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**GRILLING
RECIPES**



Grilled Caesar Salad

SERVINGS: 6

PREPPING TIME: 15 MIN

COOKING TIME: 20 MIN

Ingredients

- 12 romaine hearts, halved
- 6 lemons (1 cup lemon juice)
- olive oil spray
- 4 Tbs capers, drained
- 4 Tbs white miso paste
- 4 Tbs tahini paste, if there is an allergy concern, replace with Vegenaise
- 1 1/3 cup water
- 2 Tbs Worcestershire sauce, use wheat-free if gluten-free
- 4 Tbs macadamia nuts, raw
- salt and pepper to taste

Directions

Prep

1. Preheat grill to high.

Make

1. Lightly spray both sides of romaine hearts and place cut side down on the grill.
2. Grill for about 1-2 minutes until grill marks appear on the lettuce.
3. Flip and grill for an additional minute. The goal here is to sear the lettuce quickly; you don't want to cook it.
4. Remove hearts to platter, cut sides up.
5. For dressing, place all ingredients - lemon juice through macadamias - in a high-speed blender and process until smooth. Season with salt and pepper.
6. Just before serving, drizzle hearts with dressing. Pass extra dressing at the table.

Nutrition Facts	
Amount per serving	
Calories	285
% Daily Value*	
Total Fat 12g	16%
Saturated Fat 2g	9%
Trans Fat N/A	
Cholesterol N/A	0%
Sodium 691mg	30%
Total Carbohydrates 45g	16%
Dietary Fiber 16g	57%
Total Sugars 15g	
Protein 12g	
Vitamin D N/A	0%
Calcium 283mg	22%
Iron 7mg	41%
Potassium 1931mg	41%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Grilled Peach & Arugula Salad

SERVINGS: 4

PREP TIME: 15 MIN

COOK TIME: 30 MIN

Ingredients

- 4 peaches, halved and pits removed
- 1 Tbs avocado oil
- 2 oz halloumi cheese
- 3 Tbs pesto sauce, prepared
- 1 lemon, juiced
- 5 oz arugula, prewashed
- 2 Tbs almonds, slivered

Directions

Prep

1. Wash, halve and remove pits from peaches.
2. Preheat grill or grill pan to medium-high. (Be sure grates are clean and well oiled).
3. Slice halloumi into 1/4" thick slices.

Make

1. Brush cut side of peaches with avocado oil and place cut side down on the grill or on a grill pan.
2. Grill just until marks appear on flesh, approximately 5 minutes.
3. Remove from grill and slice.
4. Repeat with halloumi and grill just until grill marks appear.
5. Whisk pesto and lemon juice in a small bowl.
6. Place arugula on plates, top with sliced grilled peaches, halloumi, and drizzle with pesto sauce. Top with almonds and serve immediately.

Nutrition Facts	
Amount per serving	
Calories	220
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 9mg	3%
Sodium 199mg	9%
Total Carbohydrates 18g	7%
Dietary Fiber 3g	12%
Total Sugars 14g	
Protein 7g	
Vitamin D N/A	0%
Calcium 211mg	16%
Iron 1mg	7%
Potassium 493mg	10%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Grilled Salmon with Mango Salsa

SERVINGS: 4

PREP TIME: 20 MIN

COOKING TIME: 30 MIN

Ingredients

Salsa

- 2 cups mango, chopped
- 1/2 cup tomato, chopped
- 1/2 bell pepper, red, chopped
- 1/4 cup scallions, minced
- 1/2 tsp jalapeño pepper, minced
- 1 lime, juiced
- 3 Tbs cilantro, fresh, chopped

Salmon

- 1 1/2 lb salmon
- 2 Tbs olive oil
- salt, to taste
- black pepper, to taste

Directions

Prep

1. Heat grill to medium-high heat.
2. Divide salmon into 4 equal fillets with skin on.

Make Salsa

- Dice the mango, tomato, and bell pepper.
- Mince scallions and jalapeño.
- Juice lime and finely chop cilantro.
- Mix all ingredients in a bowl and season with salt.
- Spoon over warm salmon filets just before serving.

Make Salmon

1. Brush each salmon fillet with 1/2 tablespoon of olive oil, and sprinkle with salt and pepper to taste.
2. Place on the grill, skin side up first [flesh side should be grilled first to avoid early separation from skin]. Grill salmon until firm and browned, about 4 minutes per side. This can also be done in a grill pan.
3. Transfer salmon to a serving platter.

