

# SBL Cooking Demo: *Grillin'*

## Grilled Pineapple Margarita

8 Servings

### Ingredients

1 pineapple, peeled, cored, and cut into ½-inch-thick rings  
1 jalapeno chile pepper, seeded, if desired, and sliced  
¼ cup chopped fresh cilantro leaves and upper stems  
3 tbsp. packed dark brown sugar  
3 cups pineapple juice, chilled  
¾ cup freshly squeezed lime juice (4 limes)  
½ cup agave syrup or simple syrup  
1 tbsp. kosher salt or coarse sea salt  
1 tbsp. pequin chili powder or other Mexican chili powder  
Lime wedges

### Preparation

- Grill pineapple over medium-high heat for 4 to 6 minutes, turning once. Cool.  
- In pitcher combine jalapeno, cilantro, and 2 tbsp. of the brown sugar. Using wooden spoon, muddle ingredients. Cut 2 slices of pineapple into wedges and set aside. Coarsely chop remaining pineapple; muddle with jalapeno mixture. Stir in pineapple juice, lime juice, and syrup.  
- Let mixture stand 10 minutes or chill for up to 4 hours.

### Nutrition (per serving)

Per Serving: 240 Calories; 0g Fat; 0g Saturated Fat; 0g Mono; 0mg Cholesterol; 46g Carbohydrates; 1g Protein; 261mg sodium; 3g fiber; 37g sugar



## Roasted Garlic Bulb

### Ingredients

1 whole bulb garlic  
Olive oil  
French bread

### Preparation

Slice top off whole bulb garlic to reveal a few individual cloves. Place garlic on piece of aluminum foil and drizzle olive oil over cut part of garlic, using about ¼ cup oil. Fold up foil over the garlic to cover and place in preheated 350 oven or grill for about 30 minutes. Garlic should be very soft and spreadable. Remove garlic from heat and let cool. Using butter knife, spread individual clove garlic onto slice of French bread.

### Nutrition (per serving)

40 Calories; 2g Fat;;3mg Sodium; 6gCarbs; 1g Protein



## Foreman Grill Asparagus

12 Servings

### Ingredients

1 lbs fresh asparagus or Brussel sprouts

½ tbsp. olive oil

½ tsp. kosher salt

1 clove minced garlic

½ tsp. black pepper

Zest from half a lemon

### Preparation

- Preheat your grill for 5 minutes on high with the lid closed.
- Cut ends off of asparagus and place in a Ziploc bag with olive oil, butter, garlic, salt and pepper.
- Coat the asparagus spears well and place on grill. Close lid and grill for 5-8 minutes or until asparagus is tender but still has some snap.
- Place on plate and grate some fresh lemon peel over the asparagus.

### Nutrition

186 Calories; 0mg Cholesterol; 24g Carbohydrates; 13g Protein; 11g Fiber; 7g Sugar



## Coconut Honey Lime Filipino Chicken Adobo Skewers

6 Servings

### Ingredients

2 lbs skinless chicken thighs or breasts, cut into bite size cubes

¾ cup soy sauce

1/3 cup canned coconut milk (lite or regular)

Juice of 2 limes

¼ cup rice vinegar

¼ cup honey

4 cloves garlic, minced or grated

3 bay leaves

2 tsp fresh ginger, grated

½ tsp black peppercorns

### Preparation

Add the chicken to a large bowl or gallon size Ziploc bag. In a blender, combine the soy sauce, coconut milk, juice of 2 limes, rice vinegar, honey, garlic, ginger and black peppercorns. Blend until smooth. Pour the marinade over the chicken and the bay leaves. Cover the bowl or seal the bag and place in the fridge for at least one hour or overnight.

Preheat the grill or a grill pan to medium-high heat and lightly oil the grates. Thread the chicken onto metal skewers (or wooden skewers that have been soaked in water). Place the chicken on the grill until the chicken is golden and no longer pink in the center, about 5-10 minutes each side. You may also cook the chicken in a skillet if needed. While the chicken is cooking, I like to add the reserved marinade to a small sauce pan, bring it to a boil and cook about 5 minutes or until reduced into a sauce.

### Nutrition (per serving)



## Grilled Pizzas

### Artichoke Pizza

#### Ingredients

Precooked pizza crust  
½ cup olive oil  
2 or 3 cloves crushed garlic  
1 jar herb marinated artichokes, drained  
1 jar roasted red peppers, drained & cut into small strips  
1 jar basil pesto  
Mozzarella cheese, shredded

#### Preparation

Bring pizza crust to room temperature if not already. Place crushed garlic cloves in olive oil. If possible let them sit for an hour or heat for a few seconds to blend flavors. Brush the garlic infused oil on pizza crust.

**For Artichoke Pizza:** Spread basil pesto on first and then layer ingredients ending with the cheese.

**For Greek Pizza:** Layer ingredients starting with basil leaves and ending with cheese. Save balsamic glaze to drizzle after pizza is cooked.

#### To Grill Pizza

Preheat your gas grill with all the burners on high 10 to 15 minutes before you plan to cook. Once heated, turn off or lower half the burners, creating an area of direct heat and an area of indirect heat. Set up workspace near the grill for all of your toppings. (Don't over-top the pizza as this will interfere with it cooking quickly and completely). Close the grill and cook until the toppings are warmed through and the cheese is melted, another 2 to 3 minutes. Again, time on your grill may vary. Use your sense of smell; if the pizza smells like it's scorching, open the grill and rotate the pizza into a cooler spot.

#### Nutrition (per serving)

346 Calories; 7.6g Fat; 1.1g Saturated Fat; 59.9g Carbohydrate

### Greek Pizza

#### Ingredients

Precooked pizza crust  
½ cup olive oil  
2 or 3 cloves crushed garlic  
Roma tomato, sliced thin  
Red onion, sliced thin  
1 small can sliced black olives  
Feta cheese, crumbled  
Fresh basil leaves  
Mozzarella cheese, shredded  
Balsamic glaze

## Grilled Angel Food Cake and Pineapple with Fresh-Raspberry Sauce

8 Servings

#### Ingredients

6 oz. fresh raspberries  
1 angel food cake  
1 whole pineapple, cored and skin removed  
1 tsp. vegetable oil  
2 tsp. honey

#### Preparation

- In a blender, puree raspberries. Put a small colander over a small bowl. Pour raspberry puree into the colander and push through with a spatula. Discard the seeds.
- Heat grill on high heat.



- Cut the pineapple into 8 slices.
- In a small bowl, mix together oil and honey. Brush onto both sides of the pineapple slices.
- Brush the grill with oil or spray with cooking spray.
- Place pineapples onto the grill and cook for 2 minutes. Turn over and cook for another 2 minutes.
- Place pineapple onto a cutting board and chop up.
- Cut angel food into 8 slices. Place onto the grill for about 30 seconds on each side.
- To plate, place one piece of cake onto a plate. Top with pineapple and spoon over some raspberry sauce.

**Nutrition (per serving)**

182 Calories; 1g Fat; 4g Protein; 43g Carbohydrate; 3g Fiber

