

Thrilling Grilling Recipes

Continued from page 171

Grilled Veggie Pasta Salad

Makes: 6 servings at \$2.03 each.

Prep: 20 minutes. **Grill:** about 18 minutes. **Cook:** 10 minutes.

Dressing:

- 1/3 cup white-wine vinegar
- 2 teaspoons Dijon mustard
- 3/4 teaspoon salt
- 1/4 teaspoon black pepper
- 2/3 cup extra-virgin olive oil
- 3 cloves garlic, finely chopped
- 1 tablespoon chopped fresh thyme (see photo 1, below)
- 1 tablespoon chopped fresh oregano

Vegetables and Pasta:

- 2 sweet red peppers (about 1 pound), cored, seeded and cut into 1-inch-wide strips
- 2 sweet green bell peppers (about 1 pound), cored, seeded and cut into 1-inch-wide strips
- 2 medium-size zucchini (about 1 pound), cut lengthwise into 1/2-inch-thick slices (see photo 2)
- 1 medium-size summer squash (about 1/2 pound), cut lengthwise into 1/2-inch-thick slices
- 1 large red onion, peeled and cut into 1/2-inch-thick wedges
- 3 medium-size tomatoes (about 1 1/2 pounds), cored and halved crosswise
- 1 pound dried linguine, cooked following package directions
- 1/4 cup firmly packed fresh basil, rinsed, dried and cut into thin strips (see photos 3 and 4)
- 1/2 pound fresh mozzarella, cut into 1/4-inch-thick slices

1. Dressing: In medium-size bowl, whisk together vinegar, mustard, salt and pepper. Drizzle in the olive oil, whisking until oil is thoroughly incorporated. Stir in garlic, thyme and oregano. Set aside half of the dressing for the pasta.

2. Vegetables and Pasta: Prepare outdoor grill with hot coals or heat gas grill. (Or cook using stovetop method, below.) Lightly brush grill grid with vegetable oil. Generously brush peppers, zucchini, squash, onion and tomatoes with some of the remaining dressing.

3. Working in batches, grill the vegetables about 3 minutes per side or until fork-tender, about 18 minutes total. Brush the vegetables with additional dressing halfway through the grilling. Remove the vegetables from the grill and keep warm.

4. In large bowl or on serving platter, toss together cooked pasta with reserved half of dressing and any remaining dressing used for grilling vegetables. Toss in basil and mozzarella cheese. Arrange grilled vegetables over top. Serve warm or at room temperature.

Stovetop Method: Heat stovetop grill pan over medium-high heat. Brush pan lightly with vegetable oil. Generously brush vegetables with some of the remaining dressing as above. Working in batches, cook vegetables about 3 minutes per side or until fork-tender. Brush with additional dressing halfway through cooking.

Nutrient Value Per Serving:

698 calories, 36 g fat (10 g saturated), 21 g protein, 75 g carbohydrate, 8 g fiber, 588 mg sodium, 27 mg cholesterol.

New York-Style Hot Dogs

Makes: 8 hot dogs at 48¢ each.

Prep: 4 minutes. **Cook:** 25 minutes.

Grill: 8 minutes.

Topping:

- 1 pound onions, thinly sliced
- 2 tablespoons butter
- 1/2 cup water
- 1/3 cup ketchup
- 1/4 teaspoon red-pepper flakes
- 1/4 teaspoon salt

Hot Dogs:

- 1 package (1 pound) hot dogs (8 dogs)
- 8 hot dog buns

1. Topping: In large skillet, cook onions in butter, with the skillet covered, over medium heat for 15 minutes, stirring occasionally. Add water, ketchup, pepper, salt; cook, covered, 10 minutes, stirring.

2. Hot Dogs: Prepare outdoor grill with hot coals or heat gas grill. Grill hot dogs about 8 minutes, turning several times throughout cooking. Toast buns if you wish.

3. To serve, spoon about 1/4 cup onion mixture over each hot dog.

Nutrient Value Per Hot Dog:

368 calories, 23 g fat (9 g saturated), 11 g protein, 31 g carbohydrate, 2 g fiber, 1,054 mg sodium, 37 mg cholesterol.

Chicago-Style Hot Dogs

Makes: 8 hot dogs at 68¢ each.

Prep: 4 minutes. **Grill:** 8 minutes.

Hot Dogs:

- 1 package (1 pound) hot dogs (8 dogs)
- 8 hot dog buns

Topping:

- Yellow mustard
- 3 plum tomatoes, halved through stem, thinly sliced into half-moons
- 1 small cucumber, peeled, halved lengthwise, seeded and thinly sliced crosswise into half-moons
- Celery salt
- 1/3 cup sweet pickle relish
- 4 dill pickle spears, halved lengthwise

1. Hot Dogs: Prepare outdoor grill with hot coals or heat gas grill. Grill hot dogs 8 minutes, turning several times. Toast buns, if you wish.

2. Topping: Spread each bun with mustard. Arrange tomatoes down one side of buns, cucumbers down other. Place dog in bun. Sprinkle with celery salt. Top each with mustard, 2 teaspoons relish and piece of pickle.

Nutrient Value Per Hot Dog:

336 calories, 20 g fat (7 g saturated), 11 g protein, 29 g carbohydrate, 2 g fiber, 1,181 mg sodium, 29 mg cholesterol.

Herb and Veggie How-to's



1. Rinse sprigs of fresh thyme and pat dry. Pull thyme sprig through finger tips to remove thyme leaves. Discard stalks.



2. Trim ends of zucchini. Cut a thin lengthwise slice for a base. Steady zucchini with fingers, slice 1/2 inch thick.



3. Rinse basil and pull leaves from tough stems. Stack basil leaves on cutting surface. Roll up in a small cylinder.



4. Holding cylinder of leaves firmly with curled fingers of one hand, slice across basil to form thin shreds called chiffonade.

See Grilled Veggie Pasta Salad Recipe