



Tips & Techniques for Beginners and Pros

BLACKSTONE

Outdoor Gas

GRIDDLE

— COOKBOOK —

The Complete Guide to
Master your Gas Griddle
with 300+ Flavorful Recipes

JACK MONTOYA

BLACKSTONE OUTDOOR GAS GRIDDLE

300 Flavorful Recipes for Epic BBQs - Tips for
Beginners and Pros -

Jack Montoya

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MEASUREMENT CONVERSION CHART

CONCLUSION

INTRODUCTION

Traditional versions of griddles involve the use of stones and brick slabs as flat surfaces placed above the fire to heat up to cooking temperature. The resulting heated flat surface is then removed, and food is placed on the surface to cook. As you can see, the historical griddle-cooking method was stressful and left room for several modifications and evolution. In the early 2000s, the Blackstone company sought a cooking appliance that was capable of performing the functions of a regular indoor cooking appliance along with the ability to barbecue like a grill. By 2005, they were able to manufacture their cornerstone product, the 36” Blackstone Griddle that kickstarted the company’s long chain of griddle-cooking products.

The Blackstone griddle is one of the simple and easy to operate outdoor gas griddle manufactured by Blackstone Company. The griddle is made up of professional-grade high-quality stainless steel material which is covered with black powder coating to protect them from rusting and increase the lifespan of the griddle. The main part of the griddle is its 28-inch cooking surface area made up from 7-gauge cold-rolled steel material. It is capable to hold a large number of foods at the single cooking batch.

The best part of Blackstone gas griddle is it comes with two separate gas controller switch. This will help to create two separate cooking zones on a single cooking area. It means that you can cook your food at two different temperature settings at a time. Both the burners having capacity to produce 30000 BTU heat together. The temperature settings come with high to low markings and allow you to adjust as per your recipe needs. This guide contains all the information about Blackstone outdoor gas griddle from basics. How does griddle work? What kind of accessories is used while griddling? The book explains all the benefits of Blackstone gas griddle and some tips and tricks which makes you perfect griddle chef.

This cookbook contains healthy and delicious recipes comes from different categories like breakfast, poultry, pork, beef, lamb, seafood, fish, side dishes, vegetables, snacks and game recipes. The recipes written in this book are unique and written into an easily understandable form. All the recipes start with their preparation and cooking time followed by step by cooking instructions. The recipes written in this book end with their Nutrition value information. The Nutrition value information will help to keep track of daily calorie consumption. The book also contains 30 days meal plan. There are various books available in the market on this topic thanks for choosing my cookbook. I hope you love and enjoy all the recipes written in this cookbook.

My experience with Blackstone showed me the difference between a standard cooking gas and any other cooking instrument. You no longer have to deal with substandard cookers and annoying gas fumes that leave you frustrated and makes the cooking experience less enjoyable.

This Blackstone Outdoor Gas Griddle makes your life easier, your cooking faster, and gives you a whole new experience that improves your cooking skills. Now when people ask me about my hobby, I proudly tell them grilling is top of the list.

The gas griddle has up to 4 heat zones on its surface that can be adjusted to suit your taste. It means you can cook four different food items at the same time or you can be cooking on one side and warm your already cooked food on the other side of the stove.

It's especially perfect for house parties or other parties where you have to cook dishes simultaneously. You can have your steaks grilling at a higher temperature than your burger buns or veggies.

When it comes to cooking for an individual, perhaps you, your hubby, and your kid, Blackstone is a good option. When hosting a party, or a get-together, or any event that involves bringing many people around, Blackstone is the best choice. Its four cooking tops allows you to cook different meals at the same time.

Imagine having many guests over and waiting for your alluring brisket. There is no time to grill one after another; the Blackstone outdoor grill allows

you BBQ multiple cuts at once.

Whether you are toasting burger buns, grilling a bunch of crunchy veggies, or searing a steak to attain that perfect medium-rare, Blackstone gas griddle is the ideal option for you. What better way for you to multitask and save time, than grilling different items simultaneously.

WHAT IS BLACKSTONE GAS GRIDDLE?

When you're looking for a way to produce perfectly grilled eggs without the pain of flipping them, a blackstone griddle is an indispensable tool.

You can cook up to four at once on this even-heating device that seals in the heat of your stovetop and creates seared edges. So, what exactly is a blackstone griddle? It's basically kind of like cooking with one ultra-large pan or grill; it's perfect for easy and quick meals.

Blackstone griddles are one of our favorite accessories because they are suited to cooking almost anything. You can use them to fry up bacon, cook pancakes, even bake a cake! They are made from cast iron and chrome plating, so they retain heat evenly and act as an ideal surface for searing a steak. They are also super easy to store since you can simply fold it flat. In fact, it is the best product of its kind since it has no springs or hinges that tend to fail over time on other models.

What we believe to be the best feature of this kitchen accessory is that it is dishwasher safe! Unlike other griddles, it has no rubbery hinge or air vents that would let heat escape from the cooking area. This makes cleaning easier and ensures that your food is well-cooked and evenly cooked. It also maintains heat for hours until you are ready to use it again.

Besides being an amazing tool for cooks, blackstone griddles have also won many awards such as Gourmet's 2009 Best Buy Award and Taster's Choice Award in 2009 by Cooking Light Magazine. This product can be used for roasting, meat searing, frying and baking. It is also foldable, which makes it extremely convenient for storage. What we love about blackstone griddles is that they are made from cast-iron material that is seasoned with a

proprietary blend of oils to ensure that the surface does not rust. It's very solid, and therefore, great for frying pan, inside a grill, or on the stovetop.

The blackstone griddle has four baking surfaces that are spaced 12 inches apart and are 21-1/2 inches long. These countertop cast-iron griddles are made to seal in heat. They have an easy-to-clean enamel finish that won't rust or stain like typical cast iron pans do. Each surface includes a textured finish knob that helps control heat when you're searing a steak. The blackstone griddle is durable and well constructed, and it has been able to withstand the elements over time. It is also extremely easy to clean since you can quickly wipe it off with a damp cloth or simply wash in the dishwasher. The blackstone griddle comes in both black and red colors, making it great for any kitchen decor!

To sum up, a blackstone griddle is the perfect accessory for preparing all kinds of tasty food. It can be used to cook everything from eggs to pancakes or even meat, without the hassle of moving around your stovetop as you try to heat up your pan evenly.



[The Components of Blackstone Gas Griddle](#)

It is difficult to know if you really need a blackstone gas griddle when you're looking at all the different brands available. One thing is for sure, though: once they know about it, your friends will keep bugging you to get one.

It is no secret that griddles are great for many reasons. They can sear meat and vegetables with intensely concentrated heat, while releasing those flavors of a well-cooked steak. But there might not be a griddle out there that's as versatile as the Blackstone Gas Griddle.

It's got an adjustable temperature control to let you refine your cooking method and maximize flavor or texture. It has two interchangeable cast iron plates so you can switch between searing and griddling on the fly, with minimal effort required from you! And forget about scrubbing it down

afterwards — just deactivate the flame on the gas burner with one lever then clean up is simple as wiping down the counters before bedtime.

The Blackstone gas griddle comes with various components when you purchase it some of the basic components and their usage are mention as follows.

Griddle Top

The griddle top is one of the main components that come with the 28-inch flat cooking surface area. It is made up of thick and cold rolled steel material. The griddle top is exactly fixed over the H shape gas burners. After well seasoning your griddle top you can place your food over it for cooking.

Side Mounted Shelf

The Blackstone griddle has a side-mounted shelf which is used to hold the ingredients, utensils, oil squeeze bottle, and more while cooking your food.

Griddle Legs

The Blackstone griddle comes with foldable griddle legs so you can easily move your griddle where you want. These legs also having a caster wheel which helps you to adjust the griddle position properly and the caser wheel have a lock mechanism to hold griddle stable while cooking your food.

Gas Controller Switch

The gas controller switch is used to control the gas flame and griddle cooking surface temperature. It comes with high to low settings; you can choose the settings as per your recipe needs. Both the gas controllers switch work independently so you can adjust two different temperature settings at a time to cook a variety of foods.

Ignition Switch

Ignition switch is used to ignite your Blackstone griddle. It is battery power operated switch. You have to set the gas controller high then immediately press the ignition switch to fire up the griddle burners automatically.

Drip Tray

The removable drip tray is exactly position at the bottom side of the

Blackstone griddle and fixed in between four legs of the griddle.



How the Blackstone Gas Griddle Works?

The operating process and working mechanism of Blackstone griddle are somewhat similar to another traditional griddle. The only difference between traditional

and Blackstone griddle is that traditional griddle cooking surface needs to be removed due to direct heat but in case of Blackstone griddle there is no need to remove the cooking surface from direct heat. The Blackstone griddle comes with a separate control valve to maintain the set temperature while grilling your favorite food. The following step by step operating instructions will help you to operate your Blackstone griddle easily.

Before starting your griddle first make sure the battery is properly installed into the ignition switch.

Make sure gas hose is properly connected with propane gas cylinder. Switch and release the gas into the gas control valve.

Now start your griddle by rotating the gas control valve at High setting and press the ignition switch immediately until you hear the flame sound.

Before placing your food on griddle cooking surface always preheat the griddle for 3 to 5 minutes for better cooking results.

Now your griddle is ready for cooking your favorite food.



Preparation and Maintenance

The proper storage and maintenance are necessary to increase the lifespan of your griddle. The following steps guide you for the storage and maintenance of your griddle.

1. After each use clean your griddle

When you start using your griddle it seasons automatically after each use. Cleaning is one of the important steps to keep your griddle clean and hygiene. Use hot water and a paper towel to clean the griddle surface. Do not use soapy water to clean the cooking surface use scrapper to clean the cooking area. You can clean the greasy surface with clean and dry paper towels.

2. Remove Rust

If you find any rust spot over the griddle then use 40 or 60 low grit sandpaper or you can also use steel wool to remove the rust spot scrub them properly.

3. Coat griddle after cleaning

After finishing the cleaning process give a thin coat of cooking spray over the griddle cooking surface to prevent rusting built up the overcooking surface area of the griddle.

4. Store and Maintain griddle

After finishing all the cleaning steps store your griddle in a cool and dry place. To prevent dust always keep your griddle covered and keep it away from the humid area.



Griddle Tools

The griddle tools are necessary accessories to make you a master chef in outdoor griddle cooking. The basic tools include spatula, scrapper and oil and water squeeze bottle. Some extra griddle tools like bacon grill press and basting covers make you cooking process fast and easy.

Basic Griddle Tools

Scrapper Tool

The scraper tool is made up of stainless steel material having a sharp blade-

like surface and comes with non-slip wooden handle for holding tool perfectly. The main use of the scraper tool is for digging and scrapping purpose. It is used to clean the top cooking surface for derbies and also use to lift cake, pie, pizza and tarts.

Spatula

The spatula is flat and broad tools made from sturdy stainless steel material; it comes with an ergonomic handle for easy grip. It is multipurpose tools used to flip, lift and mix you food like omelette, pancake, eggs, veggies and more. The spatulas are available in large medium and small sizes you can choose it as per your cooking needs.

Squeeze Bottles

The squeeze bottles are made up from BPA free plastic materials and used to spray or squeeze oils, water and sausage while cooking your food on griddle surface. The bottles are easy to carry and ideal for outdoor cooking.

Extra Griddle Tools

Basting Cover

The Basting tool is made from high-quality stainless steel material having stainless steel handle with heat resistant alloy. It is the ideal tool for steaming vegetables, melting cheese, roasting your food evenly and also keep your food warm. Choose a big size blasting covers to hold the number of patties and food at once.

Grill Press

The Grill press is made from heavy cast iron material having a wooden handle grip to hold easily. This tool is used as a steak weight and also uses to flatten the hamburgers, sandwiches and bacon. The grill press is mainly used to remove the excess oil and juices from your food.

BENEFITS OF BLACKSTONE GAS GRIDDLE

A Blackstone gas griddle is a great way to feed a crowd and have your breakfast or lunch spot serve the crowds at the same time. Featuring an innovative design that incorporates all the features of a standard grill, plus additional open space for pancakes, eggs, bacon and more! This flat top grill has 3 removable, stainless steel cooking surfaces. The bottom heated area is perfect for cooking traditional food such as burgers or sausages with just enough clearance to accommodate bread slices and buns.

The center piece features two fully adjustable burners which can be set up in either a “V” formation or parallel for different size pans available on the market today. The third section is a gas powered griddle with a cast aluminum top. The heat retention and even cooking temperature of the blackstone gas griddle allows for perfect cooking results every time.

This commercial grade restaurant equipment is perfect for any food service operation or home owner looking to bring the taste of the restaurant into their own home!

The Blackstone gas griddle is one of the best choices for your outdoor weekend parties. It comes with lots of benefits, as follows:

Strong Built Quality

The Blackstone outdoor gas griddle is made from stainless steel material protected with a black powder coating layer. It helps to increase the lifespan of the griddle by protecting them from rust. The topmost 28-inch cooking

surface plate is made from thick 7-gauge cold-rolled steel material. Overall Blackstone griddle comes with strongly built quality materials.

Versatile Cooking

The Blackstone outdoor gas griddle provides versatile cooking options while cooking different foods on the flat cooking surface area at the same time but different temperature settings. It allows you to make breakfast like tacos, pancakes, French toast, bacon eggs and cheese sandwich and more. For lunch you can make dishes like chicken, burger, pasta, steak, hotdogs and more. For a perfect dinner you can make special tuna, shrimp, salmon and more dishes. The Blackstone griddle provides you with an endless cooking experience like a professional chef.

Large and flat Cooking Surface area

The Blackstone gas griddle having the 28-inch large cooking surface area. It is large enough to hold 16 steaks, 28 hamburgers and 72 hotdogs into a single cooking cycle at a time. The flat griddle cooking surface area helps easily glide the spatula and scrapper over the cooking surface to flip your food. One of the main benefits of having a large cooking surface area is that food doesn't hold the moisture and you will get crispy results. The Blackstone gas griddle is one of the best cooking tools for enjoying your weekend parties.

Perfect Heat Control

The gas griddle comes with the heat control system. It is equipped with two separate gas control valve which creates two different temperature zones on flat griddle surface to cook food at two different temperature settings in a single cooking batch. The gas controller switches having heat settings from high to low.

Easy to clean

The greasy area of the top cooking surface of the griddle is clean easily with the help of scraper or spatula. You can also clean the top cooking surface of the griddle with the help of a paper towel. All the extra oil and juices drip from the food is collected into drip tray you just need to empty the drip tray and wash it with the help of soapy water.



Tips and Tricks

The Blackstone griddle is easy to operate you just need to follow the tips and tricks given below for successful griddle cooking.

Season Grill Cooking Surface Regularly

The top cooking surface area of the griddle is necessary to need seasoning periodically. The seasoning makes your cooktop surface non-stick and rust-free. It also improves the taste and texture of the food and makes your cleaning process easy.

Use basic griddle tools while cooking food

The Basic griddle tool like spatula, scrapper and squeeze bottles are important while using your griddle. Scrapper and spatula help to flip and mix your food and squeeze bottles are used to spray water, oil and sausage while cooking your food on griddle.

Food Preparations is important

Before starting the actual cooking process make sure all the necessary ingredients and raw foods are ready for the cook. When you start the actual cooking process there is no time for chopping and cutting your ingredients due to this there are chances of food burning. So always be ready with prepared ingredients before starting the cooking process.

Use Extra tools while cooking your food

The extra tools include a basting cover which helps to use steaming, roasting and melting your food. Another tool is grill press which allows you to press your food while cooking to remove the extra fat and oils from your food.

Use water while cooking your food

The water will help to cook your food faster. Just squeeze a little amount of water over hot griddle surface to produce steam which helps to cook your food faster.

BREAKFAST RECIPES

1. [Almond Pancakes](#)

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 2

INGREDIENTS:

- 1 egg
- 1/2 cup almond flour
- 1/2 tsp baking powder
- 1/2 tbsp heavy whipping cream
- 1 1/2 tbsp Swerve

DIRECTIONS:

1. Preheat the griddle to medium-low heat.
2. In a bowl, mix almond flour, Baking powder, sweetener, and salt.
3. In another bowl, whisk egg and heavy whipping cream.
4. Add dry ingredients into the wet and mix well.
5. Spray griddle top with cooking spray.
6. Drop batter onto the hot griddle top.
7. Cook pancakes until lightly golden brown from both sides.
8. Servings and enjoy.

NUTRITION: Calories 90 Fat 7 g Carbohydrates 13 g Sugar 11 Protein 4 g
Cholesterol 87 mg

2. [French Toast Sticks](#)

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 2

INGREDIENTS:

- 2 eggs
- 4 bread slices, cut each bread slice into 3 pieces vertically
- 2/3 cup milk
- 1/4 tsp ground cinnamon
- 1 tsp vanilla

DIRECTIONS:

1. Preheat the griddle to medium-low heat.
2. In a bowl, whisk eggs with cinnamon, vanilla, and milk.
3. Spray griddle top with cooking spray.
4. Dip each bread piece into the egg mixture and coat well.
5. Place coated bread pieces onto the hot griddle top and cook until golden brown from both sides.
6. Servings and enjoy.

NUTRITION: Calories 166 Fat 7 g Carbohydrates 14 g Sugar 5 g Protein 10.4 g Cholesterol 193 mg

3. Simple Cheese Sandwich

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 1

INGREDIENTS:

- 2 bread slices
- 2 tsp butter
- 2 cheese slices

DIRECTIONS:

1. Preheat the griddle to medium-low heat.
2. Place cheese slices on top of one bread slice and cover cheese with another bread slice.
3. Spread butter on top of both the bread slices.
4. Place sandwich on hot griddle top and cook until golden brown or

- until cheese is melted.
- Servings and enjoy.

NUTRITION: Calories 340 Fat 26 g Carbohydrates 9.8 g Sugar 1 g Protein 15.4 g Cholesterol 79 mg

4. Cauliflower Fritters

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Servings: 6

INGREDIENTS:

- 2 eggs
- 1 large head cauliflower, cut into florets
- 1 tbsp butter
- 1/2 tsp turmeric
- 1 tbsp Nutrition yeast
- 2/3 cup almond flour
- 1/4 tsp black pepper
- 1/2 tsp salt

DIRECTIONS:

1. Add cauliflower florets to a large pot.
2. Pour enough water to cover the cauliflower florets. Bring to boil for 8-10 minutes.
3. Drain cauliflower well and transfer in food processor and process until it looks like rice.
4. Transfer cauliflower rice into the large bowl.
5. Add remaining ingredients except for butter to the bowl and stir to combine.
6. Preheat the griddle to medium heat.
7. Melt butter onto the hot griddle top.
8. Make small patties from cauliflower mixture and place on hot griddle top and cook for 3-4 minutes on each side or until lightly golden brown.
9. Servings and enjoy.

NUTRITION: Calories 155 Fat 10 g Carbohydrates 11.1 g Sugar 3.9 g Protein 8.1 g Cholesterol 60 mg

5. Easy Banana Pancakes

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 6

INGREDIENTS:

- 2 eggs
- 2 tbsp vanilla protein powder
- 1 large banana, mashed
- 1/8 tsp baking powder

DIRECTIONS:

1. Preheat the griddle to medium-low heat.
2. Meanwhile, add all ingredients into the bowl and mix well until combined.
3. Spray griddle top with cooking spray.
4. Pour 3 tablespoons of batter onto hot griddle top to make a pancake.
5. Cook pancake until lightly browned from both sides.
6. Servings and enjoy.

NUTRITION: Calories 79 Fat 1.6 g Carbohydrates 5.5 g Sugar 3 g Protein 11 g Cholesterol 55 mg

6. Tomato Scrambled Egg

Preparation Time: 10 minutes

Cooking Time: 5 minutes

Servings: 2

INGREDIENTS:

- 2 eggs, lightly beaten
- 2 tbsp fresh basil, chopped
- 1 tbsp olive oil
- 1/2 tomato, chopped

- Pepper
- Salt

DIRECTIONS:

1. Preheat the griddle to medium heat.
2. Add oil on top of the griddle.
3. Add tomatoes and cook until softened.
4. Whisk eggs with basil, pepper, and salt.
5. Pour egg mixture on top of tomatoes and cook until eggs are set.
6. Servings and enjoy.

NUTRITION: Calories 125 Fat 12 g Carbohydrates 1 g Sugar 0.8 g Protein 5.8 g Cholesterol 164 mg

7. Caprese Omelet

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 2

INGREDIENTS:

- 6 eggs
- 3 oz cherry tomatoes, cut in halves
- 1 tbsp fresh basil
- 5 oz mozzarella cheese, sliced
- Pepper
- Salt

DIRECTIONS:

1. Preheat the griddle to medium-low heat
2. Whisk eggs in a bowl with pepper and salt. Stir in basil.
3. Spray griddle top with cooking spray.
4. Add tomatoes on hot griddle top and sauté for few minutes.
5. Pour egg mixture on top of tomatoes and wait until eggs are slightly firm.
6. Add mozzarella cheese slices on top and let the omelet set.
7. Servings and enjoy.

NUTRITION: Calories 515 Fat 40 g Carbohydrates 5.2 g Sugar 2.1 g
Protein 37 g Cholesterol 529 mg

8. Pumpkin Pancake

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 4

INGREDIENTS:

- 4 eggs
- 1/2 tsp cinnamon
- 1/2 cup pumpkin puree
- 1 cup almond flour
- 2 tsp liquid stevia
- 1 tsp baking powder

DIRECTIONS:

1. Preheat the griddle to medium-low heat.
2. In a bowl, mix almond flour, stevia, baking powder, cinnamon, pumpkin puree, and eggs until well combined.
3. Spray griddle top with cooking spray.
4. Drop batter onto the hot griddle top.
5. Cook pancakes until lightly golden brown from both sides.
6. Servings and enjoy.

NUTRITION Calories 235 Fat 18.5 g Carbohydrates 9.6 g Sugar 2.4 g
Protein 11.9 g Cholesterol 164 mg

9. Easy Cheese Omelet

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 2

INGREDIENTS:

- 6 eggs
- 7 oz cheddar cheese, shredded
- 3 oz butter

- Pepper
- Salt

DIRECTIONS:

1. In a bowl, whisk together eggs, half cheese, pepper, and salt.
2. Preheat the griddle to medium heat.
3. Melt butter on the hot griddle top.
4. Once butter is melted then pour egg mixture onto the griddle top and cook until set.
5. Add remaining cheese fold and Servings.

NUTRITION: Calories 892 Fat 80 g Carbohydrates 2.4 g Sugar 1.6 g Protein 41.7 g Cholesterol 687 mg

10. [Spinach Pancakes](#)

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 6

INGREDIENTS:

- 4 eggs
- 1 cup coconut milk
- 1/4 cup chia seeds
- 1 cup spinach, chopped
- 1/2 tsp black pepper
- 1/2 tsp ground nutmeg
- 1 tsp baking soda
- 1/2 cup coconut flour
- 1/2 tsp salt

DIRECTIONS:

1. In a bowl, whisk eggs with coconut milk until frothy.
2. Mix together all dry ingredients and add in the egg mixture and whisk until smooth.
3. Add spinach and stir well.
4. Preheat the griddle to medium-low heat.

5. Spray griddle top with cooking spray.
6. Pour 3-4 tablespoons of batter onto the hot griddle top and make a round pancake.
7. Cook pancake until lightly golden brown from both sides.
8. Servings and enjoy.

NUTRITION: Calories 111 Fat 7 g Carbohydrates 5 g Sugar 0.4 g Protein 6.3 g Cholesterol 109 mg

11. Spicy Egg Scrambled

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 2

INGREDIENTS:

- 4 eggs
- 2 tbsp cilantro, chopped
- 1/3 cup heavy cream
- 1 tomato, diced
- 3 tbsp butter
- 1 Serrano chili pepper, chopped
- 2 tbsp scallions, sliced
- 1/4 tsp pepper
- 1/2 tsp salt

DIRECTIONS:

1. Preheat the griddle to medium heat.
2. Melt butter on top of the hot griddle.
3. Add tomato and chili pepper and sauté for 2 minutes.
4. In a bowl, whisk eggs with cilantro, cream, pepper, and salt.
5. Pour egg mixture over tomato and chili pepper and stir until egg is set.
6. Garnish with scallions and Servings.

NUTRITION: Calories 355 Fat 33 g Carbohydrates 3 g Sugar 1.7 g Protein 12 g Cholesterol 401 mg

12. Chocolate Pancake

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 4

INGREDIENTS:

- 2 eggs
- 1/2 tsp baking powder
- 2 tbsp erythritol
- 1 1/2 tbsp cocoa powder
- 1/4 cup ground flaxseed
- 2 tbsp water
- 1 tsp nutmeg
- 1 tsp cinnamon
- 1/4 tsp salt

DIRECTIONS:

1. In a bowl, mix ground flaxseed, baking powder, erythritol, cocoa powder, spices, and salt.
2. Add eggs and stir well.
3. Add water and stir until batter is well combined.
4. Preheat the griddle to medium-low heat.
5. Spray griddle top with cooking spray.
6. Pour a large spoonful of batter on a hot griddle top and make a pancake.
7. Cook pancake for 3-4 minutes on each side.
8. Servings and enjoy.

NUTRITION: Calories 138 Fat 12 g Carbohydrates 11 g Sugar 8 g Protein 4.5 g Cholesterol 82 mg

13. Broccoli Omelet

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 2

INGREDIENTS:

- 4 eggs
- 1 cup broccoli, chopped and cooked
- 1 tbsp olive oil
- 1/4 tsp pepper
- 1/2 tsp salt

DIRECTIONS:

1. In a bowl, beat eggs with pepper, and salt.
2. Preheat the griddle to medium heat. Add oil to the griddle top.
3. Pour broccoli and egg mixture onto the hot griddle top and cook until set. Flip omelet and cook until lightly golden brown.
4. Servings and enjoy.

NUTRITION: Calories 203 Fat 16 g Carbohydrates 4 g Sugar 1.5 g Protein 12 g Cholesterol 327 mg

14. [Healthy Oatmeal Pancake](#)

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 2

INGREDIENTS:

- 6 egg whites
- 1 cup steel-cut oats
- 1/4 tsp vanilla
- 1 cup Greek yogurt
- 1/2 tsp baking powder
- 1 tsp liquid stevia
- 1/4 tsp cinnamon

DIRECTIONS:

1. Preheat the griddle to medium-low heat.
2. Add oats to a blender and blend until a fine powder is a form.
3. Add remaining ingredients into the blender and blend until well combined.
4. Spray griddle top with cooking spray.

5. Pour 1/4 cup batter onto the hot griddle top.
6. Cook pancake until golden brown from both sides.
7. Servings and enjoy.

NUTRITION: Calories 295 Fat 4 g Carbohydrates 37 g Sugar 9 g
Protein 23 g Cholesterol 7 mg

15. Classic Buttermilk Pancakes

Servings: 4

Preparation Time: 5 minutes

Cooking Time: 10 minutes

INGREDIENTS:

- 2 cups all purpose flour
- 3 tablespoons sugar
- 1 1/2 teaspoons baking powder
- 1 1/2 teaspoons baking soda
- 1 1/4 teaspoons salt
- 2 1/2 cups buttermilk
- 2 eggs
- 3 tablespoons unsalted butter, melted
- vegetable oil

DIRECTIONS:

1. In a large bowl, combine the flour, sugar, baking soda, baking powder, and salt.
2. Stir in the buttermilk, eggs, and butter, and mix until combined but not totally smooth.
3. Heat your griddle to medium heat and add a small amount of oil. Using a paper towel, spread the oil over the griddle in a very thin layer.
4. Use a ladle to pour the batter onto the griddle allowing a few inches between pancakes.
5. When the surface of the pancakes is bubbly, flip and cook a few additional minutes. Remove the pancakes from the griddle and Servings immediately with butter and maple syrup.

