

DINING IN

By Helene Spoto



Grilled Pork Tenderloin with Raspberry-Chipotle Glaze, pictured with grilled peppers.

Photos by BRIANNA HEALY

If you can't stand the heat ... Get Out of the Kitchen

Delicious, healthy meals are just a grill away

Tongs firmly in hand, you push open the screen door like John Wayne entering a saloon in a classic Western.

As you make your way across the patio, the familiar smell of smoke fills the air. You move toward that aroma, lift the lid

of the grill. The heat rises toward your face.

Go ahead, draw that spatula, Duke. It's grilling time.

What's your pleasure: Beef? Poultry? Fish? Vegetables? Some combinations

thereof? All of these dishes and even some sides like potatoes and corn on the cob can be cooked to perfection on the grill.

Here are a few of my favorite meals to cook on the grill. They're not only healthy and delicious, but also simple and >

fast to prepare. As a bonus, they allow you to enjoy the warm weather and good company, while keeping your kitchen clean and cool.

Lime-Garlic Salmon

YIELD: 4 SERVINGS

For fish lovers, salmon with lime and garlic grilled in a foil packet is an easy way to enjoy a taste of the tropics. Steamed in its own juices, the salmon is incredibly moist. Lime and garlic add a bright flavor.

Ingredients:

- 4 4-ounce salmon fillets
- 2 tablespoons olive oil
- 2 garlic cloves, crushed or pressed
- Zest of one lime
- Juice of 1 lime
- Salt and pepper to taste
- 8 slices of lime

Directions:

1. Place each piece of salmon, skin side down, on the center of an 8-inch-by-8-inch square of heavy-duty foil.
2. Combine the remaining ingredients together in a small bowl.
3. Brush each fillet with a coating of the mixture and top with two slices of lime.
4. Fold foil over the fish like a tent and seal tightly.
5. Grill, covered, over medium heat for 10 minutes.
6. Open foil slowly to allow steam to escape.

TIPS FROM THE CHEF

- ▶ Use tongs to turn meat and seafood on the grill instead of a fork, so you don't puncture it and lose all of the juices.
- ▶ Tomato and sugar-based barbecue sauces should be added only at the end of the grilling process, since they burn easily.
- ▶ To keep food from sticking to the grill, brush it lightly with oil. This also helps the seasonings cling to the food.

Grilled Pork Tenderloin with Raspberry-Chipotle Glaze

YIELD: 4 SERVINGS

Pork tenderloin is very lean, making it a healthy choice. Prepared this way – which is amazingly quick – it will “wow” diners with spicy-sweet and smoky flavors.

Ingredients for the

Raspberry Chipotle Glaze:

- 2 tablespoons extra virgin olive oil



Lime-Garlic Salmon with mixed greens and a baked potato.

- 2 garlic cloves, pressed
- 1/2 cup seedless raspberry preserves
- 1 tablespoon Chipotle Adobo sauce
- 2 tablespoons red wine vinegar
- Ingredients for Pork Tenderloin:
- 1 1/2 tablespoons extra virgin olive oil
- 2 teaspoons garlic powder
- 2 teaspoons Herbs de Provence
- 1/2 teaspoon salt
- 1/4 teaspoon fresh ground pepper
- 4 whole pork tenderloins (1 to 1-1/4 pounds each), trimmed of silver skin

Directions:

1. Pre-heat the grill.
2. Prepare the glaze.
3. Sauté garlic in oil in a small pot on medium heat until it begins to soften.
4. Add preserves, Adobo, and vinegar and stir.
5. Season with salt and pepper to taste.
6. Heat glaze until it bubbles. Cover and keep warm.
7. Prepare the pork.
8. Rub pork with oil and sprinkle with seasonings.
9. Brush grill grate with a bit of oil.
10. Place tenderloins on grill over medium heat turning every 8 minutes to sear all three sides.
11. Brush with the glaze on all sides, cooking for 6 more minutes.
12. Meat is done when internal temperature reaches 155 degrees and juices run clear.

13. Remove pork from the grill, cover with foil and let rest for 10 minutes.
14. Slice the pork, plate, and drizzle with some warm glaze.

Grilled Seasonal Vegetables

YIELD: 4 SERVINGS


If you like vegetables but want something other than a salad, try grilling seasonal favorites like peppers, zucchini and asparagus. Brushing them with a bit of oil and sprinkling some salt and pepper will make them sweet and full of flavor.

Ingredients:

- 2 zucchini, sliced lengthwise into 1/2-inch strips
- 2 red, orange or yellow bell peppers cut lengthwise, stem, seeds and ribs removed
- 1 pound asparagus, tough ends trimmed off
- 1/3 cup olive or vegetable oil
- Salt and pepper to taste

Directions:

1. Prepare the vegetables and place in a large bowl.
2. Add the oil, salt and pepper.
3. Toss gently to coat.
4. Grill over medium heat.
5. Zucchini: 4 minutes per side.
6. Peppers: 3-4 minutes per side.
7. Asparagus: 2-3 minutes.
8. Remove vegetables to a platter.

Recipes courtesy of Helene's Custom Cuisine 



Grilling vegetables doesn't have to be hard. A little olive oil, salt and pepper, you can turn any veggie into a grilled delight.

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