



Ideas for an entire meal on the grill

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 Tbsp. smoked paprika
- 1 tsp. black pepper
- 1 tsp. salt
- 1 pound salmon steaks
- About 4 tsp. 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 tsp. per steak) just before they're done. Makes four servings.

Source: NDSU Extension Service, "Grill Something Different".

Nutrition Facts	
servings per container	
Serving size	(125g)
Amount per serving	
Calories	270
% Daily Value*	
Total Fat 15g	19%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 650mg	28%
Total Carbohydrate 7g	3%
Dietary Fiber 1g	4%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 23g	
Vitamin D 7mcg	35%
Calcium 17mg	2%
Iron 1mg	6%
Potassium 463mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Grilled Vegetables

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

*Cut your favorite vegetables (bell peppers, mushrooms, asparagus, onions, zucchini, summer squash, potatoes) into chunks. 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 four to five minutes, then stir and grill for another three to four minutes until vegetables are crisp tender. Potatoes may take longer (30 to 40 minutes), so you may want to do those separately.

Nutrition facts will vary with ingredients chosen.

Source: NDSU Extension Service, "Grill Something Different".



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Stuffed Peaches on the Grill

While you probably don't think a lot about grilling fruit, these little 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 c. frozen blueberries

1/3 c. brown sugar

3 Tbsp. 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.

Source: NDSU Extension Service, "Grill Something Different". FN 1420

Nutrition Facts

servings per container	
Serving size	(236g)
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 33g	12%
Dietary Fiber 4g	14%
Total Sugars 28g	
Includes 11g Added Sugars	22%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 24mg	2%
Iron 1mg	6%
Potassium 380mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.