

The *New* Gluten Free Grill

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40 Delicious Gluten Free Recipes for the Grill



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*For my mom, who taught me everything I know about cooking and even more so –
everything I know about living a gluten free lifestyle.*

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Introduction to a Gluten Free Grill

Welcome to the *New Gluten Free Grill: 40 Delicious Gluten Free Recipes for the Grill*. Inside this gluten free cookbook, you'll find 40 delicious recipes that you can make on the grill or as the perfect addition to your next backyard barbeque.

After testing out some of the recipes within, I would love for you to share your feedback on Amazon as well as leave a comment at GlutenFreeJenna.com to let me know your favorite recipe.

Don't forget to find me on Facebook to keep up with my latest gluten free creations at [Facebook.com/GlutenFreeLifestyleCoach](https://www.facebook.com/GlutenFreeLifestyleCoach).

Happy grilling!

Gluten Free Sauces for the Grill

A marinade or BBQ sauce can make or break a grilled dish. While labeling has made it easier to recognize the ingredients used in sauces, I've found the best way to discover new sauces and gluten free brands is recommendations from your friends. This is in no way an exhaustive list of gluten free sauces for the grill, but here are a few of my favorite gluten free sauces:

- **Bone Suckin' Sauce**
 - Original
- **Cindy's Kitchen**
 - Fresh Avocado Vinaigrette
 - Mango Coconut & Pepper
- **Dinosaur Bar-B-Que**
 - Sensuous Slathering
 - Wango Tango
- **Organicville**
 - Island Teriyaki
 - Sesame Teriyaki
 - Sky Valley Teriyaki
- **Sans-J**
 - Teriyaki

*Please note: Companies can change their ingredients at any moment. Always make sure the product is labeled gluten free before purchasing.

Hosting a Backyard Barbeque Party

What's more fun in the warm months than grilling? It's grilling with friends. Host your own backyard barbeque and invite all your buddies over for a tasty meal and some backyard fun. Here are some tips to get that party started right.

The number one complaint I have about throwing a barbeque party is that the cooks do more cooking than enjoying their company. Last minute preparations mean that the food is not ready when the guests arrive. It is hard to entertain and fix the appetizers at the same time. People seem to eat in shifts as the food gets ready.

Let's avoid that bit of nonsense this year. If you are going to have a barbeque get-together, plan ahead so that it is easy on the guests and the hosts. Know your menu. Decide the week before what you will serve for the meal. Appetizers or finger foods of some sort allow guests to munch while they wait for the main course to finish on the grill.

Appetizers should be small especially if you plan on serving a variety of grilled meats and vegetables. Try a veggie or fruit tray with some low calorie dip. This is easy to make—you go to the store and pick one up! The name of the game here is to have fun and to do as much as you can ahead of time. These appetizer trays have no preservatives so it's okay to buy them pre-packaged from the store.

Punch is a good idea for a party where there will be children as well as grownups. If the punch is meant to be sparkling (adding soda), chill the punch first without the soda and add it just before the guests arrive. That way, the punch won't lose its kick while in the fridge.

If the guests were told to bring their appetites, you may want to eliminate grilled chicken from the menu. Chicken takes a long time to cook depending on the parts of the bird you are grilling. This alone will cause some people to get their food ahead of others. So no guest is left with an empty plate, choose other meats or pre-bake your chicken before grilling to reduce cooking time.

Remember to always preheat the grill. When people come in and see smoke rising from the grill they expect that you have already put food on it. Don't surprise them with the smell of smoldering charcoal. Forty-five minutes before the party, start the gas or charcoal grill so that the coals get hot and are ready for grilling once the guests arrive.

As for the side dishes and cold salads, prepare those at least an hour (for the side dishes) or two (for the salads) before the party. This cuts down on the work of the host and hostess. You can sit with your friends and await the goodies from the grill. Better still, everyone can watch the grill master at work and nibble on appetizers.

The backyard barbeque should flow smoothly when you take the time to prepare. When the work is done early, the fun can begin as soon as the guests arrive.

How to Grill the Perfect Steak

This is the number one question that grillers have—how to make the perfect grilled steak. You’ve heard the saying practice makes perfect, right? Grilling a steak is no different. To grill the best steak you’ve ever tasted, you need to use that grill and grill again.

Get off to a good start by choosing the best meat for your grill. Take a trip down to your local butcher or Whole Food’s for organic grass fed beef labeled USDA Prime. This beef is marbled which means that there are veins of fat running through the meat. Prime is aged for a several days so that it is perfect for cooking.

New York strip steak or a T-bone steak cuts are best on the grill. They grill up nice and tender then melt in your mouth. Porterhouse and sirloin steaks are also good choices to cook on the grill. When planning your dinner, keep in mind that any steak with a bone in it will need to cook longer.

Marinating your steak can take the meal to the next level. If you choose marinate your steak, plan an additional hour for your meat soak up the flavor in the fridge. Make sure to let the meat come to room temperature before grilling.

When you are just starting out on a grill, begin with a thinner cut of meat. This will give you good practice before you throw a two inch thick steak on the grill and have it taste tougher than leather when it’s done.

Grill Times for Steaks Based on Chefs Standards

| Cuts | Thickness | Rare (120-125° F) | Medium (135-145° F) | Well (155-160° F) |
|---|---------------------|----------------------|------------------------|----------------------|
| Skirt, flank | 1 - 1 1/2 <u>lb</u> | 2-4 min. | 4-6 min. | 6-8 min. |
| Flatiron | 2-3 <u>lbs</u> | 6-8 min. | 8-10 min. | 10-12 min. |
| Rib eye, porterhouse, T-bone, filet mignon, strip steak (e.g. New York, Kansas City, top loin, shell, or club) | 3/4 in. | 5-7 min. | 7-9 min. | 9-11 min. |
| | 1 in. | 6-7 min. | 7-9 min. | 9-12 min. |
| | 1 1/2 in. | 10-12 min. | 12-15 min. | 15-19 min. |
| | 2 in. | 15-17 min. | 17-19 min. | 19-21 min. |
| | 3 in. | 22-30 min. | 30-36 min. | 36-42 min. |

NOTE: *Grill times shown above include searing.*

Appetizers

Grilled Cheesy Quesadillas

I love the freedom and flexibility of quesadillas with any variety of toppings. You will too with these Grilled Cheesy Quesadillas for you outdoor patio.

Prep Time: 2 minutes

Grill Time: 8 - 9 minutes

3 Servings

Ingredients

- 2 small Rudi's Gluten Free Tortillas
- 1/4 cup sliced olives
- 1/4 cup chopped cooked chicken, shredded beef, pork, or seafood
- 1/2 cup shredded cheese
- 2 tablespoons tomato salsa, drained

Directions

1. Put ingredients (except tortillas) in a bowl and toss together.
2. Heat grill to medium heat.
3. Brush cooking oil on one side of each tortilla.
4. When grill is hot, lay one tortilla on grill, oiled side down.
5. Spread filling mixture over the tortilla and cover with the other tortilla, oiled side up.
6. Cook with grill cover closed, for about 3 to 4 minutes, or until cheese has started to melt, and you get nice grill marks, then flip and cook other side for another 3 to 4 minutes.
7. Remove and serve with taco sauce, guacamole sauce, or other favorite dipping sauce.

Grilled Artichokes with Zesty Yogurt Dip

Artichokes bring me back to my childhood, and this Grilled Artichoke with Zesty Yogurt Dip recipe is no different. Your next backyard barbeque is a guaranteed hit with this appetizer.

