

# "Hot Off the Grill" Recipes

## Portobello Burgers

2 tablespoons balsamic vinegar  
1 tablespoon olive oil  
3 garlic cloves, minced  
1 ½ teaspoons minced fresh basil or 1/2 teaspoon dried basil  
1 ½ teaspoons minced fresh oregano or 1/2 teaspoon dried oregano  
Dash salt  
Dash pepper  
2 large fresh portobello mushrooms, stems removed  
2 slices reduced-fat provolone cheese  
2 hamburger buns, split  
2 lettuce leaves  
2 slices tomato

1. In a small bowl, whisk the first seven ingredients. Add mushroom caps; let stand for 15 minutes, turning twice.
2. Drain and reserve marinade. Using long-handled tongs, dip a paper towel in cooking oil and lightly coat the grill rack. Grill mushrooms, covered, over medium heat or broil 4 in. from the heat for 6-8 minutes on each side or until tender, basting with reserved marinade. Top with cheese during the last 2 minutes. Serve on buns with lettuce and tomato.

## Grilled Eggplant Panini

2 tablespoons reduced-fat mayonnaise  
2 tablespoons chopped fresh basil  
2 tablespoons extra-virgin olive oil, divided  
8 ½ -inch slices eggplant, (about 1 small)  
½ teaspoon garlic salt  
8 slices whole-grain country bread  
8 thin slices fresh mozzarella cheese  
⅓ cup sliced jarred roasted red peppers  
4 thin slices red onion

1. Preheat grill to medium-high. Combine mayonnaise and basil in a small bowl. Using 1 tablespoon oil, lightly brush both sides of eggplant and sprinkle each slice with garlic salt. With the remaining 1 tablespoon oil, brush one side of each slice of bread.
3. Grill the eggplant for 6 minutes, turn with a spatula, top with cheese, and continue grilling until the cheese is melted and the eggplant is tender, about 4 minutes more. Toast the bread on the grill, 1 to 2 minutes per side.
4. To assemble sandwiches: Spread basil mayonnaise on four slices of bread. Top with the cheesy eggplant, red peppers, onion and the remaining slices of bread. Cut in half and serve warm.

## Grilled Chicken with Cilantro Pesto

¼ cup lime juice  
¼ cup reduced-sodium soy sauce  
1 tablespoon canola oil  
1 teaspoon chili powder  
1 pound chicken tenders  
2 cups loosely packed fresh cilantro leaves, (1-2 bunches)  
2 scallions, sliced  
2 tablespoons toasted sesame seeds

1. Whisk lime juice, soy sauce, oil and chili powder in a large bowl. Reserve 2 tablespoons of the marinade in a small bowl. Add chicken to the remaining marinade; toss to coat. Marinate in the refrigerator for 20 minutes or up to 1 hour.
2. Preheat grill to medium-high.
3. Meanwhile, place cilantro, scallions, sesame seeds and the reserved marinade in a food processor and process until fairly smooth.
4. Oil the grill rack. Remove the chicken from the marinade (discard marinade) and grill until cooked through and no longer pink in the middle, about 2 minutes per side. Serve the chicken with the cilantro-sesame pesto.

**Makes 2 servings**

**Each serving provides:**

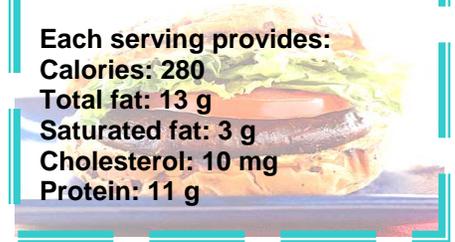
**Calories: 280**

**Total fat: 13 g**

**Saturated fat: 3 g**

**Cholesterol: 10 mg**

**Protein: 11 g**



**Makes 4 servings**

**Each serving provides:**

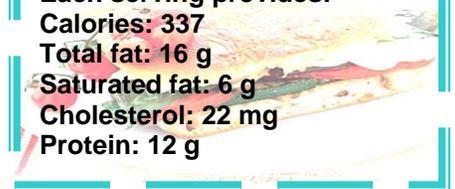
**Calories: 337**

**Total fat: 16 g**

**Saturated fat: 6 g**

**Cholesterol: 22 mg**

**Protein: 12 g**



**Makes 4 servings**

**Each serving provides:**

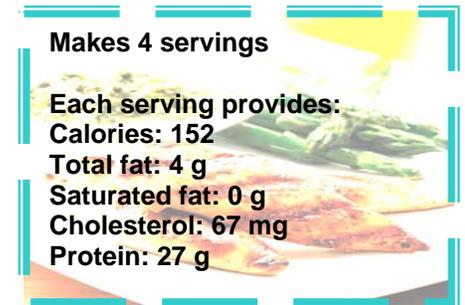
**Calories: 152**

**Total fat: 4 g**

**Saturated fat: 0 g**

**Cholesterol: 67 mg**

**Protein: 27 g**



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