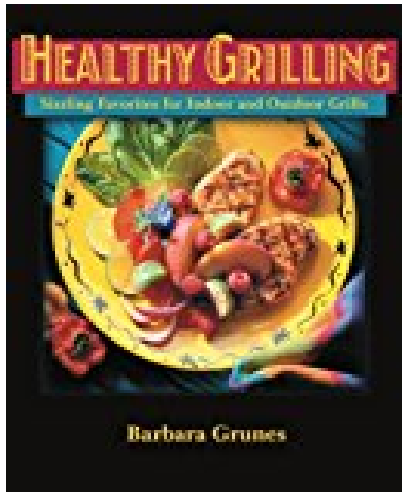


Healthy Grilling Sizzling Favorites for Indoor and Outdoor Grills



BOOK DETAILS

- Author : Barbara Grunes
- Pages : 104 Pages
- Publisher : Snowcap Press
- Language : English
- ISBN : 0966970136

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BOOK SYNOPSIS

Capture that summer-kissed flavor all year round and make the best use of your grill, whether its a little electric tabletop number or a pull-out-all-the-stops outdoor gas kitchen. Whether youre trying to trim fat, boost protein, or simply give your indoor or outdoor grill a good workout, youll find timeless favorites in "Healthy Grillings" 70+ easy-to-follow recipes, such as Chicken With Grilled Plums, Lemon Chicken With Potatoes, Sesame Beef, Pork Kabobs With Peach Glaze, Salmon With Minted Tomato Salsa, Shrimp With Salsa Verde, Corn and Pepper Salad, and Grilled Fruit Salad With Ginger Chutney Dressing. Recipes are designed for indoor electric grills, but also include cooking times for outdoor gas grills. Written by best-selling cookbook author Barbara Grunes, "Healthy Grilling" also includes numerous tips on choosing a grill and preparing and grilling meat, poultry, fish, shellfish, grains, and fruits and vegetables. .

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