Prep Time: 20 minutes

Grill Time: 6 – 8 minutes

6 servings

Ingredients

- 1/2 cup Greek yogurt (I love Chobani for this.)
- 1 lemon, zested and juiced
- 2 tablespoons of the lemon juice
- 1 teaspoon Organicville Dijon mustard
- Dash of Frank's Red Hot sauce
- 3 medium artichokes (stem, bottom leaves, and leaf tips trimmed, top removed)
- 1/2 cup olive oil
- 2 tablespoons balsamic vinegar
- 1 clove garlic, minced
- salt and pepper, to taste

Directions

1. In a glass bowl, whisk together the Greek yogurt, lemon zest, lemon juice, Dijon mustard and hot sauce until creamy and combined well. Cover with plastic wrap and put in refrigerator.
2. Put trimmed artichokes in a microwave safe bowl with their stem side facing up. Add 1 tablespoon of water and cover bowl tightly with microwave safe wrap or cover, then microwave on high for 8 to 10 minutes or until an outer leaf can easily be pulled off. Let cool uncovered until you can handle them.
3. Cut the artichokes in half and remove the inner 'choke' (the fuzzy stuff) above the heart of the artichoke, and discard.
4. In a large bowl, whisk together the olive oil, balsamic vinegar and garlic, then add the artichokes and toss with your hands to coat well.
5. Preheat grill to medium high.
6. Place the artichoke halves on the grill, cut side down. Check in 3 to 4 minutes to see if grill marks appear; if so flip and cook for 3 to 4 more minutes or until tender and hot and slightly charred.
7. Remove to serving dishes and sprinkle with salt and pepper.
8. Serve warm with small bowls of Yogurt Lemon Dip for each guest for dipping.

Grilled Pineapple Banana Kabobs with Sweet Lemon Glaze

There's nothing sweeter than grilled fruit in the summer. The Grilled Pineapple Banana Kabobs with Sweet Lemon Glaze capture the warmth of the summer air in this quick and easy recipe.

Prep Time: 10 minutes (not including 4 hours to soak skewers)

Grill Time: 4 – 6 minutes

8 servings

Ingredients

- 8 bamboo skewers (soaked in water for at least 4 hours)

- 4 ripe unpeeled bananas, ends cut off, cut into 2-inch chunks
- 1 fresh pineapple, peeled, cored, and cut into 2-inch chunks
- 1/2 cup organic sugar
- 1/2 lemon, zested and juiced

Directions

1. Put the fruit on the skewers, alternating between the banana and pineapple chunks, and set aside.
2. In a saucepan, put the sugar and place over medium-high heat; cook stirring with a wooden spoon until the sugar turns into liquid, about 3 to 4 minutes. Continue stirring and add the lemon zest and juice. Set aside.
3. Set your grill to medium-high heat.
4. Brush the skewered banana and pineapple with the glaze and put skewers on grill.
5. Cook for 2 to 3 minutes, roll and cook 2 to 3 minutes, repeating until fruit is lightly browned on all sides.
6. Remove from grill and when cooled enough to handle, remove banana peels, then brush again with remaining glaze and serve.

Grilled Artichokes with Yogurt Lemon Dip

Artichokes and lemon are one of those sweet combinations you just can't live without, in this Grilled Artichokes with Yogurt Lemon Dip recipe, you can enjoy this weekly in your backyard.

Prep Time: 6 minutes (not including 8 minute microwave)

Grill Time: 9

4 servings

Ingredients

- 1/2 cup Greek yogurt
- 1 lemon, zested and juiced
- 2 tablespoons of the lemon juice
- 1 teaspoon Organicville Dijon mustard
- dash of hot sauce
- 3 medium artichokes, stem, bottom leafs, and leaf tips trimmed, top cut off, and rinsed well
- 1/2 cup olive oil
- 2 tablespoons balsamic vinegar
- 1 clove garlic, minced
- salt and pepper, to taste

Directions

1. In a glass bowl, whisk together the Greek yogurt, lemon zest, lemon juice, Dijon mustard and hot sauce until creamy and combined well. Cover with plastic wrap and put in refrigerator.
2. Put trimmed artichokes in a microwave safe bowl with their stem side facing up. Add 1 tablespoon of water and cover bowl tightly with microwave safe wrap or cover, then microwave on high for 8 to 10 minutes or until an outer leaf can easily be pulled off. Let cool uncovered until you can handle them.
3. Cut the artichokes in half and remove the inner 'choke' (the fuzzy stuff) above the heart of the artichoke, and discard.
4. In a large bowl, whisk together the olive oil, balsamic vinegar and garlic, then add the artichokes and toss with your hands to coat well.
5. Preheat grill to medium high.
6. Place the artichoke halves on the grill, cut side down. Check in 3 to 4 minutes to see if grill marks appear; if so flip and cook for 3 to 4 more minutes or until tender and hot and slightly charred.
7. Remove to serving dishes and sprinkle with salt and pepper.
8. Serve warm with small bowls of Yogurt Lemon Dip for each guest for dipping.

Banana Plantation Picnic Salad

A light salad is perfect for picnics. With this Banana Plantation Picnic Salad recipe, your afternoon picnic will be complete.

Prep Time: 4 minutes

Grill Time: 5 minutes (not including rice cook time or 1 hour cool time)

8 servings

Ingredients

- 1 cup uncooked brown rice

- 5 tablespoons olive oil
- 3 tablespoons fresh lemon juice, divided
- 1/2 teaspoon ground coriander
- 1/2 teaspoon ground pepper
- salt to taste
- 1/4 cup chopped sweet onion
- 1 cup sliced celery
- 1/2 cup golden raisins
- 3 bananas
- 1/4 cup slivered almonds, toasted

Directions

1. Cook rice according to package directions, then put in large bowl and allow to cool.
2. In separate bowl, whisk together the olive oil, 2 tablespoons of lemon juice, coriander, pepper, and salt. Pour dressing mix into bowl with rice and add the onion, celery, and raisins, tossing until mixed well.
3. Peel the bananas now and cut into bite size pieces, then immediately drizzle with remaining 1 tablespoon lemon juice, tossing to combine.
4. Add bananas to rice mixture and toss.
5. Cover with plastic wrap and refrigerate for at least 1 hours before serving.
6. Serve cold.

Chip Soup

Nothing wakes up my appetite like a nice hot soup. This Chip Soup recipe is fantastically simple and tasty.

Prep Time: 8 minutes

Cook Time: 40 minutes

10 servings

Ingredients

- 3 tablespoons avocado oil, or any high-heat oil
- 2 medium onions, coarsely chopped
- 8 whole cloves garlic
- 1 (28-ounce) can roasted diced tomatoes
- 8 cups Pacific Natural Foods Organic Vegetable Broth
- 7 cups sliced shiitake mushrooms (stems removed)
- Avocado chunks
- Spinach, thinly sliced
- Goya Adobo Sauce
- Goat cheese (optional)
- Corn tortilla chips (crumbled)

Directions

1. Heat oil over medium heat in a large, heavy pot or Dutch oven. Add onions and garlic and cook for about 10 minutes. If mixture gets dry, add a little water and stir occasionally. Cool a few minutes.
2. Working in batches, purée tomatoes in a food processor with onion-garlic mixture. Return to pot. Add broth and bring to a boil. Reduce heat and add mushrooms. Simmer 30 minutes or more (flavors will blend more the longer it simmers).
3. When ready to serve, place desired amounts of avocado, spinach, peppers, and goat cheese in bowls and ladle soup over all. Top with crumbled chips

Roasted Sweet Potato Sticks

Sweet potatoes make such a nice appetizer. This quick Roasted Sweet Potato Sticks recipe will leave your guests quite occupied.