NUTRITION: Calories: 432, Sodium: 458 mg, Dietary Fiber: 1.7g, Fat: 12.8.g, Carbs: 65.1g Protein: 14.4g

16. Fluffy Blueberry Pancakes

Servings: 2

Preparation Time: 10 minutes

Cooking Time: 10 minutes

INGREDIENTS:

- 1 cup flour
- 3/4 cup milk
- 2 tablespoons white vinegar
- 2 tablespoons sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 egg
- 2 tablespoons butter, melted
- 1 cup fresh blueberries
- butter for cooking

DIRECTIONS:

1. In a bowl, combine the milk and vinegar. Set aside for two minutes.
2. In a large bowl, combine the flour, sugar, baking powder, baking soda, and salt. Stir in the milk, egg, blueberries, and melted butter. Mix until combined but not totally smooth.
3. Heat your griddle to medium heat and add a little butter. Pour the pancakes onto the griddle and cook until one side is golden brown. Flip the pancakes and cook until the other side is golden.
4. Remove the pancakes from the griddle and serve with warm maple syrup.

NUTRITION: Calories: 499, Sodium: 356 mg, Dietary Fiber: 3.5g, Fat: 16.5.g, Carbs: 76.2g Protein: 12.9g

17. Simple French Crepes

Servings: 4

Preparation Time: 1 hour

Cooking Time: 15 minutes

INGREDIENTS:

- 1 1/4 cups flour
- 3/4 cup whole milk
- 1/2 cup water
- 2 eggs
- 3 tablespoons unsalted butter, melted
- 1 teaspoon vanilla
- 2 tablespoon sugar

DIRECTIONS:

1. In a large bowl, add all the ingredients and mix with a whisk. Make sure the batter is smooth. Rest for 1 hour.
2. Heat your Blackstone Griddle to medium heat and add a thin layer of butter. Add about 1/4 cup of the batter. Using a crepe spreading tool, form your crepe and cook for 1-2 minutes. Use your Crepe Spatula and flip. Cook for another minute.
3. Top with Nutella and strawberries for a sweet crepe, or top with scrambled eggs and black forest ham for a savory crepe

NUTRITION: Calories: 303, Sodium: 112mg, Dietary Fiber: 1.1g, Fat: 12.7g, Carbs: 38.2g Protein: 8.4g

18. Classic Denver Omelet

Servings: 2

Preparation Time: 5 minutes

Cooking Time: 10 minutes

INGREDIENTS:

- 6 large eggs
- 1/4 cup country ham, diced
- 1/4 cup yellow onion, finely chopped
- 1/4 cup green bell pepper, chopped
- 2/3 cup cheddar cheese, shredded

- 1/4 teaspoon cayenne pepper
- salt and black pepper
- 2 tablespoons butter

DIRECTIONS:

1. Heat your griddle to medium heat and place the butter onto the griddle.
2. Add the ham, onion, and pepper to the butter and cook until the vegetables have just softened.
3. Beat the eggs in a large bowl and add a pinch of salt and the cayenne pepper.
4. Split the vegetables into two portions on the griddle and add half of the eggs to each portion. Cook until the eggs have begun to firm up, and then add the cheese to each omelet.
5. Fold the omelets over and remove from the griddle. Servings immediately.

NUTRITION: Calories: 507, Sodium: 747 mg, Dietary Fiber: 0.8g, Fat: 40.5g, Carbs: 4.9g Protein: 31.5g

19. Bacon and Gruyere Omelet

Servings: 2

Preparation Time: 5 minutes

Cooking Time: 15 minutes

INGREDIENTS:

- 6 eggs, beaten
- 6 strips bacon
- 1/4 lb gruyere, shredded
- 1 teaspoon black pepper
- 1 teaspoon salt
- 1 tablespoon chives, finely chopped
- vegetable oil

DIRECTIONS:

1. Add salt to the beaten eggs and set aside for 10 minutes.

2. Heat your griddle to medium heat and add the bacon strips. Cook until most of the fat has rendered, but bacon is still flexible. Remove the bacon from the griddle and place on paper towels.
3. Once the bacon has drained, chop into small pieces.
4. Add the eggs to the griddle in two even pools. Cook until the bottom of the eggs starts to firm up. Add the gruyere to the eggs and cook until the cheese has started to melt and the eggs are just starting to brown.
5. Add the bacon pieces and use a spatula to turn one half of the omelet onto the other half. Remove from the griddle, season with pepper and chives and Servings.

NUTRITION: Calories: 734, Sodium: 855 mg, Dietary Fiber: 0.3g, Fat: 55.3g, Carbs: 2.8g Protein: 54.8g

20. Bacon Egg and Cheese Sandwich

Servings 4

Preparation Time: 5 minutes

Cooking Time: 10 minutes

INGREDIENTS:

- 4 large eggs
- 8 strips of bacon
- 4 slices cheddar or American cheese
- 8 slices sourdough bread
- 2 tablespoons butter
- 2 tablespoons vegetable oil

DIRECTIONS:

1. Heat your griddle to medium heat and place the strips of bacon on one side. Cook until just slightly crispy.
2. When the bacon is nearly finished, place the oil on the other side of the griddle and crack with eggs onto the griddle. Cook them either sunny side up or over medium.
3. Butter one side of each slice of bread and place them butter side down on the griddle. Place a slice of cheese on 4 of the slices of bread and when the cheese has just started to melt and the eggs are

- finished, stack the eggs on the bread.
4. Add the bacon to the sandwiches and place the other slice of bread on top. Servings immediately.

NUTRITION: Calories: 699, Sodium: 1148 mg, Dietary Fiber: 1.5g, Fat: 47.7g, Carbs: 37.8g Protein: 29.3g

21. Sausage and Vegetable Scramble

Servings: 4

Preparation Time: 10 minutes

Cooking Time: 20 minutes

INGREDIENTS:

- 8 eggs, beaten
- 1/2 lb sausage, sliced into thin rounds or chopped
- 1 green bell pepper, sliced
- 1 yellow onion, sliced
- 1 cup white mushrooms, sliced
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- vegetable oil

DIRECTIONS:

1. Preheat the griddle to medium-high heat.
2. Brush the griddle with vegetable oil and add the peppers and mushrooms. Cook until lightly browned and then add the onions. Season with salt and pepper and cook until the onions are soft.
3. Add the sausage to the griddle and mix with the vegetables. Cook until lightly browned.
4. Add the eggs and mix with the vegetables and cook until eggs reach desired doneness. Use a large spatula to remove the scramble from the griddle and Servings immediately.

NUTRITION: Calories: 342, Sodium: 1131 mg, Dietary Fiber: 1.2g, Fat: 24.9g, Carbs: 6.3g, Protein: 23.2g

22. Classic Steak and Eggs

Servings: 4

Preparation Time: 10 minutes

Cooking Time: 10 minutes

INGREDIENTS:

- 1 pound Sirloin, cut into 4 1/2-inch thick pieces
- 8 large eggs
- 3 tablespoons vegetable oil
- salt and black pepper

DIRECTIONS:

1. Preheat griddle to medium-high heat on one side and medium heat on the other.
2. Season the steaks with a generous amount of salt and pepper.
3. Place steaks on the medium high side and cook for 3 minutes and add the oil to the medium heat side.
4. Flip the steaks and crack the eggs onto the medium heat side of the griddle.
5. After 3 minutes remove the steaks from the griddle and allow to rest 5 minutes. Finish cooking the eggs and place two eggs and one piece of steak on each plate to Servings. Season the eggs with a pinch of salt and pepper.

NUTRITION: Calories: 444, Sodium: 215 mg, Dietary Fiber: 0g, Fat: 27.2g, Carbs: 0.8g Protein: 47g

23. Toad in a Hole

Servings: 4

Preparation Time: 10 minutes

Cooking Time: 5 minutes

INGREDIENTS:

- 4 slices white, wheat, or sourdough bread
- 4 eggs
- 2 tablespoons butter
- salt and black pepper

DIRECTIONS:

1. Preheat griddle to medium heat add the butter, spreading it around.
2. Cut a hole in the center of each slice of bread.
3. Place the slices of bread on the griddle and crack an egg into the holes in each slice of bread.
4. Cook until the bread begins to brown, then flip and cook until the egg whites are firm.
5. Remove from the griddle and season with salt and black pepper before serving.

NUTRITION: Calories: 206, Sodium: 311 mg, Dietary Fiber: 0.8g, Fat: 10.7g, Carbs: 18.4g Protein: 9.4g

24. Ultimate Breakfast Burrito

Servings: 2

Preparation Time: 5 minutes

Cooking Time: 20 minutes

INGREDIENTS:

- 4 eggs
- 4 strips bacon
- 1 large russet potato, peeled and cut into small cubes
- 1 red bell pepper
- 1/2 yellow onion
- 1 ripe avocado, sliced
- 2 tablespoon hot sauce
- 2 large flour tortillas
- vegetable oil

DIRECTIONS:

1. Preheat the griddle to medium-high heat on one side and medium heat on the other side. Brush with vegetable oil and add the bacon to the medium heat side and peppers and onions to the medium-high side.
2. When the bacon finishes cooking, place on paper towels and chop into small pieces. Add the potatoes to the bacon fat on the griddle.

Cook the potatoes until softened.

3. Add the eggs to the vegetable side and cook until firm. Place the ingredients onto the tortillas and top with slices of avocado and a tablespoon of hot sauce. Fold the tortillas and enjoy.

NUTRITION: Calories: 793, Sodium: 1800 mg, Dietary Fiber: 10.7g, Fat: 41.3g, Carbs: 73.4g Protein: 35.8g

25. Mexican Scramble

Servings: 4

Preparation Time: 5 minutes

Cooking Time: 10 minutes

INGREDIENTS:

- 8 eggs, beaten
- 1 lb Chorizo
- 1/2 yellow onion
- 1 cup cooked black beans
- 1/2 cup green chilies
- 1/2 cup jack cheese
- 1/4 cup green onion, chopped
- 1/2 teaspoon black pepper
- vegetable oil

DIRECTIONS:

1. Preheat a griddle to medium heat. Brush the griddle with vegetable oil and add the chorizo to one side and the onions to the other side.
2. When the onion has softened, combine it with the chorizo and add the beans and chilies.
3. Add the eggs, cheese, and green onion and cook until eggs have reached desired firmness.
4. Remove the scramble from the griddle and season with black pepper before serving.

NUTRITION: Calories: 843, Sodium: 1554 mg, Dietary Fiber: 9.2g, Fat: 54.1g, Carbs: 38.2g Protein: 50.7g

26. Hash Brown Scramble

Servings: 4

Preparation Time: 10 minutes

Cooking Time: 10 minutes

INGREDIENTS:

- 2 russet potatoes, shredded, rinsed, and drained
- 8 eggs, beaten
- 1 cup cheddar cheese
- 6 slices bacon, cut into small pieces
- 1/3 cup green onion, chopped
- vegetable oil

DIRECTIONS:

1. Preheat griddle to medium heat and brush with vegetable oil.
2. On one side, place the potatoes on the griddle and spread in a 1/2 inch thick layer. Cook the potatoes until golden brown and then flip. Add the bacon to the other side of the griddle and cook until the fat has rendered.
3. Add the eggs and cheese to the top of the hash browns and stir in the bacon and green onion. Cook until the cheese has melted and divide equally among 4 plates.

NUTRITION: Calories: 470, Sodium: 965 mg, Dietary Fiber: 2.8g, Fat: 30.2g, Carbs: 18.8g Protein: 30.6g

27. Golden Hash Browns

Servings: 4

Preparation Time: 10 minutes

Cooking Time: 15 minutes

INGREDIENTS:

- 3 russet potatoes, peeled
- 1 tablespoon onion powder
- 1 tablespoon salt
- 1 teaspoon black pepper

- vegetable oil

DIRECTIONS:

1. Using the largest holes on a box grater, grate the potatoes and place in a large bowl. When all of the potatoes have been grated, rinse with water.
2. Squeeze as much water out of the potatoes as possible and return to the bowl.
3. Add the onion powder, salt, and pepper to the bowl and stir to combine.
4. Preheat your griddle to medium heat and add a thin layer of oil. Spread the potato mixture onto the grill creating a layer about 1/2 inch thick. Cook for approximately 8 minutes.
5. Working in sections using a large spatula, turn the potatoes and cook an additional 5 to 8 minutes or until both sides are golden brown.
6. Remove the potatoes from the griddle in sections and add to plates. Sprinkle with a pinch of salt and Servings immediately.

NUTRITION: Calories: 118. Sodium: 1755 mg, Dietary Fiber: 4.1g, Fat: 0.2g, Carbs: 26.8g Protein: 2.9g

28. Potato Bacon Hash

Servings: 6 – 8

Preparation Time: 30 minutes

Cooking Time: 3 hours

INGREDIENTS:

- 6 slices thick cut bacon
- 2 russet potatoes, cut into 1/2 inch chunks
- 1 yellow onion, chopped
- 1 red bell pepper, chopped
- 1 clove garlic, finely chopped
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 tablespoon Tabasco sauce

DIRECTIONS:

1. Set your griddle to medium heat and cook the bacon until just crispy.
2. Add the potato, onion, and bell pepper to the griddle and cook until the potato has softened. Use the large surface of the griddle to spread out the ingredients.
3. When the potato has softened, add the garlic, salt, and pepper.
4. Chop the bacon into small pieces and add it to the griddle. Stir the mixture well and add the hot sauce right before removing the hash from the griddle. Servings immediately.

NUTRITION: Calories: 154, Sodium: 475 mg, Dietary Fiber: 1.8g, Fat: 10.2g, Carbs:11.3g Protein: 4.5g

29. Classic French Toast

Servings: 4

Preparation Time: 5 minutes

Cooking Time: 10 minutes

INGREDIENTS:

- 6 eggs, beaten
- 1/4 cup “half and half” or heavy cream
- 8 slices thick cut white or sourdough bread
- 2 tablespoons sugar
- 1 tablespoon cinnamon
- 1 teaspoon salt
- butter
- powdered sugar
- maple syrup

DIRECTIONS:

1. Heat your griddle to medium heat.
2. In a large bowl, combine the eggs, cream, sugar, cinnamon, and salt. Mix well until smooth.
3. Lightly grease the griddle with butter or vegetable oil.
4. Dip each slice of bread in the mixture until well saturated with egg

then place onto the griddle.

5. When the French toast has begun to brown, flip and cook until the other side has browned as well. About four minutes.
6. Remove the French toast from the griddle, dust with powdered sugar, and Servings with warm maple syrup.

NUTRITION: Calories: 332, Sodium: 593 mg, Dietary Fiber: 2.4g, Fat: 10.5.g, Carbs: 44.2g Protein: 16g

30. Fluffy Breakfast Pancakes

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 5

INGREDIENTS:

- 4 eggs
- 2 tbsp swerve
- 1 tbsp coconut oil
- 1/2 cup butter, melted
- 2 cups almond flour
- 1 tsp baking powder
- 1/2 tsp vanilla
- 1/4 cup of water
- Pinch of salt

DIRECTIONS:

1. Add all ingredients into the blender and blend until well combined.
2. Preheat the griddle to medium heat.
3. Spray griddle top with cooking spray.
4. Pour 1/3 cup of pancake batter on hot griddle top and cook until pancake edges are firm.
5. Flip to other side and cook for a minute.
6. Servings and enjoy.

NUTRITION: Calories 495 Fat 47 g Carbohydrates 11.2 g Sugar 1.9 g Protein 14.2 g Cholesterol 180 mg

31. Broccoli Hash Browns

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Servings: 12

INGREDIENTS:

- 1 egg
- 4 oz cheddar cheese, shredded
- 3 cups broccoli rice
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 3 cups cauliflower rice
- Pepper
- Salt

DIRECTIONS:

1. Add broccoli rice and cauliflower rice in a microwave-safe bowl and microwave for 5 minutes. Squeeze out all excess liquid of broccoli and cauliflower rice.
2. Add vegetable rice to a bowl.
3. Add egg, garlic powder, onion powder, cheese, pepper, and salt and mix well to combine.
4. Preheat the griddle to medium heat.
5. Spray griddle top with cooking spray.
6. Make patties from mixture and place on hot griddle top and cook until lightly browned from both sides.
7. Servings and enjoy.

NUTRITION: Calories 115 Fat 7.2 g Carbohydrates 6.2 g Sugar 2.2 g Protein 7.9 g Cholesterol 47 mg

32. Cream Cheese Pancakes

Preparation Time: 5 minutes

Cooking Time: 5 minutes

Servings: 2

INGREDIENTS:

- 2 eggs
- 2 oz cream cheese
- 1/2 tsp cinnamon
- 1 tbsp erythritol

DIRECTIONS:

1. Add all ingredients into the blender and blend until smooth.
2. Preheat the griddle to medium heat.
3. Spray griddle top with cooking spray.
4. Pour 1/4 cup of batter on hot griddle top and cook for 2 minutes.
5. Flip pancake and cook for 1 minute.
6. Servings and enjoy.

NUTRITION: Calories 163 Fat 14.3 g Carbohydrates 1.6 g Sugar 0.4 g Protein 7.7 g Cholesterol 195 mg

33. Cheese Tomato Omelet

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 1

INGREDIENTS:

- 3 eggs
- 2 tbsp sun-dried tomatoes, chopped
- 2 tbsp mozzarella cheese, shredded
- 1 tbsp fresh basil, chopped
- 2 tbsp ricotta cheese, shredded

DIRECTIONS:

1. Preheat the griddle to medium heat.
2. Spray griddle top with cooking spray.
3. In a bowl, whisk together eggs, sun-dried tomatoes, and basil.
4. Pour egg mixture on hot griddle top and cook until eggs are done.
5. Mix together mozzarella cheese and ricotta.
6. Add mozzarella mixture on top of the omelet and cook for 1-2 minutes.

7. Servings and enjoy.

NUTRITION: Calories 441 Fat 31 g Carbohydrates 4.9 g Sugar 1.7 g Protein 36.4 g Cholesterol 61 mg

34. Cheese Olive Omelet

Preparation Time: 5 minutes

Cooking Time: 5 minutes

Servings: 4

INGREDIENTS:

- 4 large eggs
- 2 tbsp olive oil
- 1 tsp herb de Provence
- 2 oz cheese
- 8 olives, pitted
- 1/2 tsp salt

DIRECTIONS:

1. Add eggs, salt, olives, herb de Provence, and olive oil in a bowl and whisk well.
2. Preheat the griddle to medium heat.
3. Spray griddle top with cooking spray.
4. Pour egg mixture on hot griddle top and cook for 3 minutes or until omelet lightly golden brown.
5. Turn omelet and cook for 2 minutes more.
6. Servings and enjoy.

NUTRITION: Calories 252 Fat 23 g Carbohydrates 1 g Sugar 0.5 g Protein 10 g Cholesterol 216 mg

35. Coconut Pancakes

Preparation Time: 5 minutes

Cooking Time: 5 minutes

Servings: 1

INGREDIENTS:

- 2 eggs
- 1/2 tsp cinnamon
- 2 oz cream cheese
- 1 tbsp coconut flour
- 5 drops liquid stevia

DIRECTIONS:

1. Add all ingredients into the bowl and blend until smooth.
2. Preheat the griddle to medium heat.
3. Spray griddle top with cooking spray.
4. Pour batter half batter on hot griddle top and cook until lightly golden brown from both sides.
5. Servings and enjoy.

NUTRITION: Calories 385 Fat 30 g Carbohydrates 12 g Sugar 1 g Protein 17 g Cholesterol 390 mg

36. Spinach Egg Scramble

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Servings: 1

INGREDIENTS:

- 3 eggs, lightly beaten
- 4 mushrooms, chopped
- 1/2 cup spinach, chopped
- 1/4 cup bell peppers, chopped
- Pepper
- Salt

DIRECTIONS:

1. Preheat the griddle to medium heat.
2. Spray griddle top with cooking spray.
3. Add chopped vegetables on hot griddle top and sauté until softened.
4. Add eggs, pepper, and salt and stir until eggs are set and scrambled.

5. Servings and enjoy.

NUTRITION: Calories 335 Fat 27 g Carbohydrates 6 g Sugar 3 g Protein 19 g Cholesterol 491 mg

37. Healthy Cauliflower Pancakes

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 3

INGREDIENTS:

- 2 eggs
- 1 tbsp flax meal
- 1/2 cup scallions, sliced
- 1/2 cauliflower head, grated
- 1/2 tsp pepper
- 1 1/2 tsp salt

DIRECTIONS:

1. Add grated cauliflower and 1 tsp salt in a bowl and mix well. Set aside for 20 minutes.
2. After 20 minutes squeeze out all liquid from cauliflower.
3. Add squeezed cauliflower into a mixing bowl.
4. Add remaining ingredients and mix well.
5. Preheat the griddle to medium heat.
6. Spray griddle top with cooking spray.
7. Add spoonfuls of cauliflower mixture on hot griddle top and flatten out into small pancakes.
8. Cook pancake for 2-3 minutes on each side.
9. Servings and enjoy.

NUTRITION: Calories 197 Fat 17.9 g Carbohydrates 5.2 g Sugar 1.7 g Protein 5.9 g Cholesterol 145 mg

38. Greek Omelet

Preparation Time: 5 minutes

Cooking Time: 5 minutes

Servings: 1

INGREDIENTS:

- 2 eggs
- 1 tbsp water
- 2 oz mozzarella cheese
- 1 tomato, cut into thin slices
- 6 fresh basil leaves
- Pepper
- Salt

DIRECTIONS:

1. In a small bowl, whisk together eggs and water.
2. Preheat the griddle to medium heat.
3. Spray griddle top with cooking spray.
4. Pour egg mixture on hot griddle top and cook for 30 seconds.
5. Spread tomatoes, basil, and cheese on top of the omelet. Season with pepper and salt.
6. Cook for 2 minutes until egg firm.
7. Fold omelet in half and cook on low for a minute.
8. Servings and enjoy.

NUTRITION: Calories 405 Fat 30.4 g Carbohydrates 5.2 g Sugar 2.3 g Protein 27.8 g Cholesterol 388 mg

39. Cauliflower Hash Browns

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Servings: 12

INGREDIENTS:

- 3 eggs
- 3 oz onion, chopped
- 1 lb cauliflower, grated
- 1/2 cup parmesan cheese, grated
- 1/2 cup almond flour
- 1 1/2 tsp lemon pepper

- 1/2 tsp baking powder
- 1 tsp salt

DIRECTIONS:

1. Add all ingredients into the mixing bowl and mix until well combined.
2. Preheat the griddle to medium heat.
3. Spray griddle top with cooking spray.
4. Make patties from mixture and place on hot griddle top and cook until lightly browned from both sides.
5. Servings and enjoy.

NUTRITION: Calories 106 Fat 6.5 g Carbohydrates 4 g Sugar 1.5 g Protein 7.3 g Cholesterol 51 mg

40. [Kale Omelet](#)

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Servings: 3

INGREDIENTS:

- 4 eggs
- 4 cups kale, chopped
- 1 tbsp fresh sage, chopped
- 1/3 cup parmesan cheese, grated
- 1/2 tsp pepper
- 1/2 tsp salt

DIRECTIONS:

1. Preheat the griddle to medium heat.
2. Spray griddle top with cooking spray.
3. Add kale on hot griddle top and cook for minutes or until wilted.
4. In a bowl, beat eggs then add parmesan, sage, pepper, and salt.
5. Pour egg mixture and cook for 8-10 minutes or until firm.
6. Servings and enjoy.

NUTRITION: Calories 410 Fat 27.3 g Carbohydrates 10.4 g Sugar 0.5 g
Protein 26.2 g Cholesterol 258 mg

SANDWICHES AND BREAD RECIPES

41. Peanut Butter Sandwich

Preparation Time: 10 minutes

Cooking Time: 5 minutes

Servings: 1

INGREDIENTS:

- 2 bread slices
- 1/2 banana, cut into slices
- 4 tbsp peanut butter
- 1/4 tsp cinnamon
- 1 tbsp honey

DIRECTIONS:

1. Take one bread slice and spread with peanut butter then top with banana slices.
2. Drizzle with honey and sprinkle with cinnamon. Cover with remaining bread slice.
3. Preheat the griddle to high heat.
4. Spray griddle top with cooking spray.
5. Place sandwich on hot griddle top and cook for 5 minutes or until golden brown from both sides.
6. Servings and enjoy.

NUTRITION: Calories 542 Fat 33 g Carbohydrates 53 g Sugar 31.3 g Protein 18.1 g Cholesterol 0 mg

42. Blueberry Sandwich

Preparation Time: 10 minutes

Cooking Time: 5 minutes

Servings: 1

INGREDIENTS:

- 2 bread slices
- 1/4 cup blueberries
- 1 tbsp cream cheese

DIRECTIONS:

1. Take one bread slice and spread it with cream cheese then top with blueberries. Cover with remaining bread.
2. Preheat the griddle to high heat.
3. Spray griddle top with cooking spray.
4. Place sandwich on hot griddle top and cook for 5 minutes or until golden brown from both sides.
5. Servings and enjoy.

NUTRITION: Calories 104 Fat 4.2 g Carbohydrates 14.6 g Sugar 4.4 g Protein 2.4 g Cholesterol 11 mg

43. Chicken Sandwich

Preparation Time: 10 minutes

Cooking Time: 5 minutes

Servings: 1

INGREDIENTS:

- 2 bread slices
- 1 cup chicken, cooked and chopped
- 1/2 cup baby spinach
- 1 tbsp garlic ranch dressing
- 1 tbsp butter
- 2 tomato slices
- 4 bacon slices, cooked
- 2 cheese slices

DIRECTIONS:

1. Spread butter on one side of each bread slice.
2. Take 1 bread slice and spread with garlic ranch dressing then top with chicken, spinach, bacon, tomato, and cheese.
3. Cover with remaining bread slice.
4. Preheat the griddle to high heat.
5. Spray griddle top with cooking spray.
6. Place sandwich on hot griddle top and cook for 5 minutes or until golden brown from both sides.
7. Servings and enjoy.

NUTRITION: Calories 732 Fat 45.3 g Carbohydrates 13.1 g Sugar 1.9 g Protein 57 g Cholesterol 197 mg

44. Artichoke Bruschetta

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 4

INGREDIENTS:

- 8 oz baguette bread, cut into 1-inch slices
- 2 tbsp olive oil
- For topping:
- 1 cup can artichokes, drained & chopped
- 2 cups baby spinach, chopped
- 1/4 cup mayonnaise
- 1/4 cup parmesan cheese, grated
- 1/2 tsp salt

DIRECTIONS:

1. Preheat the griddle to medium heat.
2. Brush bread slices with oil and place on hot griddle top and cook until lightly golden brown from both sides.
3. In a bowl, add all topping ingredients and mix well.
4. Spoon topping mixture over bread slices.
5. Servings and enjoy.

