



Employee Wellness

Small changes keep your story moving.

Healthy Grilling Lunch & Learn Recipes

May 22, 2014

Marinade

- 1/4 cup fresh lemon juice
- 1/2 teaspoon hot pepper flakes
- 1/2 teaspoon cracked black pepper
- 1/2 teaspoon coarse salt (kosher or sea), or to taste
- 4 strips of lemon zest
- 3 cloves garlic, crushed with the side of a cleaver or minced
- 1/4 cup coarsely chopped fresh parsley
- 1/4 cup coarsely chopped fresh basil, cilantro, dill, oregano, or a mix of all four
- 1/2 cup extra virgin olive oil

1. Combine the lemon juice, hot pepper flakes, cracked pepper, and salt in a bowl and whisk until the salt crystals are dissolved.
2. Add the lemon zest, garlic, parsley and basil. Stir or whisk in the olive oil. Use it within 1 to 2 hours of making. Stir again before using.

3-ingredient Rub

- 2 tsp. garlic powder
- 1 tsp. smoked Spanish paprika
- 1 tsp. whole cumin seeds, toasted in a dry skillet (or ground cumin)

Source: www.epicurious.com



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Grilled Portobello

Serves 4

2/3 cup chopped plum tomato
1/4 cup (1 ounce) shredded part-skim mozzarella cheese
1 teaspoon olive oil, divided
1/2 teaspoon finely chopped fresh or 1/8 teaspoon dried rosemary
1/8 teaspoon coarsely ground black pepper
1 garlic clove, crushed
4 (5-inch) Portobello mushroom caps
2 tablespoons fresh lemon juice
2 teaspoons low-sodium soy sauce
Cooking spray
2 teaspoons minced fresh parsley

1. Prepare grill.
2. Combine the tomato, cheese, 1/2 teaspoon oil, rosemary, pepper, and garlic in a small bowl.
3. Remove brown gills from the undersides of mushroom caps using a spoon, and discard gills. Remove stems; discard. Combine 1/2 teaspoon oil, juice, and soy sauce in a small bowl; brush over both sides of mushroom caps. Place the mushroom caps, stem sides down, on grill rack coated with cooking spray, and grill for 5 minutes on each side or until soft.
4. Spoon 1/4 cup tomato mixture into each mushroom cap. Cover and grill 3 minutes or until cheese is melted. Sprinkle with parsley.

www.cookinglight.com

Nutrition Info: 83 calories, 3.5g fat, 1 g saturated fat, 5.4g protein, 10.1g carbohydrate, 2.5g fiber, 4mg cholesterol, 123mg sodium

Grilled Tempeh Salad with Sesame-Ginger Dressing

Makes 4

1/4 cup orange juice
3 tablespoons white miso
3 tablespoons toasted sesame oil
3 tablespoons rice vinegar
1 1-inch piece fresh ginger, grated
1-2 teaspoons Asian hot sauce
1 8-ounce package tempeh



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6 pineapple rings, 1/4 inch thick
12 cups greens mix
1 cup sliced trimmed snow peas or snap peas
2 tablespoons toasted sesame seeds

1. Preheat grill to medium-high.
2. Whisk orange juice, miso, sesame oil, vinegar, ginger and hot sauce in a bowl.
3. Oil the grill rack. Grill tempeh until lightly charred, 3 to 5 minutes per side. Grill pineapple until marked, 1 to 2 minutes per side.
4. Put salad greens and peas in a large bowl. Coarsely chop the pineapple; add to the bowl. Drizzle the salad with 1/2 cup of the dressing; toss to coat. Divide among 4 plates or bowls. Thinly slice the tempeh and place in the bowl. Drizzle with the remaining dressing and gently toss to coat. Divide the tempeh among the salads and sprinkle with sesame seeds.

Eatingwell.com

Nutrition Info: 310 calories; 20 g fat (3 g sat, 7 g mono); 0 mg cholesterol; 22 g carbohydrates; 0 g added sugars; 16 g protein; 6 g fiber; 560 mg sodium; 909 mg potassium.