Prep Time: 4 minutes

Cook Time: 15 minutes

4 servings

Ingredients

- 3 (8-ounce) sweet potatoes
- 2-4 tablespoons olive oil (approximate measure)
- Squeezable lime wedges
- Salt (to taste)

Directions

1. Preheat oven to 450°F. Slice unpeeled sweet potatoes in half lengthwise, then slice each half lengthwise into four strips.
2. Coat a 9" x 13" baking dish with olive oil, then pour remaining olive oil into a small bowl. Use a pastry brush to brush olive oil over cut surfaces of sweet potato wedges, then place them skin-side-down in prepared pan. Roast in lower half of oven for 15 minutes, or until pierced easily with a fork.
3. Remove pan from oven and let sweet potatoes cool. Transfer to a plate. Sprinkle with lime juice and salt, and eat them right out of the skins with a spoon or whole with your fingers. (If using fingers, make sure the potatoes are cool enough to handle safely.)

Sparkling Orange Lime

The only thing better than a hot summer day, is a refreshing beverage to go with it. This Sparkling Orange Lime recipe will become one of your favorites.

Prep Time: 2 minutes

Grill Time: 2 minutes (not including the 1 hour in the refrigerator)

6 servings

Ingredients

- 1 quart freshly squeezed orange juice
- 6 limes, juiced
- 1 cup sugar
- 1/2 cup mint leaves, chopped
- 2 cups Club soda
- 8 to 10 sprigs fresh mint for garnish

Directions

1. Pour the orange juice and lime juice into a large pitcher, add the sugar and chopped mint and mix well, then put in refrigerator to chill for one hour.
2. To serve at picnic, put ice in tall glasses, add 1/4 cup Club soda in each glass, then pour in juice mixture.
3. Garnish with fresh mint sprigs.

Main Dishes

Fish Tacos with Avocado Coleslaw

It took me years to work up the courage to try fish tacos. Why? I have no idea! All I know is that once I had my first fish taco, I can't get enough of them. This recipe combines two of my favorite things – grilled fish and avocados.

Prep Time: 15 minutes

Grill Time: 10 minutes

4 servings

Ingredients

- 1 lbs. white flakey fish, Mahi Mahi, tilapia or cod work great
- 1 head cabbage, shredded
- 1 ripe avocado
- 1 bunch chopped cilantro
- 1 package Ortega hard taco shells
- Frank's Red Hot (optional)
- Favorite Salsa (optional)
- 1 fresh squeeze lime
- 2 limes, cut for garnish
- 1 1/2 teaspoon olive oil
- Salt and pepper

Directions

1. Preheat an outdoor grill for high heat.
2. To prepare the fish: Combine oil, lime juice, salt and pepper in a small bowl then rub all over fish. Let stand 20 to 30 minutes for the fish to absorb the flavor.
3. To make the avocado coleslaw, combine the cilantro and cabbage in a mixing bowl. Massage the avocado into the mixture. Add salt, and pepper in desired amounts.
4. Grill fish pieces until they easily flake with a fork, turning once, about 8 minutes.
5. Assemble tacos by placing fish pieces in the center of tortillas with desired amounts of avocado coleslaw; add a dash of Frank's Red Hot or your favorite salsa.
6. Serve with a lime wedge garnish.

Ballpark Sausages

Summer reminds me of late night ball games and sausages. Please your family with this Ballpark Sausages recipe.

Prep Time: 7 minutes

Grill Time: 9 minutes

4 servings

Ingredients

- 3 green bell peppers, cleaned and cut into strips
- 1 medium sweet onion, cut into wedges
- 1 tablespoon vegetable oil
- 1 package (14 ounce size) smoked hot or sweet Italian sausages, cut in half lengthwise
- 4 hero rolls, sliced open
- 2 tablespoons balsamic vinegar
- 1 cup shredded mozzarella

Directions

1. Turn grill on and heat to medium-hot.
2. Put peppers and onions in a bowl with oil and toss to combine, then put in grilling basket or tray.
3. Cook basket with peppers and onions on grill and sausages directly on grates.
4. Cook peppers and onions until just starting to char, about 3 or 4 minutes, then flip and continue cooking for 3 or 4 minutes or until soft and nicely charred.
5. Cook sausages about 3 or 4 minutes, then flip and continue cooking for about the same time or until they get nice and hot and have good grill marks.
6. Put open side of rolls down on grill during the last minute of cooking to toast.
7. Remove everything from grill, and dump peppers and onions, along with the sausages into a large bowl or pot, add vinegar and mozzarella cheese and toss to combine.
8. To serve, use tongs and take 2 sausage halves, and a generous amount of peppers and onions and put on a toasted bun.
9. Add a bit of mustard if desired.

Grilled Corn and Feta Ciabatta

Corn on the grill with feta is a light and fresh way to spend the afternoon. Using this Grilled Corn and Feta Ciabatta recipe your afternoons will be blissful.

Prep Time: 5 minutes

Grill Time: 5 minutes

2 servings

Ingredients

- 2 ears corn, shucked
- 1 tablespoon vegetable oil
- salt and freshly ground black pepper
- 12 slices of Schar Ciabatta Rolls or Udi's Gluten Free Multi-Grain Bread
- 1/2 garlic clove
- 1/4 cup sour cream
- 3 tablespoons crumbled feta
- Lime wedge
- Cilantro leaves
- Chili powder

Directions

1. Rub shucked ears of corn with vegetable oil, kosher salt and freshly ground black pepper, then put on preheated grill, turning several times until kernels are slightly charred; remove and allow to cool.
2. Using a sharp knife, slice down each ear of corn removing kernels in wide strips.
3. Put bread on grill until golden brown, then rub with garlic clove, discarding clove when done.
4. In a small bowl, mix together the sour cream with feta.
5. Assemble by laying out toasted Ciabatta bread, spreading even layer of feta mixture on each one, then topping with grilled corn. Squeeze lime juice lightly over each and garnish with cilantro leaves and a pinch of chili powder.

Grilled Tuna Salad Sandwiches

It is always nice to join an outdoor picnic. Next time bring these Grilled Tuna Salad Sandwiches and wow your friends.

Prep Time: 7 minutes

Grill Time: 15 minutes

4 servings

Ingredients

- 3 cups fresh lemon juice
- 1/2 to 1 whole habanero chili, chopped (a whole chili will be ultra-hot)
- 1 teaspoon grated lemon zest
- 1 cup mayonnaise
- Salt and freshly ground pepper
- 1 small red onion, finely diced
- 1 large stalk celery, finely diced
- 2 tablespoons chopped fresh flat-leaf parsley
- 4 (8 ounce) tuna steaks
- Olive oil
- 8 slices of Udi's Gluten Free Multi-Grain Bread
- Watercress

Directions

1. In a small saucepan, pour the 3 cups of lemon juice, and put over medium high heat; bring it to a boil and cook until liquid is reduced to 1/2 cup; remove and let cool slightly.
2. In your blender, pour the reduced lemon juice, habanero chili, lemon zest, and mayonnaise and blend until smooth; season with salt and pepper, taste and adjust as desired; then pour mixture into large bowl and add the onions, celery, and parsley; set aside.
3. Heat grill to high.
4. Drizzle olive oil over tuna, coating lightly, then season with salt and pepper, flip and repeat.
5. When grill is hot, put tuna on grill and cook 3 minutes, flip and cook 3 more minutes, making sure you have good charred marks on both sides; you want the tuna to be done medium.
6. Remove from grill and let rest for 5 minutes before flaking or chopping.
7. Add the flaked tuna to the lemon/mayonnaise mixture and gently toss together until tuna is coated well.
8. Make sandwiches by dividing the tuna evenly between 4 slices of bread, then topping each with watercress, then covering each with remaining 4 slices.

Mediterranean Family Sandwich

Mediterranean food is so amazing. Try a new foreign meal with this Mediterranean Family Sandwich recipe.