NUTRITION: Calories 304 Fat 13.3 g Carbohydrates 36.7 g Sugar 2.5 g

Protein 9 g Cholesterol 8 mg

45. Tangy Chicken Sandwiches

Preparation time: 30 minutes

Cooking Time: 20 Minutes

Servings: 4

INGREDIENTS:

- 2 lbs. chicken breast, sliced into 4 cutlets
- potato buns, toasted
- For the marinade:
- 1/2 cup pickle juice
- tablespoon Dijon mustard
- 1 teaspoon paprika
- 1/2 teaspoon black pepper
- 1/2 teaspoon salt

DIRECTIONS:

1. Mix marinade ingredients together in a mixing bowl.
2. Place chicken in marinade and marinate for 30 minutes in the refrigerator.
3. Preheat griddle to medium-high. Wipe off extra marinade and sear chicken for 7 minutes per side, or until a meat thermometer reaches 165°F.
4. Allow chicken to rest for 5 minutes after griddling and Servings on toasted buns.

NUTRITION: Calories: 265, Sodium: 685 mg, Dietary Fiber: 0.6 g, Fat: 6g, Carbs: 1.1g, Protein: 48.4g.

46. Savory Chicken Burgers

Servings: 3

Preparation time: 10 minutes

Cooking TIME: 20 minutes

INGREDIENTS:

- 1 lb. ground chicken

- 1/2 red onion, finely chopped
- 1 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon black pepper
- 1/2 teaspoon salt
- 3 tablespoons vegetable oil
- 3 potato buns, toasted

DIRECTIONS:

1. In a large bowl, combine the ground chicken, onion, garlic powder, onion powder, pepper, and salt. Mix well to combine. Form the chicken mixture into three equal patties. Don't work the mixture too much or the burgers will be too dense.
2. Heat your griddle to medium-high heat. Add the vegetable oil.
3. When the oil is shimmering, add the chicken patties and cook 5 minutes per side, or until the patties reach 165°F.
4. Remove the patties from the griddle and allow to rest for five minutes before serving on the toasted buns.

NUTRITION: Calories: 420, Sodium: 519 mg, Dietary Fiber: 0.6 g, Fat: 24.8g, Carbs: 2.8g, Protein: 44.2g.

47. Sun-Dried Tomato and Chicken Flatbreads

Preparation time: time: 5 minutes

Cooking Time: 7 minutes

Servings: 4

INGREDIENTS:

- flat breads or thin pita bread
- For the topping:
- 1/2 cups of sliced Griddle chicken, pre-cooked or leftovers
- 1/2 cup sun-dried tomatoes, coarsely chopped
- leaves fresh basil, coarsely chopped
- cups mozzarella cheese, shredded
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1 teaspoon red pepper flakes

- Olive or chili oil, for serving

DIRECTIONS:

1. Preheat the griddle to low heat.
2. Mix all the topping ingredients together in a large mixing bowl with a rubber spatula.
3. Lay flatbreads on griddle, and top with an even amount of topping mixture; spreading to the edges of each.
4. Tent the flatbreads with foil for 5 minutes each, or until cheese is just melted.
5. Place flatbreads on a flat surface or cutting board, and cut each with a pizza cutter or kitchen scissors.
6. Drizzle with olive or chili oil to Servings!

NUTRITION: Calories: 276, Sodium: 1061 mg, Dietary Fiber: 1.9g Fat: 5.7g, Carbs: 35.7g Protein: 19.8g

48. Turkey Pesto Panini

Preparation time: time: 5 minutes

Cooking Time: 6 minutes

Servings: 2

INGREDIENTS:

- tablespoon olive oil
- slices French bread
- 1/2 cup pesto sauce
- slices mozzarella cheese
- cups chopped leftover turkey
- 1 Roma tomato, thinly sliced
- 1 avocado, halved, seeded, peeled and sliced

DIRECTIONS:

1. Preheat griddle to medium-high heat.
2. Brush each slice of bread with olive oil on one side.
3. Place 2 slices olive oil side down on the griddle.
4. Spread 2 tablespoons pesto over 1 side of French bread.

5. Top with one slice mozzarella, turkey, tomatoes, avocado, a second slice of mozzarella, and top with second half of bread to make a sandwich; repeat with remaining slices of bread.
6. Cook until the bread is golden and the cheese is melted, about 2-3 minutes per side.
7. Servings warm with your favorite salad or soup.

NUTRITION: Calories: 1129, Sodium: 1243 mg, Dietary Fiber: 10g, Fat: 70.9g, Carbs: 53.2g Protein: 73g

49. Classic American Burger

Preparation time: time: 15 minutes

Cooking Time: 35 minutes

Servings: 6

INGREDIENTS:

- 2 lbs. ground beef, at least 20% fat
- kosher salt
- black pepper
- tomato, sliced
- 1 yellow or red onion, sliced
- 1 head iceberg lettuce, cut into flats
- thick pieces of American or medium cheddar cheese
- seeded buns or potato buns, toasted

DIRECTIONS:

1. Divide the ground beef into 6 equals loosely formed balls. Press the balls on a flat surface to make patties. Do not over work them.
2. Generously season the patties with salt and black pepper.
3. Heat your griddle to medium-high heat.
4. Place the patties on the griddle and press down to ensure that the surface makes contact. Cook for three to four minutes.
5. Flip the patties and top with cheese. Cook an additional three to four minutes. The cheese should melt by then.
6. Remove the burgers from the griddle and place them on the buns. Top with lettuce, tomato, and onion, as well as your favorite condiments.

NUTRITION: Calories: 410, Sodium: 305 mg, Dietary Fiber: 0.9g, Fat: 18.8g, Carbs: 4.1g Protein: 53.4g

50. Layered Beef & Corn Burger

Preparation time: time: 20 minutes

Cooking Time: 30 minutes

Servings: 6

INGREDIENTS:

- large egg, lightly beaten
- 1 cup whole kernel corn, cooked
- 1/2 cup bread crumbs
- tablespoons shallots, minced
- 1 teaspoon Worcestershire sauce
- pounds ground beef
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon ground sage

DIRECTIONS:

1. Combine the egg, corn, bread crumbs, shallots, and Worcestershire sauce in a mixing bowl and set aside.
2. Combine ground beef and seasonings in a separate bowl.
3. Line a flat surface with waxed paper.
4. Roll beef mixture into 12 thin burger patties.
5. Spoon corn mixture into the center of 6 patties and spread evenly across within an inch of the edge.
6. Top each with a second circle of meat and press edges to seal corn mixture in the middle of each burger.
7. Griddle over medium heat, for 12-15 minutes on each side or until thermometer reads 160°F and juices run clear.

NUTRITION: Calories: 354, Sodium: 578 mg, Dietary Fiber: 1.2g Fat: 11.1g, Carbs: 12.3g Protein: 49.1g

51. Pork Tenderloin Sandwiches

Preparation time: time: 10 minutes

Cooking Time: 25 minutes

Servings: 6

INGREDIENTS:

- 2 (3/4-lb.) pork tenderloins
- teaspoon garlic powder
- 1 teaspoon sea salt
- 1 teaspoon dry mustard
- 1/2 teaspoon coarsely ground pepper
- Olive oil, for brushing
- whole wheat hamburger buns
- tablespoons barbecue sauce

DIRECTIONS:

1. Stir the garlic, salt, pepper, and mustard together in a small mixing bowl.
2. Rub pork tenderloins evenly with olive oil, then seasoning mix.
3. Preheat griddle to medium-high heat, and cook 10 to 12 minutes on each side or until a meat thermometer inserted into thickest portion registers 155°F.
4. Remove from griddle and let stand 10 minutes.
5. Slice thinly, and evenly distribute onto hamburger buns.
6. Drizzle each sandwich with barbecue sauce and Servings.

NUTRITION: Calories: 372, Sodium: 694 mg, Dietary Fiber: 2.9g, Fat: 13.4g, Carbs: 24.7g Protein: 37.2g

52. Cheesy Ham and Pineapple Sandwich

Preparation time: time: 10 minutes

Cooking Time: 20 minutes

Servings: 4

INGREDIENTS:

- (10 ounce) package deli sliced ham
- pineapple rings
- slices swiss cheese

- 8 slices of thick bread
- Butter, softened, for brushing

DIRECTIONS:

1. Butter one side of all the slices of bread and heat your griddle to medium heat.
2. On top of each piece of bread, stack 1/4 of the ham, a pineapple ring, and 1 slice of cheese.
3. Place the sandwiches on the griddle and top with another slice of bread.
4. Cook until the bottom bread is golden brown, then flip and cook until the other side of the bread is browned and the cheese is melted.

NUTRITION: Calories: 594, Sodium: 3184 mg, Dietary Fiber: 0.3g, Fat: 40.3g, Carbs: 4.7g Protein: 47.7g

53. Croque Madame

Preparation time: time: 10 minutes

Cooking Time: 10 minutes

Servings: 2

INGREDIENTS:

- tablespoons butter
- tablespoon flour
- 2/3 cup milk
- slices thick cut bread
- slices black forest ham
- slices gruyere cheese
- Salt and black pepper
- eggs

DIRECTIONS:

1. In a small saucepan over medium heat, melt one tablespoon of butter and add the flour. Whisk until just browned and add the milk. Stir until the sauce has thickened. Remove from heat and

- season with salt and pepper.
2. Heat your griddle to medium heat. Butter one side of each slice of bread and add a generous amount of the bechamel sauce to the other side.
 3. Place two slices of ham on top of each sandwich and top with the other slice of bread. Place on the griddle and cook until golden brown. Flip the sandwiches and top with the gruyere cheese. On the other side of the griddle, crack the eggs and cook until the whites are firm.
 4. Cook until the other side of the sandwich is golden brown and the gruyere has melted on top. Top each sandwich with a fried egg before serving.

NUTRITION: Calories: 538, Sodium: 1019 mg, Dietary Fiber: 2.4g Fat: 35.2g, Carbs: 17.8g Protein: 36.9g

54. Salmon Burgers

Preparation time: 10 minutes

Cooking Time: 15 minutes

Servings: 4

INGREDIENTS:

- potato buns
- 2 lbs. salmon, finely chopped
- 1/2 red onion, finely chopped
- stalk celery, finely chopped
- 1/2 teaspoon garlic powder
- teaspoons Dijon mustard
- teaspoon salt
- slices tomato
- tablespoons vegetable oil

DIRECTIONS:

1. In a large bowl, combine the chopped salmon, onion, celery, garlic powder, mustard, and salt. Mix well and form into 4 equal patties.
2. Heat your griddle to medium heat and add the vegetable oil. When oil is shimmering add the salmon patties, cooking 6 to 7 minutes

per side. Remove from the griddle, place on the buns and top with sliced tomato to Servings.

NUTRITION: Calories: 512, Sodium: 935 mg, Dietary Fiber: 3.7g Fat: 22.5g, Carbs: 32.4g Protein: 49.5g

55. Ultimate Griddle Cheese

Preparation time: 10 minutes

Cooking Time: 10 minutes

Servings: 4

INGREDIENTS:

- 8 slices sourdough bread
- slices provolone cheese
- slices yellow American cheese
- 4 slices sharp cheddar cheese
- 4 slices tomato
- 3 tablespoons mayonnaise
- 3 tablespoons butter

DIRECTIONS:

1. Heat your griddle to medium heat.
2. Butter one side of each piece of bread and spread mayo on the other side.
3. Place the buttered side down on the griddle and stack the cheeses on top.
4. Place the other pieces of bread, butter side up on top of the cheese and cook until golden brown. Flip and cook until the other piece of bread is golden brown as well and the cheese is melted.
5. Remove from the griddle, slice in half and enjoy.

NUTRITION: Calories: 521, Sodium: 1044 mg, Dietary Fiber: 1.7g Fat: 30.1g, Carbs: 41.4g Protein: 22g

56. Garlic Parmesan Griddle Cheese Sandwiches

Preparation time: 2 minutes

Cooking Time: 7 minutes

Servings: 1

INGREDIENTS:

- 2 slices Italian bread, sliced thin
- 2 slices provolone cheese
- 2 tablespoons butter, softened
- Garlic powder, for dusting
- Dried parsley, for dusting
- Parmesan Cheese, shredded, for dusting

DIRECTIONS:

1. Spread butter evenly across 2 slices of bread and sprinkle each buttered side with garlic and parsley.
2. Sprinkle a few tablespoons of Parmesan cheese over each buttered side of bread and gently press the cheese into the bread.
3. Preheat the griddle to medium heat and place one slice of bread, buttered side down, into the griddle.
4. Top with provolone slices and second slice of bread with the butter side up.
5. Cook 3 minutes, and flip to cook 3 minutes on the other side; cook until bread is golden and parmesan cheese is crispy.
6. Servings warm with your favorite sides!

NUTRITION: Calories: 575, Sodium: 1065 mg, Dietary Fiber: 2.8g, Fat: 45.1g, Carbs: 18.1g Protein: 27.6g

57. Griddle Pizza Cheese

Preparation time: 10 minutes

Cooking Time: 20 minutes

Servings: 4

INGREDIENTS:

- 8 slices French bread
- 3 tablespoons butter, softened
- 1/2 cup pizza sauce
- 1/4 cup mozzarella cheese
- 1/2 cup pepperoni diced

- Garlic powder, for dusting
- Oregano, for dusting

DIRECTIONS:

1. Spread butter on one side of each French bread slice.
2. Place butter side down on a piece of aluminum foil and dust with garlic powder and oregano.
3. Spread pizza sauce on opposite side of all French bread slices.
4. Top 4 slices of bread with mozzarella cheese, a few slices of pepperoni, and additional mozzarella.
5. Place remaining French bread slices on top of pizza topped bread, butter side up, to create 4 sandwiches.
6. Preheat the griddle to medium heat and place one slice of bread, buttered side down into the griddle.
7. Cook, 3 minutes and flip to cook 3 minutes on the other side; cook until bread is golden and cheese is melted.
8. Servings warm and enjoy!

Nutrition: Calories: 305, Sodium: 664 mg, Dietary Fiber: 2.3g, Fat: 12g, Carbs: 40.4g Protein: 9.4g

58. Mini Portobello Burgers

Preparation time: 15 minutes

Cooking Time: 15 minutes

Servings: 4

INGREDIENTS:

- portobello mushroom caps
- slices mozzarella cheese
- 4 buns, like brioche
- For the marinade:
 - 1/4 cup balsamic vinegar
 - 2 tablespoons olive oil
 - teaspoon dried basil
 - 1 teaspoon dried oregano
 - 1 teaspoon garlic powder
 - 1/4 teaspoon sea salt

- ¼ teaspoon black pepper

DIRECTIONS:

1. Whisk together marinade ingredients in a large mixing bowl. Add mushroom caps and toss to coat.
2. Let stand at room temperature for 15 minutes, turning twice.
3. Preheat griddle for medium-high heat.
4. Place mushrooms on the griddle; reServings marinade for basting.
5. Cook for 5 to 8 minutes on each side, or until tender.
6. Brush with marinade frequently.
7. Top with mozzarella cheese during the last 2 minutes of cooking.
8. Remove from griddle and Servings on brioche buns.

NUTRITION: Calories: 248, Sodium: 429 mg, Dietary Fiber: 2.1g Fat: 13.5g, Carbs: 20.3g Protein: 13g

59. [Veggie Pesto Flatbread](#)

Preparation time: time: 40 minutes

Cooking Time: 10 minutes

Servings: 4

INGREDIENTS:

- 2 flatbreads
- jar pesto
- cup shredded mozzarella cheese
- For the topping:
- 1/2 cup cherry tomatoes, halved
- 1 small red onion, sliced thin
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1/2 cup mixed black and green olives, halved
- 1 small yellow squash or zucchini, sliced
- teaspoon olive oil
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper

DIRECTIONS:

1. Preheat the griddle to low heat.
2. Spread an even amount of pesto onto each flatbread.
3. Top with ½ cup mozzarella cheese each.
4. Mix all the topping ingredients together in a large mixing bowl with a rubber spatula.
5. Lay flatbreads on griddle, and top with an even amount of topping mixture; spreading to the edges of each.
6. Tent the flatbreads with foil for 5 minutes each, or until cheese is just melted.
7. Place flatbreads on a flat surface or cutting board, and cut each with a pizza cutter or kitchen scissors.
8. Servings warm!

NUTRITION: Calories: 177 Sodium: 482 mg, Dietary Fiber: 1.7g Fat: 11.9g, Carbs: 12.6g Protein: 5.5g

60. Griddle Vegetable Pizza

Preparation time: 30 minutes

Cooking Time: 10 minutes

Servings: 6

INGREDIENTS:

- 8 small fresh mushrooms, halved
- small zucchini, cut into 1/4-inch slices
- small yellow pepper, sliced
- 1 small red pepper, sliced
- 1 small red onion, sliced
- 1 tablespoon white wine vinegar
- 1 tablespoon water
- teaspoons olive oil, divided
- 1/2 teaspoon dried basil
- 1/4 teaspoon sea salt
- 1/4 teaspoon pepper
- 1 prebaked, 12-inch thin whole wheat pizza crust
- 1 can (8 ounces) pizza sauce
- small tomatoes, chopped
- cups shredded part-skim mozzarella cheese

DIRECTIONS:

1. Preheat your griddle to medium-high heat.
2. Combine mushrooms, zucchini, peppers, onion, vinegar, water, 3 teaspoons oil and seasonings in a large mixing bowl.
3. Transfer to griddle and cook over medium heat for 10 minutes or until tender, stirring often.
4. Brush crust with remaining oil and spread with pizza sauce.
5. Top evenly with Griddle vegetables, tomatoes and cheese.
6. Tent with aluminum foil and griddle over medium heat for 5 to 7 minutes or until edges are lightly browned and cheese is melted.
7. Servings warm!

NUTRITION: Calories: 111, Sodium: 257 mg, Dietary Fiber: 1.7g Fat: 5.4g, Carbs: 12.2g Protein: 5g

61. Bacon Jalapeno Wraps

Preparation time: 5 minutes

Cooking Time: 10 minutes

Servings: 4

INGREDIENTS:

- package bacon, uncured and nitrate free
- fresh jalapeno peppers, halved lengthwise and seeded
- 1 (8 ounce) package cream cheese
- 1 dozen toothpicks, soaked

DIRECTIONS:

1. Preheat your griddle to high heat.
2. Fill jalapeno halves with cream cheese.
3. Wrap each with bacon. Secure with a toothpick.
4. Place on the griddle, and cook until bacon is crispy, about 5 to 7 minutes per side.
5. Remove to a platter to cool and Servings warm.

NUTRITION: Calories: 379, Sodium: 1453 mg, Dietary Fiber: 0.9g Fat: 33.4g, Carbs: 3.5g Protein: 16.3g

VEGETABLES, TOFU AND FRUITS

62. Stir Fry Mushrooms

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 2

INGREDIENTS:

- 10 oz mushrooms, sliced
- 1/4 cup olive oil
- 1 tbsp garlic, minced
- 1/4 tsp dried thyme
- Pepper
- Salt

DIRECTIONS:

1. Preheat the griddle to high heat.
2. Add 2 tablespoons of oil to the hot griddle top.
3. Add mushrooms, garlic, thyme, pepper, and salt and sauté mushrooms until tender.
4. Drizzle remaining oil and Servings.

NUTRITION: Calories 253 Fat 25.6 g Carbohydrates 6.2 g Sugar 2.5 g Protein 4.7 g Cholesterol 0 mg

63. Stir Fry Vegetables

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Servings: 4

INGREDIENTS:

- 2 medium potatoes, cut into small pieces
- 3 medium carrots, peeled and cut into small pieces
- 1/4 cup olive oil
- 1 small rutabaga, peeled and cut into small pieces
- 2 medium parsnips, peeled and cut into small pieces
- Pepper
- Salt

DIRECTIONS:

1. Preheat the griddle to high heat.
2. In a large bowl, toss vegetables with olive oil.
3. Transfer vegetables onto the hot griddle top and stir fry until vegetables are tender.
4. Servings and enjoy.

NUTRITION: Calories 218 Fat 12.8 g Carbohydrates 25.2 g Sugar 6.2 g Protein 2.8 g Cholesterol 0 mg

64. Easy Fried Rice

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 2

INGREDIENTS:

- 4 cups rice, cooked
- 2 large eggs
- 2 tbsp green onion, sliced
- 2 tbsp olive oil
- 1 tsp salt

DIRECTIONS:

1. In a bowl, whisk eggs and set aside.
2. Preheat the griddle to high heat.

3. Spray griddle top with cooking spray.
4. Add cooked rice on hot griddle top and fry until rice separate from each other.
5. Push rice to one side of the griddle top. Add oil to the griddle and pour beaten egg.
6. Add salt and mix egg quickly with rice and cook until rice grains are covered by egg.
7. Add green onion and stir fry for 2 minutes.
8. Servings and enjoy.

NUTRITION: Calories 557 Fat 19.8 g Carbohydrates 79.6 g Sugar 0.7 g Protein 14 g Cholesterol 186 mg

65. Healthy Zucchini Noodles

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 4

INGREDIENTS:

- 4 small zucchinis, spiralized
- 1 tbsp soy sauce
- 2 onions, spiralized
- 2 tbsp olive oil
- 1 tbsp sesame seeds
- 2 tbsp teriyaki sauce

DIRECTIONS:

1. Preheat the griddle to high heat.
2. Add oil to the hot griddle top.
3. Add onion and sauté for 4-5 minutes.
4. Add zucchini noodles and cook for 2 minutes.
5. Add sesame seeds, teriyaki sauce, and soy sauce and cook for 4-5 minutes.
6. Servings and enjoy.

NUTRITION: Calories 124 Fat 8.4 g Carbohydrates 11.3 g Sugar 5.7 g Protein 3.2 g Cholesterol 0 mg

66. Easy Seared Green Beans

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 6

INGREDIENTS:

- 1 1/2 lbs. green beans, trimmed
- 1 1/2 tbsp rice vinegar
- 3 tbsp soy sauce
- 1 1/2 tbsp sesame oil
- 2 tbsp sesame seeds, toasted
- 1 1/2 tbsp brown sugar
- 1/4 tsp black pepper

DIRECTIONS:

1. Cook green beans in boiling water for 3 minutes and drain well.
2. Transfer green beans to chilled ice water and drain again. Pat dry green beans.
3. Preheat the griddle to high heat.
4. Add oil to the hot griddle top.
5. Add green beans and stir fry for 2 minutes.
6. Add soy sauce, brown sugar, vinegar, and pepper and stir fry for 2 minutes more.
7. Add sesame seeds and toss well to coat.
8. Servings and enjoy.

NUTRITION: Calories 100 Fat 5 g Carbohydrates 11.7 g Sugar 3.9 g Protein 3.1 g Cholesterol 0 mg

67. Stir Fry Bok Choy

Preparation Time: 10 minutes

Cooking Time: 5 minutes

Servings: 4

INGREDIENTS:

- 2 heads bok choy, trimmed and cut crosswise

- 1 tsp sesame oil
- 2 tsp soy sauce
- 2 tbsp water
- 1 tbsp butter
- 1 tbsp peanut oil
- 1 tbsp oyster sauce
- 1/2 tsp salt

DIRECTIONS:

1. In a small bowl, mix together soy sauce, oyster sauce, sesame oil, and water and set aside.
2. Preheat the griddle to high heat.
3. Add oil to the hot griddle top.
4. Add bok choy and salt and stir fry for 2 minutes.
5. Add butter and soy sauce mixture and stir fry for 1-2 minutes.
6. Servings and enjoy.

NUTRITION: Calories 122 Fat 8.2 g Carbohydrates 9.5 g Sugar 5 g Protein 6.5 g Cholesterol 8 mg

68. Sautéed Vegetables

Preparation Time: 10 minutes

Cooking Time: 5 minutes

Servings: 4

INGREDIENTS:

- 2 medium zucchinis, cut into matchsticks
- 2 tbsp coconut oil
- 2 tsp garlic, minced
- 1 tbsp honey
- 3 tbsp soy sauce
- 1 tsp sesame seeds
- 2 cups carrots, cut into matchsticks
- 2 cups snow peas

DIRECTIONS:

1. In a small bowl, mix together soy sauce, garlic, and honey and set aside.
2. Preheat the griddle to high heat.
3. Add oil to the hot griddle top.
4. Add carrots, snow peas, and zucchini, and sauté for 1-2 minutes.
5. Add soy sauce mixture and stir fry for 1 minute.
6. Garnish with sesame seeds and Servings.

NUTRITION: Calories 160 Fat 7.5 g Carbohydrates 20.2 g Sugar 12.1 g Protein 5.3 g Cholesterol 0 mg

69. Stir Fry Cabbage

Preparation Time: 10 minutes

Cooking Time: 5 minutes

Servings: 4

INGREDIENTS:

- 1 cabbage head, tear cabbage leaves, washed and drained
- 2 green onion, sliced
- 1 tbsp ginger, minced
- 2 garlic cloves, minced
- 1 tbsp soy sauce
- 1/2 tbsp vinegar
- 4 dried chilies
- 2 tbsp olive oil
- 1/2 tsp salt

DIRECTIONS:

1. Preheat the griddle to high heat.
2. Add oil to the hot griddle top.
3. Add ginger, garlic, and green onion and sauté for 2-3 minutes.
4. Add dried chilies and sauté for 30 seconds.
5. Add cabbage, vinegar, soy sauce, and salt and stir fry for 1-2 minutes over high heat until cabbage wilted.
6. Servings and enjoy.

NUTRITION: Calories 115 Fat 7.3 g Carbohydrates 12.7 g Sugar 6 g

Protein 2.9 g Cholesterol 0 mg

70. Pineapple Fried Rice

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 4

INGREDIENTS:

- 3 cups cooked brown rice
- 1/2 cup frozen corn
- 2 carrots, peeled and grated
- 1 onion, diced
- 2 garlic cloves, minced
- 2 tbsp olive oil
- 1/2 tsp ginger powder
- 1 tbsp sesame oil
- 3 tbsp soy sauce
- 1/4 cup green onion, sliced
- 1/2 cup ham, diced
- 2 cups pineapple, diced
- 1/2 cup frozen peas

DIRECTIONS:

1. In a small bowl, whisk soy sauce, ginger powder, and sesame oil and set aside.
2. Preheat the griddle to high heat.
3. Add oil to the hot griddle top.
4. Add onion and garlic and sauté for 3-4 minutes.
5. Add corn, carrots, and peas and stir constantly for 3-4 minutes.
6. Stir in cooked rice, green onions, ham, pineapple, and soy sauce mixture and stir continuously for 2-3 minutes.
7. Servings and enjoy.

NUTRITION: Calories 375 Fat 13.3 g Carbohydrates 57.6 g Sugar 12.7 g
Protein 9.4 g Cholesterol 10 mg

71. Italian Zucchini Slices

Preparation Time: 10 minutes

Cooking Time: 5 minutes

Servings: 4

INGREDIENTS:

- 2 zucchinis, cut into 1/2-inch-thick slices
- 1 tsp Italian seasoning
- 2 garlic cloves, minced
- 1/4 cup butter, melted
- 1 1/2 tbsp fresh parsley, chopped
- 1 tbsp fresh lemon juice
- Pepper
- Salt

DIRECTIONS:

1. In a small bowl, mix melted butter, lemon juice, Italian seasoning, garlic, pepper, and salt.
2. Brush zucchini slices with melted butter mixture.
3. Preheat the griddle to high heat.
4. Place zucchini slices on the griddle top and cook for 2 minutes per side.
5. Transfer zucchini slices on serving plate and garnish with parsley.
6. Servings and enjoy.

