

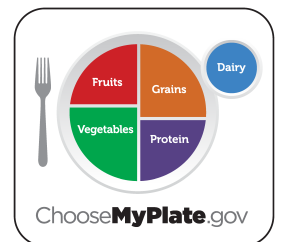


United States Department of Agriculture

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# MyPlate KITCHEN

**Extraordinary Grilling**





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# Vidalia Onion and Tomato Salad with Grilled Tuna



**Makes:** 4 Servings

**Prep Time:** 30 minutes

Sweet Vidalia onions come into season in mid-April. Pair them with tomatoes for this light summer salad that's topped with grilled ahi tuna. Perfect for a backyard luncheon.

## Ingredients

### For the Salad:

- 1/2 pound ahi (yellowfin) tuna steak (fresh or frozen)
- 1/2 teaspoon olive oil
- 2 tomatoes, cut into wedges
- 1 large head lettuce (Boston, Romaine or Bibb) (washed, dried, and torn into bite-sized pieces)
- 1/2 Vidalia onion, thinly sliced

### For the Dressing:

- 1 1/2 tablespoons olive oil
- 1/4 cup lemon juice, fresh or bottled
- 2 teaspoons white wine vinegar
- 1 teaspoon Dijon mustard
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1/4 teaspoon thyme
- 1/4 teaspoon marjoram

## Directions

1. Heat grill.
2. Whisk together dressing ingredients in a small bowl.
3. Cut tuna into 1" chunks and skewer and place on two-three 3" skewers; brush lightly with olive oil. Season lightly with salt and pepper.
4. Grill skewered tuna until fish is opaque and flakes with a fork (145 °F); remove from grill.



5. In a large bowl, toss dressing with all vegetable ingredients. To serve, divide salad on four individual plates; top with tuna.

Source:

Produce For Better Health Foundation

## Nutrition Information

**Serving Size:** 1 portion of Vidalia Onion and Tomato Salad with Grilled Tuna

### Nutrients Amount

**Total Calories** **160**

**Total Fat** **6 g**

Saturated Fat 1 g

Cholesterol 20 mg

**Sodium** **260 mg**

**Carbohydrates** **11 g**

Dietary Fiber 3 g

Total Sugars 6 g

Added Sugars included 0 g

**Protein** **16 g**

Vitamin D 1 mcg

Calcium 40 mg

Iron 1 mg

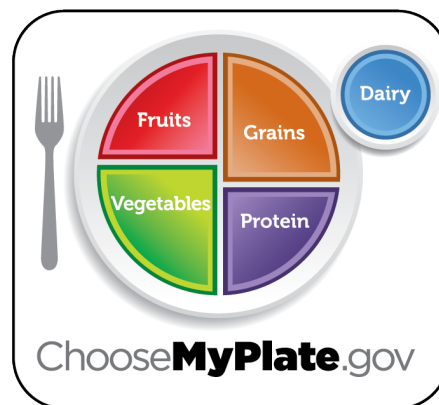
Potassium 933 mg

Note: only nutrients that are available will show on this display

## MyPlate Food Groups

■ Vegetables 1 3/4 cups

■ Protein Foods 2 ounces



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# Grilled Chicken and Avocado Quinoa Pilaf



**Makes:** 4 Servings

**Prep Time:** 45 minutes

This pilaf recipe pairs avocados and bell peppers with red quinoa and grilled chicken, for a satisfying, colorful meal.