Prep Time: 12 minutes

Grill Time: 0 minutes

4 servings

Ingredients

- 1 – 2 Packs of Against the Grain Baguettes
- 1/4 cup olive oil
- 2 cloves garlic, grated
- 3 large tomatoes, sliced thin
- 1/2 lbs. assorted sliced luncheon meat
- 3 oz. sliced pepperoni or salami
- 1/4 lbs. assorted sliced cheeses
- 6 oz. marinated artichoke hearts, drained
- 2 1/4 oz. sliced black olives, drained
- 2 to 3 large dill pickles, sliced lengthwise
- 1 mild sweet onion, sliced thin

Directions

1. Cut bread in half horizontally. Hollow out the soft bread from both sections, leaving 1/2 to 3/4 inch shell.
2. In small bowl, mix the olive oil and garlic together, then brush the insides of the bread with the mixture.
3. To assemble sandwiches: Layer a third of the tomato slices on the bottom bread, then top with alternate layers of meats, pepperoni, cheeses, half the remaining tomatoes, artichoke hearts, olives, pickles, and onion. Finish with the remaining tomatoes, salt and pepper to taste, then put the top on.
4. Press down and seal tightly with plastic wrap or foil. Refrigerate or transport to your picnic spot in zippered food bags.
5. To serve, cut into sandwich size segments.

Grilled Chicken Kabobs

Kabobs are one of the best dinner treats; try a new kind with this Grilled Chicken Kabobs recipe.

Prep Time: 8 hours

Grill Time: 8 minutes

4 servings

Ingredients

- 1 1/2 lbs. chicken breast
- 2/3 cup plain yogurt
- 1 tablespoon fresh ginger, peeled, chopped
- 2 garlic cloves, crushed
- 2 tablespoons lemon juice
- 1 tablespoon ground coriander
- 1 teaspoon chili powder
- 2 tablespoons vegetable oil
- salt and pepper to taste

Directions

1. Rinse chicken and pat dry with paper towels, then cut into 3/4 inch cubes.
2. Thread chicken onto non-reactive barbecue skewers and set in shallow glass baking dish.
3. In a large bowl, whisk together the remaining ingredients.
4. Spoon marinade over chicken kabobs, being sure they are completely covered.
5. Cover with plastic wrap and marinate in refrigerator for anywhere from 5 to 8 hours.
6. Turn on or heat grill to medium-high.
7. Put kabobs on grill rack and grill for a total of 6 to 8 minutes, turning several times until all chicken has grill marks and is cooked through well.

Coleslaw Salsa Turkey Sandwich

This Coleslaw Salsa Turkey Sandwich recipe is great for a fun and easy leftovers meal. It takes no time and great for those lazy days.

Prep Time: 6 minutes

Grill Time: 0 minutes

2 servings

Ingredients

- 1/2 cup coleslaw
- 2 tablespoons favorite tomato salsa, drained
- salt and pepper to taste
- 1/2 lbs. roasted turkey breast, sliced medium thin
- 4 slices of Udi's Gluten Free Multi-Grain Bread

Directions

1. Put coleslaw in a colander to drain out any excess liquid, then put in bowl.
2. Put tomato salsa in colander to drain out liquid, then put in bowl with coleslaw.
3. Toss together and add salt and pepper to taste.
4. Arrange bread on working surface and divide turkey evenly between the two.
5. Spoon the coleslaw-salsa mixture on top of the turkey and put on the top slice of bread.

Citrus Jerk Grouper

Jerk Grouper is a fabulous fish on the grill. Tease your family's taste buds with this Citrus Jerk Grouper recipe.

Prep Time: 4 hours

Grill Time: 12 minutes

4 servings

Ingredients

- 2 tablespoons Spicely Organic Jerk seasoning
- 1 cup olive oil
- 1 tablespoon minced garlic
- 1 cup brown sugar
- 1/2 cup orange juice
- 2 cups Sans-J Soy Sauce
- 2 lbs. grouper, cut into 4 fillets

Directions

1. Put everything except the fish in a large glass bowl and whisk together well.
2. Add the grouper fillets to the jerk marinade, cover, and put in refrigerator to marinate for anywhere from 1 to 4 hours. The longer you leave it, the more intense the flavor.
3. Get grill set heating to medium-high heat.
4. Take grouper out of marinade, discard the marinade, and when grill is ready, put grouper on grill for 5 or 6 minutes, flip and cook for another 5 or 6 minutes or until fish is white and no longer transparent.
5. Remove to platter and serve immediately.

Coconut Shrimp Mango Salad

Coconut shrimp is by far my favorite seafood choice. With this Coconut Shrimp Mango Salad recipe you will think you're on the boardwalk.

Prep Time: 24 minutes

Grill Time: 40 minutes

4 servings

Ingredients

- 1 (15-ounce) can black beans, rinsed and drained
- 1 medium mango, diced
- 3 scallions, thinly sliced (white and tender green parts)
- 3 tablespoons chopped fresh cilantro
- 3 tablespoons Annie's Homegrown Lite Poppy Seed Dressing
- 1/2 cup unsweetened, finely shredded coconut
- 1/4 teaspoon salt
- 20 large raw shrimp, peeled and deveined
- 2 tablespoons canola oil, divided
- 2 limes, juiced
- 2 limes, wedged for garnish
- 1 stick of butter, softened

Directions

1. Mix together beans, mango, scallions, and cilantro in a large bowl. Add salad dressing and set aside.
2. Whisk together 2 tablespoons canola oil, the lime juice, and coconut in a bowl and add to a food processor. Add the softened butter and pulse until thoroughly combined.
3. Season the shrimp with salt and brush coconut mixture onto the shrimp. Place onto preheated grill and cook in a single layer for 1 to 2 minutes per side, or until just cooked through.
4. Spoon salad onto serving plates; top with shrimp. Serve with lime wedges.

Mesquite Lime Chicken Caesar

Lime with chicken is one of my favorite duos. This Mesquite Lime Chicken Caesar recipe will have you asking for seconds.

Prep Time: 7 minutes

Grill Time: 60 minutes

4 servings

Ingredients

- 4 skinless, boneless chicken breasts
- 1/2 cup mesquite lime marinade, Newman's Own works great
- 10 cups mixed lettuce, torn into small pieces
- 1 large tomato, diced
- 1/2 sweet onion, diced
- 1 green bell pepper, cleaned and sliced
- 4 tablespoons grated Parmesan cheese
- 1/2 cup creamy Organicville Caesar salad dressing

Directions

1. In a shallow glass baking dish, arrange chicken and pour mesquite lime marinade over, making sure sauce gets underneath chicken pieces. Cover with plastic and allow to marinate in the refrigerator for at least 30 minutes before grilling.
2. Set your grill to medium high heat.
3. Remove chicken from dish and discard marinade.
4. Grill chicken breasts for 10 to 12 minutes, flip and grill another 10 to 12 minutes or until chicken is no longer pink on the inside.
5. Remove and let chicken rest for 5 minutes, then slice into thin strips on the diagonal.
6. In a large salad bowl, Put all the ingredients and toss gently until coated well with the Caesar dressing.
7. Serve immediately; no need to chill.

Lemon Rosemary Chicken Cutlets

I just love chicken cutlets in the backyard on a summer evening. This Lemon Rosemary Chicken Cutlets recipe will happily fill you and your guests up.

Prep Time: 10 minutes

Grill Time: 13 minutes

8 servings

Ingredients

- 2/3 cup mayonnaise
- zest of 1/2 lemon
- 1/4 cup fresh lemon juice
- 2 teaspoons chopped fresh rosemary
- 1 large garlic clove, crushed or grated
- 8 boneless and skinless chicken breast halves, pounded thin
- 1 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

Directions

1. Prepare sauce: Whisk together the mayonnaise, lemon, lemon juice, rosemary and garlic then set aside.
2. Prepare chicken: Place a chicken breast half between heavy plastic wrap or inside a plastic food bag. Lightly pound with the flat side of a meat mallet or the bottom of a small cast iron pan, pounding lightly and working your way from the center to the edge until meat is about 1/2 inch thick. Salt and pepper each chicken breast.
3. Lightly oil grill grate or rack and set grill temperature to medium-high.
4. When grill is up to temperature, arrange the chicken on the grill and bring the sauce out.
5. Cook for about 3 to 4 minutes or until you have nice grill marks on the chicken.
6. Flip and brush the cooked side with sauce, leaving the chicken on the grill for about 3 or 4 minutes more.
7. Flip and again brush the top with sauce and leave the chicken on the grill this time for about 1 or 2 minutes more. Chicken should feel firm when squeezed with tongs.
8. Remove from grill and let sit for 3 or 4 minutes before cutting and serving.