NUTRITION: Calories 125 Fat 12 g Carbohydrates 4.1 g Sugar 1.9 g Protein 1.5 g Cholesterol 31 mg

72. Polenta With Rosemary

Preparation time: 5 minutes | Cooking time: 10 minutes | Servings: 4-6

INGREDIENTS:

- 24-oz. log prepared polenta
- 2 teaspoon extra-virgin olive oil
- garlic salt to taste
- lemon pepper to taste
- 2 tablespoons chopped rosemary

DIRECTIONS:

1. Preheat Griddle on high. Cut the polenta into 12½-inch thick slices. Place the slices on a baking sheet.
2. Brush both sides of the polenta rounds with oil and season lightly with garlic salt, lemon pepper, and sprinkle with chopped rosemary leaves. Lightly oil the grill rack and.
3. Grill your polenta slices over high heat until nicely browned, within 3 to 5 minutes per side. Remove from heat and serve on a heated platter.

NUTRITION: Calories: 71 Carbs: 16g Fat: 1g Protein: 2g

73. Griddle Leeks

Preparation time: 6 minutes | Cooking time: 14 minutes | Servings: 4

INGREDIENTS:

- 4 leeks (1–1½ pounds)
- Salt and pepper, as needed
- olive oil, as needed

DIRECTIONS:

1. Heat a Griddle for medium to medium-low heat. Trim the root ends of your leeks and cut away the tough green tops.
2. Make a long vertical slit through the center of the leek from the root end through the remaining green part, but not cutting through to the other side. Rinse well to get the sand out from between the layers. Sprinkle both sides with salt.
3. Open up the leeks and Place them on the grill directly, cut side down, pressing down gently with a spatula to make sure the layers fan out over the heat.
4. Cook until they have fully softened, 6 to 8 minutes, depending on their thickness. Brush with some oil, turn and cook until the bottom browns, 1 to 3 minutes.
5. Brush the top using oil, turn, then cook for another 1 to 3 minutes. Transfer the leeks to a plate, sprinkle with pepper, and serve hot, warm, or room temperature.

NUTRITION: Calories: 63 Carbs: 9g Fat: 3g Protein: 1g

74. Grilled Okra

Preparation time: 5 minutes | Cooking time: 5-10 minutes | Servings: 4

INGREDIENTS:

- 1½ pounds okra pods, stem ends trimmed
- 2 tablespoons good-quality olive oil
- 2 teaspoons coarse sea salt

DIRECTIONS:

1. Heat a Griddle for medium heat. Place the okra in a bowl. Spry with the oil and toss to coat completely. Sprinkle with the salt and toss again.
2. Place the okra on the grill directly. Cook it while turning them once or twice, until the pods turn bright green within 5 to 10 minutes. Transfer to your platter and serve hot or at room temperature.

NUTRITION: Calories: 27 Carbs: 6g Fat: 0g Protein: 2g

75. Griddle Plum-Tomatoes

Preparation time: 5 minutes | Cooking time: 1-3 hours | Servings: 4

INGREDIENTS:

- 4 plum tomatoes
- olive oil for brushing
- Salt and pepper, as needed

DIRECTIONS:

1. Heat a Griddle for medium to low indirect. Cut the tomatoes in half lengthwise. Brush them with oil and sprinkle the cut sides with salt and pepper.
2. Place the tomatoes on the indirect side of the grill, cut side up. If the temperature is closer to medium, keep the tomatoes some distance from the heat to avoid charring.
3. Close the grill and cook until shriveled, but you can still see signs

- of moisture, at least 1 hour and up to 3 hours.
4. About halfway through, move and rotate the tomatoes, so they cook evenly. Transfer to your platter and serve hot.

NUTRITION: Calories: 100 Carbs: 16g Fat: 1g Protein: 5g

76. Glazed Tofu Steaks with Mango Salsa

Preparation time: 10 minutes + marinating time | Cooking time: 4-5 minutes

Servings: 4-6

INGREDIENTS:

- 1 bunch fresh cilantro
- 2/3 cup white vegetable stock (below)
- ¼ cup lemon juice
- 1 tablespoon crushed red pepper
- ¼ cup minced fresh ginger
- 1 tablespoon brown sugar
- 1 teaspoon blackstrap molasses
- 5 garlic cloves
- black pepper, to taste
- 1 small fresh pineapple
- 2 mangos
- 1 ¼ pound firm tofu, drained, cut lengthwise into four 1-inch thick “steaks.”

DIRECTIONS:

1. Chop the cilantro to make ½ cup and set aside 1 tablespoon of it for salsa.
2. In a medium-sized baking dish, combine the chopped cilantro and the stock, lemon juice, red pepper, ginger, sugar, molasses, garlic, and black pepper. Mix and add the tofu.
3. Marinate it for 2 hours at room temperature. Peel the pineapple and mangos, then finely chop, discard pineapple skin and core, and mango skin and pit.
4. Combine the fruit and 1 tablespoon of the reserved chopped cilantro in a medium serving bowl. Set it aside at room temperature to let the flavors combine.

5. Prepare the outdoor griddle for medium heat Drain tofu, reserving marinade.
6. Lightly oil grill and place tofu on grill over griddle the tofu until lightly browned, 4-5 minutes, frequently brushing with the marinade and turning once. Serve the tofu steaks with the pineapple and mango mixture.

NUTRITION: Calories: 138 Carbs: 7g Fat: 9g Protein: 8g

77. [Ratatouille](#)

Preparation time: 15 minutes | Cooking time: 26 minutes | Servings: 6-8

INGREDIENTS:

- 1 red onion, cut into ½-inch-thick slices, and skewered
- 2 pounds eggplant, sliced into ¾-inch-thick rounds
- 1½ pounds zucchini or summer squash, sliced lengthwise into ½-inch-thick planks
- 2 bell peppers, stemmed, seeded, and halved, each half cut into thirds
- 1 pound tomatoes, cored and halved
- ¼ cup extra-virgin olive oil, plus extra for brushing
- Salt and pepper, to taste
- 3 tablespoons sherry vinegar
- ¼ cup chopped fresh basil
- 1 tablespoon minced fresh thyme
- 1 garlic clove, minced to paste

DIRECTIONS:

1. Place onion, eggplant, zucchini, bell peppers, and tomatoes on a baking sheet, brush with oil, and season with salt and pepper. Whisk ¼ cup oil, vinegar, basil, thyme, and garlic in a large bowl.
2. Turn all your burners to high, cover, then heat the grill until hot, within 15 minutes. Turn all burners to medium-high.
3. Place vegetables on grill and cook, turning once, until tender and streaked with grill marks, 10 to 12 minutes for onion, 8 to 10 minutes for eggplant and squash, 7 to 9 minutes for peppers, and 4 to 5 minutes for tomatoes. Remove vegetables and let cool slightly.

4. Chop the vegetables into ½-inch pieces and add to oil mixture; toss to coat. Season with salt plus pepper to taste, and serve warm or at room temperature.

NUTRITION: Calories: 189 Carbs: 15g Fat: 12g Protein: 3g

78. Mediterranean Grilled Broccoli

Preparation time: 10 minutes | Cooking time: 6 minutes | Servings: 6

INGREDIENTS:

- 4 cups broccoli florets
- 1 1/2 tsp garlic, minced
- 1 1/2 tsp Italian seasoning
- 1 tbsp lemon juice
- 4 tbsp olive oil
- 1/4 tsp pepper
- 1 1/4 tsp kosher salt

DIRECTIONS:

1. Add broccoli and remaining ingredients into the bowl and mix well. Cover and place in the refrigerator for 1 hour—Preheat the griddle to high heat.
2. Spray griddle top with cooking spray. Place broccoli florets on a hot griddle top and cook for 3 minutes on each side. Serve and enjoy.

NUTRITION: Calories 106 Fat 9.9 g Carbohydrates 4.5 g Protein 1.8 g

79. Spinach Salad With Tomato Melts

Preparation time: 5 minutes | Cooking time: 6 minutes | Servings: 4

INGREDIENTS:

- 1 or 2 large fresh tomatoes (enough for 4 thick slices across)
- 2 tablespoons good-quality olive oil, plus more for brushing
- Salt and pepper
- 2 teaspoons white wine vinegar
- 1 teaspoon Dijon mustard

- 3 cups baby spinach
- 6 slices cheddar cheese (about 4 ounces)

DIRECTIONS:

1. Core the tomatoes and cut 4 thick slices (about 1 inch); save the trimmings. Brush them using oil and sprinkle with salt and pepper on both sides.
2. Whisk the 2 tablespoons of oil, vinegar, and mustard together in a bowl. Chop the trimmings from the tomatoes; add them to the dressing along with the spinach, and toss until evenly coated.
3. Set the griddle grill to medium-high heat. Oil your griddle and allow it to heat until the oil is shimmering but not smoking. Put the tomato slices and cook for 3 minutes.
4. Turn the tomatoes, top each slice with a slice of cheddar, and cook until the cheese is melted 2 to 3 minutes. Transfer to plates and serve with the salad on top.

NUTRITION: Calories: 121 Carbs: 17g Fat: 15g Protein: 8g

POULTRY

80. [Classic BBQ Chicken](#)

Servings: 4-6

Preparation Time: 5 minutes

Cooking Time: 1 hour 45 minutes

INGREDIENTS:

- 4 pounds of your favorite chicken, including legs, thighs, wings, and breasts, skin-on
- Salt
- Olive oil
- 1 cup barbecue sauce, like Hickory Mesquite or homemade

DIRECTIONS:

1. Rub the chicken with olive oil and salt.
2. Preheat the griddle to high heat.
3. Sear chicken skin side down on the grill for 5-10 minutes.
4. Turn the griddle down to medium low heat, tent with foil and cook for 30 minutes.
5. Turn chicken and baste with barbecue sauce.
6. Cover the chicken again and allow to cook for another 20 minutes.
7. Baste, cover and cook again for 30 minutes; repeat basting and turning during this time.
8. The chicken is done when the internal temperature of the chicken pieces are 165°F and juices run clear.
9. Baste with more barbecue sauce to Servings!

NUTRITION: Calories: 539, Sodium: 684 mg, Dietary Fiber: 0.3 g, Fat: 11.6 g, Carbs: 15.1 g, Protein: 87.6 g.

81. California Seared Chicken

Servings: 4

Preparation Time: 35 minutes

Cooking Time: 20 minutes

INGREDIENTS:

- 4 boneless, skinless chicken breasts
- 3/4 cup balsamic vinegar
- 2 tablespoons extra virgin olive oil
- 1 tablespoon honey
- 1 teaspoon oregano
- 1 teaspoon basil
- 1 teaspoon garlic powder
- For garnish:
- Sea salt
- Black pepper, fresh ground
- 4 slices fresh mozzarella cheese
- 4 slices avocado
- 4 slices beefsteak tomato
- Balsamic glaze, for drizzling

DIRECTIONS:

1. Whisk together balsamic vinegar, honey, olive oil, oregano, basil and garlic powder in a large mixing bowl.
2. Add chicken to coat and marinate for 30 minutes in the refrigerator.
3. Preheat griddle to medium-high. Sear chicken for 7 minutes per side, or until a meat thermometer reaches 165°F.
4. Top each chicken breast with mozzarella, avocado, and tomato and tent with foil on the griddle to melt for 2 minutes.
5. Garnish with a drizzle of balsamic glaze, and a pinch of sea salt and black pepper.

NUTRITION: Calories: 883, Sodium: 449 mg, Dietary Fiber: 15.2 g, Fat: 62.1 g, Carbs: 29.8 g, Protein: 55.3 g.

82. Sweet Chili Lime Chicken

Servings: 4

Preparation Time: 35 minutes

Cooking Time: 15 minutes

INGREDIENTS:

- ½ cup sweet chili sauce
- ¼ cup soy sauce
- 1 teaspoon mirin
- 1 teaspoon orange juice, fresh squeezed
- 1 teaspoon orange marmalade
- 2 tablespoons lime juice
- 1 tablespoon brown sugar
- 1 clove garlic, minced
- 4 boneless, skinless chicken breasts
- Sesame seeds, for garnish

DIRECTIONS:

1. Whisk sweet chili sauce, soy sauce, mirin, orange marmalade, lime and orange juice, brown sugar, and minced garlic together in a small mixing bowl.
2. Set aside ¼ cup of the sauce.
3. Toss chicken in sauce to coat and marinate 30 minutes.
4. Preheat your griddle to medium heat.
5. Put the chicken on the griddle and cook each side for 7 minutes.
6. Baste the cooked chicken with remaining marinade and garnish with sesame seeds to Servings with your favorite sides.

NUTRITION: Calories: 380, Sodium: 1274 mg, Dietary Fiber: 0.5 g, Fat: 12 g, Carbs:19.7g, Protein: 43.8 g.

83. Seared Spicy Citrus Chicken

Servings: 4

Preparation Time: 8 - 24 hours

Cooking Time: 20 minutes

INGREDIENTS:

- 2 lbs. boneless, skinless chicken thighs
- For the marinade:
- 1/4 cup fresh lime juice
- 2 teaspoon lime zest
- 1/4 cup honey
- 2 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- 1/2 teaspoon sea salt
- 1/2 teaspoon black pepper
- 2 garlic cloves, minced
- 1/4 teaspoon onion powder

DIRECTIONS:

1. Whisk together marinade ingredients in a large mixing bowl; reServings 2 tablespoons of the marinade for basting.
2. Add chicken and marinade to a sealable plastic bag and marinate 8 hours or overnight in the refrigerator.
3. Preheat griddle to medium high heat and brush lightly with olive oil.
4. Place chicken on griddle and cook 8 minutes per side.
5. Baste each side of chicken with reServingsd marinade during the last few minutes of cooking; chicken is done when the internal temperature reaches 165°F.
6. Plate chicken, tent with foil, and allow to rest for 5 minutes.
7. Servings and enjoy!

NUTRITION: Calories: 381, Sodium: 337mg, Dietary Fiber: 1.1 g, Fat: 20.2 g, Carbs: 4.7 g, Protein: 44.7 g.

84. Honey Balsamic Marinated Chicken

Servings: 4

Preparation Time: 30 minutes - 4 hours

Cooking Time: 20 minutes

INGREDIENTS:

- 2 lbs. boneless, skinless chicken thighs
- 1 teaspoon olive oil

- 1/2 teaspoon sea salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon paprika
- 3/4 teaspoon onion powder
- For the Marinade:
- 2 tablespoons honey
- 2 tablespoons balsamic vinegar
- 2 tablespoons tomato paste
- 1 teaspoon garlic, minced

DIRECTIONS:

1. Add chicken, olive oil, salt, black pepper, paprika, and onion powder to a sealable plastic bag. Seal and toss to coat, covering chicken with spices and oil; set aside.
2. Whisk together balsamic vinegar, tomato paste, garlic, and honey.
3. Divide the marinade in half. Add one half to the bag of chicken and store the other half in a sealed container in the refrigerator.
4. Seal the bag and toss chicken to coat. Refrigerate for 30 minutes to 4 hours.
5. Preheat a griddle to medium-high.
6. Discard bag and marinade. Add chicken to the griddle and cook 7 minutes per side or until juices run clear and a meat thermometer reads 165°F.
7. During last minute of cooking, brush remaining marinade on top of the chicken thighs.
8. Servings immediately.

NUTRITION: Calories: 485, Sodium: 438 mg, Dietary Fiber: 0.5 g, Fat: 18.1 g, Carbs: 11 g, Protein: 66.1 g.

85. Salsa Verde Marinated Chicken

Servings: 6

Preparation Time: 4 hours 35 minutes

Cooking Time: 4 hours 50 minutes

INGREDIENTS:

- 6 boneless, skinless chicken breasts

- 1 tablespoon olive oil
- 1 teaspoon sea salt
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 1 teaspoon garlic powder
- For the salsa verde marinade:
- 3 teaspoons garlic, minced
- 1 small onion, chopped
- 6 tomatillos, husked, rinsed and chopped
- 1 medium jalapeño pepper, cut in half, seeded
- ¼ cup fresh cilantro, chopped
- ½ teaspoon sugar or sugar substitute

DIRECTIONS:

1. Add salsa verde marinade ingredients to a food processor and pulse until smooth.
2. Mix sea salt, chili powder, cumin, and garlic powder together in a small mixing bowl. Season chicken breasts with olive oil and seasoning mix, and lay in glass baking dish.
3. Spread a tablespoon of salsa verde marinade over each chicken breast to cover; reServings remaining salsa for serving.
4. Cover dish with plastic wrap and refrigerate for 4 hours.
5. Preheat griddle to medium-high and brush with olive oil.
6. Add chicken to griddle and cook 7 minutes per side or until juices run clear and a meat thermometer reads 165°F.
7. Servings each with additional salsa verde and enjoy!

NUTRITION: Calories: 321, Sodium: 444 mg, Dietary Fiber: 1.3 g, Fat: 13.7 g, Carbs: 4.8 g, Protein: 43 g.

86. Hasselback Stuffed Chicken

Servings: 4

Preparation Time: 15 minutes

Cooking Time: 30 minutes

INGREDIENTS:

- 4 boneless, skinless chicken breasts

- 2 tablespoons olive oil
- 2 tablespoons taco seasoning
- 1/2 red, yellow and green pepper, very thinly sliced
- 1 small red onion, very thinly sliced
- 1/2 cup Mexican shredded cheese
- Guacamole, for serving
- Sour cream, for serving
- Salsa, for serving

DIRECTIONS:

1. Preheat griddle to med-high.
2. Cut thin horizontal cuts across each chicken breast; like you would hasselback potatoes.
3. Rub chicken evenly with olive oil and taco seasoning.
4. Add a mixture of bell peppers and red onions to each cut, and place the breasts on the griddle.
5. Cook chicken for 15 minutes.
6. Remove and top with cheese.
7. Tent loosely with foil and cook another 5 minutes, until cheese is melted.
8. Remove from griddle and top with guacamole, sour cream and salsa. Servings alongside your favorite side dishes!

NUTRITION: Calories:643 , Sodium:1549 mg, Dietary Fiber: 3.8 g, Fat: 18.6g, Carbs: 26.3g, Protein: 93.3g.

87. Creole Chicken Stuffed With Cheese & Peppers

Serving Size: 4

Preparation Time: 10 minutes

Cooking Time: 20 minutes

INGREDIENTS:

- 4 boneless, skinless chicken breasts
- 8 mini sweet peppers, sliced thin and seeded
- 2 slices pepper jack cheese, cut in half
- 2 slices colby jack cheese, cut in half
- 1 tablespoon creole seasoning, like Emeril's

- 1 teaspoon black pepper
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 4 teaspoons olive oil, separated
- Toothpicks

DIRECTIONS:

1. Rinse chicken and pat dry.
2. Mix creole seasoning, pepper, garlic powder, and onion powder together in a small mixing bowl and set aside.
3. Cut a slit on the side of each chicken breast; be careful not to cut all the way through the chicken.
4. Rub each breast with 1 teaspoon each of olive oil.
5. Rub each chicken breast with seasoning mix and coat evenly.
6. Stuff each breast of chicken with 1 half pepper jack cheese slice, 1 half colby cheese slice, and a handful of pepper slices.
7. Secure chicken shut with 4 or 5 toothpicks.
8. Preheat the griddle to medium-high and cook chicken for 8 minutes per side; or until chicken reaches an internal temperature of 165°F.
9. Allow chicken to rest for 5 minutes, remove toothpicks, and Servings.

NUTRITION: Calories: 509, Sodium:1117 mg, Dietary Fiber: 3.4 g, Fat: 25.1g, Carbs: 19.8g, Protein: 51.4g.

88. Root Beer Can Chicken

Servings: 2 -4

Preparation Time: 8 hours and 10 minutes

Cooking Time: 20 minutes

INGREDIENTS:

- 1 lb. boneless chicken thighs
- 3 (12 ounce) cans root beer, like A&W
- Olive oil
- For the rub:
 - 1 tablespoon garlic powder
 - 3/4 tablespoon sea salt

- 1/2 tablespoon white pepper
- 2 teaspoons smoked paprika
- 2 teaspoons garlic powder
- 1 teaspoon dried thyme
- 1/8 teaspoon cayenne pepper

DIRECTIONS:

1. Combine rub ingredients in a bowl; reServings half in a separate air tight container until ready to cook.
2. Rub chicken thighs evenly with olive oil and coat each with some rub.
3. Lay chicken in a 13 by 9 inch baking dish. Cover with 2 cans of root beer.
4. Preheat grill to medium-high heat.
5. Discard marinade and brush grill with olive oil.
6. Gently fold remaining rub and a half of the third can of root beer in a small bowl.
7. Sear chicken for 7 minutes on each side, basting often with root beer rub mix.
8. Servings when cooked through or chicken reaches 165°F and juices run clear.

NUTRITION: Calories: 363, Sodium: 1185 mg, Dietary Fiber: 0.9g, Fat: 12.1g, Carbs: 29.9g, Protein: 33.4g.

89. Chipotle Adobo Chicken

Servings: 4 - 6

Preparation Time: 1 - 24 hours

Cooking Time: 20 minutes

INGREDIENTS:

- 2 lbs chicken thighs or breasts (boneless, skinless)
- For the marinade:
- ¼ cup olive oil
- 2 chipotle peppers, in adobo sauce, plus 1 teaspoon adobo sauce from the can
- 1 tablespoon garlic, minced

- 1 shallot, finely chopped
- 1 ½ tablespoons cumin
- 1 tablespoon cilantro, super-finely chopped or dried
- 2 teaspoons chili powder
- 1 teaspoon dried oregano
- 1/2 teaspoon salt
- Fresh limes, garnish
- Cilantro, garnish

DIRECTIONS:

1. Preheat griddle to medium-high.
2. Add marinade ingredients to a food processor or blender and pulse into a paste.
3. Add the chicken and marinade to a sealable plastic bag and massage to coat well.
4. Place in the refrigerator for 1 hour to 24 hours before cooking.
5. Sear chicken for 7 minutes, turn and cook an additional 7 minutes.
6. Turn heat to low and continue to cook until chicken has reached an internal temperature of 165°F.
7. Remove chicken from griddle and allow to rest 5 to 10 minutes before serving.
8. Garnish with a squeeze of fresh lime and a sprinkle of cilantro to Servings.

NUTRITION: Calories: 561, Sodium: 431 mg, Dietary Fiber: 0.3 g, Fat: 23.8 g, Carbs: 18.7 g, Protein: 65.9 g.

90. Chicken Tacos With Avocado Crema

Servings: 4-5

Preparation Time: 1 hour 5 minutes

Cooking Time: 10 minutes

INGREDIENTS:

- 1 1/2 lbs. Boneless, skinless chicken breasts, sliced thin
- For the chicken marinade:
- 1 serrano pepper, minced

- 2 teaspoons garlic, minced
- 1 lime, juiced
- 1 teaspoon ground cumin
- 1/3 cup olive oil
- Sea salt, to taste
- Black pepper, to taste
- For the avocado crema:
- 1 cup sour cream
- 2 teaspoons lime juice
- 1 teaspoon lime zest
- 1 serrano pepper, diced and seeded
- 1 clove garlic, minced
- 1 large hass avocado
- For the garnish:
- 1/2 cup queso fresco, crumbled
- 2 teaspoons cilantro, chopped
- 1 lime sliced into wedges
- 10 corn tortillas

DIRECTIONS:

1. Mix chicken marinade together in a sealable plastic bag. Add chicken and toss to coat well.
2. Marinate for 1 hour in the refrigerator.
3. Combine avocado crema ingredients in a food processor or blender and pulse until smooth.
4. Cover and refrigerate until you are ready to assemble tacos.
5. Preheat griddle to medium heat and grill chicken for 5 minutes per side; rotating and turning as needed.
6. Remove from griddle and tent loosely with aluminum foil. Allow chicken to rest 5 minutes.
7. Servings with warm tortillas, a dollop of avocado crema, queso fresco, cilantro and lime wedges.
8. To meal prep: simply divide chicken into individual portion containers with a serving of the garnish, and take with tortillas wrapped in parchment paper to warm in a microwave to Servings.

NUTRITION: Calories: 703, Sodium: 357 mg, Dietary Fiber: 6.3 g, Fat: 44.5 g, Carbs:30.5g, Protein: 47.9g.

91. Sizzling Chicken Fajitas

Servings: 4

Preparation Time: 5 minutes

Cooking Time: 25 minutes

INGREDIENTS:

- 4 boneless chicken breast halves, thinly sliced
- 1 yellow onion, sliced
- 1 large green bell pepper, sliced
- 1 large red bell pepper, sliced
- 1 teaspoon ground cumin
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 2 tablespoons lime juice
- 1 tablespoon olive oil
- 1/2 teaspoon black pepper
- 1 teaspoon salt
- 3 tablespoons vegetable oil
- 10 flour tortillas

DIRECTIONS:

1. In a zipperlock bag, combine the chicken, cumin, garlic, onion, lime juice, salt, pepper, and olive oil. Allow to marinate for 30 minutes.
2. Preheat griddle to medium heat.
3. On one side of the griddle add the olive oil and heat until shimmering. Add the onion and pepper and cook until slightly softened.
4. On the other side of the griddle add the marinated chicken and cook until lightly browned.
5. Once chicken is lightly browned, toss together with the onion and pepper and cook until chicken registers 165°F.
6. Remove chicken and vegetables from the griddle and Servings with

warm tortillas.

NUTRITION: Calories: 408, Sodium:664 mg, Dietary Fiber: 5.5 g, Fat: 18.3g, Carbs:37.1g, Protein: 25.9g.

92. Hawaiian Chicken Skewers

Servings: 4 - 5

Preparation Time: 1 hour 10 minutes

Cooking Time: 15 minutes

INGREDIENTS:

- 1 lb. boneless, skinless chicken breast, cut into 1 ½ inch cubes
- 3 cups pineapple, cut into 1 ½ inch cubes
- 2 large green peppers, cut into 1 ½ inch pieces
- 1 large red onion, cut into 1 ½ inch pieces
- 2 tablespoons olive oil, to coat veggies
- For the marinade:
- 1/3 cup tomato paste
- 1/3 cup brown sugar, packed
- 1/3 cup soy sauce
- 1/4 cup pineapple juice
- 2 tablespoons olive oil
- 1 1/2 tablespoon mirin or rice wine vinegar
- 4 teaspoons garlic cloves, minced
- 1 tablespoon ginger, minced
- 1/2 teaspoon sesame oil
- Pinch of sea salt
- Pinch of ground black pepper
- 10 wooden skewers, for assembly

DIRECTIONS:

1. Combine marinade ingredients in a mixing bowl until smooth. ReServings a 1/2 cup of the marinade in the refrigerator.
2. Add chicken and remaining marinade to a sealable plastic bag and refrigerate for 1 hour.
3. Soak 10 wooden skewer sticks in water for 1 hour.
4. Preheat the griddle to medium heat.

5. Add red onion, bell pepper and pineapple to a mixing bowl with 2 tablespoons olive oil and toss to coat.
6. Thread red onion, bell pepper, pineapple and chicken onto the skewers until all of the chicken has been used.
7. Place skewers on griddle and grab your reServingsd marinade from the refrigerator; cook for 5 minutes then brush with remaining marinade and rotate.
8. Brush again with marinade and sear about 5 additional minutes or until chicken reads 165°F on a meat thermometer.
9. Servings warm.

NUTRITION: Calories: 311, Sodium: 1116 mg, Dietary Fiber: 4.2 g, Fat: 8.8 g, Carbs: 38.1 g, Protein: 22.8g.