## Ingredients

- 2 tablespoons fresh or bottled lemon juice
- 1/4 cup fresh basil
- 3/4 teaspoon ground black pepper (divided)
- 1 avocado (cut into chunks)
- 1 tablespoon olive oil (divided)
- 1/4 teaspoon salt
- 2 small boneless, skinless chicken breasts (about 1 lb)
- 1 large red bell pepper
- 1/2 medium onion (chopped)
- 1 clove garlic (minced)
- 3 cups water
- 3 teaspoons sodium-free chicken bouillon
- 1 1/2 cups red quinoa (uncooked/dry)

## Directions

1. Heat grill.
  2. Peel and cut avocado into chunks; place in a medium bowl.
  3. Mix lemon juice, basil, and 1/2 tsp black pepper. Drizzle over avocado chunks, toss, and set aside.
  4. Cut chicken breasts in half crosswise.
  5. Mix 1/2 tbsp olive oil, salt, and remaining black pepper. Brush mixture on chicken and red bell pepper.
  6. Grill chicken and pepper until done. Set chicken breasts aside. Cut pepper into thin strips.
  7. While chicken and peppers are grilling, heat remaining olive oil in a large pan, add garlic and onion, and cook until tender, about 5 minutes.
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8. Add water, bouillon, and quinoa to pan; bring to boil, cover, reduce heat, and simmer until liquid is absorbed and quinoa is cooked (about 15-20 minutes).
9. Place quinoa pilaf in a large bowl and add chicken, red peppers, and avocado. Toss gently.

Source: Produce For Better Health Foundation

## Nutrition Information

**Serving Size:** 1/4 portion of Grilled Chicken and Avocado Quinoa Pilaf

### Nutrients Amount

**Total Calories** **460**

**Total Fat** **16 g**

Saturated Fat 2 g

Cholesterol 45 mg

**Sodium** **240 mg**

**Carbohydrates** **54 g**

Dietary Fiber 7 g

Total Sugars 3 g

Added Sugars included 0 g

**Protein** **28 g**

Vitamin D 0 mcg

Calcium 60 mg

Iron 5 mg

Potassium 1047 mg

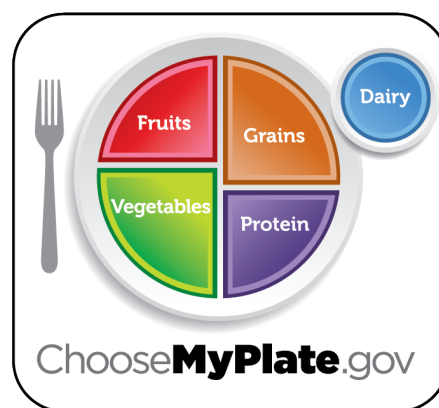
Note: only nutrients that are available will show on this display

## MyPlate Food Groups

■ Vegetables 3/4 cups

■ Grains 2 ounces

■ Protein Foods 3 ounces



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# Grilled Steak and Peppers Salad with Pears



**Makes:** 4 Servings

**Prep Time:** 30 minutes

Grill whole bell peppers along with steak, then add pear slices, and you have the foundation of a delicious and colorful Italian-influenced salad.

## Ingredients

- 2 cups (4 oz) white-wheat rotini pasta (uncooked)
- 1 yellow bell pepper
- 1 red bell pepper
- 1/2 teaspoon olive oil
- 12 ounces boneless choice beef top sirloin
- 2 pears
- 3 cups arugula
- 1/4 cup crumbled Gorgonzola cheese

### For Vinaigrette

- 1 tablespoon olive oil
- 3 tablespoons distilled vinegar
- 1/4 cup 100% white grape juice or apple juice
- 1/4 teaspoon salt (optional)
- 1 tablespoon Italian herb blend, salt-free

## Directions

1. In a small bowl, whisk olive oil, vinegar, grape or apple juice, salt, and herb blend.
  2. Boil water and cook pasta according to package instructions. Drain pasta, rinse in cool water.
  3. Heat grill, rub peppers with 1/2 tsp olive oil. Grill whole peppers, turning as needed, until skin begins to brown and bubble. At the same time, grill beef sirloin to 145 °F, turning once. Remove from grill, let cool slightly.
  4. Slice peppers into strips, discarding seeds and stem. Cut sirloin across the grain into thin slices. Slice pears into thin wedges.
  5. Toss arugula and pasta in large bowl.
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6. To serve, evenly divide pasta-arugula onto four plates, arrange beef, peppers, and pears on top, drizzle with vinaigrette, and sprinkle with crumbled Gorgonzola cheese.