Roasted Red Pepper Eggplant Sandwiches

Roasted red peppers on the grill are one of my favorite summer delights. With this Roasted Red Pepper Eggplant Sandwiches recipe your kitchen will soon be the hip lunch spot.

Prep Time: 5 minutes

Grill Time: 12 minutes

4 servings

Ingredients

- 2 tablespoons mayonnaise
- 2 tablespoons chopped fresh basil
- 2 tablespoons extra-virgin olive oil, divided
- 1 small eggplant, cut into eight 1/2 inch thick slices
- 1/2 teaspoon garlic salt
- 8 slices Udi's Gluten Free Multi-Grain Bread
- 8 thin slices fresh mozzarella cheese
- 1/3 cup jarred sliced roasted red peppers
- 4 thin slices sweet onion

Directions

1. Set your grill to medium-high heat and allow to preheat.
2. Put mayonnaise and basil in a small bowl and mix to blend.
3. Brush 1 tablespoon oil on both sides of eggplant and sprinkle with garlic salt.
4. Brush remaining 1 tablespoon oil on one side of each slice of bread.
5. Put the eggplant on grill and cook for 5 to 6 minutes, flip, then top with mozzarella cheese; continue grilling until the cheese is melted and the eggplant is cooked, about 3 to 4 minutes more.
6. Add the bread slices to the grill and toast on both sides, about 1 or 2 minutes per side.
7. To assemble sandwiches: Spread basil mayonnaise on just four slices of the toasted bread.
8. Put a cheesy eggplant slice, red peppers, and onions on, then top with remaining bread slices.
9. Serve warm right off the grill.

Roquefort Garlic Burgers

I feel like juicy burgers and summer, go hand in hand. You will be asking for more with these Roquefort Garlic Burgers.

Prep Time: 7 minutes

Grill Time: 25 minutes plus burger cooking time

4 servings

Ingredients

- 1 1/2 lbs. ground beef
- 1 whole bulb of garlic (roasted – instructions below)
- 2 oz. Roquefort cheese
- 2 oz. unsalted butter
- 1 tablespoon chives, chopped
- 2 teaspoons olive oil
- 2 teaspoons of freshly ground black pepper
- 4 Udi's Gluten Free Buns, toasted

Directions

1. To roast garlic:
2. Preheat your oven to 350 degrees.
3. Take just the loose outer layer of papery skin off the whole garlic bulbs. and cut off about 1/4 inch from the top of the bulbs. (where the stem is, not the roots) so you can see the cloves.
4. Put the garlic bulbs. (cut side up) on a piece of foil big enough to wrap it with, and drizzle the olive oil all over the top and sides of the bulbs., then wrap the foil up around the garlic bulb loosely.
5. Place on a baking sheet and cook in the preheated oven for 25 to 30 minutes, depending on the size. Remove from foil when cooled, then squeeze slightly to release cloves from bulbs. and drop them in a bowl. Mash the roasted garlic with a fork, add a drizzle of olive oil, mash again and set aside.
6. To make burgers:
7. In a small bowl, mash with a fork the Roquefort cheese, butter, and chives.
8. In a large bowl, put the beef along with 3 teaspoons of the roasted garlic, and a dash of salt; make 4 patties out of the beef mixture, about 1 inch thick.
9. Divide the Roquefort/butter mixture into 4 equal parts, and roll each part into balls.
10. Form a 'pool' in the middle of each burger by pressing down and spreading out the beef with your thumb or a spoon; set a Roquefort cheese ball on each indentation, then push beef back over the ball until the burger is sealed again.
11. Pepper each patty, then heat up grill or pan.
12. Cook patties until done to your liking.

The Secret Steak Marinade

Like many families, my Dad is very proud of his marinades. Here is the family Secret Steak Marinade recipe.

Prep Time: 10 minutes

Grill Time: 14 minutes, not including 12 hour marinade in the refrigerator

4 servings

Ingredients

- 2 lbs. steak, thick London Broil
- 2 garlic clove, minced
- 1/4 teaspoon salt
- 5 tablespoons Sans-J Soy sauce
- 2 tablespoons tomato paste
- 2 tablespoons vegetable oil
- 1 teaspoon pepper
- 1 teaspoon oregano

Directions

1. Use a nice thick cut of meat and score it on both sides in a diamond pattern (using a knife slicing about 1/8 in in stripes).
2. Then rub in the marinade, wrap in a large baggie so that the meat is soaking well in the leftover marinade and refrigerate overnight.
3. Take the meat out and warm to room temperature for about 15-20 minutes before cooking.
4. Grill on very low heat about 7-10 minutes per side.
5. Remember the meat will continue to cook a bit at the table once it is removed from the grill, so if you want it rare or medium rare, pull it earlier rather than later.
6. Sometimes I microwave the extra marinade and serve it as a sauce on the meat with some sautéed mushrooms.

Grilled Pork Chops Rub-a-Dub

A good pork chop recipe is essential for backyard parties. Your search is over with this Grilled Pork Chops Rub-a-Dub recipe.

Prep Time: 17 minutes

Grill Time: 16 minutes

4 servings

Ingredients

- 4 boneless pork chops, about 3/4-inch thick
- 3 garlic clove, minced
- 2 tablespoons onions, chopped very finely
- 1 teaspoon sugar
- 1 teaspoon paprika
- 1 teaspoon Tone's chili powder
- 1 teaspoon black pepper
- 1/2 teaspoon salt
- 1/2 teaspoon fresh basil chopped
- 1/4 cup Dinosaur Bar-B-Q Sensuous Slathering sauce
- 1/2 teaspoon chopped hot peppers if desired

Directions

1. Rinse pork chops and cut off excess fat and set aside.
2. Mix remaining ingredients and then place in a large plastic bag.
3. Add the pork chops to the bag and squish around so that each one is bathing in this sauce.
4. Let stand about 15 minutes while you prepare the grill outside.
5. The grill should be very hot to start (450 degrees).
6. Make sure the chops have lots of extra sauce on them when you put them on the grill. Then reduce the heat to low.
7. Use a timer and only allow 8 minutes per side and then remove the chops and place in a foil tent. They will cook a bit more at the table while you serve the other food for dinner.
8. Microwave any remaining sauce left from the bag from the original marinade and serve over the chops at the table.

Big Bleu Burger

Bleu cheese on a burger is a great way to wow your guests. Now you can use this Big Bleu Burger recipe.

Prep Time: 8 minutes

Grill Time: 12 minutes

2 servings

Ingredients

- 1 lbs. ground beef
- 1/2 large shallot
- 1/2 cup bleu cheese, crumbled
- 1 Tablespoons fresh ground black pepper
- 2 Udi's Gluten Free Buns
- salt to taste

Directions

1. Get grill set to medium-high heat.
2. In a small bowl, mash together the shallot with the bleu cheese.
3. Separate the ground beef into 4 equal parts and form each part into large thin, flat patties.
4. Take half the bleu cheese mixture and spread on one patty (keeping it about a quarter inch away from the edge), and take the remaining half and spread on another patty.
5. Put the remaining patties on top of the patties with the bleu cheese and pinch to seal the edges together.
6. Carefully put burgers on grill and cook for 5 to 6 minutes, flip and cook another 5 to 6 minutes. You want to cook them long enough to get to the inside and melt the cheese.
7. Note – You can divide the beef into six segments to make three smaller burgers. You can also make 'sliders' by dividing the beef into eight segments to make four 'sliders.' The recipe above will give you two big (half pound) burgers, but you can adjust to whatever you desire.