93. Fiery Italian Chicken Skewers

Servings: 2 -4

Preparation Time: 1 hour 20 minutes

Cooking Time: 20 minutes

INGREDIENTS:

- 10 boneless, skinless chicken thighs, cut into chunks
- 1 large red onion, cut into wedges
- 1 large red pepper, stemmed, seeded, and cut into chunks
- For the marinade:
- 1/3 cup toasted pine nuts
- 1 1/2 cups sliced roasted red peppers
- 5 hot cherry peppers, stemmed and seeded, or to taste
- 1 cup packed fresh basil leaves, plus more to Servings
- 4 cloves garlic, peeled
- 1/4 cup grated Parmesan cheese
- 1 tablespoon paprika
- extra virgin olive oil, as needed

DIRECTIONS:

1. Combine the toasted pine nuts, roasted red peppers, hot cherry peppers, basil, garlic, Parmesan, and paprika in a food processor or blender and process until well-combined.

2. Add in olive oil until the pesto reaches a thin consistency in order to coat the chicken as a marinade.
3. Transfer half of the pesto to a large sealable plastic bag, and reServings the other half for serving.
4. Add the chicken thigh chunks to the bag of pesto, seal, and massage the bag to coat the chicken.
5. Refrigerate for 1 hour.
6. Preheat griddle to medium-high heat and brush with olive oil.
7. Thread the chicken cubes, red onion, and red pepper onto metal skewers.
8. Brush the chicken with the reServingsd pesto.
9. Cook until the chicken reaches an internal temperature of 165°F; about 5 minutes per side. Servings warm with your favorite salad or vegetables!

NUTRITION: Calories: 945, Sodium: 798 mg, Dietary Fiber: 3.2 g, Fat: 46.7 g, Carbs: 14.7g, Protein: 112.2g.

94. Chicken Thighs With Ginger-Sesame Glaze

Servings: 4 - 8

Preparation Time: 10 minutes

Cooking Time: 20 minutes

INGREDIENTS:

- 8 boneless, skinless chicken thighs
- For the glaze:
 - 3 tablespoons dark brown sugar
 - 2 1/2 tablespoons soy sauce
 - 1 tablespoon fresh garlic, minced
 - 2 teaspoons sesame seeds
 - 1 teaspoon fresh ginger, minced
 - 1 teaspoon sambal oelek
 - 1/3 cup scallions, thinly sliced
 - Non-stick cooking spray

DIRECTIONS:

1. Combine glaze ingredients in a large mixing bowl; separate and

- reServings half for serving.
2. Add chicken to bowl and toss to coat well.
 3. Preheat the griddle to medium-high heat.
 4. Coat with cooking spray.
 5. Cook chicken for 6 minutes on each side or until done.
 6. Transfer chicken to plates and drizzle with remaining glaze to Servings.

NUTRITION: Calories: 301, Sodium: 413 mg, Dietary Fiber: 0.3 g, Fat: 11.2g, Carbs: 4.7g, Protein: 42.9g.

95. Honey Sriracha Grilled Chicken Thighs

Servings: 6

Prep: 5 minutes

Cooking Time: 35 minutes

INGREDIENTS:

- 2.5 lbs. boneless chicken thighs
- 3 tablespoons butter, unsalted
- 1 tablespoon fresh ginger, minced
- 2 garlic cloves, minced
- 1/4 teaspoon smoked paprika
- 1/4 teaspoon chili powder
- 4 tablespoons honey
- 3 tablespoons Sriracha
- 1 tablespoon lime juice

DIRECTIONS:

1. Preheat griddle to medium high.
2. Melt butter in a small saucepan on medium low heat; when melted add ginger and garlic. Stir until fragrant, about 2 minutes.
3. Fold in smoked paprika, ground cloves, honey, Sriracha and lime juice. Stir to combine, turn heat to medium and simmer for 5 minutes.
4. Rinse and pat chicken thighs dry.
5. Season with salt and pepper on both sides.
6. Spray griddle with non-stick cooking spray.

7. Place chicken thighs on grill, skin side down first. Grill for 5 minutes. Flip the chicken over and grill on the other side for 5 minutes.
8. Continue to cook chicken, flipping every 3 minutes, so it doesn't burn, until the internal temperature reads 165°F on a meat thermometer.
9. During the last 5 minutes of grilling brush the glaze on both sides of the chicken.
10. Remove from grill and Servings warm.

NUTRITION: Calories: 375, Sodium: 221 mg, Dietary Fiber: 0.3g, Fat: 22.5g, Carbs: 14.7g Protein: 32g

96. Buffalo Chicken Wings

Servings: 6 - 8

Preparation Time: 10 minutes

Cooking Time: 20 minutes

INGREDIENTS:

- 1 tablespoon sea salt
- 1 teaspoon ground black pepper
- 1 teaspoon garlic powder
- 3 lbs. chicken wings
- 6 tablespoons unsalted butter
- 1/3 cup buffalo sauce, like Moore's
- 1 tablespoon apple cider vinegar
- 1 tablespoon honey

DIRECTIONS:

1. Combine salt, pepper and garlic powder in a large mixing bowl.
2. Toss the wings with the seasoning mixture to coat.
3. Preheat griddle to medium heat.
4. Place the wings on the griddle; make sure they are touching so the meat stays moist on the bone while grilling.
5. Flip wings every 5 minutes, for a total of 20 minutes of cooking.
6. Heat the butter, buffalo sauce, vinegar and honey in a saucepan over low heat; whisk to combine well.

7. Add wings to a large mixing bowl, toss the wings with the sauce to coat.
8. Turn griddle up to medium high and place wings back on the griddle until the skins crisp; about 1 to 2 minutes per side.
9. Add wings back into the bowl with the sauce and toss to Servings.

NUTRITION: Calories:410, Sodium: 950 mg, Dietary Fiber: 0.2 g, Fat: 21.3g, Carbs: 2.7g, Protein: 49.4g.

97. Chicken Wings With Sweet Red Chili And Peach Glaze

Servings: 4

Preparation Time: 15 minutes

Cooking Time: 30 minutes

INGREDIENTS:

- 1 (12 oz.) jar peach preServings
- 1 cup sweet red chili sauce
- 1 teaspoon lime juice
- 1 tablespoon fresh cilantro, minced
- 1 (2-1/2 lb.) bag chicken wing sections
- Non-stick cooking spray

DIRECTIONS:

1. Mix preServings, red chili sauce, lime juice and cilantro in mixing bowl. Divide in half, and place one half aside for serving.
2. Preheat griddle to medium heat and spray with non-stick cooking spray.
3. Cook wings for 25 minutes turning several times until juices run clear.
4. Remove wings from griddle, toss in a bowl to coat wings with remaining glaze.
5. Return wings to griddle and cook for an additional 3 to 5 minutes turning once.
6. Servings warm with your favorite dips and side dishes!

NUTRITION: Calories: 790, Sodium: 643 mg, Dietary Fiber: 1 g, Fat: 16.9 g, Carbs:87.5g, Protein: 66g.

98. Yellow Curry Chicken Wings

Servings: 6

Preparation Time: 35 minutes

Cooking Time: 30 minutes to 1 hour

INGREDIENTS:

- 2 lbs. chicken wings
- For the marinade:
- 1/2 cup Greek yogurt, plain
- 1 tablespoon mild yellow curry powder
- 1 tablespoon olive oil
- 1/2 teaspoon sea salt
- 1/2 teaspoon black pepper
- 1 teaspoon red chili flakes

DIRECTIONS:

1. Rinse and pat wings dry with paper towels.
2. Whisk marinade ingredients together in a large mixing bowl until well-combined.
3. Add wings to bowl and toss to coat.
4. Cover bowl with plastic wrap and chill in the refrigerator for 30 minutes.
5. Prepare one side of the griddle for medium heat and the other side on medium-high.
6. Working in batches, grill wings over medium heat, turning occasionally, until skin starts to brown; about 12 minutes.
7. Move wings to medium-high area of griddle for 5 minutes on each side to char until cooked through; meat thermometer should register 165°F when touching the bone.
8. Transfer wings to a platter and Servings warm.

NUTRITION: Calories: 324, Sodium:292 mg, Dietary Fiber: 0.4 g, Fat: 14g, Carbs:1.4g, Protein: 45.6g.

99. Korean Grilled Chicken Wings With Scallion

Servings: 6

Preparation Time: 30 minutes

Cooking Time: 30 minutes to 1 hour

INGREDIENTS:

- 2 pounds chicken wings (flats and drumettes attached or separated)
- For the marinade:
- 1 tablespoon olive oil
- 1 teaspoon sea salt, plus more
- 1/2 teaspoon black pepper
- 1/2 cup gochujang, Korean hot pepper paste
- 1 scallion, thinly sliced, for garnish

DIRECTIONS:

1. Rinse and pat wings dry with paper towels.
2. Whisk marinade ingredients together in a large mixing bowl until well-combined.
3. Add wings to bowl and toss to coat.
4. Cover bowl with plastic wrap and chill in the refrigerator for 30 minutes.
5. Prepare one side of the griddle for medium heat and the other side on medium-high.
6. Working in batches, cook wings over medium heat, turning occasionally, until skin starts to brown; about 12 minutes.
7. Move wings to medium-high area of griddle for 5 minutes on each side to sear until cooked through; meat thermometer should register 165°F when touching the bone.
8. Transfer wings to a platter, garnish with scallions, and Servings warm with your favorite dipping sauces.

NUTRITION: Calories: 312, Sodium:476 mg, Dietary Fiber: 0.4 g, Fat: 13.5g, Carbs:1.1g, Protein: 43.9g.

[100. Kale Caesar Salad With Seared Chicken](#)

Servings: 1

Preparation Time: 10 minutes

Cooking Time: 8 minutes

INGREDIENTS:

- 1 chicken breast
- 1 teaspoon garlic powder
- ½ teaspoon black pepper
- ½ teaspoon sea salt
- 2 kale leaves, chopped
- shaved parmesan, for serving
- For the dressing:
- 1 tablespoon mayonnaise
- 1/2 tablespoon dijon mustard
- ½ teaspoon garlic powder
- 1/2 teaspoon worcestershire sauce
- 1/4 lemon, juice of (or 1/2 a small lime)
- ¼ teaspoon anchovy paste
- Pinch of sea salt
- Pinch of black pepper

DIRECTIONS:

1. Mix garlic powder, black pepper, and sea salt in a small mixing bowl. Coat chicken with seasoning mix.
2. Preheat griddle to medium-high heat.
3. Sear chicken on each side for 7 minutes or until a meat thermometer reads 165°F when inserted in the thickest part of the breast.
4. Whisk all of the dressing ingredients together.
5. Plate your kale and pour the dressing over, and toss to combine.
6. Cut the chicken on a diagonal and place on top of the salad. Garnish with shaved parmesan, and Servings.

NUTRITION: Calories:643, Sodium:1549 mg, Dietary Fiber: 3.8 g, Fat: 18.6g, Carbs: 26.3g, Protein: 93.3g.

101. Seared Chicken With Fruit Salsa

Servings: 4

Preparation Time: 1 hour

Cooking Time: 20 minutes

INGREDIENTS:

- 4 boneless, skinless chicken breasts
- For the marinade:
- 1/2 cup fresh lemon juice
- 1/2 cup soy sauce
- 1 tablespoon fresh ginger, minced
- 1 tablespoon lemon pepper seasoning
- 2 garlic cloves, minced
- For the salsa:
- 1 1/2 cups pineapple, chopped
- 3/4 cup kiwi fruit, chopped
- 1/2 cup mango, chopped
- 1/2 cup red onion, finely chopped
- 2 tablespoons fresh cilantro, chopped
- 1 small jalapeño pepper, seeded and chopped
- 1 1/2 teaspoons ground cumin
- 1/4 teaspoon sea salt
- 1/8 teaspoon black pepper
- ½ teaspoon olive oil, more for brushing griddle

DIRECTIONS:

1. Combine marinade ingredients in a large sealable plastic bag.
2. Add chicken to bag, seal, and toss to coat. Marinate in refrigerator for 1 hour.
3. Combine salsa ingredients in a mixing bowl and toss gently to combine. Set aside until ready to Serve.
4. Preheat the griddle to medium heat.
5. Remove chicken from bag and discard marinade.
6. Brush griddle with olive oil and cook chicken for 7 minutes on each side or until chicken is cooked through.
7. Serve chicken topped with salsa alongside your favorite side dishes.

NUTRITION: Calories: 391, Sodium:2051 mg, Dietary Fiber: 3.7 g, Fat: 12.3g, Carbs:23.6g, Protein: 46.1g.

[102. Teriyaki Chicken And Veggie Rice Bowls](#)

Servings: 4

Preparation Time: 8 hours 10 minutes

Cooking Time: 20 minutes

INGREDIENTS:

- 1 bag brown rice
- For the skewers:
- 2 boneless skinless chicken breasts, cubed
- 1 red onion, quartered
- 1 red pepper, cut into cube slices
- 1 green pepper, cut into cube slices
- 1/2 pineapple, cut into cubes
- For the marinade:
- 1/4 cup light soy sauce
- 1/4 cup sesame oil
- 1 tablespoon ginger, fresh grated
- 1 garlic clove, crushed
- 1/2 lime, juiced

DIRECTIONS:

1. Whisk the marinade ingredients together in a small mixing bowl.
2. Add chicken and marinade to a resealable plastic bag, seal and toss well to coat.
3. Refrigerate for one hour or overnight.
4. Prepare rice as instructed on the bag.
5. Preheat the griddle to medium-high heat.
6. Thread the chicken and the cubed veggies onto 8 metal skewers and cook for 8 minutes on each side until seared and cooked through.
7. Portion rice out into bowls and top with two skewers each, and enjoy!

NUTRITION: Calories: 477, Sodium:362 mg, Dietary Fiber: 3.8 g, Fat: 20.6g, Carbs:48.1g, Protein: 26.1g.

103. Chicken Satay with Almond Butter Sauce

Servings: 4

Preparation Time: 2 hours 20 minutes

Cooking Time: 8 minutes

INGREDIENTS:

- 1 lb. boneless, skinless chicken thighs, cut into thin strips
- Olive oil, for brushing
- For the marinade:
 - 1/2 cup canned light coconut milk
 - 1/2 lime, juiced
 - 1 tablespoon honey
 - 2 teaspoons soy sauce
 - 1 1/2 teaspoons fish sauce
 - 1/2 teaspoon red chili flakes
 - 2 teaspoons ginger, grated
 - 1 clove of garlic, grated
 - 1/2 teaspoon curry powder
 - 1/4 teaspoon ground coriander
- For the almond butter sauce:
 - 1/4 cup almond butter
 - 1/4 cup water
 - 2 tablespoons canned, light coconut milk
 - 1 tablespoon honey
 - 1/2 lime, juiced
 - 1 teaspoon fish sauce
 - 1 teaspoon fresh grated ginger
 - 1/2 teaspoon low sodium soy sauce
 - 1/2 teaspoon Sriracha

DIRECTIONS:

1. Whisk together all of the ingredients for the marinade in a medium mixing bowl.
2. Add chicken to mixing bowl and toss to coat.
3. Cover and refrigerate 2 hours or overnight.
4. Preheat griddle to medium high heat and brush with olive oil.
5. Thread the chicken strips onto metal skewers.
6. Place the chicken skewers on the prepared griddle and cook 3

- minutes, rotate, and cook another 4 minutes or until the chicken is cooked through.
7. Whisk together all of the ingredients for the almond butter sauce in a small saucepan.
 8. Bring the sauce to a boil on medium heat, then lower to medium low and simmer for 1 to 2 minutes or until the sauce thickens.
 9. Servings chicken satay warm with the almond butter sauce and enjoy.

NUTRITION: Calories: 347, Sodium: 743 mg, Dietary Fiber: 1.2g, Fat: 19.7g, Carbs: 8.6g, Protein: 34.3g.

104. Chicken Fried Rice

Servings: 4

Preparation Time: 10 minutes

Cooking Time: 20 minutes

INGREDIENTS:

- 2 boneless, skinless chicken breasts, cut into small pieces
- 4 cups long grain rice, cooked and allowed to air dry
- 1/3 cup soy sauce
- 1 yellow onion, finely chopped
- 4 cloves garlic, finely chopped
- 1 cups petite peas
- 2 carrots sliced into thin rounds
- 1/2 cup corn kernels
- 1/4 cup vegetable oil
- 2 tablespoons butter

DIRECTIONS:

1. Preheat griddle to medium-high.
2. Add the vegetable oil to the griddle.
3. When the oil is shimmering, add the onion, carrot, peas, and corn.
4. Cook for several minutes, until lightly charred.
5. Add the chicken and cook until just browned.
6. Add the rice, soy sauce, garlic, and butter.
7. Toss until the rice is tender and the vegetables are just softened.

8. Servings immediately.

NUTRITION: Calories: 485, Sodium: 1527 mg, Dietary Fiber: 4.7g, Fat: 20.8g, Carbs: 60.9g Protein: 13.4g

105. Cheesy Chicken Burger Patties

Preparation Time: 10 minutes

Cooking Time: 12 minutes

Servings: 6

INGREDIENTS:

- 1 egg
- 2 lbs ground chicken
- 1/2 cup cheddar cheese, shredded
- 1/2 cup onion, diced
- 1 tsp garlic, minced
- 1 oz ranch seasoning
- 1/2 cup breadcrumbs
- Pepper
- Salt

DIRECTIONS:

1. Add all ingredients into the mixing bowl and mix until well combined.
2. Preheat the griddle to medium heat.
3. Spray griddle top with cooking spray.
4. Make 6 patties from the mixture and place on hot griddle top and cook for 6-8 minutes on each side.
5. Servings and enjoy.

NUTRITION: Calories 376 Fat 15.5 g Carbohydrates 7.7 g Sugar 1.1 g Protein 48.4 g Cholesterol 172 mg

106. Chicken with Veggies

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Servings: 4

INGREDIENTS:

- 1 lb chicken breasts, boneless & cut into 1-inch pieces
- 8 oz mushrooms, sliced
- 4 oz bell pepper, cut into small pieces
- 1/2 cup onion, cut into small pieces
- 1 lb zucchini, cut into 1-inch pieces
- 1 1/2 tbsp garlic, minced
- 2 tbsp olive oil
- Pepper
- Salt

DIRECTIONS:

1. Add chicken, oil, garlic, pepper, and salt into the mixing bowl and toss well. Allow marinating for 15 minutes.
2. Preheat the griddle to high heat.
3. Spray griddle top with cooking spray.
4. Add chicken on hot griddle top and cook for 2-3 minutes on each side.
5. Once the chicken is cooked then add veggies and sear until veggies are cooked.
6. Servings and enjoy.

NUTRITION: Calories 354 Fat 16.1 g Carbohydrates 17.1 g Sugar 9.6 g Protein 37.5 g Cholesterol 101 mg

107. Sweet & Tender Chicken Skewers

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 6

INGREDIENTS:

- 2 chicken breasts, cut into bite-size pieces
- 1 onion, cut into chunks
- 1 bell pepper, cut into chunks
- For marinade:
- 3 tbsp honey

- 3 tbsp soy sauce
- 1 tsp ginger, minced
- 1 tsp garlic, minced
- 1 tbsp sesame oil
- 1 tbsp olive oil

DIRECTIONS:

1. Add chicken and marinade ingredients into the mixing bowl and mix well. Allow marinating for 1 hour.
2. Thread chicken, onion, and pepper onto the skewers.
3. Preheat the griddle to high heat.
4. Spray griddle top with cooking spray.
5. Place skewers on a hot griddle top and cooks for 10 minutes. Turn skewers 2-3 times.
6. Servings and enjoy.

NUTRITION: Calories 184 Fat 8.3 g Carbohydrates 12.8 g Sugar 10.6 g Protein 15.1 g Cholesterol 43 mg

108. Lemon Thyme Chicken

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 4

INGREDIENTS:

- 4 chicken breasts, boneless & skinless
- 1/4 tsp dried thyme
- 1 tsp garlic, minced
- 2 tbsp olive oil
- 1 lemon zest
- 1 lemon juice

DIRECTIONS:

1. Add chicken, thyme, garlic, oil, lemon zest, and lemon juice into the mixing bowl and mix well.
2. Preheat the griddle to high heat.

3. Spray griddle top with cooking spray.
4. Place chicken on hot griddle top and cook for 4-5 minutes on each side.
5. Servings and enjoy.

NUTRITION: Calories 346 Fat 18 g Carbohydrates 1.9 g Sugar 0.6 g Protein 42.5 g Cholesterol 130 mg

109. Quick Peri Peri Chicken

Preparation Time: 10 minutes

Cooking Time: 16 minutes

Servings: 4

INGREDIENTS:

- 4 chicken breasts, boneless & skinless
- 2 tsp oregano
- 2 tsp smoked paprika
- 2 lime juice
- 1 tbsp garlic, grated
- 2 tsp chili flakes
- 2 tbsp olive oil
- 1/2 tsp salt

DIRECTIONS:

1. Add chicken and remaining ingredients into the bowl and mix well. Allow marinating for 2 hours.
2. Preheat the griddle to high heat.
3. Spray griddle top with cooking spray.
4. Place chicken on a hot griddle top and cook for 6-8 minutes on each side.
5. Servings and enjoy.

NUTRITION: Calories 352 Fat 18.1 g Carbohydrates 3.7 g Sugar 0.6 g Protein 42.7 g Cholesterol 130 mg

110. Delicious Chicken Fillets

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 4

INGREDIENTS:

- 10 chicken fillets
- For marinade:
- 1 bay leaf
- 1/2 tsp dried thyme
- 1/2 tsp pepper
- 1/2 tsp ginger powder
- 1/2 tsp turmeric powder
- 1 tbsp garlic, minced
- 1 lemon zest, grated
- 1/2 cup olive oil
- 1/2 cup soy sauce

DIRECTIONS:

1. Add all marinade ingredients into the zip-lock bag and mix well. Add chicken fillets into the bag, seal bag shake well and place in the refrigerator for 6 hours.
2. Preheat the griddle to high heat.
3. Spray griddle top with cooking spray.
4. Place marinated chicken fillets on a hot griddle top and cook for 5 minutes on each side.
5. Servings and enjoy.

NUTRITION: Calories 937 Fat 52.4 g Carbohydrates 5.2 g Sugar 0.9 g Protein 108 g Cholesterol 325 mg

111. Teriyaki Chicken

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Servings: 8

INGREDIENTS:

- 2 lbs chicken breasts, boneless & cut into 1-inch pieces
- 1 tsp olive oil

- 2 garlic cloves, minced
- 2 tsp ginger, grated
- 1 tsp apple cider vinegar
- 1 tbsp honey
- 1/4 cup coconut aminos

DIRECTIONS:

1. Add chicken and remaining ingredients into the mixing bowl and mix well. Allow marinating for 30 minutes.
2. Thread marinated chicken onto the skewers.
3. Preheat the griddle to medium heat.
4. Spray griddle top with cooking spray.
5. Place chicken skewers on a hot griddle top and cook for 12-15 minutes. Turn skewers 2-3 times.
6. Servings and enjoy.

NUTRITION: Calories 239 Fat 9 g Carbohydrates 101 g Sugar 2.2 g Protein 32.9 g Cholesterol 101 mg

112. Moroccan Chicken

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 4

INGREDIENTS:

- 4 chicken breasts, boneless & cut into 1-inch pieces
- 1/4 tsp turmeric
- 1/2 tsp ground cinnamon
- 1 tsp paprika
- 1 tsp ground coriander
- 1 1/2 tsp ground cumin
- 1 tbsp ginger, grated
- 1 tbsp garlic, minced
- 2 tbsp lemon juice
- 1/4 cup olive oil
- Pepper
- Salt

DIRECTIONS:

1. Add chicken and remaining ingredients into the zip-lock bag. Seal bag, shake well, and place in the refrigerator overnight.
2. Preheat the griddle to high heat.
3. Spray griddle top with cooking spray.
4. Place marinated chicken on a hot griddle top and cook for 4-5 minutes on each side.
5. Servings and enjoy.

NUTRITION: Calories 401 Fat 23.8 g Carbohydrates 2.8 g Sugar 0.3 g Protein 42.8 g Cholesterol 130 mg

113. Juicy & Tender Chicken Breast

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 4

INGREDIENTS:

- 4 chicken breasts, boneless & skinless
- For marinade:
 - 1 tsp Dijon mustard
 - 1 tsp lemon zest
 - 2 tbsp lemon juice
 - 2 tbsp honey
 - 1 tsp onion powder
 - 2 tsp garlic powder
 - 1/4 cup vinegar
 - 1/2 cup olive oil
 - 1/2 tsp pepper
 - 1/4 tsp salt

DIRECTIONS:

1. Add chicken and all marinade ingredients into the zip-lock bag. Seal bag, shake well and place in the refrigerator overnight.
2. Preheat the griddle to high heat.
3. Spray griddle top with cooking spray.

4. Place marinated chicken on a hot griddle top and cook for 4-5 minutes on each side.
5. Servings and enjoy.

NUTRITION: Calories 539 Fat 36.2 g Carbohydrates 10.8 g Sugar 9.4 g Protein 42.7 g Cholesterol 130 mg

114. Flavorful Italian Chicken

Preparation Time: 10 minutes

Cooking Time: 14 minutes

Servings: 4

INGREDIENTS:

- 1 1/2 lbs chicken breasts, boneless & skinless
- 1 tbsp olive oil
- 2 tbsp garlic powder
- 2 tbsp dried basil
- 2 tbsp dried thyme
- 2 tbsp dried oregano
- Pepper
- Salt

DIRECTIONS:

1. In a small bowl, mix together oil, garlic powder, basil, thyme, oregano, pepper, and salt.
2. Brush chicken breasts with olive oil mixture.
3. Preheat the griddle to high heat.
4. Add chicken on hot griddle top and cook for 5-7 minutes on each side.
5. Servings and enjoy.

NUTRITION: Calories 378 Fat 16.5 g Carbohydrates 5.4 g Sugar 1.1 g Protein 50.3 g Cholesterol 151 mg

115. Easy Blackened Chicken

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 4

INGREDIENTS:

- 1 lb chicken breasts, boneless & skinless
- 2 tbsp blackened seasoning
- 2 tbsp butter, melted

DIRECTIONS:

1. Mix together melted butter and seasoning and rub over chicken.
2. Preheat the griddle to high heat.
3. Spray griddle top with cooking spray.
4. Place chicken on hot griddle top and cook for 4-5 minutes on each side.
5. Servings and enjoy.

NUTRITION: Calories 266 Fat 14.2 g Carbohydrates 0 g Sugar 0 g Protein 32.9 g Cholesterol 116 mg

[116. Perfect Greek Chicken](#)

Preparation Time: 10 minutes

Cooking Time: 12 minutes

Servings: 4

INGREDIENTS:

- 1 lb chicken breasts, boneless & skinless
- 1 tbsp red wine vinegar
- 3 tbsp olive oil
- 3 tbsp lemon juice
- 1 tbsp garlic, minced
- 1/2 tsp dried thyme
- 1/2 tsp dried oregano
- 1/2 tsp dried rosemary
- Pepper
- Salt

DIRECTIONS:

1. Add chicken and remaining ingredients into the zip-lock bag. Seal bag, shake well and place in the refrigerator overnight.
2. Preheat the griddle to high heat.
3. Spray griddle top with cooking spray.
4. Place marinated chicken on a hot griddle top and cook for 5-6 minutes on each side.
5. Servings and enjoy.