Source:

[Produce for Better Health Foundation](#)

## Nutrition Information

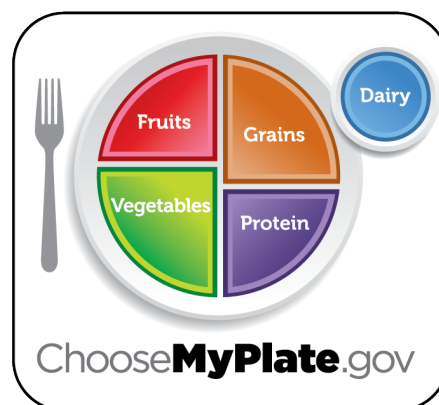
**Serving Size:** 1/4 of recipe

Nutrients	Amount
<b>Total Calories</b>	<b>360</b>
<b>Total Fat</b>	<b>12 g</b>
Saturated Fat	4 g
Cholesterol	65 mg
<b>Sodium</b>	<b>330 mg</b>
<b>Carbohydrates</b>	<b>44 g</b>
Dietary Fiber	7 g
Total Sugars	13 g
Added Sugars included	0 g
<b>Protein</b>	<b>27 g</b>
Vitamin D	0 mcg
Calcium	108 mg
Iron	3 mg
Potassium	584 mg

Note: only nutrients that are available will show on this display

## MyPlate Food Groups

<span style="color: red;">■</span> Fruits	1/2 cups
<span style="color: green;">■</span> Vegetables	3/4 cups
<span style="color: orange;">■</span> Grains	1 ounce
<span style="color: purple;">■</span> Protein Foods	2 ounces
<span style="color: blue;">■</span> Dairy	1/4 cups



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# Argentinean Grilled Steak with Salsa Criolla



**Makes:** 4 Servings

**Prep Time:** 25 minutes

Tonight, try a recipe from South America! Enjoy these Argentinean-style steaks with a homemade Criolla Sauce, packed with flavor.

## Ingredients

### For the sauce:

- 1 large, ripe tomato (cored, seeded, and finely chopped, about 1/2 cup)
- 1/4 small red onion (finely chopped, about 1/4 cup)
- 2 tablespoons fresh parsley (finely chopped)
- 2 teaspoons extra virgin olive oil
- 2 teaspoons red wine vinegar
- 1/2 teaspoon minced garlic
- 1/4 teaspoon oregano leaf
- 1/8 teaspoon low-sodium adobo seasoning
- 1/8 teaspoon crushed red pepper

### For the steak:

- 1 pound skirt steak
- 1/8 teaspoon low-sodium adobo seasoning

## Directions

For the sauce:

1. In a small bowl, mix together tomato, onions, parsley, olive oil, vinegar, garlic, oregano, low-sodium adobo seasoning and crushed red pepper.
2. Cover and refrigerate for at least 1 hour or up until 48 hours.

For the steak:

1. Heat grill to medium-high heat. Sprinkle steak on both sides with low-sodium adobo seasoning. Place steak on hot, greased grill grates.

2. Cook, flipping once, until steak is well browned on both sides and cooked to 145 °F (about 6 minutes for medium-rare).
3. Let rest for 5 minutes. Thinly slice steak.
4. Divide steak evenly among serving plates. Top with reserved Salsa Criolla

Source:

[The Best of La Cocina Goya: Healthy, Tasty, Affordable Latin Cooking](#)

