**Spicy Parmesan Corn**

**Directions**

Brush the corn with the melted butter and place on the wire rack over the grill pan. Grill at 240˚ for 5 minutes. Flip corn using tongs and continue to grill for an additional 5 minutes or until the corn is a light golden brown.

Sprinkle on the red pepper flakes, grated Parmesan and chopped parsley. Season with salt and pepper.

**Ingredients**

- 4 HALF EARS OF FRESH CORN
- 1 TABLESPOON MELTED BUTTER
- PINCH OF RED PEPPER FLAKES
- 1 TABLESPOON GRATED PARMESAN CHEESE
- 1 TABLESPOON CHOPPED PARSLEY
- SALT AND PEPPER TO TASTE

**YIELD** 2 SERVINGS

**PREP TIME** 10 MINUTES

**COOKING TIME** 10 MINUTES
Crispy Rosemary Potatoes

Directions
Wash and dry the potatoes but no need to peel. Slice thinly. In a large bowl, toss the sliced potatoes with the olive oil, oregano and rosemary.

Place the potato slices, in a single layer, on the wire rack over the grill pan and season with salt and pepper. Grill at 100° for about 20 minutes or until the potatoes soften.

Flip the potatoes, and using tongs, season the other side with salt and pepper. Raise the grill temperature to 200°. Continue grilling for an additional 10 minutes or until the potatoes turn a light golden brown. Serve hot.

INGREDIENTS
- 2 BAKING POTATOES
- 2 TABLESPOONS OLIVE OIL
- 1/4 TEASPOON DRIED OREGANO
- 1/2 TEASPOON DRIED ROSEMARY
- SALT AND PEPPER TO TASTE
Flatbread Pizza With Spinach and Mozzarella

YIELD 2 SERVINGS
PREP TIME 5 MINUTES
COOKING TIME 10 MINUTES

INGREDIENTS

1 LARGE PIECE OF FLATBREAD OR NAAN
1 TABLESPOON OLIVE OIL
¼ CUP SHREDDED MOZZARELLA CHEESE
¼ TEASPOON DRIED OREGANO
PINCH OF RED PEPPER FLAKES (OPTIONAL)
PINCH OF SALT
1 CUP BABY SPINACH LEAVES

Directions

Brush the flatbread with the olive oil, sprinkle on the cheese, oregano, red pepper flakes, if using, and salt. Place on the wire rack over the grill pan and grill at 200˚ for 5–10 minutes or until the cheese melts.

Top with the baby spinach and serve hot.
Greek Chicken Kabobs

**Ingredients**

- 1 LB. SKINLESS CHICKEN BREAST, CUT INTO PIECES (APPROX. 2")
- 2 TABLESPOONS OLIVE OIL
- 1 TABLESPOON LEMON JUICE
- 1 TEASPOON DRIED OREGANO
- SALT AND PEPPER TO TASTE
- ½ RED ONION, CUT INTO SMALL CHUNKS
- ½ LB. CHERRY TOMATOES

**Directions**

In a large bowl, toss the chicken, onion and tomatoes with the olive oil, lemon juice, oregano, salt and pepper.

Thread onto 4 skewers, alternating chicken with onion and tomato. Note that if you’re using wooden skewers, soak them in water first to prevent them from burning.

Place the skewers on the wire rack over the grill pan and grill at 180˚ for 15 minutes. Flip the skewers and continue grilling for an additional 15 minutes or until the chicken turns a light golden brown and the inside is no longer pink.
Middle Eastern
Hot Dogs

Directions

Place the hot dogs in the center of the wire rack over the grill pan and place the buns toward the edges. Grill at 240˚ for 10 minutes or until the hot dogs start to brown and sizzle. Be careful not to burn the buns.

