



Grilling Favorites



Pork Chops Stuffed w/Smoked Gouda & Bacon

- 2 oz Smoked Gouda cheese, shredded
- 4 slices Bacon, cooked and crumbled
- 1/4 cup chopped Fresh Parsley
- 1/8 tsp ground Black Pepper
- 2 (2 1/4 inch thick) center-cut, Bone-In Pork Chops
- 1 tsp Olive Oil
- 1/4 tsp Salt
- 1/4 tsp ground Black Pepper

Directions (Preheat Smokeless Broiler)

1. In a small bowl, combine the cheese, bacon, parsley, and 1/8 teaspoon black pepper.
2. Lay the chop flat on cutting board, and with a sharp knife held parallel to the board, cut a pocket into the pork, going all the way to the bone, but leaving the sides intact. Stuff cheese mixture into pocket, and close with a wooden toothpick. Brush meat with oil, and season with salt and more black pepper.
3. Lightly oil the grill grate. Grill over medium heat for 5 to 8 minutes on each side, or until pork is done. Careful not to overcook!

Grilled Pineapple

- 1 Pineapple, peeled & cut into 1/2-1" sliced rings
- 1 cup Brown Sugar
- 2 tsp Cinnamon

1. Place brown sugar & cinnamon in a gallon ziplock, agitate to combine. Add pineapple rings, toss to coat.
2. Place pineapple on a preheated smokeless broiler; grill both sides for 3-5 minutes.

*tip: try lifting the pineapple by one frond; if it releases, it should be ripe enough to eat (also, if the bottom smells sweet & isn't moldy, it's ready).

Grill Master Chicken Wings

Wings:

- 1/2 cup Soy Sauce
- 1/2 cup Italian-Style Salad Dressing
- 3 lbs Chicken Wings, cut apart at joints, wing tips discarded

Sauce:

- 1/4 cup Butter
- 1 tsp Soy Sauce
- 1/4 cup Hot Pepper Sauce

Directions (preheat Smokeless Broiler)

1. Combine 1/2 cup soy sauce, Italian dressing, and chicken wings in a large, zip-top bag. Close bag and refrigerate 4 hours to overnight.
2. In a small saucepan, melt the butter. Stir in the 1 teaspoon soy sauce and the hot pepper sauce. Turn off heat and reserve.

3. Remove the chicken wings from the marinade and pat dry. Cook the wings on the preheated grill, turning occasionally, until the chicken is well browned and no longer pink, 25 to 30 minutes.
4. Place grilled wings in a large bowl. Pour butter sauce over wings; toss to mix well.

Marinated Grilled Shrimp

3 cloves Garlic, minced
 1/3 cup Olive Oil
 1/4 cup Tomato Sauce
 2 tbsp Red Wine Vinegar
 2 tbsp Chopped Fresh Basil
 1/2 tsp Salt
 1/4 tsp Cayenne Pepper
 2 lbs Fresh Shrimp, peeled and deveined
 Skewers

Directions (Preheat Smokeless Broiler)

1. In a large bowl, stir together the garlic, olive oil, tomato sauce, and red wine vinegar. Season with basil, salt, and cayenne pepper. Add shrimp to the bowl, and stir until evenly coated. Cover, and refrigerate for 30 minutes to 1 hour, stirring once or twice.
2. Thread shrimp onto skewers, piercing once near the tail and once near the head. Discard marinade.
3. Lightly oil grill grate. Cook shrimp on preheated grill for 2 to 3 minutes per side, or until opaque.

Stuffed Mushrooms:

24 oz. Cremini Mushrooms, stems removed
 2 tbsp Coconut Oil
 4 Cloves Garlic, cut on cone #1
 2 Shallots, cut on cone #1

4 C Fresh Spinach
 1 C Wild Rice, cooked
 1/2 C Roasted Red Peppers, chopped
 1/2 C Walnuts, cut on cone #3
 1/2 C Bread Crumbs
 1/2 C Fresh Parsley, chopped
 1 tbsp + 2 tsp Balsamic Vinegar
 1 tsp Salt
 1/2 tsp Pepper
 Fresh Chopped Parsley, for garnish

Parmesan Cheeze:

1 cup Cashews
 1/4 cup Nutritional Yeast
 3/4 tsp Salt
 1/4 tsp Garlic Powder

1. Preheat Smokeless Broiler.
2. Gently clean the mushrooms and remove the stems. Place them cap down onto a lined baking sheet and set aside.
3. In 11in skillet, melt the coconut oil over medium heat. Sauté the garlic and shallots until soft and fragrant, about 5 minutes. Add the spinach, stirring continuously until it has wilted.
4. Remove the pan from heat and pour the cooked veggies into a large mixing bowl. Stir in the wild rice, roasted red peppers, walnuts, bread crumbs, parsley, balsamic vinegar, salt and pepper. Toss the mixture together and set it aside to cool for a few minutes.
5. While the mixture cools, you can prepare the parmesan cheeze by placing all of the ingredients into a food processor and pulsing until the mixture becomes a fine meal. Save some (about 1/4-1/2 cup) to sprinkle over the mushrooms and save the rest in an airtight container in the fridge up to 2 weeks.

- When the mixture has cooled enough to handle, use a spoon to scoop the mixture into the cap of each mushroom. The amount you use will vary depending on the size of the mushroom cap. Once all the caps are filled, sprinkle the reserved parmesan cheese over the top.
- Grill the stuffed mushrooms for 20-25 minutes, until tender. Remove from the grill, let cool slightly, and serve

Grilled Vegetables

- 1 Eggplant
- 1 Squash
- 1 Zucchini
- 1 Red Bell Pepper
- 1 Red Onion

Directions (Preheat Smokeless Broiler)

- Cut veggies to desired size and lay flat on cookie sheet. Brush with olive oil and season with salt and pepper.
- Place veggies on grill and cook on each side for 10 minutes or until desired look. Turn over and cook for 5-6 more minutes, then serve.

Marinated Chicken Breasts

- 4 Chicken Breasts
- 1 Bottle Zesty Italian Dressing

Directions (Preheat Smokeless Broiler)

- Place chicken and dressing in bag and marinate for 4-6 hours in the fridge.
- Place on grill and cover. Cook for 10-15 min per side or until cooked through (depending on thickness).

**Tip when using smokeless broiler:
Always add water to fill line before cooking!**



Breakfast Belles

- 6 Portobello Mushrooms (stems cut out)
- 6 raw Eggs
- 1 cup Crumbled Bacon
- 1 cup shredded Cheese
- Salt & Pepper to taste

Directions (Preheat Smokeless Broiler)

- Place mushrooms on grill.
- Crack one raw egg into each mushroom cap. Top with bacon, cheese, salt and pepper.
- Cook for 15-20 minutes until egg is cooked through and mushrooms are fork tender.