



Grilling Summer Entrees

July 2015

Grilled Chicken and Raspberry-Spinach Salad

Betty Crocker

Makes: 4 servings

Ingredients

1 cup raspberry fruit spread
1/4 cup red wine vinegar
2 tablespoons olive oil
4 boneless skinless chicken breasts (about 1 pound)
8 cups torn fresh spinach
Fresh raspberries
1/2 cup thinly sliced red onion
1/4 cup sliced almonds, toasted

Directions

1. Heat gas or charcoal grill. In small bowl, stir together fruit spread, vinegar and oil; reserve 1/3 cup for glaze. Set remaining mixture aside.
2. Carefully brush grill rack with oil. Place chicken on grill over medium heat. Brush chicken with reserved glaze. Cover grill; cook 5 minutes. Turn chicken over; brush with glaze. Cover grill; cook 3 to 7 minutes longer, brushing occasionally with glaze, until juice of chicken is clear when center of thickest part is cut (165°F).
3. Meanwhile, on 4 individual dinner plates, arrange spinach, raspberries, onion and almonds. Cut each grilled chicken breast into slices; place on top of salads. Drizzle with remaining fruit spread mixture.

Nutrition Information (per serving): Calories 500, Total Fat 14g, Saturated Fat 3g, Cholesterol 70mg, Sodium 120mg, Total Carbohydrate 62g, Fiber 13g, Sugars 43g, Protein 30g

Grilled Salmon with Lemon Dill Sauce

Betty Crocker

Makes: 4 servings

Ingredients

Marinade:

- 1 tablespoon canola or olive oil
- 1 tablespoon chopped fresh dill weed
- 1 teaspoon grated lemon peel
- 3 tablespoons fresh lemon juice
- 2 tablespoons honey
- 1/2 teaspoon garlic-pepper blend
- 1 pound salmon fillets, cut into 4 pieces (4 oz each)

Lemon-Dill Sauce:

- 1 container (~6 oz) Greek Fat Free plain yogurt
- 1 tablespoon chopped fresh dill weed or 1 teaspoon dried dill
- 1/2 teaspoon grated lemon peel
- 1 tablespoon fresh lemon juice
- 1/8 teaspoon pepper

Directions

1. Heat gas or charcoal grill. In small bowl, mix all marinade ingredients except salmon.
2. In 8-inch square (2-quart) glass baking dish, arrange salmon pieces skin side up in single layer. Pour marinade over salmon; turn to coat. Cover with plastic wrap; refrigerate 20 minutes.
3. Brush grill rack with oil. Remove salmon from marinade; discard marinade. Place skin side up on grill over medium-high heat. Cover grill; cook 5 minutes and flip. Cook skin side down about 10 minutes or until salmon flakes easily with fork. May take longer depending on thickness of fish.
4. Meanwhile, in small bowl, mix sauce ingredients. Serve with salmon.

Nutrition Information (per serving): Calories 250, Total Fat 10g, Saturated Fat 2g, Cholesterol 75mg, Sodium 140mg, Total Carbohydrate 12g, Fiber 0g, Sugars 11g, Protein 27g