Pineapple Island Burgers

Tropical burgers are one of my favorite summer joys. Now it can be one of yours with this Pineapple Island Burgers recipe.

Prep Time: 6 minutes

Grill Time: 8 minutes

4 servings

Ingredients

- 2 lbs. ground beef
- salt and black pepper
- dash garlic salt
- 1 pineapple, peeled and sliced lengthwise
- 1 sweet red bell pepper, diced
- 1/8 cup pickled ginger, diced
- 1/8 cup Sans J Soy sauce
- 1/8 cup rice wine vinegar
- pinch salt and black pepper
- Udi's Gluten Free Buns

Directions

1. Heat grill to medium. Brush lengths of pineapple with cooking oil and place on grill. Cook, turning a few times, until pineapple is hot and has good grill marks. Remove to cutting board and allow to cool.
2. Cut pineapple into small pieces and put in bowl; add sweet red bell pepper, pickled ginger, soy sauce, rice wine vinegar, and salt and pepper; toss to combine, taste and adjust seasonings. Refrigerate until burgers are ready.
3. Turn grill up to high for burgers. Form the beef into 1/2 thick patties, season with salt, pepper, and dash of garlic powder.
4. When grill is ready, cook burgers 3 to 4 minutes, flip, then continue grilling for 3 to 4 minutes or until done as desired.
5. Serve hot burgers on hamburger buns (toasted on the grill if desired) with a large spoonful of chilled pineapple salsa.

Grilled Pork Chops Chili Ranch Style

If you're in the mood for a tender grilled pork chop, then the Grilled Pork Chops Chili Ranch Style recipe is for you! You can even turn the heat up a notch by using a Chipotle Ranch dressing.

Prep Time: 20 minutes

Grill Time: 8 – 10 minutes

4 servings

Ingredients

- 4 boneless pork loin chops, 3/4 inch thick
- 1/2 cup Cindy's Kitchen Chipotle Ranch
- 1/2 teaspoon salt
- 1/2 teaspoon chili powder
- 1/4 teaspoon dried thyme leaves
- 1/4 teaspoon garlic powder

Directions

1. Put pork chops in glass dish and pour Ranch dressing over pork chops being sure to get dressing on bottom as well as tops of chops. Cover and let sit for 15 minutes.
2. Get grill ready and heat to medium.
3. Meanwhile, put remaining ingredients in a small bowl and mix well.
4. Take pork out of dish with marinade and discard any extra marinade.
5. Sprinkle the seasoning mixture over both sides of the chops.
6. Put pork chops on the grill; cover grill and cook over medium heat for 4 to 5 minutes, turn and cook another 4 to 5 minutes or until pork is no longer pink inside. Insert a meat thermometer in the center of one pork chop to make sure it reads between 155 and 160 F.
7. Remove from grill and let sit for 3 minutes before serving or cutting.

Thai Fish with Sweet Sauce

One of my favorite things about Thai food is their whole fish cooking. Give it a try with this Thai Fish with Sweet Sauce recipe.

Prep Time: 20 minutes

Grill Time: 12 minutes

2 servings

Ingredients

- 2 medium-sized whole fish, cleaned (trout, snapper or red fish work great)
- 4 tablespoons Thai fish sauce for marinade
- 3 tablespoons sherry
- 3 cloves garlic, minced
- 1/2 cup coriander stems and leaves
- 2 tablespoons Sans J Soy sauce
- 2 tablespoons Thai Kitchen Fish sauce
- 1 tablespoons lime juice
- 2 teaspoon chili sauce
- 1/4 cup water
- 2 tablespoons brown sugar
- 1 teaspoon cornstarch dissolved in 2 tablespoons water

Directions

1. Rinse the fish and pat it completely dry. Place fish on cutting surface and make 4 small diagonal slits on the fish (not cutting through, just the surface), then flip and make 4 more small slits on the fish. This is done to allow the marinade to get into the fish.
2. Put fish in glass baking dish and cover the fish with 2 tablespoons fish sauce, flip and cover the other side with remaining fish sauce. Let sit for 10 minutes.
3. While fish is marinating, make sauce. In a large saucepan, put the remaining ingredients (except cornstarch-water) and cook over medium heat, stirring, for about 6 to 7 minutes, or until smooth.
4. Turn heat down to low. Mix the cornstarch-water combination in a separate bowl, then whisk slowly into sauce. Continue whisking over low heat until mixture thickens slightly. Remove from heat.
5. Taste and adjust for flavors as desired; cover saucepan to keep warm.
6. To grill fish: Lightly oil your grill grates. Heat your grill to high. Place fish on grill. Cook for at least 5 to 6 minutes – do not attempt to move the fish before that time as it will be stuck and the skin will stick to the grill. You'll know when it's time to turn the fish because it will come loose with no effort.
7. Flip the fish using large spatulas or tongs, cooking on the second side for at least 5 to 6 minutes again.
8. Check to see if fish is flaking and white by inserting a fork and pushing some flesh aside. Depending on the thickness of the fish you're grilling, your cooking time will vary.
9. To serve fish: Remove fish to a serving platter or two plates, and pour the warm sauce over the top carefully. Garnish the plates with a little more coriander, cucumber slices, and grape tomatoes.

Salmon Penne Pasta Salad

Pasta salads are a great light side to add to any dish. You can find many fun varieties to use with this Salmon Penne Pasta Salad recipe.

Prep Time: 6 minutes

Grill Time: 15 minutes, not including pasta cook time and 30 minute refrigerator time

4 servings

Ingredients

- 1 lbs. salmon, grilled
- 2 cups penne pasta, use Tinkyada gluten free brown rice pasta
- 1/2 cup mayonnaise
- 1 teaspoon spicy brown mustard
- 1 teaspoon lemon zest
- 1 tablespoons lemon juice
- 1/3 cup chopped green onions, including the green tops
- 2 tablespoons chopped fresh parsley
- 1 tablespoons chopped fresh dill (or 1/2 teaspoon dried dill)
- 2 stalks celery, chopped fine
- 8 drops (more or less to taste) Frank's Red Hot
- salt and black pepper to taste

Directions

1. Brush salmon with olive oil and heat grill to medium-high heat. Grill salmon fillet flesh side down for about 3 to 5 minutes (you'll know when it's ready because it will release easily from the grill), then flip and grill skin-side down until cooked through, about 4 to 6 more minutes. Remove salmon from the grill with a spatula between the flesh and the skin, leaving the skin stuck to the grill; set the salmon aside.
2. Cook pasta according to directions on the box, draining well (reserving cooking water) when just cooked al dente, not soft.
3. While pasta is cooking, flake the salmon into a large bowl, then add the remaining ingredients and toss together.
4. When pasta is cooked and drained, add the still hot pasta to the salmon mixture and mix again until combined. If mixture appears a bit dry, take a few tablespoons of the reserved pasta water and toss in, adjusting until you like. Add more salt and pepper if desired.
5. Refrigerate covered for about 30 minutes before serving.

Sides

Pineapple Banana Kabobs

Inventive kabobs are always a crowd pleaser. Try a new style with this Pineapple Banana Kabobs recipe.

