

# FOOD

## Healthy Barbeque Recipes

### Grilled Chicken Ratatouille

We gave this classic Provençal dish a taste of summer by grilling the vegetables traditionally used in ratatouille (bell pepper, eggplant, zucchini, tomato).

#### INGREDIENTS

(4 servings)

- 3 tablespoons extra-virgin olive oil
- 3 tablespoons chopped fresh basil
- 1 tablespoon chopped fresh marjoram
- Canola or olive oil cooking spray
- 1 red bell pepper, halved lengthwise, stemmed and seeded
- 1 small eggplant, cut into 1/2-inch-thick rounds
- 1 medium zucchini, halved lengthwise
- 4 plum tomatoes, halved lengthwise
- 1 medium red onion, cut into 1/2-inch-thick rounds
- 4 boneless, skinless chicken breasts, (about 1 1/4 pounds), trimmed and tenders removed (see Note)
- 1/4 teaspoon freshly ground pepper
- 1 tablespoon red-wine vinegar
- 1 teaspoon salt

#### PREPARATION

1. Preheat grill to medium-high.
2. Combine oil, basil, marjoram and salt in a small bowl and reserve 1 tablespoon of the mixture in another small bowl; set aside.
3. Coat both sides of bell pepper, eggplant, zucchini, tomato and onion pieces with cooking spray. Grill the vegetables, turning once, until soft and charred in spots, about 5 minutes per side for the pepper, 4 minutes per side for the eggplant and zucchini and 3 minutes per side for the tomatoes and onion.
4. Rub the tablespoon of reserved herb mixture on both sides of chicken and sprinkle with pepper. Grill the chicken until cooked through and no longer pink in the center, 4 to 5 minutes per side.
5. Meanwhile, transfer the grilled vegetables to a cutting board and chop into 1-inch pieces. Return to the bowl and toss with vinegar and the remaining herb mixture. Serve the grilled chicken with the ratatouille.



### Grilled Salmon Soft Tacos

Fish tacos have become all the rage in recent years and are a specialty of the Pacific coast of Southern California and Mexico.

#### INGREDIENTS

(4 servings, 2 tacos each)

- 2 tablespoons extra-virgin olive oil
- 1 tablespoon ancho or New Mexico chile powder
- 1 tablespoon fresh lime juice
- 1/4 teaspoon kosher salt
- 1/8 teaspoon freshly ground pepper
- 4 4-ounce wild salmon fillets, about 1-inch thick, skin on
- 8 6-inch corn or flour tortillas, warmed
- Cabbage Slaw, (recipe follows)
- Citrus Salsa, (recipe follows)
- Cilantro Crema, (recipe follows)

#### PREPARATION

1. Preheat grill to medium-high.
2. Combine oil, chile powder, lime juice, salt and pepper in a small bowl. Rub the spice mixture liberally over salmon. Grill the salmon, skin-side down, until it is just cooked through, about 8 minutes. Cut each fillet lengthwise into 2 pieces and remove the skin.
3. To serve, place 2 tortillas on each plate. Evenly divide the fish, Cabbage Slaw, Citrus Salsa and Cilantro Crema among the tortillas.



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