Notes

- Other fish options: Baked cod or flounder. Grilled tuna or halibut.
- Other fruit options: peaches, nectarines, pineapple.

Nutrition Facts	
Amount per serving	
Calories	312
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 3g	16%
Trans Fat N/A	
Cholesterol 83mg	28%
Sodium 266mg	12%
Total Carbohydrates 13g	5%
Dietary Fiber 1g	3%
Total Sugars 10g	
Protein 34g	
Vitamin D N/A	0%
Calcium 23mg	2%
Iron 151mg	839%
Potassium 903mg	19%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Mediterranean Grilled Chicken Salad

SERVINGS: 4

PREPPING TIME: 20 MIN

COOKING TIME: 30 MIN

Ingredients

Marinade with Dressing

- 1/2 cups olive oil
- 4 lemons, juiced
- 2 Tbs red wine vinegar
- 4 Tbs parsley, fresh, chopped
- 2 tsp oregano, dried
- 2 tsp garlic, granulated
- salt, to taste
- black pepper, to taste
- 1 1/2 lb chicken breast, skinless, boneless

Salad

- 4 cups romaine, washed, chopped
- 1 cucumber, seedless, diced
- 1 bell pepper, red, chopped
- 1 pint of tomatoes, cherry, halved
- 1/4 onion, red, slivered
- 1/3 cups olives, kalamata, pitted
- 1 avocado, sliced

Directions

Prep

1. Chop romaine.
2. Dice the cucumber.
3. Sliver onion.
4. Preheat grill or grill pan to medium-high.

Make

1. Add marinade ingredients to a mason jar with a lid and shake to combine
2. Pour half the marinade into a large glass baking dish, then add the chicken. Marinate for 15-30 minutes, turning once
3. Add salad ingredients, except for avocado, to a large bowl and toss to combine.
4. Remove the chicken from the marinade and discard the marinade.
5. Grill chicken over medium heat, either in a grill pan or on a grill, until the internal temperature reaches 165° F, turning once during cooking until browned on both sides.
6. Let the chicken rest for 5 minutes, then slice at an angle.
7. Toss salad with remaining dressing from jar and season with salt and black pepper.
8. Arrange on plates, top with chicken and avocado and serve.

Nutrition Facts	
Amount per serving	
Calories	382
% Daily Value*	
Total Fat 35g	45%
Saturated Fat 5g	23%
Trans Fat N/A	
Cholesterol N/A	0%
Sodium 207mg	9%
Total Carbohydrates 15g	6%
Dietary Fiber 5g	18%
Total Sugars 6g	
Protein 3g	
Vitamin D N/A	0%
Calcium 49mg	4%
Iron 2mg	9%
Potassium 535mg	11%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Grilled Corn Salad with Jicama

SERVINGS: 6

PREPPING TIME: 20 MIN

COOKING TIME: 30 MIN

Ingredients

- 4 ears of corn, shucked
- 1 bell pepper, red, chopped
- 1 English cucumber, chopped
- 1 jicama, small, peeled and cubed
- 1 avocado, cubed
- 1/2 onion, red, chopped
- 1 pint cherry tomatoes, quartered
- 1/2 cup basil leaves, chopped
- 1/3 cup olive oil
- 3 Tbs apple cider vinegar

Directions

Prep

1. Preheat grill to medium-high. Grease the grates.
2. Prepare all vegetables according to the ingredient list.

Make

1. Brush corn with some of the olive oil while it is grilling, rotating to slightly char all sides.
2. Remove corn from the grill to cool. Place the cob in a deep bowl and remove kernels while holding the cob upright. You can also hold corn upright in a bundt pan to capture kernels as you slice them off from the cob with a paring knife.
3. Add prepped vegetables and corn to a large bowl and toss with the remaining olive oil and vinegar.
4. Season with salt and pepper to taste.

Nutrition Facts	
Amount per serving	
Calories	291
% Daily Value*	
Total Fat 16g	21%
Saturated Fat 2g	11%
Trans Fat N/A	
Cholesterol N/A	0%
Sodium 15mg	1%
Total Carbohydrates 36g	13%
Dietary Fiber 10g	37%
Total Sugars 8g	
Protein 5g	
Vitamin D N/A	0%
Calcium 38mg	3%
Iron 2mg	10%
Potassium 759mg	16%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



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