Prep Time: 8 minutes, not including soak time for skewers

Grill Time: 7 minutes

4 servings, 2 each

Ingredients

- 8 bamboo skewers, soaked in water for at least 4 hours
- 4 ripe bananas, unpeeled, ends cut off, cut into 2-inch chunks, with 1 lengthwise slice in each peel
- 1 fresh pineapple, peeled, cored, and cut into 2-inch chunks
- 1/2 cup raw sugar
- 1/2 lemon, zested and juiced

Directions

1. Put the fruit on the skewers, alternating between the banana and pineapple chunks, and set aside.
2. In a saucepan, put the sugar and place over medium-high heat; cook stirring with a wooden spoon until the sugar turns into liquid, about 3 to 4 minutes. Continue stirring and add the lemon zest and juice. Set aside.
3. Set your grill to medium-high heat.
4. Brush the skewered banana and pineapple with the glaze and put skewers on grill.
5. Cook for 2 to 3 minutes, roll and cook 2 to 3 minutes, repeating until fruit is lightly browned on all sides.
6. Remove from grill and when cooled enough to handle, remove banana peels, then brush again with remaining glaze and serve.

Banana Bread

Nice sweet banana bread goes perfectly on the side of a summer afternoon. With this simple Banana Bread recipe you can enjoy it anytime.

Prep Time: 20 minutes

Cook Time: 1 hour

8 servings

Ingredients

- 4 cups of gluten free all-purpose flour
- 2 teaspoon baking soda
- 1 teaspoon salt
- 1 cup honey
- 2/3 cup canola oil
- 1/2 cup milk
- 6 very ripe bananas, mashed
- 4 eggs , lightly beaten

Directions

1. Mix all ingredients, with mashed bananas, and pour into bread pan or into muffin pan.
2. Bake for one hour with oven Temperature: 350°F
3. Remove from pan immediately.
4. This is a great recipe for over ripe bananas instead of throwing them away. You can even peel and then freeze the bananas and cook this bread later.

Cornbread

One of the best sides to go with any meal is cornbread. This easy and simple Cornbread recipe will have you finding excuses to use it.

Prep Time: 5 minutes

Cook Time: 25 hour

16 servings

Ingredients

- 1 cup Bob's Red Mill fine-ground cornmeal
- 3/4 cup rice flour
- 1/4 cup tapioca flour
- 1/2 teaspoon salt
- 4 teaspoons baking powder
- 2 tablespoons sugar
- 1 egg
- 1 cup soymilk or 1 cup almond milk
- 1/4 cup butter, softened

Directions

1. Sift together dry ingredients into a bowl.
2. Add egg, milk and butter. Beat until smooth, about 1 minute. Do not overbeat!
3. Bake in a greased 8-inch square pan for 20-25 minutes at 425 degrees.
4. Serve warm with honey and butter.

Southern Green Bean Toss

There is just something about this Southern Green Bean Toss recipe. It has this great smoky taste which goes so well with summer dinners.

Prep Time: 5 minutes

Cook Time: 15 minutes

4 servings

Ingredients

- 2 lbs. of green beans
- 1 ½ white onions chopped
- 1 red bell pepper chopped
- ½ cup of parsley finely chopped
- 2 red tomatoes
- ½ Tablespoons oil
- Salt and pepper to taste

Directions

1. Put a frying pan on medium heat and add the oil and green beans.
2. Add the chopped onions, peppers, tomatoes, and parsley.
3. Cover the pan and put on low heat for 10 minutes. Check it often and add oil when needed to prevent burning on the bottom.
4. Remove from heat and serve hot.

Horseradish Coleslaw

A good coleslaw is always needed for an impulse side to a dinner. With this Horseradish Coleslaw recipe it is nice and easy.

Prep Time: 8 minutes

Cook Time: 0 minutes

4 servings

Ingredients

- 10 cups coleslaw mix (ready-made or shred cabbage)
- 1 cup finely shredded carrots
- 1/2 cup chopped green onions, including tops
- 1 cup mayonnaise
- 1 teaspoon sugar (if desired)
- 1 tablespoons prepared horseradish
- 1 tablespoons fresh lemon juice
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper

Directions

1. In a large salad bowl, put the coleslaw, carrots, and green onions.
2. In a separate small bowl, whisk together the mayonnaise, sugar, horseradish, and lemon juice. Adjust seasonings to taste, then pour over coleslaw mixture and toss to combine.
3. Chill and serve cold.

Desserts

Grilled Peaches with Honey and Yogurt

Grilled peaches are one of my favorite parts of summer. Add a dash of honey and some delicious greek yogurt, and you'll really delight your senses!

Prep Time: 5 minutes

Cook Time: 4 – 8 minutes

4 servings

Ingredients:

- 4 medium ripe peaches, cut in half (pit removed)
- 1/2 cup honey yogurt, Chobani works great
- 4 tablespoons raw honey
- cinnamon (to taste)

Directions:

1. Place peaches cut side down on the grill. Grill on low heat until soft, about 2-4 minutes on each side.
2. Combine yogurt and cinnamon, then pour 1 tablespoon yogurt over each peach half.
3. Drizzle with raw honey and enjoy.

Chocolate Avocado Pudding

This Chocolate Avocado Pudding recipe is my favorite for guests. No one seems to believe its made with avocados!

Prep Time: 10 minutes

Cook Time: 3 hours

2 servings

Ingredients

- 1 avocados, seeded, peeled and mashed
- 1/4 cup cocoa powder, use Ghirardelli products are gluten free
- 3 tablespoons honey
- 1/4 teaspoon salt
- 1/2 cup milk
- 1/2 teaspoon gluten free vanilla, Rodelle Gourmet Vanilla Extract is great
- 4 tablespoons raspberries
- 2 teaspoon Mint sprigs, for garnish

Directions

1. The avocado should be perfectly ripe, not too mushy, not too hard. This is super important!
2. Scoop out avocado and place in food processor. Pulse it a few times. Then add remaining ingredients (powder and liquids).
3. Whip it up well, it will be nice and creamy. Scrape it thoroughly out of the processor and place into two glass serving dishes.
4. Cover and place in refrigerator for about 2 or 3 hours.
5. Garnish with raspberries and mint just before serving.

Caramel Banana Sundae

There's something about summer time that makes me crave ice cream – maybe it's the promise of a refreshing treat or just the fact that ice cream might be my favorite dessert. The Grilled Caramel Banana Sundae recipe is a great way to add excitement to an icy treat.

Prep Time: 20 minutes

Grill Time: 4 minutes

4 servings

Ingredients

- 3 large firm bananas
- 1 tablespoon butter or margarine
- 2 teaspoons lime juice (substitute orange juice)
- 1/2 cup Smucker's Caramel ice-cream topping
- 1/4 teaspoon ground cinnamon
- 1 pint vanilla ice cream
- Toasted coconut (optional)

Directions

- 1.** Peel the bananas and cut each banana in half across the center, then cut each piece in half again lengthwise. This will give you 12 pieces of banana.
- 2.** Stir together melted butter (or margarine) and 1 teaspoon of the lime juice. Drizzle mixture on all sides of the banana pieces.
- 3.** Place bananas directly on the grill rack. Reduce heat to medium. Grill, uncovered, for 2 minutes; turn over and grill for 2 minutes more or until heated through.
- 4.** Combine the caramel topping and remaining lime juice in a saucepan. Heat the saucepan on the grill (or on a stovetop) until bubbly. Make sure to stir frequently. As the mixture starts to bubble, stir in cinnamon.
- 5.** After the bananas have been grilled for 4 minutes, add to the mixture and stir gently to coat.
- 6.** To serve, scoop ice cream into 4 dessert bowls. Then spoon sauce and bananas over ice cream. If desired, sprinkle with the coconut and/or almonds.

Strawberries with Limoncello Sorbet

Sorbet is a fine way to end an evening. Use this Strawberries with Limoncello Sorbet recipe next time you're in need of a dessert.