Place the spinach equally into both buns and top each with a hot dog. Top with a tablespoon of hummus and sprinkle on the seasoning. Serve hot.
Chicken Sausage and Peppers

YIELD 2 SERVINGS
PREP TIME 10 MINUTES
COOKING TIME 50 MINUTES

INGREDIENTS

- 1 LARGE ONION, PEELED AND SLICED
- 1 RED BELL PEPPER, CORED AND SLICED
- 1 YELLOW BELL PEPPER, CORED AND SLICED
- 2 TABLESPOONS OLIVE OIL
- 3 PRE-COOKED CHICKEN SAUSAGES, SLICED

Directions

Add the sliced onions to the grill pan along with the olive oil. Grill at 80˚ for about 20 minutes, stirring often with tongs, until the onions soften and begin to lightly caramelize. Add the sliced bell peppers and continue cooking and stirring for an additional 10 minutes.

Move the vegetables off to the sides of the pan and add the sliced sausage to the center. Raise the grill heat to 200˚ and cook the sausages for about 10 minutes or until they begin to brown.

Stir to combine the onions, peppers and sausage and serve hot over a bed of cooked rice.
**Steak Fajitas**

**Directions**

Add the sliced onions to the grill pan along with 1 tablespoon of the olive oil. Grill at 80˚ for about 15 minutes, stirring often with tongs, until the onions soften. Add the bell peppers and continue grilling and stirring for an additional 5 minutes.

In a large bowl, toss the beef strips with the remaining tablespoon of olive oil and the fajita seasoning. Move the onions and peppers off to the side of the pan and add the beef strips to the center of the pan. Grill at 180˚ for about 5 - 7 minutes, stirring frequently with the tongs.

Move the onions and peppers back into the center and stir together with the beef strips for an additional 5 minutes. Serve hot with rice or flatbread.

**INGREDIENTS**

- 4 HALF EARS OF FRESH CORN
- 1 TABLESPOON MELTED BUTTER
- PINCH OF RED PEPPER FLAKES
- 1 TABLESPOON GRATED PARMESAN CHEESE
- 1 TABLESPOON CHOPPED PARSLEY
- SALT AND PEPPER TO TASTE

**YIELD** 4 SERVINGS  
**PREP TIME** 10 MINUTES  
**COOKING TIME** 30 MINUTES
Southwestern Fajita Burger

Directions

Toss the bell peppers in the olive oil and place in the grill pan. Grill at 80˚, stirring frequently with tongs, for about 5 minutes. Combine the ground beef with the fajita seasoning and Worcestershire sauce. Form into 4 patties.

Move the peppers off to the side of the pan and add the patties to the center of the pan. Grill for about 5 - 7 minutes, flip, and continue grilling for 5 – 7 minutes for about medium doneness. If you want your burgers more rare, raise the grill temperature to 160˚ and grill for 4 – 5 minutes on each side.

Assemble the burgers by placing a grilled patty on each hamburger bun and topping with equal amounts of the grilled peppers.
S’mores

YIELD 2 SERVINGS
PREP TIME 2 MINUTES
COOKING TIME 2 MINUTES

INGREDIENTS

- 4 GRAHAM CRACKER SHEETS
- 2 MARSHMALLOWS
- 2 OZ. MILK CHOCOLATE

Directions

Place the chocolate over 2 of the graham cracker sheets. Place each marshmallow on the tip of 2 skewers. Note that if you’re using wooden skewers, soak them first to prevent catching fire.

Turn the grill up to 240˚ and hold the marshmallow under the light, being careful to keep your hands on the ends of the skewers, and away from the heat. Rotate for about 1–2 minutes or until the marshmallows turn brown.

Place each hot marshmallow over chocolate and immediately top with the remaining graham cracker sheets.
Brûléed Peaches With Ice Cream

Directions
Slice the peaches in half and remove the pits.
Sprinkle each peach half with 1 teaspoon of sugar.
Place peach halves on the wire rack over the grill pan. Grill at 200° for about 10 minutes or until the tops of the peaches are a golden brown.
Top each peach half with 1–2 ounces of vanilla ice cream and serve warm.

INGREDIENTS
- 2 RIPE PEACHES
- 4 TEASPOONS SUGAR
- VANILLA ICE CREAM