

Summer Grilling Recipes



Easy Grilled Chicken

INGREDIENTS

1/3 cup oil olive oil or vegetable oil
1/4 cup cider vinegar (or red wine vinegar)
2 tablespoons dijon mustard
3 tablespoons Worcestershire sauce
2 tablespoons lemon juice
1 tablespoon salt

1 tablespoon pepper
2 tablespoons Italian seasoning
1 teaspoon garlic powder
1 tablespoon sugar
4 boneless skinless chicken breasts

INSTRUCTIONS

1. Combine all ingredients in a bowl or freezer bag. Add chicken and toss well to combine.
2. Marinade for a 30 minutes (or up to 4 hours) before cooking chicken.
3. Preheat grill to medium high heat.
4. Place chicken on the grill for 7-8 minutes. Flip over and cook an additional 7-8 minutes or until no pink remains and chicken reaches 165°F.
5. Rest 3-5 minutes before slicing.



Roasted Garlic Grilled Vegetables

INGREDIENTS

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| 1 ear corn, cut into chunks | 1 small yellow squash, sliced |
| 1 medium red onion, cut into thin wedges | 1 cup mushrooms, halved |
| 1 small green bell pepper, cut into chunks | 2 tablespoons oil |
| 1 small red bell pepper, cut into chunks | 1 tablespoon McCormick® Grill Mates® Roasted
Garlic & Herb Seasoning |
| 1 small yellow bell pepper, cut into chunks | |

INSTRUCTIONS

1. Toss vegetables with oil and Seasoning in large bowl.
2. Place vegetables in grill basket, grill rack or thread onto skewers. If using wooden skewers, soak thoroughly in water for at least 30 minutes before threading.
3. Grill over medium heat for 12 to 15 minutes or until vegetables are tender, turning occasionally.



Grilled Pineapple

INGREDIENTS

- 1 Fresh Pineapple- peeled, cored, and sliced into one inch rings or wedges
- 1/4 teaspoon honey
- 3 tablespoons melted butter
- 1 dash of hot sauce (optional)
- salt to taste

INSTRUCTIONS

1. Place pineapple slices into a large plastic bag. Add honey, butter, hot pepper sauce, and salt. Seal bag, and shake to coat evenly. Marinate for at least 30 minutes up to overnight.
2. Preheat an outdoor grill for high heat, and lightly oil grate.
3. Grill pineapple for 2 to 3 minutes per side, or until heated through and grill marks appear.