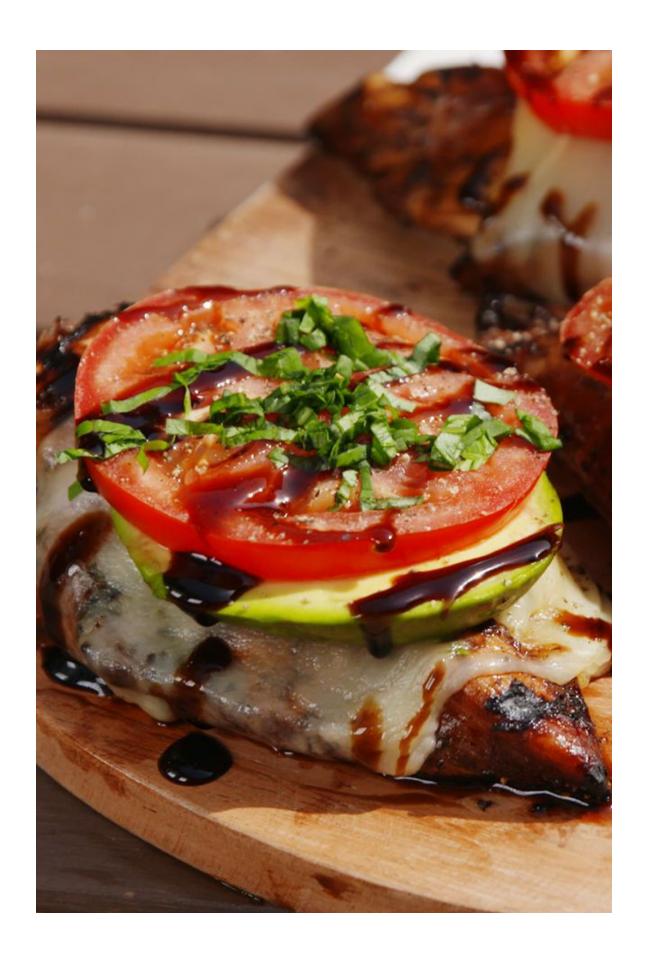
Healthy BBQ & Grilling Recipes



California Grilled Chicken



YIELDS: 4

3/4 c. balsamic vinegar

1 tsp. garlic powder

2 tbsp. honey

2 tbsp. extra-virgin olive oil

2 tsp. Italian seasoning

kosher salt

Freshly ground black pepper

4 boneless skinless chicken breasts

4 slices mozzarella

4 slices avocado

4 slices tomato

2 tbsp. sliced basil

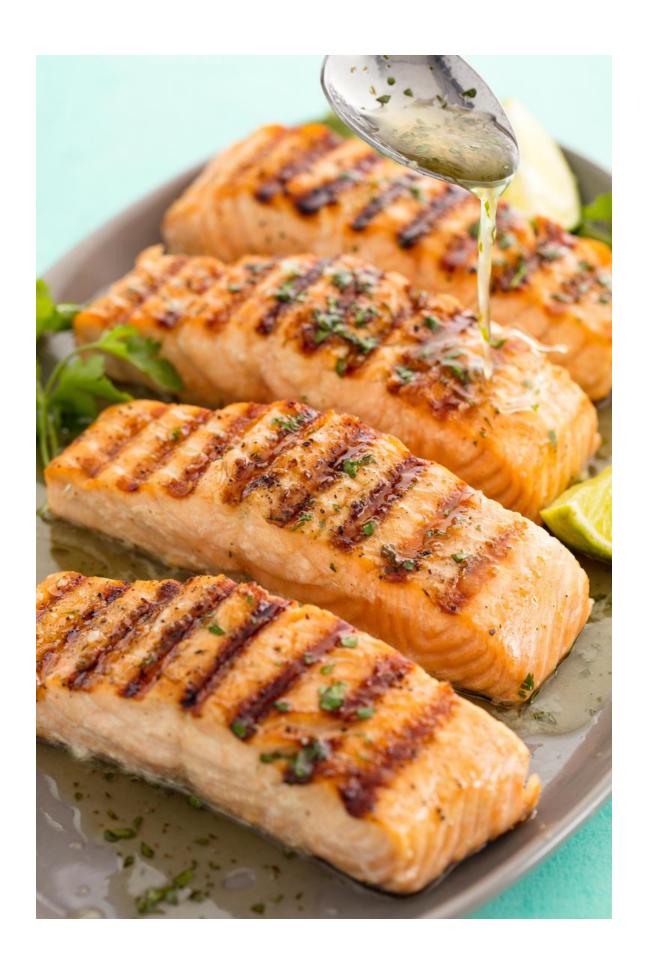
Balsamic glaze, for drizzling

Directions

PREP TIME: 0:20 TOTAL TIME: 0:40

- 1. In a small bowl, whisk together balsamic vinegar, garlic powder, honey, oil, and Italian seasoning and season with salt and pepper. Pour over chicken breasts and marinate 20 minutes.
- 2. Heat grill to medium/high. Grill chicken until internal temperature reaches 170°F on an instant-read thermometer.
- 3. Top chicken with mozzarella, avocado, and tomato and cover grill to melt, 2 minutes.
- 4. Garnish with basil and drizzle with balsamic glaze.

