



RECIPES FOR GUYS THAT GRILL

Most men love to grill and what better time of year to grill than summer! Here are some tasty summer grilling recipes dad will love to make.



DIJON-HERB TURKEY KEBABS

Serves 3-4

Ingredients

1 pound turkey tenderloin cut into large chunks
 1 tablespoon extra virgin olive oil
 3 tablespoons coconut aminos
 1 tablespoon Dijon mustard
 3 teaspoon chopped fresh rosemary
 3 cloves garlic minced
 1 bad Baby Spinach

(Optional)

1 package chunked mushrooms
 1 sliced zucchini
 1 chunked onion
 Sliced bell peppers

Instructions

Whisk together olive oil, coconut aminos, Dijon, rosemary, and garlic. Pour into ziplock bag with turkey and let marinate for at least 1 hour.

Thread turkey onto skewers (option to add chunks of mushrooms, zucchini, onion, or bell peppers to turkey kebabs for colorful variety).

Grill over medium heat, turning throughout, until turkey is cooked through.

Serve over a bed of fresh baby spinach.

Nutritional Info (Per 1 Skewer):

Calories	Carbs	Fat	Protein	Sodium
168	3g	5g	26g	373mg

GRILLED MIXED VEGETABLES

About 6 Servings

Ingredients

- 1 pound asparagus, trimmed
- 1 pound cherry tomatoes, stemmed
- 4 carrots, cut lengthwise in half
- 1 yellow squash, cut into 1/2-inch slices
- 1 zucchini, cut into 1/2-inch slices
- 1 red onion, cut into wedges
- 1/4 cup olive oil
- 2 tablespoons balsamic vinegar
- 1 tablespoon honey
- 3 cloves garlic, minced
- 2 tablespoons chopped fresh basil
- 1 tablespoon chopped fresh rosemary
- 1 tablespoon chopped fresh sage
- 1 tablespoon chopped fresh parsley
- Kosher salt and freshly ground black pepper, to taste



Instructions

Preheat grill to medium high heat.

In a medium bowl, whisk together olive oil, balsamic vinegar, honey, garlic, basil, rosemary, sage and parsley; season with salt and pepper, to taste.

Brush olive oil mixture onto all the vegetables; let sit for 10-15 minutes.

Transfer vegetables to a grill basket; place basket onto the grill. Cook, turning occasionally, until vegetables are lightly grilled all over, about 10-12 minutes.

Serve immediately, or keep in refrigerator for the perfect cold grilled veggie salad.

Nutritional Info (Per One Muffin):

Calories	Carbs	Fat	Protein	Sugar
177	21g	9.5g	4.3g	16.3g



GRILLED CILANTRO LIME PORK TENDERLOIN

Serves 6

Ingredients

2 pounds Pork tenderloin, boneless
 1 garlic clove
 3 limes juiced (1/4 cup)
 1/2 cup cilantro leaves
 1/2 cup olive oil
 2 tablespoons vinegar
 1/2 teaspoon cumin

Instructions

Prepare the marinade by whisking or blending together oil, lime, garlic, cilantro, and cumin until smooth.

Place pork tenderloin in a large zip-lock bag or airtight container. Pour marinade over the tenderloin completely. Marinate for 6 to 24 hours.

Heat your grill to medium heat and then place tenderloin on grill. Reserve remaining marinade. Cover grill while cooking, turning every 2-3 minutes and basting with a little marinade each turn. The tenderloin is ready when the inside is slightly pink and the internal temperature reaches 140 degrees.

Remove from your grill, cover with foil and let sit for 10 minutes before slicing and serving.

Nutritional Info (Per Serving):

Calories	Carbs	Protein	Sugar	Fat
292	1.39g	29g	0g	20.6g