



## GINA'S FAVORITE SIZZLING SUMMER GRILL RECIPES

### Devine Turkey Burger

#### Ingredients:

- 1/4 cup thinly sliced green onions
- 1/2 cup finely chopped celery
- 3 apples, diced
- 1/4 cup coconut oil
- 4 pounds ground turkey breast
- 1 tsp sea salt
- 1 Tbsp. black pepper
- 2 tsp. Tabasco
- 1 lemon, juiced
- zest of one lemon
- 1/2 bunch parsley finely chopped

#### Directions:

Sauté the scallions, celery and apples in the coconut oil until tender. Let cool.

Place the ground turkey in a large mixing bowl. Add sautéed items and the remaining ingredients. Shape into eight 8-ounce burgers. Refrigerate for 2 hours.

Season the turkey burgers with salt and pepper. Place on a preheated, lightly oiled grill. Grill each side for 7 minutes until meat is thoroughly cooked. Let sit for 5 minutes.

ENJOY!



## Cousin Johnny's Pork tenderloin

### Ingredients:

- 1 cup olive oil
- 1/4 cup fresh orange juice
- 1 bunch fresh parsley
- 1 bunch fresh cilantro
- 1 bunch green onions, coarsely chopped
- 1/2 cup chopped leeks
- 1 piece fresh ginger, peeled and coarsely chopped
- 3 Tbsp. apple cider vinegar
- 2 Tbsp. fresh thyme leaves
- 1 jalapeno chili, coarsely chopped (with or without seeds)
- 1 Tbsp. Worcestershire sauce
- 2 pork tenderloins (1 pound each), trimmed of silver skin
- 1 tsp. sea salt

### Directions:

Put all ingredients (except pork tenderloins) in a blender and puree until smooth.

Put tenderloins in a large plastic food storage bag. Pour half the marinade over pork; seal bag and refrigerate for at least 8 hours or up to 24 hours. (the longer you marinate the better) Cover and refrigerate remaining marinade separate.

When ready to grill pork, preheat grill. Take reserved marinade out of the refrigerator and allow to sit until pork is ready. Remove pork from marinade and brush off herbs and spices. Discard marinade in bag. Oil the grill rack. Grill tenderloins (turning them at least 4 times to allow to cook evenly), 18 to 20 minutes, reaches 145°. Remove from heat and allow to sit for about 10 minutes to cool.

Cut pork, serve and ENJOY!



## Gina's Grilled Cumin Chicken With Cilantro Dressing

### Ingredients:

- 2 cloves garlic, minced
- juice of 1 fresh lime
- 1 tbsp ground cumin
- 1 tsp paprika
- 1/2 cup olive oil
- 1/4 cup chopped cilantro
- 4-6 large boneless, skinless chicken breasts

### Cilantro Dressing:

#### Ingredients:

- 2/3 cup plain Greek yogurt
- 1/4 cup chopped cilantro
- Juice of 1 fresh lime
- Pinch of sea salt
- Pepper to taste

#### Directions:

To make chicken: Place all ingredients (except chicken) in a blender. Puree until smooth. Place chicken pieces in a mixing bowl, add mixture and toss chicken to coat. Cover with plastic wrap and marinate at room temperature for 1 hour, or refrigerate up to 8 hours.

To make Dressing: In a small serving bowl, combine yogurt, cilantro and lime juice; mix well. Stir in salt and pepper. Adjust seasoning to taste. Cover and refrigerate until ready to serve.

Preheat grill to medium. Place chicken breasts on the grill. Cover and cook, turning occasionally until cooked through. Remove and serve with Cilantro dressing over top or on the side. ENJOY!



## Gina's Grillin' Mahi-Mahi

### Ingredients:

- 4 ripe tomatoes, diced
  - 1 medium red onion, minced
  - 1 tsp ground cumin
  - Juice of 2 limes
  - 1/4 cup chopped fresh cilantro
  - 1 tsp sea salt
  - 1/4 tsp freshly ground pepper
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- 1-2 pounds Mahi-Mahi, about 1 inch thick
  - 1/3 cup extra-virgin olive oil
  - freshly ground pepper, to taste
  - 2 tbsp capers

### Directions:

To make salsa: Combine diced tomatoes with remaining ingredients, except fish, and toss gently. Set aside.

To make fish: Preheat grill to medium-high. Rub surface of fillets with olive oil and place on grill rack. Grill until flesh is opaque, 4 to 5 minutes per side. Slide fillets off grill and onto a platter or individual plates. Top with tomato salsa and serve.

ENJOY!



## Tequila Lime Shrimp Skewers

### Ingredients:

- 4 cloves garlic
- 2 tsp chili powder
- 1/2 tsp pepper
- 1/2 cup fresh lime juice
- 1/2 cup tequila (white or dark)
- 4 pounds skinless boneless chicken breasts, cut into cubes
- 2 limes, halved
- 1/4 cup roasted pumpkin seeds, coarsely chopped
- 1 medium banana
- 4 packets Stevia
- Cilantro, for garnish

### Directions

In a blender or food processor, add banana, stevia, garlic, chili powder and pepper until smooth. Add lime juice and tequila and process until blended.