Rosemary Shrimp Skewers with Arugula-White Bean Salad

Makes 4-6 servings

3 tablespoons plus 1 teaspoon extra virgin olive oil
3 tablespoons plus 2 teaspoons fresh lemon juice
3 garlic cloves, smashed
2 teaspoons minced fresh rosemary
3/4 teaspoon salt
1/4 teaspoon plus 1/8 teaspoon black pepper
1 1/2 pounds extra-large shrimp, shelled and cleaned, tails on
Nonstick cooking spray
1 small garlic clove, minced
Pinch sugar
1 5-ounce package baby arugula
1 15-ounce can cannellini beans, rinsed and drained
1/2 small red onion, thinly sliced



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1. Combine 2 tablespoons of the olive oil, 1 tablespoon of the lemon juice, the smashed garlic cloves, the rosemary, 1/2 teaspoon of the salt, and 1/4 teaspoon of the black pepper in a medium bowl. Add the shrimp; toss well. Cover and refrigerate 15 minutes.
2. Heat a grill to medium-high. Thread shrimp on skewers (if they're wooden, soak in water 1 hour prior to grilling) and discard marinade. Lightly mist grill with cooking spray. Grill shrimp until just cooked through, about 2 minutes per side.
3. Combine the minced garlic, sugar, and remaining olive oil, lemon juice, salt, and black pepper in a large bowl. Add the arugula, beans, and onion; toss to combine. Mound the salad on one side of a large platter and arrange the shrimp skewers alongside.

www.fitnessmagazine.com

Nutrition Info: 315 calories, 35g protein, 21g carbohydrate, 13g fat (1.9g saturated), 6g fiber

Roasted Beet & Goat Cheese Spread

1 medium beet
1-2 garlic cloves
1 Tbsp. extra-virgin olive oil
4 ounces goat cheese
1 tsp. fresh thyme or rosemary
Salt and pepper, to taste
Bread or crackers

1. Preheat oven to 400°F.
2. Trim greens from beet and set aside. Place beet in foil and roast in the oven until tender with a fork, about 45 minutes. Set aside to cool.
3. Peel and quarter cooled beet and place in food processor along with garlic, goat cheese and herbs.
4. If using, finely chop washed beet greens. Sauté greens in a pan with a little olive oil about 4 minutes until soft.
5. Spread 2 teaspoons of spread on sliced bread or cracker and if using greens, top with a spoonful of cooked greens.



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Confetti Salad

Serves 8

2 (15-ounce) cans black beans, drained and rinsed
1 ½ cups corn kernels, grilled cob or frozen, thawed
1 large red bell pepper, diced
¾ cup minced red onion, diced
1-2 fresh jalapenos, seeded and minced
½ cup chopped fresh cilantro
2 tsp cumin seed

Dressing:

¼ cup fresh lime juice
½ Tbsp lime zest
1 Tbsp brown sugar
1 Tbsp Dijon mustard
½ tsp red pepper flakes
Salt and freshly ground pepper, to taste
¼ cup extra-virgin olive oil or canola oil

1. In a large bowl, combine all salad ingredients.
2. In a small bowl, combine all dressing ingredients, except oil. Add oil gradually, beating with a whisk. Pour dressing over salad and toss to combine.
3. Cover and refrigerate for at least one hour. Serve chilled or at room temperature.

Tip: Rinse canned beans and veggies to reduce sodium by up to 40%.

Nutrition Info: 180 calories, 7 g fat, 1 g saturated fat, 0 mg cholesterol, 850 mg sodium (see tip), 26 g carbohydrate, 7 g fiber, 6 g protein, vitamin A 15%, vitamin C 50%, calcium 6%, iron 15%

Cauliflower “Couscous”

Cauliflower can be used in place of rice and couscous and turns a traditional Tabbouleh recipe gluten-free.

1 whole cauliflower head, washed
¼ cup fresh mint
¼ - ½ cup parsley
½ cup fresh basil



1 garlic clove
¾ cup cucumber, peeled and diced
1 red bell pepper, diced
1 apple, diced
¼ cup raisins
¼ cup red onion, sliced thin
1 tsp. garam masala

Vinaigrette:

1 ½ tbsp. curry powder
¼ cup white wine vinegar
1 tbsp. honey
Salt and pepper, to taste
¼ cup extra virgin olive oil

1. Separate cauliflower into small florets. Place in food processor with herbs and garlic, and pulse until cauliflower resembles couscous. Place in a large bowl.
2. Add cucumber, pepper, apple, red onion, raisins, and garam masala to “couscous”.
3. Make vinaigrette in small bowl by mixing all ingredients except oil. Add oil slowly until mixed well. Pour over “couscous” and toss gently to combine.