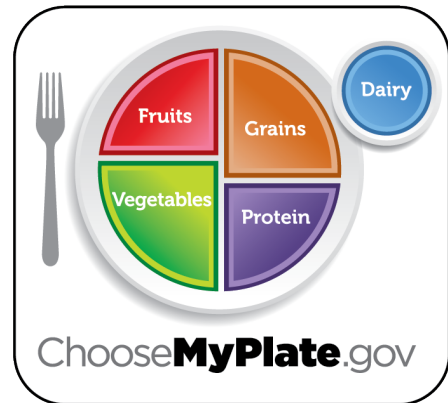
## Nutrition Information

Nutrients	Amount
<b>Total Calories</b>	<b>220</b>
<b>Total Fat</b>	<b>11 g</b>
Saturated Fat	4 g
Cholesterol	70 mg
<b>Sodium</b>	<b>80 mg</b>
<b>Carbohydrates</b>	<b>5 g</b>
Dietary Fiber	1 g
Total Sugars	3 g
Added Sugars included	0 g
<b>Protein</b>	<b>25 g</b>
Vitamin D	0 mcg
Calcium	29 mg
Iron	2 mg
Potassium	433 mg

Note: only nutrients that are available will show on this display

## MyPlate Food Groups

<span style="color: green;">■</span> Vegetables	1/4 cups
<span style="color: purple;">■</span> Protein Foods	2 1/2 ounces



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# Grilled Fish Tacos with Peach Salsa



**Makes:** 4 Servings

**Prep Time:** 30 minutes

Set the stage for a delicious plate with these healthy fish tacos with peach salsa. Perfect for a summertime taco night!

## Ingredients

### For the salsa:

- 1 can 15.25 ounces peach halves (drained, rinsed, and chopped, about 1 cup)
- 1/2 red bell pepper (finely chopped, about 1/2 cup)
- 1/4 red onion (finely chopped, about 1/4 cup)
- 1 whole jalapeno pepper (rinsed, seeded, and finely chopped)
- 1 tablespoon fresh cilantro (finely chopped)
- 2 teaspoons lemon juice

### For the fish:

- 4 tilapia fillets (about 1 lb)
- 1 tablespoon chili powder
- 1/4 teaspoon low-sodium adobo seasoning
- 1 package low-sodium sazón seasoning
- 8 6" flour tortillas (warmed)

## Directions

For the Salsa:

1. In a medium bowl, stir together chopped peaches, bell pepper, onions, jalapenos, cilantro, and lemon juice; cover and refrigerate until ready to use.

For the fish:

1. Heat grill or grill pan over medium-high heat. Using paper towels, pat fish dry, transfer to plate.
2. In a small bowl, stir together chili powder, low-sodium adobo and sazón packet.
3. Rub fish with spice mixture to coat completely.
4. Place fish on hot greased grill grates.



5. Cook, flipping once until fish is opaque and flakes easily with a fork (145 degrees Fahrenheit), about 8 minutes.
6. Thinly slice fish.
7. To serve, fill each tortilla with 1/2 fish fillet and about 1/3 cup of salsa.

Source:

[The Best of la Cocina Goya: Healthy, Tasty, Affordable Latin Cooking](#)



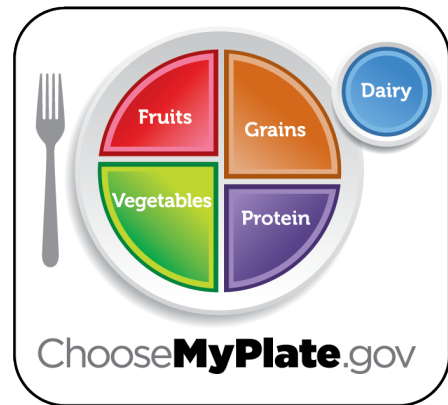
## Nutrition Information

<b>Nutrients</b>	<b>Amount</b>
<b>Total Calories</b>	<b>330</b>
<b>Total Fat</b>	<b>5 g</b>
Saturated Fat	2 g
Cholesterol	55 mg
<b>Sodium</b>	<b>380 mg</b>
<b>Carbohydrates</b>	<b>44 g</b>
Dietary Fiber	3 g
Total Sugars	18 g
Added Sugars included	11 g
<b>Protein</b>	<b>27 g</b>
Vitamin D	3 mcg
Calcium	104 mg
Iron	3 mg
Potassium	590 mg