NUTRITION: Calories 314 Fat 19.1 g Carbohydrates 1.3 g Sugar 0.3 g Protein 33.1 g Cholesterol 101 mg

117. Marinated Buttermilk Chicken

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 4

INGREDIENTS:

- 1 lb chicken breasts, boneless
- 2 tbsp butter, melted
- 1 tbsp brown sugar
- 1/2 tsp chili powder
- 2 tsp Italian seasoning
- 1 tsp onion powder
- 1 tbsp garlic, minced
- 1 1/2 cups buttermilk
- Pepper
- Salt

DIRECTIONS:

1. Add chicken and remaining ingredients into the zip-lock bag. Seal bag, shake well and place in the refrigerator overnight.
2. Preheat the griddle to high heat.
3. Spray griddle top with cooking spray.
4. Place marinated chicken on a hot griddle top and cook for 4-5 minutes on each side.
5. Servings and enjoy.

NUTRITION: Calories 325 Fat 15.8 g Carbohydrates 8.2 g Sugar 7 g
Protein 36.2 g Cholesterol 122 mg

118. Tex Mex Chicken

Preparation Time: 10 minutes

Cooking Time: 12 minutes

Servings: 4

INGREDIENTS:

- 1 lb chicken breasts, boneless
- 2 tbsp brown sugar
- 1/2 tsp pepper
- 1/4 tsp red chili flakes
- 1/4 tsp ground cloves
- 1/2 tsp garlic powder
- 1 tsp dried oregano
- 1 tsp ground cumin
- 1 tsp paprika
- 2 tsp onion powder
- 1 tbsp chili powder
- 2 tbsp lime juice
- 1 tbsp olive oil
- 1/2 tsp salt

DIRECTIONS:

1. Add chicken and remaining ingredients into the zip-lock bag. Seal bag, shake well and place in the refrigerator for 1 hour.
2. Preheat the griddle to high heat.
3. Spray griddle top with cooking spray.
4. Place marinated chicken on a hot griddle top and cook for 5-6 minutes on each side.
5. Servings and enjoy.

NUTRITION: Calories 285 Fat 12.5 g Carbohydrates 9.5 g Sugar 5.5 g
Protein 33.6 g Cholesterol 101 mg

119. Tasty Chicken Tenders

Preparation Time: 10 minutes

Cooking Time: 8 minutes

Servings: 4

INGREDIENTS:

- 1 lb chicken tenders
- 1/2 tsp garlic powder
- 1/2 tsp paprika
- 2 tsp thyme
- 1 tbsp lemon juice
- 3 tbsp olive oil
- 1/4 tsp pepper
- 1/2 tsp salt

DIRECTIONS:

1. Add chicken and remaining ingredients into the zip-lock bag. Seal bag, shake well and place in the refrigerator for 8 hours.
2. Preheat the griddle to high heat.
3. Spray griddle top with cooking spray.
4. Place marinated chicken tenders on a hot griddle top and cook for 3-4 minutes on each side.
5. Servings and enjoy.

NUTRITION: Calories 310 Fat 19 g Carbohydrates 0.9 g Sugar 0.2 g Protein 33 g Cholesterol 101 mg

120. Spicy Chicken Thighs

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Servings: 4

INGREDIENTS:

- 4 chicken thighs
- 3/4 cup olive oil
- 1 tbsp ground pepper
- 1/2 small shallot, diced
- 2 garlic cloves, minced

- 2 rosemary sprigs, chopped
- 4 thyme sprigs, chopped
- 1 cup parsley, chopped
- Pepper
- Salt

DIRECTIONS:

1. Add chicken and remaining ingredients into the zip-lock bag. Seal bag, shake well and place in the refrigerator for 8 hours.
2. Preheat the griddle to high heat.
3. Spray griddle top with cooking spray.
4. Place marinated chicken on a hot griddle top and cook for 7-8 minutes on each side.
5. Servings and enjoy.

NUTRITION: Calories 619 Fat 49 g Carbohydrates 3.7 g Sugar 0.2 g Protein 43.1 g Cholesterol 130 mg

121. Lemon Honey Chicken

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Servings: 4

INGREDIENTS:

- 1 lb chicken breasts, boneless
- 2 tbsp honey
- 1 tbsp Dijon mustard
- 4 lemon juice
- Pepper
- Salt

DIRECTIONS:

1. Add chicken, honey, mustard, lemon juice, pepper, and salt into the mixing bowl and toss well. Allow marinating for 12 hours.
2. Preheat the griddle to high heat.
3. Spray griddle top with cooking spray.

4. Add chicken on hot griddle top and cook for 6-8 minutes on each side.
5. Servings and enjoy.

NUTRITION: Calories 261 Fat 8.9 g Carbohydrates 9.9 g Sugar 9.6 g Protein 33.4 g Cholesterol 101 mg

122. Chicken with Pesto

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 4

INGREDIENTS:

- 4 chicken breasts, boneless & skinless
- 1/3 cup parmesan cheese, grated
- 1/3 cup olive oil
- 1 tsp lemon zest
- 2 tbsp lemon juice
- 1/4 cup pine nuts, toasted
- 2 cups baby spinach
- Pepper
- Salt

DIRECTIONS:

1. Season chicken with pepper and salt.
2. Preheat the griddle to high heat.
3. Spray griddle top with cooking spray.
4. Place chicken on a hot griddle top and cook for 5 minutes on each side.
5. Add remaining ingredients except for cheese into the blender and blend until smooth.
6. Mix together blended mixture and cheese.
7. Pour pesto over cooked chicken and Servings.

NUTRITION: Calories 537 Fat 37 g Carbohydrates 2.5 g Sugar 0.6 g Protein 49.1 g Cholesterol 142 mg

123. Spicy Chicken

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 4

INGREDIENTS:

- 1 lb chicken breasts, boneless & cut into 1-inch pieces
- 1 tbsp olive oil
- 2 bell peppers, cut into 1-inch pieces
- 1 onion, cut into 1-inch pieces
- 1/2 tsp pepper
- 1/2 tsp chili powder
- 1/2 tsp oregano
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1 tsp paprika
- 1 tsp salt

DIRECTIONS:

1. Add chicken and remaining ingredients into the bowl and mix well.
2. Preheat the griddle to high heat.
3. Spray griddle top with cooking spray.
4. Place chicken mixture on hot griddle top and cook for 8-10 minutes or until chicken cooked through.
5. Servings and enjoy.

NUTRITION: Calories 281 Fat 12.2 g Carbohydrates 8.3 g Sugar 4.5 g Protein 34 g Cholesterol 101 mg

124. Ranch Chicken Burger Patties

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 4

INGREDIENTS:

- 1 lb ground chicken

- 1 cup cheddar cheese, shredded
- 1/3 cup bacon, cooked & chopped
- 1 oz ranch seasoning mix

DIRECTIONS:

1. Add all ingredients into the bowl and mix until well combined.
2. Preheat the griddle to high heat.
3. Spray griddle top with cooking spray.
4. Make patties from mixture and place on hot griddle top and cook for 5 minutes on each side.
5. Servings and enjoy.

NUTRITION: Calories 404 Fat 22.2 g Carbohydrates 0.5 g Sugar 0.2 g Protein 43.8 g Cholesterol 142 mg

125. Honey Herb Chicken Tenders

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 4

INGREDIENTS:

- 1 1/2 lbs chicken tenders
- 1 tsp dried oregano
- 1 tsp dried rosemary
- 2 tbsp Herb de province
- 2 tbsp lemon juice
- 2 tbsp olive oil
- 4 tbsp honey
- 1 shallot, minced
- 1/3 cup Dijon mustard
- Pepper
- Salt

DIRECTIONS:

1. Add chicken and remaining ingredients into the zip-lock bag. Seal bag, shake well and place in the refrigerator overnight.

2. Preheat the griddle to high heat.
3. Spray griddle top with cooking spray.
4. Place marinated chicken tenders on a hot griddle top and cook for 5 minutes on each side.
5. Servings and enjoy.

NUTRITION: Calories 467 Fat 20.6 g Carbohydrates 19.4 g Sugar 17.6 g Protein 50.4 g Cholesterol 151 mg

126. Turkey Sandwich

Preparation Time: 10 minutes

Cooking Time: 5 minutes

Servings: 1

INGREDIENTS:

- 2 bread slices
- 3 oz turkey breast, cooked and shredded
- 1 tbsp mayonnaise
- 1 cheese slice

DIRECTIONS:

1. Spread mayo on one side of each bread slice.
2. Take 1 bread slice and top with turkey and cheese.
3. Cover with remaining bread slice.
4. Preheat the griddle to high heat.
5. Spray griddle top with cooking spray.
6. Place sandwich on hot griddle top and cook for 5 minutes or until golden brown from both sides.
7. Servings and enjoy.

NUTRITION: Calories 307 Fat 16.2 g Carbohydrates 16.6 g Sugar 4.9 g Protein 23 g Cholesterol 70 mg

127. Turkey Burger Patties

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 4

INGREDIENTS:

- 1 lb ground turkey
- 1 tbsp garlic powder
- 1 1/2 tbsp dried parsley
- 3 oz onion, diced
- Pepper
- Salt

DIRECTIONS:

1. Add all ingredients into the bowl and mix until well combined.
2. Preheat the griddle to high heat.
3. Spray griddle top with cooking spray.
4. Make patties from mixture and place on hot griddle top and cook for 5 minutes on each side.
5. Servings and enjoy.

NUTRITION: Calories 237 Fat 12.5 g Carbohydrates 3.6 g Sugar 1.4 g Protein 31.7 g Cholesterol 116 mg

128. Spinach Turkey Patties

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 12

INGREDIENTS:

- 3 lbs ground turkey
- 3 tbsp garlic, minced
- 1 onion, chopped
- 5 cups spinach, sautéed
- 3 tbsp mustard
- Pepper
- Salt

DIRECTIONS:

1. Add all ingredients into the bowl and mix until well combined.

2. Preheat the griddle to high heat.
3. Spray griddle top with cooking spray.
4. Make patties from mixture and place on hot griddle top and cook for 5 minutes on each side.
5. Servings and enjoy.

NUTRITION: Calories 244 Fat 13.3 g Carbohydrates 3 g Sugar 0.7 g Protein 32.3 g Cholesterol 116 mg

129. Mexican Turkey Burger Patties

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 4

INGREDIENTS:

- 1 lb ground turkey
- 1 tbsp taco seasoning
- 1/2 cup red peppers, chopped
- 1/2 cup green peppers, chopped
- Pepper
- Salt

DIRECTIONS:

1. Add all ingredients into the bowl and mix until well combined.
2. Preheat the griddle to high heat.
3. Spray griddle top with cooking spray.
4. Make patties from mixture and place on hot griddle top and cook for 4-5 minutes on each side.
5. Servings and enjoy.

NUTRITION: Calories 237 Fat 12.9 g Carbohydrates 2.6 g Sugar 1.3 g Protein 31.8 g Cholesterol 117 mg

130. Herb Roasted Turkey

Preparation Time: 15 Minutes

Cooking Time: 3 Hours 30 Minutes

Servings: 12

INGREDIENTS:

- 14 pounds turkey, cleaned
- 2 tablespoons chopped mixed herbs
- Pork and poultry rub as needed
- ¼ teaspoon ground black pepper
- 3 tablespoons butter, unsalted, melted
- 8 tablespoons butter, unsalted, softened
- 2 cups chicken broth

DIRECTIONS:

1. Clean the turkey by removing the giblets, wash it inside out, pat dry with paper towels, then place it on a roasting pan and tuck the turkey wings by tying with butcher's string.
2. Switch on the griddle, set the temperature to 325 degrees F and let it preheat for a minimum of 15 minutes.
3. Meanwhile, prepare herb butter and for this, take a small bowl, place the softened butter in it, add black pepper and mixed herbs and beat until fluffy.
4. Place some of the Prepare herb butter underneath the skin of turkey by using a handle of a wooden spoon, and massage the skin to distribute butter evenly.
5. Then rub the exterior of the turkey with melted butter, season with pork and poultry rub, and pour the broth in the roasting pan.
6. When the griddle has preheated, open the lid, place roasting pan containing turkey on the griddle grate, shut the griddle and smoke for 3 hours and 30 minutes until the internal temperature reaches 165 degrees F and the top has turned golden brown.
7. When done, transfer turkey to a cutting board, let it rest for 30 minutes, then carve it into slices and Servings.

NUTRITION: Calories: 154.6 Fat: 3.1 g Carbs: 8.4 g Protein: 28.8 g

131. Turkey Legs

Preparation Time: 10 Minutes

Cooking Time: 5 Hours

Servings: 4

INGREDIENTS:

- 4 turkey legs
- For the Brine:
- ½ cup curing salt
- 1 tablespoon whole black peppercorns
- 1 cup BBQ rub
- ½ cup brown sugar
- 2 bay leaves
- 2 teaspoons liquid smoke
- 16 cups of warm water
- 4 cups ice
- 8 cups of cold water

DIRECTIONS:

1. Prepare the brine and for this, take a large stockpot, place it over high heat, pour warm water in it, add peppercorn, bay leaves, and liquid smoke, stir in salt, sugar, and BBQ rub and bring it to a boil.
2. Remove pot from heat, bring it to room temperature, then pour in cold water, add ice cubes and let the brine chill in the refrigerator.
3. Then add turkey legs in it, submerge them completely, and let soak for 24 hours in the refrigerator.
4. After 24 hours, remove turkey legs from the brine, rinse well and pat dry with paper towels.
5. When ready to cook, switch on the griddle, set the temperature to 250 degrees F and let it preheat for a minimum of 15 minutes.
6. When the griddle has preheated, open the lid, place turkey legs on the griddle grate, shut the griddle, and smoke for 5 hours until nicely browned and the internal temperature reaches 165 degrees F. Servings immediately.

NUTRITION: Calories: 416 Fat: 13.3 g Carbs: 0 g Protein: 69.8 g

132. Turkey Breast

Preparation Time: 12 Hours

Cooking Time: 8 Hours

Servings: 6

INGREDIENTS:

- For the Brine:
- 2 pounds turkey breast, deboned
- 2 tablespoons ground black pepper
- ¼ cup salt
- 1 cup brown sugar
- 4 cups cold water
- For the BBQ Rub:
- 2 tablespoons dried onions
- 2 tablespoons garlic powder
- ¼ cup paprika
- 2 tablespoons ground black pepper
- 1 tablespoon salt
- 2 tablespoons brown sugar
- 2 tablespoons red chili powder
- 1 tablespoon cayenne pepper
- 2 tablespoons sugar
- 2 tablespoons ground cumin

DIRECTIONS:

1. Prepare the brine and for this, take a large bowl, add salt, black pepper, and sugar in it, pour in water, and stir until sugar has dissolved.
2. Place turkey breast in it, submerge it completely and let it soak for a minimum of 12 hours in the refrigerator.
3. Meanwhile, Prepare the BBQ rub and for this, take a small bowl, place all of its ingredients in it and then stir until combined, set aside until required.
4. Then remove turkey breast from the brine and season well with the Prepare BBQ rub.
5. When ready to cook, switch on the griddle, set the temperature to 180 degrees F and let it preheat for a minimum of 15 minutes.
6. When the griddle has preheated, open the lid, place turkey breast on the griddle grate, shut the griddle, change the smoking

temperature to 225 degrees F, and smoke for 8 hours until the internal temperature reaches 160 degrees F.

7. When done, transfer turkey to a cutting board, let it rest for 10 minutes, then cut it into slices and Servings.

NUTRITION: Calories: 250 Fat: 5 g Carbs: 31 g Protein: 18 g

133. Savory-Sweet Turkey Legs

Preparation Time: 10 minutes

Cooking Time: 5 hours

Servings: 4

INGREDIENTS:

- 1-gallon hot water
- 1 cup curing salt (such as Morton Tender Quick)
- ¼ cup packed light brown sugar
- 1 teaspoon freshly ground black pepper
- 1 teaspoon ground cloves
- 1 bay leaf
- 2 teaspoons liquid smoke
- 4 turkey legs
- Mandarin Glaze, for serving

DIRECTIONS:

1. In a huge container with a lid, stir together the water, curing salt, brown sugar, pepper, cloves, bay leaf, and liquid smoke until the salt and sugar are dissolved; let come to room temperature.
2. Submerge the turkey legs in the seasoned brine, cover, and refrigerate overnight.
3. When ready to smoke, remove the turkey legs from the brine and rinse them; discard the brine.
4. Supply your griddle Preheat, with the lid closed, to 225°F.
5. Arrange the turkey legs on the griddle, close the lid, and smoke for 4 to 5 hours, or until dark brown and a meat thermometer inserted in the thickest part of the meat reads 165°F.
6. Servings with Mandarin Glaze on the side or drizzled over the turkey legs.

NUTRITION: Calories: 190 Carbs: 1g Fat: 9g Protein: 24g

134. Marinated Smoked Turkey Breast

Preparation Time: 15 minutes

Cooking Time: 4 hours

Servings: 6

INGREDIENTS:

- 1 (5 pounds) boneless chicken breast
- 4 cups water
- 2 tablespoons kosher salt
- 1 teaspoon Italian seasoning
- 2 tablespoons honey
- 1 tablespoon cider vinegar
- Rub:
 - ½ teaspoon onion powder
 - 1 teaspoon paprika
 - 1 teaspoon salt
 - 1 teaspoon ground black pepper
 - 1 tablespoon brown sugar
 - ½ teaspoon garlic powder
 - 1 teaspoon oregano

DIRECTIONS:

1. In a huge container, combine the water, honey, cider vinegar, Italian seasoning and salt.
2. Add the chicken breast and toss to combine. Cover the bowl and place it in the refrigerator and chill for 4 hours.
3. Rinse the chicken breast with water and pat dry with paper towels.
4. In another mixing bowl, combine the brown sugar, salt, paprika, onion powder, pepper, oregano and garlic.
5. Generously season the chicken breasts with the rub mix.
6. Preheat the griddle to 225°F with lid closed for 15 minutes.
7. Arrange the turkey breast into a griddle rack. Place the griddle rack on the griddle.
8. Smoke for about 3 to 4 hours or until the internal temperature of

the turkey breast reaches 165°F.

9. Remove the chicken breast from heat and let them rest for a few minutes. Servings.

NUTRITION: Calories 903 Fat: 34g Carbs: 9.9g Protein 131.5g

135. Maple Bourbon Turkey

Preparation Time: 15 minutes

Cooking Time: 3 hours

Servings: 8

INGREDIENTS:

- 1 (12 pounds) turkey
- 8 cup chicken broth
- 1 stick butter (softened)
- 1 teaspoon thyme
- 2 garlic cloves (minced)
- 1 teaspoon dried basil
- 1 teaspoon pepper
- 1 teaspoon salt
- 1 tablespoon minced rosemary
- 1 teaspoon paprika
- 1 lemon (wedged)
- 1 onion
- 1 orange (wedged)
- 1 apple (wedged)
- Maple Bourbon Glaze:
 - ¾ cup bourbon
 - 1/2 cup maple syrup
 - 1 stick butter (melted)
 - 1 tablespoon lime

DIRECTIONS:

1. Wash the turkey meat inside and out under cold running water.
2. Insert the onion, lemon, orange and apple into the turkey cavity.
3. In a mixing bowl, combine the butter, paprika, thyme, garlic, basil, pepper, salt, basil and rosemary.

4. Brush the turkey generously with the herb butter mixture.
5. Set a rack into a roasting pan and place the turkey on the rack. Put a 5 cups of chicken broth into the bottom of the roasting pan.
6. Preheat the griddle to 350°F with lid closed for 15 minutes.
7. Place the roasting pan in the griddle and cook for 1 hour.
8. Meanwhile, combine all the maple bourbon glaze ingredients in a mixing bowl. Mix until well combined.
9. Baste the turkey with glaze mixture. Continue cooking, basting turkey every 30 minutes and adding more broth as needed for 2 hours, or until the internal temperature of the turkey reaches 165°F.
10. Take off the turkey from the griddle and let it rest for a few minutes. Cut into slices and Servings.

NUTRITION: Calories 1536 Fat 58.6g Carbs: 24g Protein 20.1g

136. Thanksgiving Turkey

Preparation Time: 15 minutes

Cooking Time: 4 hours

Servings: 6

INGREDIENTS:

- 2 cups butter (softened)
- 1 tablespoon cracked black pepper
- 2 teaspoons kosher salt
- 2 tablespoons freshly chopped rosemary
- 2 tablespoons freshly chopped parsley
- 2 tablespoons freshly chopped sage
- 2 teaspoons dried thyme
- 6 garlic cloves (minced)
- 1 (18 pound) turkey

DIRECTIONS:

1. In a mixing bowl, combine the butter, sage, rosemary, 1 teaspoon black pepper, 1 teaspoon salt, thyme, parsley and garlic.
2. Use your fingers to loosen the skin from the turkey.
3. Generously, Rub butter mixture under the turkey skin and all over

- the turkey as well. 4. Season turkey generously with herb mix. 5. Preheat the griddle to 300°F with lid closed for 15 minutes.
4. Place the turkey on the griddle and roast for about 4 hours, or until the turkey thigh temperature reaches 160°F.
 5. Take out the turkey meat from the griddle and let it rest for a few minutes. Cut into sizes and Servings.

NUTRITION: Calories 278 Fat 30.8g Carbs: 1.6g Protein 0.6g

137. Spatchcock Smoked Turkey

Preparation Time: 15 minutes

Cooking Time: 4 hours 3 minutes

Servings: 6

INGREDIENTS:

- 1 (18 pounds) turkey
- 2 tablespoons finely chopped fresh parsley
- 1 tablespoon finely chopped fresh rosemary
- 2 tablespoons finely chopped fresh thyme
- ½ cup melted butter
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon ground black pepper
- 2 teaspoons salt or to taste
- 2 tablespoons finely chopped scallions

DIRECTIONS:

1. Remove the turkey giblets and rinse turkey, in and out, under cold running water.
2. Place the turkey on a working surface, breast side down. Use a poultry shear to cut the turkey along both sides of the backbone to remove the turkey back bone.
3. Flip the turkey over, back side down. Now, press the turkey down to flatten it.
4. In a mixing bowl, combine the parsley, rosemary, scallions, thyme, butter, pepper, salt, garlic and onion powder.
5. Rub butter mixture over all sides of the turkey.

6. Preheat your griddle to HIGH (450°F) with lid closed for 15 minutes.
7. Place the turkey directly on the griddle grate and cook for 30 minutes. Reduce the heat to 300°F and cook for an additional 4 hours, or until the internal temperature of the thickest part of the thigh reaches 165°F.
8. Take out the turkey meat from the griddle and let it rest for a few minutes. Cut into sizes and Servings.

NUTRITION: Calories: 780 Fat: 19g Carbs: 29.7g Protein 116.4g

138. Hoisin Turkey Wings

Preparation Time: 15 minutes

Cooking Time: 1 hour

Servings: 8

INGREDIENTS:

- 2 pounds turkey wings
- ½ cup hoisin sauce
- 1 tablespoon honey
- 2 teaspoons soy sauce
- 2 garlic cloves (minced)
- 1 teaspoon freshly grated ginger
- 2 teaspoons sesame oil
- 1 teaspoons pepper or to taste
- 1 teaspoons salt or to taste
- ¼ cup pineapple juice
- 1 tablespoon chopped green onions
- 1 tablespoon sesame seeds
- 1 lemon (cut into wedges)

DIRECTIONS:

1. In a huge container, combine the honey, garlic, ginger, soy, hoisin sauce, sesame oil, pepper and salt. Put all the mixture into a zip lock bag and add the wings. Refrigerate for 2 hours.
2. Remove turkey from the marinade and reServings the marinade. Let the turkey rest for a few minutes, until it is at room

temperature.

3. Preheat your griddle to 300°F with the lid closed for 15 minutes.
4. Arrange the wings into a griddling basket and place the basket on the griddle.
5. Griddle for 1 hour or until the internal temperature of the wings reaches 165°F.
6. Meanwhile, pour the reServingsd marinade into a saucepan over medium-high heat. Stir in the pineapple juice.
7. Wait to boil then reduce heat and simmer for until the sauce thickens.
8. Brush the wings with sauce and cook for 6 minutes more. Remove the wings from heat.
9. Servings and garnish it with green onions, sesame seeds and lemon wedges.

NUTRITION: Calories: 115 Fat: 4.8g Carbs: 11.9g Protein 6.8g

139. Turkey Jerky

Preparation Time: 15 minutes

Cooking Time: 4 hours

Servings: 6

INGREDIENTS:

- Marinade:
 - 1 cup pineapple juice
 - ½ cup brown sugar
 - 2 tablespoons sriracha
 - 2 teaspoons onion powder
 - 2 tablespoons minced garlic
 - 2 tablespoons rice wine vinegar
 - 2 tablespoons hoisin
 - 1 tablespoon red pepper flakes
 - 1 tablespoon coarsely ground black pepper flakes
 - 2 cups coconut amino
 - 2 jalapenos (thinly sliced)
- Meat:
 - 3 pounds turkey boneless skinless breasts (sliced to ¼ inch thick)

DIRECTIONS:

1. Pour the marinade mixture ingredients in a container and mix until the ingredients are well combined.
2. Put the turkey slices in a gallon sized zip lock bag and pour the marinade into the bag. Massage the marinade into the turkey. Seal the bag and refrigerate for 8 hours.
3. Remove the turkey slices from the marinade.
4. Activate the griddle for smoking for 5 minutes until fire starts.
5. Close the lid and preheat your griddle to 180°F,
6. Remove the turkey slices from the marinade and pat them dry with a paper towel.
7. Arrange the turkey slices on the griddle in a single layer. Smoke the turkey for about 3 to 4 hours, turning often after the first 2 hours of smoking. The jerky should be dark and dry when it is done.
8. Remove the jerky from the griddle and let it sit for about 1 hour to cool. Servings immediately or store in refrigerator.

NUTRITION: Calories: 109 Carbs: 12g Fat: 1g Protein: 14g

140. Smoked Whole Turkey

Preparation Time: 20 Minutes

Cooking Time: 8 Hours

Servings: 6

INGREDIENTS:

- 1 Whole Turkey of about 12 to 16 lb.
- 1 Cup of your Favorite Rub
- 1 Cup of Sugar
- 1 Tablespoon of minced garlic
- ½ Cup of Worcestershire sauce
- 2 Tablespoons of Canola Oil

DIRECTIONS:

1. Thaw the Turkey and remove the giblets
2. Pour in 3 gallons of water in a non-metal bucket of about 5

gallons

3. Add the BBQ rub and mix very well
4. Add the garlic, the sugar and the Worcestershire sauce; then submerge the turkey into the bucket.
5. Refrigerate the turkey in the bucket for an overnight.
6. Place the Griddle on a High Smoke and smoke the Turkey for about 3 hours
7. Switch the griddling temp to about 350 degrees F; then push a metal meat thermometer into the thickest part of the turkey breast
8. Cook for about 4 hours; then take off the griddle and let rest for about 15 minutes
9. Slice the turkey, then Servings and enjoy your dish!