Cilantro Lime Grilled Salmon



YIELDS:4

Ingredients 4 (6-oz.) salmon fillets

kosher salt

Freshly ground black pepper

4 tbsp. butter

1/2 c. lime juice

1/4 c. honey

2 garlic cloves, minced

2 tbsp. Chopped cilantro

Directions

PREP TIME:0:05 TOTAL TIME:0:25

- 1. Season salmon with salt and pepper. Heat grill and place salmon on grill flesh side down. Cook for 8 minutes then flip and cook on other side until salmon is cooked through, 6 minutes more. Let rest 5 minutes.
- 2. Meanwhile make sauce: In a medium saucepan over medium heat, add butter, lime juice, honey, and garlic. Stir until butter is melted and all ingredients are combined. Turn off heat and add cilantro.
- 3. Pour sauce over salmon and serve.

Honey-Lime Chicken Skewers



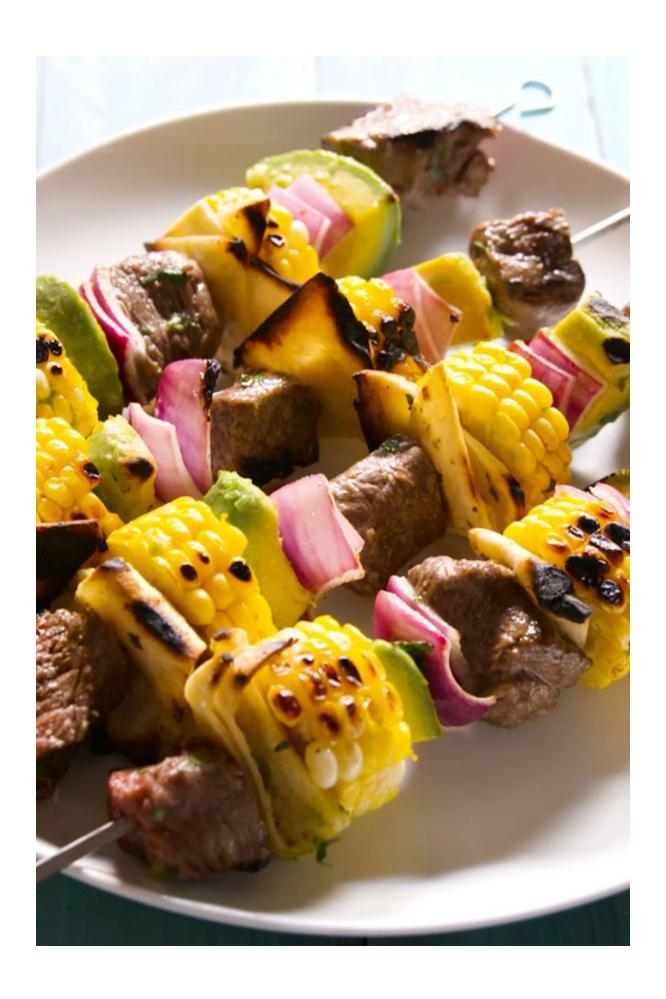
- · 3 tablespoons soy sauce
- · 2 tablespoons honey
- · 1 tablespoon vegetable oil
- · juice of one lime
- · 2 garlic cloves, minced
- 1-2 teaspoon Siracha
- · red pepper flakes, to taste
- 2 tablespoon cilantro
- · 1 pound skinless, boneless chicken breast

Directions

If you're using bamboo skewers, soak your sticks in water for at least 5 minutes.

- 1. In a small bowl, combine your ingredients, hold the cilantro for garnish. mix thoroughly.
- 2. Cut chicken into large chunks
- 3. Pour marinade over chicken breasts and turn to coat. Cover and allow to marinate for at least 1 hour.
- 4. Grill on medium high heat for 6 to 8 minutes per side, until juices run clear.

Steak Taco on a Stick



Ingredients

2 cloves garlic, minced

1/2 jalapeño, chopped

1 c. chopped fresh cilantro

1 tbsp. ground cumin

1/3 c. lime juice

1/4 c. vegetable oil

1/2 tsp. kosher salt

3/4 lb. sirloin steak, cut into 1" pieces

1 avocado, cut into chunks

2 ears corn, sliced into 1" thick pieces

1 small red onion, cut into 1" pieces

2 flour tortillas, cut into triangles

Hot sauce, for serving

Lime wedges, for serving

Directions

- 1. Make marinade: In a medium bowl whisk together garlic, jalapeño, cilantro, cumin, lime juice, and vegetable oil and season with salt. Set half the marinade aside and add steak to half. Toss until coated.
- 2. In a large bowl, add avocado, corn, red onion, and tortillas and toss with remaining marinade.
- 3. Heat grill to high. Skewer kebabs and grill 8 minutes.
- 4. Serve with hot sauce and squeeze with lime.

HAPPY GRILLING!!

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