Note: only nutrients that are available will show on this display

## MyPlate Food Groups

<span style="color: red;">■</span> Fruits	1/2 cups
<span style="color: green;">■</span> Vegetables	1/4 cups
<span style="color: orange;">■</span> Grains	2 ounces
<span style="color: purple;">■</span> Protein Foods	2 1/2 ounces



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# Grilled Pineapple Ginger Glazed Chicken with Zucchini and Peppers



**Makes:** 4 Servings

**Prep Time:** 45 minutes

Fresh pineapple chunks and an easy glaze made with pineapple juice add tropical and zingy flavors to grilled chicken.

## Ingredients

### Pineapple Ginger Glaze

- 1 1/2 cups pineapple juice (12-ounce bottle)
- 1/4 cup apple cider vinegar
- 3 tablespoons brown sugar
- 1 1/2 tablespoons light soy sauce
- 1 tablespoon minced ginger
- 1 tablespoon Dijon mustard
  
- 1 cup whole wheat couscous, dry
- 1 pound chicken breast, boneless, skinless (cut into 4 portions)
- 1 tablespoon olive oil
- 1/8 teaspoon salt
- 1/4 teaspoon pepper
- 1 sweet yellow onion (cut into wedges)
- 2 large zucchini (cut into chunks)
- 1 red pepper (cut into 8 strips)
- 1 orange pepper (cut into 8 strips)
- 8 pineapple spears (2-1/2 x 1-1/4 inch, about 1 ounce each)
- 1 green onion, sliced

## Directions

1. To make the glaze, combine pineapple juice, vinegar, brown sugar, soy sauce, ginger and mustard in a medium saucepan set over medium-high heat.

2. Bring to a boil; boil for about 15 minutes.
3. Preheat grill to medium heat. Cook couscous according to package directions.
4. While couscous is cooking, toss chicken breast with oil, salt and pepper.
5. Grill chicken, for 2 minutes per side or until grill-marked. Continue to grill, basting and turning with Pineapple Ginger Glaze, for 5 to 6 minutes or until cooked.
6. Grill onion, zucchini, red pepper, orange pepper and pineapple spears, basting with Pineapple Ginger Glaze, for 3 to 5 minutes or until grill-marked and tender.
7. Serve chicken with vegetables and pineapple over couscous.
8. Garnish with green onions.

Source:

Produce for Better Health

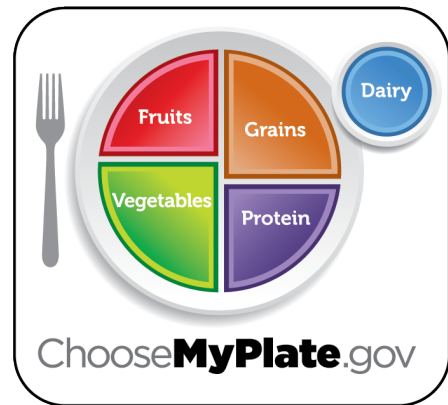
## Nutrition Information

<b>Nutrients</b>	<b>Amount</b>
<b>Total Calories</b>	<b>460</b>
<b>Total Fat</b>	<b>8 g</b>
Saturated Fat	2 g
Cholesterol	70 mg
<b>Sodium</b>	<b>396 mg</b>
<b>Carbohydrates</b>	<b>66 g</b>
Dietary Fiber	7 g
Total Sugars	31 g
Added Sugars included	9 g
<b>Protein</b>	<b>34 g</b>
Vitamin D	0 mcg
Calcium	98 mg
Iron	3 mg
Potassium	833 mg

Note: only nutrients that are available will show on this display

## MyPlate Food Groups

<span style="color: red;">■</span> Fruits	3/4 cups
<span style="color: green;">■</span> Vegetables	1 1/4 cups
<span style="color: orange;">■</span> Grains	1 1/2 ounces
<span style="color: purple;">■</span> Protein Foods	3 ounces



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