NUTRITION: Calories: 165 Fat: 14g Carbs: 0.5g Protein: 15.2g

141. Smoked Turkey Breast

Preparation Time: 10 Minutes

Cooking Time: 1 Hour 30 minutes

Servings: 6

INGREDIENTS:

- For the Brine
- 1 Cup of kosher salt
- 1 Cup of maple syrup
- ¼ Cup of brown sugar
- ¼ Cup of whole black peppercorns
- 4 Cups of cold bourbon
- 1 and ½ gallons of cold water
- 1 Turkey breast of about 7 pounds
- For the Turkey
- 3 Tablespoons of brown sugar
- 1 and ½ tablespoons of smoked paprika
- 1 ½ teaspoons of chipotle chili powder
- 1 ½ teaspoons of garlic powder
- 1 ½ teaspoons of salt
- 1 and ½ teaspoons of black pepper
- 1 Teaspoon of onion powder

- ½ teaspoon of ground cumin
- 6 Tablespoons of melted unsalted butter

DIRECTIONS:

1. Before beginning; make sure that the bourbon; the water and the chicken stock are all cold
2. Now to make the brine, combine altogether the salt, the syrup, the sugar, the peppercorns, the bourbon, and the water in a large bucket.
3. Remove any pieces that are left on the turkey, like the neck or the giblets
4. Refrigerate the turkey meat in the brine for about 8 to 12 hours in a reseal able bag
5. Remove the turkey breast from the brine and pat dry with clean paper towels; then place it over a baking sheet and refrigerate for about 1 hour
6. Preheat your griddle to about 300°F;
7. In a bowl, mix the paprika with the sugar, the chili powder, the garlic powder, the salt, the pepper, the onion powder and the cumin, mixing very well to combine.
8. Carefully lift the skin of the turkey; then rub the melted butter over the meat
9. Rub the spice over the meat very well and over the skin
10. Smoke the turkey breast for about 1 ½ hours at a temperature of about 375°

NUTRITION: Calories: 94 Fat: 2g Carbs: 1g Protein: 18g

142. Whole Turkey

Preparation Time: 10 Minutes

Cooking Time: 7 Hours And 30 Minutes

Servings: 10

INGREDIENTS:

- 1 frozen whole turkey, giblets removed, thawed
- 2 tablespoons orange zest
- 2 tablespoons chopped fresh parsley

- 1 teaspoon salt
- 2 tablespoons chopped fresh rosemary
- 1 teaspoon ground black pepper
- 2 tablespoons chopped fresh sage
- 1 cup butter, unsalted, softened, divided
- 2 tablespoons chopped fresh thyme
- ½ cup water
- 14.5-ounce chicken broth

DIRECTIONS:

1. Open hopper of the griddle, add dry pallets, make sure ash-can is in place, then open the ash damper, power on the griddle and close the ash damper.
2. Set the temperature of the griddle to 180 degrees F, let preheat for 30 minutes or until the green light on the dial blinks that indicate griddle has reached to set temperature.
3. Meanwhile, Prepare the turkey and for this, tuck its wings under it by using kitchen twine.
4. Place ½ cup butter in a bowl, add thyme, parsley, and sage, orange zest, and rosemary, stir well until combined and then brush this mixture generously on the inside and outside of the turkey and season the external of turkey with salt and black pepper.
5. Place turkey on a roasting pan, breast side up, pour in broth and water, add the remaining butter in the pan, then place the pan on the griddle and shut with lid.
6. Smoke the turkey for 3 hours, then increase the temperature to 350 degrees F and continue smoking the turkey for 4 hours or until thoroughly cooked and the internal temperature of the turkey reaches to 165 degrees F, basting turkey with the dripping every 30 minutes, but not in the last hour.
7. When you are done, take off the roasting pan from the griddle and let the turkey rest for 20 minutes.
8. Carve turkey into pieces and Servings.

NUTRITION: Calories: 146 Fat: 8 g Protein: 18 g Carbs: 1 g

[143. Herbed Turkey Breast](#)

Preparation Time: 8 Hours And 10 Minutes

Cooking Time: 3 Hours

Servings: 12

INGREDIENTS:

- 7 pounds turkey breast, bone-in, skin-on, fat trimmed
- 3/4 cup salt
- 1/3 cup brown sugar
- 4 quarts water, cold
- For Herbed Butter:
 - 1 tablespoon chopped parsley
 - 1/2 teaspoon ground black pepper
 - 8 tablespoons butter, unsalted, softened
 - 1 tablespoon chopped sage
 - 1/2 tablespoon minced garlic
 - 1 tablespoon chopped rosemary
 - 1 teaspoon lemon zest
 - 1 tablespoon chopped oregano
 - 1 tablespoon lemon juice

DIRECTIONS:

1. Prepare the brine and for this, pour water in a large container, add salt and sugar and stir well until salt and sugar has completely dissolved.
2. Add turkey breast in the brine, cover with the lid and let soak in the refrigerator for a minimum of 8 hours.
3. Then remove turkey breast from the brine, rinse well and pat dry with paper towels.
4. Open hopper of the griddle, add dry pallets, make sure ash-can is in place, then open the ash damper, power on the griddle and close the ash damper.
5. Set the temperature of the griddle to 350 degrees F, let preheat for 30 minutes or until the green light on the dial blinks that indicate griddle has reached to set temperature.
6. Meanwhile, take a roasting pan, pour in 1 cup water, then place a wire rack in it and place turkey breast on it.

7. Prepare the herb butter and for this, place butter in a heatproof bowl, add remaining ingredients for the butter and stir until just mix.
8. Loosen the skin of the turkey from its breast by using your fingers, then insert 2 tablespoons of Prepare herb butter on each side of the skin of the breastbone and spread it evenly, pushing out all the air pockets.
9. Place the remaining herb butter in the bowl into the microwave wave and heat for 1 minute or more at high heat setting or until melted.
10. Then brush melted herb butter on the outside of the turkey breast and place roasting pan containing turkey on the griddle.
11. Shut the griddle with lid and smoke for 2 hours and 30 minutes or until the turkey breast is nicely golden brown and the internal temperature of turkey reach to 165 degrees F, flipping the turkey and basting with melted herb butter after 1 hour and 30 minutes smoking.
12. When done, transfer the turkey breast to a cutting board, let it rest for 15 minutes, then carve it into pieces and Servings.

NUTRITION: Calories: 97 Fat: 4 g Protein: 13 g Carbs: 1 g

144. Jalapeno Injection Turkey

Preparation Time: 15 Minutes

Cooking Time: 4 Hours And 10 Minutes

Servings: 4

INGREDIENTS:

- 15 pounds whole turkey, giblet removed
- ½ of medium red onion, peeled and minced
- 8 jalapeño peppers
- 2 tablespoons minced garlic
- 4 tablespoons garlic powder
- 6 tablespoons Italian seasoning
- 1 cup butter, softened, unsalted
- ¼ cup olive oil
- 1 cup chicken broth

DIRECTIONS:

1. Open hopper of the griddle, add dry pallets, make sure ash-can is in place, then open the ash damper, power on the griddle and close the ash damper.
2. Make the temperature of the griddle up to 200 degrees F, let preheat for 30 minutes or until the green light on the dial blinks that indicate griddle has reached to set temperature.
3. Meanwhile, place a large saucepan over medium-high heat, add oil and butter and when the butter melts, add onion, garlic, and peppers and cook for 3 to 5 minutes or until nicely golden brown.
4. Pour in broth, stir well, let the mixture boil for 5 minutes, then remove pan from the heat and strain the mixture to get just liquid.
5. Inject turkey generously with Prepare liquid, then spray the outside of turkey with butter spray and season well with garlic and Italian seasoning.
6. Place turkey on the griddle, shut with lid, and smoke for 30 minutes, then increase the temperature to 325 degrees F and continue smoking the turkey for 3 hours or until the internal temperature of turkey reach to 165 degrees F.
7. When done, transfer turkey to a cutting board, let rest for 5 minutes, then carve into slices and Servings.

NUTRITION: Calories: 131 Fat: 7 g Protein: 13 g Carbs: 3 g

145. Smoked Turkey Mayo with Green Apple

Preparation Time: 20 minutes

Cooking Time: 4 hours 10 minutes

Servings: 10

INGREDIENTS:

- Whole turkey (4-lbs., 1.8-kg.)
- The Rub
- Mayonnaise – ½ cup
- Salt – ¾ teaspoon
- Brown sugar – ¼ cup
- Ground mustard – 2 tablespoons

- Black pepper – 1 teaspoon
- Onion powder – 1 ½ tablespoons
- Ground cumin – 1 ½ tablespoons
- Chili powder – 2 tablespoons
- Cayenne pepper – ½ tablespoon
- Old Bay Seasoning – ½ teaspoon
- The Filling
- Sliced green apples – 3 cups

DIRECTIONS:

1. Place salt, brown sugar, brown mustard, black pepper, onion powder, ground cumin, chili powder, cayenne pepper, and old bay seasoning in a bowl then mix well. Set aside.
2. Next, fill the turkey cavity with sliced green apples then baste mayonnaise over the turkey skin.
3. Sprinkle the dry spice mixture over the turkey then wrap with aluminum foil.
4. Marinate the turkey for at least 4 hours or overnight and store in the fridge to keep it fresh.
5. On the next day, remove the turkey from the fridge and thaw at room temperature.
6. Set the griddle for indirect heat then adjust the temperature to 275°F (135°C).
7. Unwrap the turkey and place in the griddle.
8. Smoke the turkey for 4 hours or until the internal temperature has reached 170°F (77°C).
9. Remove the smoked turkey from the griddle and Servings.

NUTRITION: Calories: 340 Carbs: 40g Fat: 10g Protein: 21g

146. Buttery Smoked Turkey Beer

Preparation Time: 15 minutes

Cooking Time: 4 hours

Servings: 6

INGREDIENTS:

- Whole turkey (4-lbs., 1.8-kg.)

- The Brine
- Beer – 2 cans
- Salt – 1 tablespoon
- White sugar – 2 tablespoons
- Soy sauce – ¼ cup
- Cold water – 1 quart
- The Rub
- Unsalted butter – 3 tablespoons
- Smoked paprika – 1 teaspoon
- Garlic powder – 1 ½ teaspoons
- Pepper – 1 teaspoon
- Cayenne pepper – ¼ teaspoon

DIRECTIONS:

1. Pour beer into a container then add salt, white sugar, and soy sauce then stir well.
2. Put the turkey into the brine mixture cold water over the turkey. Make sure that the turkey is completely soaked.
3. Soak the turkey in the brine for at least 6 hours or overnight and store in the fridge to keep it fresh.
4. On the next day, remove the turkey from the fridge and take it out of the brine mixture.
5. Wash and rinse the turkey then pat it dry.
6. Set the griddle for indirect heat then adjust the temperature to 275°F (135°C).
7. Open the beer can then push it in the turkey cavity.
8. Place the seasoned turkey in the griddle and make a tripod using the beer can and the two turkey-legs.
9. Smoke the turkey for 4 hours or until the internal temperature has reached 170°F (77°C).
10. Once it is done, remove the smoked turkey from the griddle and transfer it to a serving dish.

NUTRITION: Calories: 229 Carbs: 34g Fat: 8g Protein: 3g

147. Barbecue Chili Smoked Turkey Breast

Preparation Time: 15 minutes

Cooking Time: 4 hours 20 minutes

Servings: 8

INGREDIENTS:

- Turkey breast (3-lb., 1.4-kg.)
- The Rub
- Salt – $\frac{3}{4}$ teaspoon
- Pepper – $\frac{1}{2}$ teaspoon
- The Glaze
- Olive oil – 1 tablespoon
- Ketchup – $\frac{3}{4}$ cup
- White vinegar – 3 tablespoons
- Brown sugar – 3 tablespoons
- Smoked paprika – 1 tablespoon
- Chili powder – $\frac{3}{4}$ teaspoon
- Cayenne powder – $\frac{1}{4}$ teaspoon

DIRECTIONS:

1. Score the turkey breast at several places then sprinkle salt and pepper over it.
2. Let the seasoned turkey breast rest for approximately 10 minutes.
3. Set the griddle for indirect heat then adjust the temperature to 275°F (135°C).
4. Place the seasoned turkey breast in the griddle and smoke for 2 hours.
5. In the meantime, combine olive oil, ketchup, white vinegar, brown sugar, smoked paprika; chili powder, garlic powder, and cayenne pepper in a saucepan then stir until incorporated. Wait to simmer then remove from heat.
6. After 2 hours of smoking, baste the sauce over the turkey breast and continue smoking for another 2 hours.
7. Once the internal temperature of the smoked turkey breast has reached 170°F (77°C) remove from the griddle and wrap with aluminum foil.
8. Let the smoked turkey breast rest for approximately 15 minutes to

30 minutes then unwrap it.

9. Cut the smoked turkey breast into thick slices then Servings.

NUTRITION: Calories: 290 Carbs: 2g Fat: 3g Protein: 63g

148. Hot Sauce Smoked Turkey Tabasco

Preparation Time: 20 minutes

Cooking Time: 4 hours 15 minutes

Servings: 8

INGREDIENTS:

- Whole turkey (4-lbs., 1.8-kg.)
- The Rub
- Brown sugar – ¼ cup
- Smoked paprika – 2 teaspoons
- Salt – 1 teaspoon
- Onion powder – 1 ½ teaspoons
- Oregano – 2 teaspoons
- Garlic powder – 2 teaspoons
- Dried thyme – ½ teaspoon
- White pepper – ½ teaspoon
- Cayenne pepper – ½ teaspoon
- The Glaze
- Ketchup – ½ cup
- Hot sauce – ½ cup
- Cider vinegar – 1 tablespoon
- Tabasco – 2 teaspoons
- Cajun spices – ½ teaspoon
- Unsalted butter – 3 tablespoons

DIRECTIONS:

1. Rub the turkey with 2 tablespoons of brown sugar, smoked paprika, salt, onion powder, garlic powder, dried thyme, white pepper, and cayenne pepper. Let the turkey rest for an hour.
2. Set the griddle for indirect heat then adjust the temperature to 275°F (135°C).
3. Place the seasoned turkey in the griddle and smoke for 4 hours.

4. In the meantime, place ketchup, hot sauce, cider vinegar, Tabasco, and Cajun spices in a saucepan then bring to a simmer.
5. Remove the sauce from heat and quickly add unsalted butter to the saucepan. Stir until melted.
6. After 4 hours of smoking, baste the Tabasco sauce over the turkey then continue smoking for 15 minutes.
7. Once the internal temperature of the smoked turkey has reached 170°F (77°C), remove from the griddle and place it on a serving dish.

NUTRITION: Calories: 160 Carbs: 2g Fat: 14g Protein: 7g

149. Cured Turkey Drumstick

Preparation Time: 20 minutes

Cooking Time: 2.5 hours to 3 hours

Servings: 3

INGREDIENTS:

- 3 fresh or thawed frozen turkey drumsticks
- 3 tablespoons extra virgin olive oil
- Brine component
- 4 cups of filtered water
- ¼Cup kosher salt
- ¼ cup brown sugar
- 1 teaspoon garlic powder
- Poultry seasoning 1 teaspoon
- 1/2 teaspoon red pepper flakes
- 1 teaspoon pink hardened salt

DIRECTIONS:

1. Put the salt water ingredients in a 1-gallon sealable bag. Add the turkey drumstick to the salt water and refrigerate for 12 hours.
2. After 12 hours, remove the drumstick from the saline, rinse with cold water, and pat dry with a paper towel.
3. Air dry the drumstick in the refrigerator without a cover for 2 hours.
4. Remove the drumsticks from the refrigerator and rub a tablespoon

- of extra virgin olive oil under and over each drumstick.
5. Set the griddle for indirect cooking and preheat to 250 degrees
 6. Place the drumstick on the griddle and smoke at 250 ° F for 2 hours.
 7. After 2 hours, increase griddle temperature to 325 ° F.
 8. Cook the turkey drumstick at 325 ° F until the internal temperature of the thickest part of each drumstick is 180 ° F with an instant reading digital thermometer.
 9. Place a smoked turkey drumstick under a loose foil tent for 15 minutes before eating.

NUTRITION: Calories: 278 Carbs: 0g Fat: 13g Protein: 37g

150. Tailgate Smoked Young Turkey

Preparation Time: 20 Minutes

Cooking Time: 4 To 4 Hours 30 Minutes

Servings: 6

INGREDIENTS:

- 1 fresh or thawed frozen young turkey
- 6 glasses of extra virgin olive oil with roasted garlic flavor
- 6 original Yang dry lab or poultry seasonings

DIRECTIONS:

1. Remove excess fat and skin from turkey breasts and cavities.
2. Slowly separate the skin of the turkey to its breast and a quarter of the leg, leaving the skin intact.
3. Apply olive oil to the chest, under the skin and on the skin.
4. Gently rub or season to the chest cavity, under the skin and on the skin.
5. Set up tailgate griddle for indirect cooking and smoking. Preheat to 225 ° F.
6. Put the turkey meat on the griddle with the chest up.
7. Suck the turkey for 4-4 hours at 225 ° F until the thickest part of the turkey's chest reaches an internal temperature of 170 ° F and the juice is clear.
8. Before engraving, place the turkey under a loose foil tent for 20

minutes

NUTRITION: Calories: 240 Carbs: 27g Fat: 9g Protein: 15g

151. Roast Turkey Orange

Preparation Time: 30 Minutes

Cooking Time: 2 hours 30 minutes

Servings:

INGREDIENTS:

- 1 Frozen Long Island turkey
- 3 tablespoons west
- 1 large orange, cut into wedges
- Three celery stems chopped into large chunks
- Half a small red onion, a quarter
- Orange sauce:
- 2 orange cups
- 2 tablespoons soy sauce
- 2 tablespoons orange marmalade
- 2 tablespoons honey
- 3 teaspoons grated raw

DIRECTIONS:

1. Remove the jibble from the turkey's cavity and neck and retain or discard for another use. Wash the duck and pat some dry paper towel.
2. Remove excess fat from tail, neck and cavity. Use a sharp scalpel knife tip to pierce the turkey's skin entirely, so that it does not penetrate the duck's meat, to help dissolve the fat layer beneath the skin.
3. Add the seasoning inside the cavity with one cup of rub or seasoning.
4. Season the outside of the turkey with the remaining friction or seasoning.
5. Fill the cavity with orange wedges, celery and onion. Duck legs are tied with butcher twine to make filling easier. Place the turkey's breast up on a small rack of shallow roast bread.

6. To make the sauce, mix the ingredients in the saucepan over low heat and cook until the sauce is thick and syrupy. Set aside and let cool.
7. Set the griddle for indirect cooking and preheat to 350 ° F.
8. Roast the turkey at 350 ° F for 2 hours.
9. After 2 hours, brush the turkey freely with orange sauce.
10. Roast the orange glass turkey for another 30 minutes, making sure that the inside temperature of the thickest part of the leg reaches 165 ° F.
11. Place turkey under loose foil tent for 20 minutes before serving.
12. Discard the orange wedge, celery and onion. Servings with a quarter of turkey with poultry scissors.

NUTRITION: Calories: 216 Carbs: 2g Fat: 11g Protein: 34g

152. Flavorful Cornish Game Hen

Preparation Time: 10 minutes

Cooking Time: 60 minutes

Servings: 2

INGREDIENTS:

- 1 Cornish game hen
- 1/2 tbsp olive oil
- 1/4 tbsp poultry seasoning

DIRECTIONS:

1. Brush hen with oil and rub with poultry seasoning.
2. Preheat the griddle to high heat.
3. Spray griddle top with cooking spray.
4. Place hen on hot griddle top and cook from all the sides until brown.
5. Cover hen with lid or pan and cook for 60 minutes or until the internal temperature of hen reaches 180 F.
6. Slice and Servings.

NUTRITION: Calories 366 Fat 26.9 g Carbohydrates 0.3 g Sugar 0 g Protein 28 g Cholesterol 168 mg

153. Flavorful Marinated Cornish Hen

Preparation Time: 10 minutes

Cooking Time: 60 minutes

Servings: 2

INGREDIENTS:

- 1 Cornish hen
- 1 cup cold water
- 16 oz apple juice
- 1/8 cup brown sugar
- 1 cinnamon stick
- 1 cup hot water
- 1/4 cup kosher salt

DIRECTIONS:

1. Add cinnamon, hot water, cold water, apple juice, brown sugar, and salt into the large pot and stir until sugar is dissolved.
2. Add hen in the brine and place in the refrigerator for 4 hours.
3. Preheat the griddle to high heat.
4. Spray griddle top with cooking spray.
5. Remove hens from brine and place on hot griddle top and cook for 60 minutes or until internal temperature reaches 160 F.
6. Slice and Servings.

NUTRITION: Calories 938 Fat 9.5 g Carbohydrates 232 g Sugar 200 g Protein 10 g Cholesterol 51 mg

154. Montreal Seasoned Spatchcocked Hens

Preparation Time: 10 minutes

Cooking Time: 60 minutes

Servings: 2

INGREDIENTS:

- 1 Cornish hen
- 1 tbsp olive oil
- 1 tbsp Montreal chicken seasoning

DIRECTIONS:

1. Cut the backbone of hens and flatten the breastplate.
2. Brush hen with oil and rub with Montreal chicken seasoning.
3. Wrap hens in plastic wrap and place in the refrigerator for 4 hours.
4. Preheat the griddle to high heat.
5. Spray griddle top with cooking spray.
6. Place marinated hen on hot griddle top and cook for 60 minutes or until internal temperature reaches 180 F.
7. Servings and enjoy.

NUTRITION: Calories 228 Fat 18 g Carbohydrates 0 g Sugar 0 g Protein 14 g Cholesterol 85 mg

155. Rosemary Hen

Preparation Time: 10 minutes

Cooking Time: 60 minutes

Servings: 2

INGREDIENTS:

- 1 Cornish game hen
- 1 tbsp butter, melted
- 1/2 tbsp rosemary, minced
- 1 tsp chicken rub

DIRECTIONS:

1. Brush hens with melted butter.
2. Mix together rosemary and chicken rub.
3. Rub hen with rosemary and chicken rub mixture.
4. Preheat the griddle to high heat.
5. Spray griddle top with cooking spray.
6. Place hen on hot griddle top and cook for 60 minutes or until internal temperature reaches 165 F.
7. Servings and enjoy.

NUTRITION: Calories 221 Fat 17 g Carbohydrates 0.5 g Sugar 0 g Protein 14.5 g Cholesterol 100 mg

156. BBQ Hen

Preparation Time: 10 minutes

Cooking Time: 1 hour 30 minutes

Servings: 8

INGREDIENTS:

- 1 Cornish hen
- 2 tbsp BBQ rub

DIRECTIONS:

1. Preheat the griddle to high heat.
2. Spray griddle top with cooking spray.
3. Coat hens with BBQ rub and place on hot griddle top and cook for 1 1/2 hours or until the internal temperature of hens reach 165 F.
4. Slice and Servings.

NUTRITION: Calories 168 Fat 11 g Carbohydrates 0 g Sugar 0 g Protein 14 g Cholesterol 85 mg

157. Honey Garlic Cornish Hen

Preparation Time: 10 minutes

Cooking Time: 60 minutes

Servings: 2

INGREDIENTS:

- 1 Cornish hen
- 2 garlic cloves, minced
- 1/8 cup honey
- 1/4 cup soy sauce
- 3/4 cup warm water
- 1 tbsp cornstarch
- 1/4 cup brown sugar

DIRECTIONS:

1. Mix together soy sauce, warm water, brown sugar, garlic,

- cornstarch, and honey.
2. Place Cornish hen in baking dish and season with pepper and salt.
 3. Pour marinade over hen and place in the refrigerator for 10 hours.
 4. Preheat the griddle to high heat.
 5. Spray griddle top with cooking spray.
 6. Place marinated hen on hot griddle top and cook for 60 minutes or until internal temperature reaches 165 F.
 7. Servings and enjoy.

NUTRITION: Calories 338 Fat 11.8 g Carbohydrates 42.3 g Sugar 35.6 g Protein 16.6 g Cholesterol 85 mg

158. Sage Thyme Cornish Hen

Preparation Time: 10 minutes

Cooking Time: 60 minutes

Servings: 2

INGREDIENTS:

- 1 Cornish hen
- 1/2 tbsp paprika
- 1/4 tsp pepper
- 1/4 tsp sage
- 1/2 tsp thyme
- 1/2 tbsp onion powder

DIRECTIONS:

1. In a small bowl, mix together paprika, onion powder, thyme, sage, and pepper.
2. Rub hen with paprika mixture.
3. Preheat the griddle to high heat.
4. Spray griddle top with cooking spray.
5. Place hen on hot griddle top and cook for 60 minutes or until internal temperature reaches 185 F.
6. Servings and enjoy.

NUTRITION: Calories 180 Fat 12 g Carbohydrates 2.7 g Sugar 0.8 g Protein 14.9 g Cholesterol 85 mg

159. Asian Cornish Hen

Preparation Time: 10 minutes

Cooking Time: 60 minutes

Servings: 2

INGREDIENTS:

- 1 Cornish hen
- 1 1/2 tsp Chinese five-spice powder
- 1 1/2 tsp rice wine
- 1/2 tsp pepper
- 2 cups of water
- 3 tbsp soy sauce
- 2 tbsp sugar
- Salt

DIRECTIONS:

1. In a large bowl, mix together water, soy sauce, sugar, rice wine, five-spice, pepper, and salt.
2. Place Cornish hen in the bowl and place in the refrigerator for overnight.
3. Preheat the griddle to high heat.
4. Spray griddle top with cooking spray.
5. Remove Cornish hen from marinade and place on hot griddle top and cook for 60 minutes or until internal temperature reaches 185 F.
6. Slice and Servings.

NUTRITION: Calories 233 Fat 11.8 g Carbohydrates 15.9 g Sugar 13.4 g Protein 15.9 g Cholesterol 85 mg

160. Orange Cornish Hen

Preparation Time: 10 minutes

Cooking Time: 60 minutes

Servings: 2

INGREDIENTS:

- 1 Cornish hen
- 1/4 onion, cut into chunks
- 1/4 orange cut into wedges
- 2 garlic cloves
- 4 fresh sage leaves
- 1 1/2 fresh rosemary sprigs
- For glaze:
- 2-star anise
- 1 tbsp honey
- 1 cup orange juice
- 1/4 fresh orange, sliced
- 1/2 orange zest
- 1.5 oz Grand Marnier
- 1/2 cinnamon stick

DIRECTIONS:

1. Stuff hen with orange wedges, garlic, onions, and herbs. Season with pepper and salt.
2. Preheat the griddle to high heat.
3. Spray griddle top with cooking spray.
4. Place hen on hot griddle top and cook for 60 minutes or until the internal temperature of hens reaches 165 F.
5. Meanwhile, in a saucepan heat, all glaze ingredients until reduce by half over medium-high heat.
6. Brush hen with glaze.
7. Slice and Servings.

NUTRITION: Calories 351 Fat 12.1 g Carbohydrates 29.2 g Sugar 40.9 g Protein 16 g Cholesterol 85 mg

161. Rosemary Butter Cornish Hens

Preparation Time: 10 minutes

Cooking Time: 60 minutes

Servings: 2

INGREDIENTS:

- 1 Cornish hen, rinse and pat dry with paper towels

- 1 tbsp butter, melted
- 1 rosemary sprigs
- 1 tsp poultry seasoning

DIRECTIONS:

1. Stuff rosemary sprigs into the hen cavity.
2. Brush hen with melted butter and season with poultry seasoning.
3. Preheat the griddle to high heat.
4. Spray griddle top with cooking spray.
5. Place hen on hot griddle top and cook for 60 minutes or until the internal temperature of hens reaches 165 F.
6. Slice and Servings.

