WHERE THERE’S A GRILL...  
BY KATE SHERWOOD

The secret to great grilling is a well-cleaned and oiled grilling grate. Heat the covered grill to burn off any food residue, then brush the grate with a wire brush, grab a wad of paper towels with tongs, dip it in cooking oil, and use it to wipe the grate.

No grill? You can sauté the shrimp, fish, chicken, and veggies instead.

**Summer Shrimp Salad**

- ⅓ lb. large shrimp, peeled and deveined
- 3 cobs corn
- 3 Tbs. mayonnaise
- 1 Tbs. fresh lemon juice
- ¼ tsp. Old Bay seasoning
- 8 butter lettuce leaves
- ½ lb. tomatoes, cut into wedges

*Total Time: 20 minutes*  

Make sure the shrimp hasn’t been treated with sodium tri-polyphosphate. It’s used to retain moisture but also adds a significant amount of sodium to the shrimp.

Grill the shrimp and corn over a medium-hot fire until the shrimp is lightly browned and the corn is charred in places, 4-5 minutes total. Remove from the grill. When cool enough to handle, cut the kernels from the cob. • In a large bowl, whisk together the mayonnaise, lemon juice, and Old Bay seasoning. Toss with the shrimp and corn kernels. • Arrange the lettuce and tomatoes on two plates and top with the shrimp salad. • Serves 2.

**Per Serving:** Calories 390; Total fat 22 g; Sat fat 2.5 g; Protein 23 g; Carbs 34 g; Fiber 5 g; Cholesterol 150 mg; Sodium 390 mg

**Arctic Char with Green Apple-Dill Sauce**

- ¼ cup minced red onion
- ½ Granny Smith apple, peeled and diced
- 1 Tbs. fresh lemon juice
- ¼ cup low-fat sour cream
- 1 Tbs. mayonnaise
- 1 Tbs. country Dijon mustard
- ¼ cup minced dill
- 4 Arctic char or salmon fillets, about 1¼ lbs. total

*Total Time: 20 minutes*  

Most Arctic char sold in this country is farmed in an ecologically responsible way, according to the Monterey Bay Aquarium, which gives the fish a “Best Choice” rating. We grilled some zucchini, summer squash, and red onion with our fish.

In a medium bowl, stir together all the ingredients except the fish. • Place the fillets flesh-side down on the grates over a medium fire and grill for 4-5 minutes. • Using a large spatula, turn the fish over and grill until it just starts to get opaque in the center, another 2-3 minutes. • Serve with the green apple-dill sauce. • Serves 4.

**Per Serving:** Calories 220; Total fat 9 g; Sat fat 2.5 g; Protein 29 g; Carbs 5 g; Fiber 0 g; Cholesterol 70 mg; Sodium 190 mg

**Chicken with Grilled Salsa**

- 1 lb. tomatoes, chopped
- 5 cloves garlic, sliced
- 2 Tbs. extra-virgin olive oil
- 1¼ lbs. boneless, skinless chicken breasts
- 2 bell peppers, cut in ½”-wide strips
- 1 bunch basil, chopped
- Freshly ground black pepper
- ½ tsp. kosher salt

*Total Time: 30 minutes*  

The secret to this dish: vibrant, juicy tomatoes. You don’t even need to cook them: just toss with the oil, basil, and 1 clove of minced garlic.

Toss together the tomatoes, garlic, and oil in a disposable aluminum pie plate. • Put the chicken between sheets of wax paper and pound to an even ½” thickness. • Place the pie plate, chicken (smooth-side down), and peppers (skin-side down) on the grate and grill over a medium-hot fire until the chicken and peppers are well marked, about 5 minutes. Turn both over and cook until the chicken is tender when pierced with the tip of a knife, 1-2 minutes. • Remove the pie plate from the grill and allow the tomatoes to cool slightly. Toss with the basil, season with pepper and up to ½ tsp. of salt, and serve with the chicken and peppers. • Serves 4.

**Per Serving:** Calories 260; Total fat 11 g; Sat fat 2 g; Protein 30 g; Carbs 9 g; Fiber 3 g; Cholesterol 80 mg; Sodium 320 mg