



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

# Dietitian's Dish

## Freshen Up Your Grill!

Grilling offers a great opportunity to boost your fruit and vegetable consumption. Stock up on fresh, seasonal fruits and vegetables while they're on sale and put a plan together to use them for multiple meals. With the right recipes, you can create a variety of international flavors using many of the same ingredients. Save yourself some time by prepping the veggies all at once, based on what your recipes need.

### Sweet and Sour Chicken Kebabs

#### Ingredients:

##### Marinade:

- 3/4 cup apple juice
- 1/4 cup apple cider vinegar
- 1/2 Tbsp. honey
- 2 Tbps. low-sodium soy sauce (gluten free if needed)
- 2 Tbps. grated fresh ginger
- 4 garlic cloves, minced
- 2 Tbps. arrowroot or cornstarch

##### Directions:

##### Marinade:

1. In a saucepan, combine the marinade ingredients and cook over medium heat, stirring constantly, until marinade comes to a boil and starts to thicken. Reduce heat and simmer for 2 to 3 minutes.
2. In a shallow glass dish, arrange chicken, vegetable pieces and apple slices in a single layer. Pour the marinade over the chicken, vegetables, and apples. Marinate in the refrigerator, covered, for 2 hours or overnight.

##### Kebabs:

3. Preheat the broiler or grill to 400°F.

4. Reserve marinade and thread chicken, vegetables, and apples onto 8 presoaked skewers. Arrange skewers on a pan or on the grill. Brush with the reserved marinade and broil or grill for 15 minutes, or until chicken is cooked through, turning as needed.

##### Kebabs:

- 1 lb. boneless, skinless chicken breast, cubed
- 1 green bell pepper, cut into 3/4-inch pieces
- 1 red bell pepper, cut into 3/4-inch pieces
- 1 medium onion, cut into 3/4-inch pieces
- 1 zucchini, cut into 3/4-inch pieces
- 1 Granny Smith apple or Fuji apple, cored and cut into 1/2-inch slices



Recipe (edited) and image courtesy of [Healthcooks.com](http://Healthcooks.com).

### Grilled Skirt Steak Fajitas

#### Ingredients:

##### Marinade:

- 2 Tbps. olive oil
- 1/4 cup lime fresh juice
- 2 Tbps. chopped fresh cilantro, plus additional for garnish
- 2 garlic cloves, minced
- 1/2 tsp. brown sugar
- 1/2 tsp. crushed red pepper flakes

##### Directions:

##### Marinade:

1. In a bowl, combine marinade ingredients. In a shallow dish, arrange the skirt steak and pour half the marinade over to cover.
2. Reserve the remaining marinade. Marinate the steak at room temperature for 30 minutes or refrigerate overnight. Remove from the refrigerator 30 minutes prior to cooking.

##### Fajitas:

1. Preheat the grill to high heat. Remove steak from the marinade and discard the marinade it was in. Grill for 4 minutes per side, or until desired doneness is reached. Keep the grill on for the vegetables. Set steak aside and allow steak to rest for 5 to 10 minutes.
2. Brush the vegetables with some of the reserved marinade. Grill the vegetables, brushing with the remaining marinade, until tender and charred.
3. To serve steak, slice against the grain into thin strips. Wrap the steak, grilled vegetables, avocado, and additional cilantro in flour tortillas or large lettuce leaves.

- 1/2 tsp. ground cumin
- 1/2 tsp. paprika
- 1/8 tsp. salt

##### Fajitas:

- 1 lb. skirt steak
- 3 assorted bell peppers, sliced
- 1 onion, sliced
- 1 avocado, pitted, peeled, and sliced
- 4 flour tortillas (8 inches each) or large leaves lettuce



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