processor pulse basil, garlic, parmesan cheese, and pepper until smooth. Slowly add the olive oil while pulsing.
2. Combine the raw chicken with pesto and marinate a few hours in a bowl. Soak wooden skewers in water at least 30 minutes. Beginning and ending with chicken, thread chicken and tomatoes onto 8 pairs of parallel skewers to make 8 kebabs total.
3. Heat the outdoor grill or indoor grill pan over medium heat until hot. Be sure the grates are clean and spray lightly with oil. Place the chicken on the hot grill and cook about 3-4 minutes; turn and continue cooking until chicken is cooked through, about 2 to 3 minutes. Serves 8.

Nutrition Information for 1 serving: 120 calories, 4.8 grams of fat, 72.6 grams of sodium, 2.1 grams of carbohydrate, 0.6 grams of fiber, 17 grams of protein



Grilled Pineapple

Ingredients:

- 1 ripe pineapple*, cut into half inch slices
- 1 tablespoon of honey
- 1 teaspoon of Extra Virgin olive oil
- 1 tablespoon of lime juice
- 1 teaspoon of cinnamon

Directions:

1. In a small bowl, combine the honey, olive oil, lime juice and cinnamon and whisk to blend. Set aside.
2. Prepare a hot fire in a charcoal grill or heat a gas grill. Lightly coat the grill rack with cooking spray. Position the cooking rack 4-6 inches from the flame.
3. Lightly brush the pineapple with the marinade. Grill the pineapple, turning once and basting once or twice with the remaining marinade, until tender and golden, about 3-5 minutes on each side.
4. Remove from grill, and enjoy! Serves 8.

Note: To tell if a pineapple is ripe, smell the base of the pineapple. If it smells sweet, you are good to go!

Nutrition Information for 1 serving: 69 calories, 0.7 grams of fat, 1.1 mg of sodium, 17 grams of carbohydrate, 1.6 grams of fiber, and 0.6 grams of protein



Grilled Zucchini and Squash

Ingredients:

6 medium yellow squash and/or green zucchini
1/2 teaspoon of black pepper
1 tablespoons of extra-virgin olive oil
2 tablespoons of fresh lemon juice
2 teaspoons of coarse-grain mustard
1/4 teaspoon of honey or maple sugar

Directions:

1. Prepare grill for indirect-heat cooking over medium-hot charcoal (high heat for gas).
2. Cut squash and zucchini, then toss with pepper, and oil in a large bowl.
3. Oil grill rack, then grill vegetables directly over hottest part of the coals, covered only if using a gas grill, turning over once, until grill marks appear, about 6 minutes total. Move vegetables to area of grill with no coals underneath and grill, covered, until tender, about 4 minutes more. Transfer to a platter.
4. While vegetables are grilling, whisk together lemon juice, mustard, and sugar in a small bowl. Pour dressing evenly over vegetables before serving. Serves 6.



Nutrition Information for 1 serving: 55 calories, 2.9 grams of fat, 52.7 grams of sodium, 6.2 grams of carbohydrates, 2 grams of fiber, and 2.4 grams of protein