Prep Time: 30 minutes

Freeze Time: 8 to 24 hours

Grill Time: 6 mins

8 servings

Ingredients

- 2 cups granulated sugar
- 2 cups water
- 1 tablespoon finely shredded lemon peel
- 1 1/2 cups lemon juice
- 2 tablespoons limoncello
- 4 dozen strawberries
- 1 cup powdered sugar
- 16 skewers

Directions

Sorbet

1. Combine granulated sugar and water in a medium saucepan. Bring mixture to a boil, stirring until sugar is completely dissolved.
2. Stir in lemon peel, lemon juice, and limoncello. Cover and chill.
3. Transfer mixture to a 2-quart ice cream freezer and freeze.
4. Transfer sorbet to a nonmetallic freezer container. Then, cover and freeze for 8 to 24 hours or until firm.

Strawberries

1. Thread strawberries onto skewers, leaving at least 1/4 inch between pieces. Dip strawberries into powdered sugar, turning to coat all sides.
2. Place strawberry skewers on grill rack over heat. Reduce heat to medium-low. Grill about 6 minutes or until strawberries are heated through, turning frequently to heat evenly.
3. To serve, scoop sorbet into dessert bowls. Then serve strawberries over sorbet.

Poached Pears

A fantastic delicacy for a nice dessert is this Poached Pears recipe.

Prep Time: 35 minutes

Cook Time: 40 minutes

4 servings

Ingredients

- 1/2 bottle (1 1/2 cups) red wine
- 1 lemon
- 1 navel orange, quartered
- 3/4 cup sugar
- 1/2 vanilla bean, split, or 1/4 teaspoon vanilla extract
- 1 cinnamon stick
- 5 cloves
- 4 small ripe pears (any variety), peeled

Directions

1. In a small saucepan, off the heat, combine the wine, the juice from the lemon and orange, 1 of the squeezed orange quarters, the sugar, vanilla, cinnamon stick, and cloves.
2. Add the pears and bring to a boil. Reduce heat and simmer, uncovered, turning the pears occasionally, until they're easily pierced with the tip of a knife, about 25 minutes. Using a slotted spoon, transfer the pears to individual plates.
3. Remove and discard the orange quarter and spices. Return the liquid to a simmer and cook until syrupy and reduced by two-thirds, about 15 minutes, depending on size of pan. Spoon the sauce over the pears.

Chocolate-Dipped Espresso Meringues

Great meringues can liven up a party. Try out these new Chocolate-Dipped Espresso Meringues for your next tasty treat.

Prep Time: 30 minutes

Cook Time: 2 hours, with 1 hour cool down

24 servings

Ingredients

- 2 large egg whites, at room temperature
- 1 teaspoon pure vanilla extract
- 1 teaspoon instant espresso powder
- 1/4 teaspoon kosher salt
- 1 pinch cream of tartar
- 1/2 cup sugar
- 4 ounces bittersweet chocolate, melted and cooled to room temperature

Directions

1. Heat oven to 200° F.
2. Using an electric mixer, beat the egg whites with the vanilla, espresso powder, salt, and cream of tartar on medium-high speed until soft peaks form. Very gradually (1 tablespoon at a time) beat in the sugar; increase mixer speed to high and beat until the mixture holds glossy peaks.
3. Drop heaping tablespoon-fulls of the mixture onto parchment-lined baking sheets, spacing them 1 inch apart.
4. Bake until dry, crisp, and firm, about 2 hours. (The meringues are done when they release easily from the parchment.)
5. Turn off the oven, prop open the door about ½ inch (use the handle of a wooden spoon), and let the meringues sit inside for 1 hour. Slide the parchment (with the meringues on top) onto racks and let cool completely.
6. Peel the meringues off the parchment, then dip the bottom of each into the chocolate, allowing any excess to drip off. Place on parchment-lined baking sheets and refrigerate just until the chocolate is set, 25 to 30 minutes. Store the cookies in an airtight container at room temperature for up to 3 days.

Plums with Polenta Cake

Polenta cake is a great way to impress a party. With this Plums and Polenta Cake, your friends will be sneaking seconds.

Prep Time: 35 minutes

Cook Time: 45 minutes, with 20 minute cool down

8 servings

Ingredients

- 10 red or black plums
- 1/4 cup plus 5 tablespoons sugar
- 2 cups whole milk
- 1 tablespoon vanilla extract
- 1 stick unsalted butter, plus more for the baking dish
- grated zest of 1 lemon
- 1/2 teaspoon kosher salt
- 1 cup instant polenta
- 1/2 cup honey
- 4 large eggs, separated
- whipped cream, for serving

Directions

1. Heat oven to 350° F. Butter a 9-inch square baking dish. Slice the plums into a bowl. Sprinkle with 1/4 cup of the sugar and toss; set aside.
2. In a small saucepan, over low heat, warm the milk and vanilla. Add the butter, zest, and salt. Bring to a simmer. Whisking constantly, slowly stir in the polenta. Cook, still whisking, for 1 minute. Transfer to a large bowl. Add the honey, egg yolks, and 3 tablespoons of the remaining sugar and whisk until combined. Let cool until lukewarm.
3. In a large bowl, with an electric mixer on medium, beat the egg whites and the remaining sugar until soft peaks form. With a spatula, fold the egg white mixture into the polenta mixture.
4. Pour the batter into the prepared dish. Bake until golden, about 45 minutes. Let cool for 20 minutes. Slice and top with the plums and whipped cream

Coconut Rice Custard

Custard is one of those ‘can’t live without’ desserts. Now it’s easier than ever with this Coconut Rice Custard recipe.

Prep Time: 25 minutes

Cook Time: 1 hour

4-6 servings

Ingredients

- 1 13.5-ounce can unsweetened coconut milk
- 1/4 cup water
- 1/4 cup plus 2/3 cup sugar
- 1 cup long-grain white rice
- 3 cups half-and-half
- 5 eggs
- 1 teaspoon vanilla extract

Directions

1. Heat oven to 325° F. Bring the coconut milk, water, and 1/4 cup of the sugar to a boil in a small saucepan. Stir in the rice. Reduce heat, cover, and simmer gently until the rice is tender and the liquid is absorbed, about 20 minutes.
2. Meanwhile, warm the half-and-half in a small saucepan over medium heat (do not allow it to boil). Whisk together the eggs, vanilla, and the remaining sugar in a medium bowl.
3. Whisking constantly, slowly pour the warm half-and-half into the egg mixture. Skim off and discard any foam that rises to the surface. Stir in the rice.
4. Transfer to an 8-by-8-inch baking dish. Place the dish in a larger roasting pan or baking dish and transfer to oven rack. Carefully add enough hot water to the larger pan to reach halfway up the sides of the smaller dish. Bake until the custard is set, about 1 hour. Serve warm or chilled.

About the Author



Jenna Drew has been active in Gluten Free and Celiac Disease Awareness since 2007, her most prominent event was the first annual Celiac Awareness Night with the Pittsburgh Pirates. She officially was introduced to Celiac Disease in 2007 as her mother underwent a very slow and painful diagnosis. After having a gene panel test, Jenna was surprised to learn that she inherited the gene for both Celiac Disease and Lymphoma. She began following gluten free diet in 2009 after her Celiac Disease diagnosis and symptoms of needing a gluten free diet became severe through rapid weight loss, unbearable migraines and more. After many trials and many more errors, Jenna has learned quite a few lessons about living gluten free. You can find out more at GlutenFreeJenna.com.

After experiencing her own personal and family struggles coping with Celiac Disease and a gluten free diet, Jenna coaches newly diagnosed [and veteran] Celiacs through her “12 Steps to Living Gluten Free – A Step-by-Step Guide to Hope & Healing through Gluten Free Living.”

Jenna has a passion for life, hard work ethic and eternal optimism. If you’d like to learn more about the benefits of Gluten Free Coaching with Jenna, simply send an e-mail to info@GlutenFreeLifestyleCoach.com.

Connect with Jenna

Thanks for downloading *The New Gluten Free Grill: 40 Delicious Gluten Free Recipes for the Grill*.

After testing out some of the recipes within, share your feedback on Amazon or leave a comment at GlutenFreeJenna.com to let me know your favorite recipe.

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