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Healthy BBQ & Grilling Recipes



California Grilled Chicken



Ingredients

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



Ingredients

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



Ingredients

- 3 tablespoons soy sauce
- 2 tablespoons honey
- 1 tablespoon vegetable oil
- juice of one lime
- 2 garlic cloves, minced
- 1-2 teaspoon Sracha
- 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

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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