



Made From Scratch Monthly

Grilling Other Grub

Cookout, barbecue, or grilling out—whatever you call it, it's being featured this month as we kick off the unofficial start of summer with some fun new recipes to try out on the grill!

Savory Grilled Sweet Potatoes

- 3 sweet potatoes
- 2 tbsp olive oil
- 1 1/2 tbsp honey
- 1/4 tsp black pepper
- 1/2 tsp salt
- 1/2 tsp ground cinnamon
- 1 tsp smoked paprika

1. Preheat grill to medium high heat and oil or spray grate.
2. Wash sweet potatoes and cut into 1/4 inch (or thinner) discs, leaving skin on potatoes.
3. Place sweet potatoes in large bowl and combine with all ingredients: olive oil, honey, black pepper, salt, cinnamon, and smoked paprika. Stir until coated evenly.
4. Lower heat to medium on grill. Place potato slices on grill and cook for 10 minutes on each side or until soft when pierced.



Grilled Eggplant and Tomato Salad with Mint Dressing

- 2 medium eggplants or 4 Japanese eggplants
- 4 medium heirloom tomatoes (red and yellow)
- 8 oz haloumi cheese (or fresh mozzarella), sliced
- 1/3 C olive oil for brushing
- Salt
- Mint leaves, for garnish
- 1/4 tsp salt & pepper

Mint Dressing:

- 1/4 C fresh mint leaves, packed
- 1/4 C fresh parsley, packed
- 1/4 C olive oil
- 1/8 C fresh lemon juice
- 1 tbsp water
- 1 small garlic clove, minced

1. Preheat grill to medium high heat.
2. Slice eggplant, tomatoes, and cheese into 1/3 to 1/2 inch slices. Brush with olive oil and set aside.
3. Put all mint dressing ingredients in blender or food processor. Blend, adding a little more water if needed.
4. Grill eggplant slices, rotating every minute until white part becomes more translucent.
5. Grill haloumi cheese just until grill marks appear. (Skip this step if using mozzarella.)
6. Arrange eggplant, tomatoes and cheese on a platter, layering. Drizzle with mint dressing, a sprinkle of salt and pepper and garnish with extra mint leaves.

foodsmart

Recipe of the Month

Grilled Portobellos with Chopped Salad

1/4 cup lemon juice	4 large portobello mushroom caps
3 tbsp extra-virgin olive oil	15 oz small white beans
1/4 cup fresh dill, chopped	2 small bell peppers, quartered and seeded
3 cloves garlic, minced	1 small red onion, cut into 1/4-inch thick slices
1/2 tsp salt	1 medium zucchini, cut lengthwise into 1/4-inch slices
1/2 tsp freshly ground pepper	1 cup shredded fontina cheese

1. Preheat grill to medium high heat.
2. Combine lemon juice, oil, dill, garlic, salt and pepper in a large bowl. Add mushroom caps and turn to coat. Remove the mushrooms from the bowl. Add white beans; stir to coat.
3. Place the mushroom caps gill-side up on the grill with peppers, onion and zucchini. Grill the vegetables, turning once, until they start to char and soften, about 8 minutes for the mushrooms and 6 minutes for the rest.
4. Turn the mushrooms gill-side up again. Fill each with 1/4 cup cheese and grill until the cheese is melted, about 1 minute more.
5. Chop peppers, onion and zucchini and add to the bowl with the beans; toss to combine.
6. Top each mushroom with about 1 cup of the grilled salad.



Dean Health Plan members have a free membership to foodsmart. Sign up today! deancare.com/foodsmart