

# 2010 GRILLING DAY RECIPES

(NOTE: SOME PHE VALUES ARE ROUNDED)

## **Vegetable Skewers with Cilantro Sauce:**

A great way to get kids to eat their veggies!

Ingredients: Any type of vegetables you like.

We used:

Red, Yellow and Green Pepper - .29 phe/gm

Zucchini - .40 phe/gm

Yellow Squash - .40 phe/gm

Mushrooms - .83 phe/gm

Red Onion - .8 phe/gm

Cherry Tomatoes – .2 phe/gm

Olive Oil

Cut the veggies into small pieces (this will allow for faster cooking. Arrange selected veggies into skewer. Brush with olive oil. Grill for 15-20 minutes, turning at least once. Remove from grill and serve with Cilantro Sauce for dipping.

PHE – Will depend on the type and amount of veggies used

Sample as shown: approximately 50 phe

## **Cilantro Sauce:**

1 cup cilantro leaves

½ cup parsley leaves

2 green onions

1 garlic clove

1 teaspoon lime juice

Dash of nutmeg

¾ cup Coffeemate

Salt and ground pepper to taste

Combine cilantro, parsley, green onions, garlic, lime juice and nutmeg in a food processor and puree. Scrape into a small saucepan and add the Coffeemate. Heat gently to thicken. Season to taste with salt and pepper.

PHE – 6 phe per tablespoon

## **Grilled PB&J:**

Back by popular demand!!!

Ingredients:

1 Low Pro Bread Slice (5 phe)

Walden Farms Peanut Butter Spread (1.1 phe/2 Tbsp)

Jelly – any variety (Free)

Olive Oil

Cut the bread in half. Brush one side of the bread with olive oil and place on the plate oiled side down. Apply peanut butter and jelly to one of the sides. Cover with the other half. Grill both sides for a few minutes until the peanut butter starts to melt soft. Remove and enjoy.

PHE = approximately 6 phes per serving

## **Roasted Acorn Squash Stuffed with Low Pro Rice:**

Creativity, color and fun!

Ingredients:

1 Acorn Squash (0.53 phe/gm cooked)

Low pro rice – 7 phes per 1/3 cup (60 gm) uncooked

Chicken broth – .39phe/gm (Vegetable or other broth can be used as a substitute)

Water

¼ to ½ stick Butter

Make as much or as little rice as desired using double the amount of water and chicken broth to rice. Example: If you make ½ cup rice, use ½ cup water and ½ cup chicken broth.

For the rice, bring chicken broth, water and butter to a boil. Add rice to boiling liquid, cook on low heat until the rice has fully absorbed the liquid or is “dry.” When dry, add salt and pepper to taste.

Slice the squashes in half lengthwise and brush both the skins and flesh with olive oil. Grill, covered, over medium-hot to low heat cut-side down, then skin-side down, until tender when pierced with a skewer, approximately 40 minutes.

Remove squash from grill and fill with the cooked low pro rice.

PHE = sample as shown – approximately 60 phe’s (edible portion of squash)

## **Eggplant and Red Onions Paninis:**

Great as an appetizer or entrée!

Ingredients:

1 Eggplant - .42 phe/gm  
1 Red Onion - .8 phe/gm  
1 Slice Low Pro Bread - 5 phe  
Sliced tomatoes - .2 phe/gm  
Ranch Dressing

Cut the eggplant in ½” thick rectangular slices. Cut the red onions in ¼” slices. Brush eggplant and onions with olive oil and season to taste with salt and pepper. Cook eggplant and onions over medium heat for approximately 15 minutes turning once half way through cooking.

Cut the bread in half. Brush both sides of bread with olive oil. Place on grill and cook for 8-10 minutes turning once.

PHE = sample as shown: approximately 50 phes

## **Grilled Fruits with Low Pro Vanilla Ice Cream:**

Be creative and have fun with this one!

Ingredients:

Pineapples - .12 phe/gm  
Peaches - .21 phe/gm  
Kiwi - .29 phe/gm  
Apples - .05 phe/gm  
Olive oil  
Purely Decadent Low Pro Vanilla Bean Ice Cream – .19 phe/gm

Cut fruit into pieces, slices or wedges. Brush with olive oil. Grill on medium heat for about 10 minutes turning once. Serve to a plate. Add ice cream and enjoy.

## **TIPS:**

- Have children help choosing, cutting, and weighing veggies and fruits
- Use pre-cut veggies and fruit as a shortcut
- Substitute ingredients to suit your child’s tastes
- Don’t be afraid to experiment with seasonings, sauces and ingredients
- Enjoy and have fun!