Place 1 cup mixture in 2 zip lock bags and seal. Turn chicken to allow marinade to coat chicken and refrigerate for 2-4 hours. While chicken marinates, cover and refrigerate remaining marinade.

Drain chicken and thread onto bamboo skewers. Spray a grill pan with nonstick spray and heat until hot. Grill chicken skewers, about 2 minutes per side, or until cooked through. Place on plates and drizzle remaining marinade over top with a touch of lime and cilantro for garnish!  
ENJOY!



## Gina's Favorite Grilled Scallops

### Ingredients

- 16 sea scallops (about 12 ounces)
- 3 tbsp extra-virgin olive oil
- 1/2 tsp freshly ground black pepper
- sea salt, to taste
- 2 tbsp red wine vinegar
- 3 cloves garlic, finely chopped
- 3 to 4 large tomatoes, diced
- 2 tbsp capers
- 1 bunch basil, chopped

### Directions:

Rinse and pat scallops dry; place in a bowl. Season with 1 tbsp olive oil, salt and pepper. Set aside.

In a mixing bowl, combine vinegar, 2 tbsp olive oil and garlic. Stir in tomatoes, capers and basil. Season to taste with 1/2 tsp salt and set aside. Preheat gas grill to medium-high.

Place scallops on an oiled grill rack and cook 1 minute per side, until lightly browned. Place on plate and top with tomato-caper vinaigrette.

ENJOY!



## Go Go Go Grilled Calamari

### Ingredients:

- 2 cloves garlic, minced
- 2 1/2 Tbsp. extra-virgin olive oil
- 10 small, cleaned, whole calamari
- 3 large red bell peppers
- Bunch of parsley, chopped

### Directions:

Grate garlic over a large bowl. Stir in 1 Tbsp. olive oil and add calamari; toss to coat. Refrigerate for 1-2 hours.

Preheat grill to high heat. Lightly coat peppers with olive oil. Grill about 20 minutes, turning so they cook evenly. Transfer to a bowl and place in paper bag for about 10 minutes. Carefully remove from bag and let peppers cool slightly. Gently scrape off skin of pepper, core and deseed. Slice into small pieces and add bell pepper pieces with their own juices and olive oil and set aside.

Grill calamari over high heat about 1 minute per side, until lightly charred (tentacles and all). Toss parsley into pepper mixture, and place on serving dish. Top with calamari, and ENJOY!



## Gina Approved Simply Steak

### Ingredients:

- 2 strip steaks (about 1 pound each)
- Sea salt and freshly ground pepper
- 3 Tbsp. olive oil
- 1/4 cup fresh lime juice
- 1 medium, finely chopped onion
- 3 cloves garlic, minced
- 1 seeded and finely chopped poblano pepper
- 1/4 cup chopped fresh cilantro
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### Directions

Generously season steaks on both sides with salt and pepper. Place in baking dish and coat with olive oil. Turn steaks a few times, rubbing to coat with oil generously.

Combine lime juice, onion, garlic, poblano pepper, and cilantro in a mixing bowl and form a marinade. Pour marinade over steaks. Cover and refrigerate for 4 to 6 hours.

Set up a grill and preheat on high. When ready to cook, brush and oil the grill grate or spray non stick spray. Remove steaks from baking dish. Grill steaks Grill until cooked to your liking. Allow to cool for 5 minutes and serve. ENJOY!





## Basil Chicken with Kale

### Ingredients:

- 1/4 cup extra-virgin olive oil
- 1/4 cup balsamic vinegar
- 2 scallions, thinly sliced
- 1/2 cup lightly packed fresh basil, chopped
- 1 tsp. pepper
- 6 halves boneless, skinless chicken breast
- Sea salt
- 12 large kale leaves, preferably a combination of green and purple
- 6 heirloom tomatoes, sliced

### Directions:

In a bowl, whisk together olive oil, vinegar, scallions, chopped basil, and pepper. Set aside 3 tbsp of marinade. Pour remaining marinade into a large plastic bag. Add chicken breasts, seal bag, and turn to coat chicken. Place bag in a bowl; refrigerate 1 hour.

Preheat and oil charcoal or gas grill. Remove chicken from marinade and place on grill. Cook chicken over medium heat, brushing with any remaining marinade in the bag. Cook until cooked through, 6 to 8 minutes per side. Transfer chicken to a platter and cover and set aside.

Spray both sides of kale leaves with cooking spray. Sprinkle lightly with salt. Grill kale until browned in spots and slightly wilted, 1 to 2 minutes per side. Place Kale on platter with chicken.

Spread tomatoes over kale and add remaining marinade over tomatoes. Garnish with Basil. ENJOY!