NUTRITION: Calories 127 Fat 8 g Carbohydrates 0.5 g Sugar 0 g Protein 13 g Cholesterol 74 mg

PORK, AND LAMB RECIPES

162. Herb-Crusted Mediterranean Pork Tenderloin

Herb-Crusted Tenderloin with Mediterranean style spices is one great way to grill up juicy tenderloin. My favorite way to serve this dish is alongside lemon chili pasta and salad with a glass of Pinot Grigio.

Servings: 4

Preparation Time: 2 hours

Cooking Time: 30 minutes

INGREDIENTS:

- 1 pound pork tenderloin
- 1 tablespoon olive oil
- 2 teaspoons dried oregano
- 3/4 teaspoon lemon pepper
- 1 teaspoon garlic powder
- 1/4 cup parmesan cheese, grated
- 3 tablespoons olive tapenade

DIRECTIONS:

1. Place pork on a large piece of plastic wrap.
2. Rub tenderloin with oil, and sprinkle oregano, garlic powder, and lemon pepper evenly over entire tenderloin.
3. Wrap tightly in the plastic wrap and refrigerate for 2 hours.
4. Preheat griddle to medium-high heat.
5. Transfer pork to cutting board, remove plastic wrap, and make a lengthwise cut through center of tenderloin, opening meat so it lies flat, but do not cut all the way through.

6. Combine tapenade and parmesan in a small mixing bowl; rub into the center of the tenderloin and fold meat back together.
7. Tie together with twine in 2-inch intervals.
8. Sear tenderloin for 20 minutes, turning tenderloin once during grilling, or until internal temperature reaches 145°F.
9. Transfer tenderloin to cutting board.
10. Tent with foil; let rest for 10 minutes.
11. Remove string and cut into 1/4-inch-thick slices and Servings.

NUTRITION: Calories: 413 Sodium: 1279 mg, Dietary Fiber: 0.5g, Fat: 30.5g, Carbs: 2.4g Protein: 31.4g

163. Paprika Dijon Pork Tenderloin

Servings: 6

Preparation Time: 10 minutes

Cooking Time: 4 hours

INGREDIENTS:

- 2 1 lb pork tenderloins
- 2 tablespoons dijon mustard
- 1 1/2 teaspoons smoked paprika
- 1 teaspoon salt
- 2 tablespoons olive oil

DIRECTIONS:

1. In a small bowl, combine the mustard and paprika.
2. Set your griddle to medium heat.
3. Rub the tenderloins with the mustard mixture, making sure they are evenly coated.
4. Place the tenderloins on the griddle and cook until all sides are well browned and the internal temperature is 135°F.
5. Remove the tenderloins from the griddle and rest 5 minutes before slicing and serving.

NUTRITION: Calories: 484, Sodium: 755 mg, Dietary Fiber: 4.2g, Fat: 24.7g, Carbs:13.8g Protein: 50.9g

164. Moroccan Spiced Pork Tenderloin with Creamy Harissa Sauce

Servings: 6

Prep: 40 minutes

Cook: 20 minutes

INGREDIENTS:

- 2 (1 lb.) pork tenderloins
- 1 teaspoon ground cinnamon
- 1 teaspoon ground cilantro
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1 teaspoon sea salt
- 2 tablespoons olive oil
- For Creamy Harissa Sauce:
 - 1 cup Greek yogurt (8 ounces)
 - 1 tablespoon fresh lemon juice
 - 1 tablespoon extra-virgin olive oil
 - 1 teaspoon harissa sauce
 - 1 clove garlic, minced
 - Kosher salt and cracked black pepper

DIRECTIONS:

1. Combine harissa ingredients in a small mixing bowl and set aside.
2. Combine the cinnamon, coriander, cumin, paprika, salt and olive oil.
3. Rub the seasonings evenly over the pork tenderloins; cover and refrigerate for 30 minutes.
4. Preheat griddle to high heat and cook tenderloins until browned; about 8 to 10 minutes.
5. Turn and cook an additional 8 to 10 minutes. Transfer the tenderloins to a cutting board, tent with foil and rest for 10 minutes.
6. Slice and Serve with creamy harissa sauce.

NUTRITION: Calories: 376, Sodium: 458mg, Dietary Fiber: 0.4g, Fat:

17.9g, Carbs: 2.6g Protein: 48.7g

165. Sticky-Sweet Pork Shoulder

Servings: 6 - 8

Preparation Time: 8 hours

Cooking Time: 8 minutes

INGREDIENTS:

- 1 (5 lbs.) Boston Butt pork shoulder
- For the marinade:
- 2 tablespoons garlic, minced
- 1 large piece ginger, peeled and chopped
- 1 cup hoisin sauce
- $\frac{3}{4}$ cup fish sauce
- $\frac{2}{3}$ cup honey
- $\frac{2}{3}$ cup Shaoxing
- $\frac{1}{2}$ cup chili oil
- $\frac{1}{3}$ cup oyster sauce
- $\frac{1}{3}$ cup sesame oil
- For the glaze:
- $\frac{3}{4}$ cup dark brown sugar
- 1 tablespoon light molasses

DIRECTIONS:

1. Place pork shoulder, fat side down, on a cutting board with a short end facing you. Holding a long sharp knife about 1"-1½" above cutting board, make a shallow cut along the entire length of a long side of shoulder.
2. Continue cutting deeper into meat, lifting and unfurling with your free hand, until it lies flat.
3. Purée marinade in a blender and reServings 1 ½ cups for glaze, cover and refrigerate.
4. Pour remaining marinade in a large sealable plastic bag.
5. Add pork shoulder to bag and marinate in the refrigerator for 8 hours.
6. Preheat griddle to medium heat (with cover closed, thermometer

should register 350°). Remove pork from marinade, letting excess drip off.

7. Add glaze ingredients to reServingsd marinade until sugar is dissolved.
8. Grill pork, for 8 minutes, basting and turning with tongs every minute or so, until thick coated with glaze, lightly charred in spots, and warmed through; an instant-read thermometer inserted into the thickest part should register 145°F.
9. Transfer to a cutting board and slice against the grain, ¼" thick, to Servings.

NUTRITION: Calories: 1286, Sodium: 2875 mg, Dietary Fiber: 1g, Fat: 84.8g, Carbs: 58.3g Protein: 68.7g

166. Yucatan-Style Grilled Pork

Servings: 4

Preparation Time: 15 minutes

Cooking Time: 8 minutes

INGREDIENTS:

- 2 pork tenderloins, trimmed
- 1 teaspoon annatto powder
- Olive oil
- For the marinade:
- 2 oranges, juiced
- 2 lemons, juiced, or more to taste
- 2 limes, juiced, or more to taste
- 6 cloves garlic, minced
- 1 teaspoon ground cumin
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon dried oregano
- 1/2 teaspoon black pepper

DIRECTIONS:

1. Combine marinade ingredients in a mixing bowl and whisk until well-blended.
2. Cut the tenderloins in half crosswise; cut each piece in half

lengthwise.

3. Place pieces in marinade and thoroughly coat with the mixture.
4. Cover with plastic wrap and refrigerate 4 to 6 hours.
5. Transfer pieces of pork from marinade to a paper-towel-lined bowl to absorb most of the moisture.
6. Discard paper towels. Drizzle olive oil and a bit more annatto powder on the pork.
7. Preheat griddle for medium-high heat and lightly oil.
8. Place pieces evenly spaced on griddle; cook 4 to 5 minutes.
9. Turn and cook on the other side another 4 or 5 minutes.
10. Transfer onto a serving platter and allow meat to rest about 5 minutes before serving.

NUTRITION: Calories: 439, Sodium: 1382 mg, Dietary Fiber: 1.5g, Fat: 33.1g, Carbs:11.4g Protein: 23.9g

167. Grilled Pork Chops with Herb Apple Compote

Servings: 4

Preparation Time: 5 minutes

Cooking Time: 20 minutes

INGREDIENTS:

- 4, bone-in pork chops
- 2 honeycrisp apples, peeled, cored and chopped
- 1/3 cup orange juice
- 1 teaspoon chopped fresh rosemary
- 1 teaspoon chopped fresh sage
- Sea salt
- Black pepper

DIRECTIONS:

1. Add the apples, herbs and orange juice to a saucepan and simmer over medium heat until the apples are tender and the juices are thickened to a thin syrup, about 10 to 12 minutes.
2. Season pork chops with salt and pepper.
3. Place on the griddle and cook until the pork chop releases from the griddle, about 4 minutes.

4. Flip and cook on the other side for 3 minutes.
5. Transfer to a cutting board and tent with foil.
6. Top with apple compote and Servings!

NUTRITION: Calories: 284, Sodium: 173 mg, Dietary Fiber: 1g, Fat: 20g, Carbs:7.2g Protein: 18.2g

168. Glazed Country Ribs

Servings: 6

Preparation Time: 10 minutes

Cooking Time: 4 hours

INGREDIENTS:

- 3 pounds country-style pork ribs
- 1 cup low-sugar ketchup
- ½ cup water
- ¼ cup onion, finely chopped
- ¼ cup cider vinegar or wine vinegar
- ¼ cup light molasses
- 2 tablespoons Worcestershire sauce
- 2 teaspoons chili powder
- 2 cloves garlic, minced

DIRECTIONS:

1. Combine ketchup, water, onion, vinegar, molasses, Worcestershire sauce, chili powder, and garlic in a saucepan and bring to boil; reduce heat. Simmer, uncovered, for 10 to 15 minutes or until desired thickness is reached, stirring often.
2. Trim fat from ribs.
3. Preheat griddle to medium-high.
4. Place ribs, bone-side down, on griddle and cook for 1-1/2 to 2 hours or until tender, brushing occasionally with sauce during the last 10 minutes of cooking.
5. Servings with remaining sauce and enjoy!

NUTRITION: Calories: 404, Sodium: 733 mg, Dietary Fiber: 0.4g, Fat: 8.1g, Carbs:15.2g Protein: 60.4g

169. Pineapple Bacon Pork Chops

Servings: 6

Preparation Time: 30 minutes

Cooking Time: 1 hour

INGREDIENTS:

- 1 large whole pineapple
- 6 pork chops
- 12 slices thick-cut bacon
- Toothpicks, soaked in water
- For the glaze:
 - ¼ cup honey
 - ⅛ teaspoon cayenne pepper

DIRECTIONS:

1. Turn both burners to medium-high heat; after about 15 minutes, turn off one of the middle burners and turn the remaining burners down to medium.
2. Slice off the top and bottom of the pineapple, and peel the pineapple, cutting the skin off in strips.
3. Cut pineapple flesh into six quarters.
4. Wrap each pineapple section with a bacon slice; secure each end with a toothpick.
5. Brush quarters with honey and sprinkle with cayenne pepper.
6. Put the quarters on the griddle, flipping when bacon is cooked so that both sides are evenly grilled.
7. While pineapple quarters are cooking, coat pork chops with honey and cayenne pepper. Set on griddle.
8. Tent with foil and cook for 20 minutes. Flip, and continue cooking an additional 10 to 20 minutes or until chops are fully cooked.
9. Servings each chop with a pineapple quarter on the side.

NUTRITION: Calories: 380 Sodium: 852 mg, Dietary Fiber: 0.5g, Fat: 23.5g, Carbs: 18.2g Protein: 25.8g

170. Habanero-Marinated Pork Chops

Servings: 4

Preparation Time: 30 minutes

Cooking Time: 13 minutes

INGREDIENTS:

- 4 ½-inch-thick bone-in pork chops
- 3 tablespoons olive oil, plus more for grill
- Kosher salt and freshly ground black pepper
- For the marinade:
 - 1 habanero chili, seeded, chopped fine
 - 2 garlic cloves, minced
 - ½ cup fresh orange juice
 - 2 tablespoons brown sugar
 - 1 tablespoon apple cider vinegar

DIRECTIONS

1. Combine marinade ingredients in a large sealable plastic bag.
2. Pierce pork chops all over with a fork and add to bag, seal, and turn to coat.
3. Marinate at room temperature, turning occasionally, for 30 minutes.
4. Prepare griddle for medium-high heat.
5. Brush the griddle with oil.
6. Remove pork chops from marinade and pat dry.
7. Sear for 8 minutes, turning occasionally, until charred and cooked through.
8. Transfer to a plate and let rest 5 minutes.
9. Servings with your favorite sides.

NUTRITION: Calories: 490 Sodium: 171 mg, Dietary Fiber: 1.1g, Fat: 39.2g, Carbs: 10.9g Protein: 23.3g

[171. Garlic Soy Pork Chops](#)

Servings: 4 - 6

Preparation Time: 8 hours

Cooking Time: 1 hour

INGREDIENTS:

- 4 to 6 pork chops
- 4 cloves garlic, finely chopped
- 1/2 cup olive oil
- 1/2 cup soy sauce
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/2 black pepper
- 1/4 cup butter

DIRECTIONS:

1. In a large zipperlock bag, combine the garlic, olive oil, soy sauce, and garlic powder. Add the pork chops and make sure the marinade coats the chops. Set aside for 30 minutes.
2. Heat your griddle to medium-high heat. Add 2 tablespoons of olive oil and 2 tablespoons of butter to the griddle.
3. Add the chops to the griddle one at a time, making sure they are not crowded. Add another 2 tablespoons of butter to the griddle and cook the chops for 4 minutes. Cook an additional 4 minutes.
4. Remove the chops from the griddle and spread the remaining butter over them. Servings after resting for 5 minutes.

NUTRITION: Calories: 398 Sodium: 1484 mg, Dietary Fiber: 0.2g, Fat: 37.7g, Carbs: 2.5g Protein: 13.6g

172. Honey Soy Pork Chops

Servings: 6

Preparation Time: 1 hour

Cooking Time: 25 minutes

INGREDIENTS:

- 6 (4 ounce) boneless pork chops
- 1/4 cup organic honey
- 1 to 2 tablespoons low sodium soy sauce
- 2 tablespoons olive oil
- 1 tablespoon rice mirin

DIRECTIONS:

1. Combine honey, soy sauce, oil, and white vinegar and whisk until well-combined. Add sauce and pork chops to a large sealable plastic bag and marinate for 1 hour.
2. Preheat the griddle to medium-high heat and cook for 4 to 5 minutes, or until the pork chop easily releases from the griddle.
3. Flip and continue to cook for 5 additional minutes, or until internal temperature reaches 145°F.
4. Servings and enjoy!

NUTRITION: Calories: 251, Sodium: 187mg, Dietary Fiber: 0.1g, Fat: 8.7g, Carbs: 13.1g Protein: 29.9g

173. Cuban Pork Chops

Servings: 4

Preparation Time: 30 minutes

Cooking Time: 1 hour 30 minutes

INGREDIENTS:

- 4 pork chops
- 4 cloves garlic, smashed
- 2 tablespoons olive oil
- 1/3 cup lime juice
- 1/4 cup water
- 1 teaspoon ground cumin
- Salt and black pepper

DIRECTIONS:

1. Set your griddle to medium. Salt the pork chops on both side and cook the chops until lightly browned.
2. Combine the water, garlic, and lime juice in a bowl and whisk until even.
3. Continue cooking the pork chops while basting them with the lime juice mixture.
4. When the pork chops have finished cooking, remove from the griddle and top with additional sauce and black pepper before serving.

NUTRITION: Calories: 323, Sodium: 58 mg, Dietary Fiber: 0.1g, Fat: 27g, Carbs:1.5g Protein: 18.3g

174. Spicy Cajun Pork Chops

Servings: 4

Preparation Time: 10 minutes

Cooking Time: 15 minutes

INGREDIENTS:

- 4 pork chops
- 1 tablespoon paprika
- 1/2 teaspoon ground cumin
- 1/2 teaspoon dried sage
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon garlic powder
- 1/4 teaspoon cayenne pepper
- 1 tablespoon butter
- 1 tablespoon vegetable oil

DIRECTIONS:

1. In a medium bowl, combine the paprika, cumin, sage, salt, pepper, garlic, and cayenne pepper.
2. Heat your griddle to medium-high heat and add the butter and oil.
3. Rub the pork chops with a generous amount of the seasoning rub.
4. Place the chops on the griddle and cook for 4 to 5 minutes. Turn the pork chops and continue cooking an additional 4 minutes.
5. Remove the pork chops from the griddle and allow to rest 5 minutes before serving.

NUTRITION: Calories: 320, Sodium: 368 mg, Dietary Fiber: 0.8g, Fat: 26.5g, Carbs:1.6g Protein: 18.4g

175. Marinated Pork Chops

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 4

INGREDIENTS:

- 4 pork chops
- 1/4 tsp cayenne
- 1/2 tsp pepper
- 1 tsp garlic, minced
- 2 tbsp olive oil
- 1/4 cup soy sauce
- 1/3 cup Worcestershire sauce
- 1/3 cup balsamic vinegar
- Salt

DIRECTIONS:

1. Add pork chops and remaining ingredients into the zip-lock bag. Seal bag, shake well and place in the refrigerator for 4 hours.
2. Preheat the griddle to medium heat.
3. Spray griddle top with cooking spray.
4. Place marinated pork chops on a hot griddle top and cook for 3-5 minutes on each side or until internal temperature reaches 145 F.
5. Servings and enjoy.

NUTRITION: Calories 351 Fat 26.9 g Carbohydrates 5.9 g Sugar 4.4 g Protein 19.1 g Cholesterol 69 mg

[176. Quick & Easy Marinated Pork Chops](#)

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 4

INGREDIENTS:

- 4 pork chops
- 1 tsp garlic, minced
- 1/2 tsp pepper
- 2 tbsp Worcestershire sauce
- 1/4 cup soy sauce
- 1/4 cup olive oil

- 1/4 tsp cayenne
- Salt

DIRECTIONS:

1. Add pork chops and remaining ingredients into the mixing bowl and mix well. Allow marinating for 2 hours.
2. Preheat the griddle to high heat.
3. Spray griddle top with cooking spray.
4. Place pork chops on a hot griddle top and cook for 3-5 minutes on each side or until the internal temperature reaches 145 F.
5. Servings and enjoy.

NUTRITION: Calories 382 Fat 32.5 g Carbohydrates 3.2 g Sugar 1.8 g Protein 19.1 g Cholesterol 69 mg

177. Delicious Boneless Pork Chops

Preparation Time: 10 minutes

Cooking Time: 12 minutes

Servings: 4

INGREDIENTS:

- 4 pork chops, boneless
- For rub:
 - 1/2 tsp ground ginger
 - 1/2 tsp ground cumin
 - 2 tbsp brown sugar
 - 1/2 tsp dry mustard
 - 1 tsp pepper
 - 1 tsp garlic powder
 - 1 tbsp sugar
 - 1 1/2 tbsp paprika

DIRECTIONS:

1. Add pork chops and rub ingredients into the mixing bowl and mix well.

2. Preheat the griddle to high heat.
3. Spray griddle top with cooking spray.
4. Place pork chops on a hot griddle top and cook for 6 minutes on each side or until the internal temperature reaches 145 F.
5. Servings and enjoy.

NUTRITION: Calories 299 Fat 20.4 g Carbohydrates 10.1 g Sugar 7.9 g Protein 18.7 g Cholesterol 69 mg

178. Flavors Balsamic Pork Chops

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Servings: 4

INGREDIENTS:

- 4 pork chops
- 1 tsp dried rosemary
- 1/8 tsp chili flakes
- 1/2 tsp pepper
- 1 tsp garlic, minced
- 2 tbsp Dijon mustard
- 3 tbsp olive oil
- 1/2 cup balsamic vinegar
- 3/4 tsp salt

DIRECTIONS:

1. Add pork chops and remaining ingredients into the zip-lock bag. Seal bag, shake well and place in the refrigerator for 4 hours.
2. Preheat the griddle to medium heat.
3. Spray griddle top with cooking spray.
4. Place marinated pork chops on a hot griddle top and cook for 6-8 minutes on each side or until internal temperature reaches 145 F.
5. Servings and enjoy.

NUTRITION: Calories 360 Fat 30.8 g Carbohydrates 1.3 g Sugar 0.2 g Protein 18.4 g Cholesterol 69 mg

179. Greek Pork Skewers

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 8

INGREDIENTS:

- 2 lbs pork tenderloin, cut into cubes
- 1 onion, cut into chunks
- 2 bell pepper, cut into chunks
- For marinade:
- 1/2 tsp ground coriander
- 1 tsp ground cumin
- 2 tbsp parsley, chopped
- 1 tbsp garlic, chopped
- 1/2 cup olive oil
- 1/2 cup vinegar
- 1/4 tsp pepper
- 1/2 tsp salt

DIRECTIONS:

1. Add pork cubes and marinade ingredients into the zip-lock bag and mix well. The sealed bag shakes well and places in the refrigerator for 8 hours.
2. Thread marinated pork cubes, bell pepper, and onion onto the skewers.
3. Preheat the griddle to high heat.
4. Spray griddle top with cooking spray.
5. Place skewers on a hot griddle top and cooks for 10 minutes or an internal temperature of pork cubes reaches 145 F. Turn skewers 2-3 times.
6. Servings and enjoy.

NUTRITION: Calories 288 Fat 16.7 g Carbohydrates 3.4 g Sugar 1.4 g Protein 30.3 g Cholesterol 83 mg

180. Juicy Honey Soy Pork Chops

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 6

INGREDIENTS:

- 6 pork chops, boneless
- 1 tbsp vinegar
- 2 tbsp olive oil
- 1 tbsp soy sauce
- 1/4 cup honey
- Pepper
- Salt

DIRECTIONS:

1. Add pork chops and remaining ingredients into the zip-lock bag and mix well. The sealed bag shakes well and places in the refrigerator for 2 hours.
2. Preheat the griddle to medium heat.
3. Spray griddle top with cooking spray.
4. Place pork chops on hot griddle top and cook for 5 minutes on each side or internal temperature reaches 145 F.
5. Servings and enjoy.

NUTRITION: Calories 341 Fat 24.6 g Carbohydrates 11.9 g Sugar 11.7 g Protein 18.2 g Cholesterol 69 mg

181. Pineapple Honey Pork Chops

Preparation Time: 10 minutes

Cooking Time: 12 minutes

Servings: 4

INGREDIENTS:

- 4 pork chops, boneless
- 1 tbsp Dijon mustard
- 1/4 cup honey
- 8 oz crushed pineapple
- Pepper

- Salt

DIRECTIONS:

1. Add pork chops and remaining ingredients into the zip-lock bag. Seal bag, shake well, and place in the refrigerator overnight.
2. Preheat the griddle to high heat.
3. Spray griddle top with cooking spray.
4. Place pork chops on a hot griddle top and cook for 5-6 minutes on each side.
5. Servings and enjoy.

NUTRITION: Calories 351 Fat 20.1 g Carbohydrates 25.1 g Sugar 23 g Protein 18.5 g Cholesterol 69 mg

182. Herb Pork Chops

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 6

INGREDIENTS:

- 6 pork chops
- For brine:
- 2 thyme sprigs
- 2 bay leaves
- 1 tbsp coriander seeds
- 1 tbsp juniper berries
- 1 tbsp peppercorns
- 1/2 cup demerara sugar
- Salt

DIRECTIONS:

1. Add 1-liter water and all brine ingredients into the pot and bring to boil. Remove pot from heat and let it cool brine completely.
2. Add pork chops in brine and let it marinate for 2 hours.
3. Preheat the griddle to high heat.
4. Spray griddle top with cooking spray.

5. Place pork chops on a hot griddle top and cook for 4-5 minutes on each side.
6. Servings and enjoy.

NUTRITION: Calories 306 Fat 20 g Carbohydrates 12.9 g Sugar 11.7 g Protein 18.2 g Cholesterol 69 mg

183. Dijon Pork Skewers

Preparation Time: 10 minutes

Cooking Time: 12 minutes

Servings: 4

INGREDIENTS:

- 1 1/2 lbs pork loin, cut into 1-inch cubes
- 2 cups mushrooms
- 2 cups cherry tomatoes
- 2 cups onion, cut into pieces
- 2 cups bell peppers, cut into pieces
- For marinade:
- 1/2 cup vinaigrette
- 1/4 cup Dijon mustard
- Pepper
- Salt

DIRECTIONS:

1. Add pork cubes and marinade ingredients into the mixing bowl and mix well and let it marinate for 30 minutes.
2. Thread marinated pork cubes, mushrooms, tomatoes, onion, and bell peppers onto the skewers.
3. Preheat the griddle to high heat.
4. Place skewers on a hot griddle top and cooks for 5-7 minutes on each side or until cooked through.
5. Servings and enjoy.

NUTRITION: Calories 628 Fat 40.5 g Carbohydrates 16.2 g Sugar 9.3 g Protein 50.3 g Cholesterol 136 mg

184. Moist Pork Chops

Preparation Time: 10 minutes

Cooking Time: 14 minutes

Servings: 4

INGREDIENTS:

- 4 pork chops
- 2 tsp Montreal marinade
- 2 tbsp soy sauce
- 1/4 cup olive oil

DIRECTIONS:

1. Add pork chops and remaining ingredients into the bowl and mix well and let it marinate for 6 hours.
2. Preheat the griddle to high heat.
3. Spray griddle top with cooking spray.
4. Place pork chops on a hot griddle top and cook for 5-7 minutes on each side.
5. Servings and enjoy.

NUTRITION: Calories 373 Fat 32.7 g Carbohydrates 1.2 g Sugar 0.1 g Protein 18.6 g Cholesterol 69 mg

185. Pork Patties

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 8

INGREDIENTS:

- 1 lb ground pork
- 1/8 tsp red pepper, crushed
- 3/4 tsp pepper
- 1/2 tsp onion powder
- 1 tsp garlic powder
- 1/8 tsp ground nutmeg
- 1/2 tsp dried thyme

- 3/4 tsp ground sage
- 3/4 tsp fennel seeds
- 1/2 tsp salt

DIRECTIONS:

1. Add all ingredients into the bowl and mix until well combined.
2. Preheat the griddle to high heat.
3. Spray griddle top with cooking spray.
4. Make patties from mixture and place on hot griddle top and cook for 5 minutes on each side.
5. Servings and enjoy.

NUTRITION: Calories 85 Fat 2.1 g Carbohydrates 0.8 g Sugar 0.2 g Protein 15 g Cholesterol 41 mg

186. Pork Pineapple Skewers

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 4

INGREDIENTS:

- 1 lb pork fillet, cut into chunks
- 2 cups pineapple cubes
- 1 lime juice
- 1 tbsp hot sauce
- 1 tsp ground allspice
- 2 tbsp Creole seasoning

DIRECTIONS:

1. Add pork, pineapple cubes, lime juice, hot sauce, allspice, and seasoning into the bowl and mix well.
2. Preheat the griddle to high heat.
3. Spray griddle top with cooking spray.
4. Thread pork and pineapple pieces onto the skewers.
5. Place skewers on hot griddle top and cook until pork is cooked.
6. Servings and enjoy.

NUTRITION: Calories 307 Fat 14.5 g Carbohydrates 11.2 g Sugar 8.2 g
Protein 32 g Cholesterol 85 mg

187. Greek Lamb Patties

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 5

INGREDIENTS:

- 1 egg
- 1 lb ground lamb
- 1/2 tsp sumac
- 1 1/2 tsp ground coriander
- 2 tsp harissa paste
- 1 tsp ground cumin
- 1/4 cup parsley, chopped
- 1 tsp garlic, minced
- 1 small onion, minced
- 1/2 cup breadcrumbs
- Pepper
- Salt

DIRECTIONS:

1. Add all ingredients into the bowl and mix until well combined.
2. Preheat the griddle to high heat.
3. Spray griddle top with cooking spray.
4. Make patties from mixture and place on hot griddle top and cook for 5 minutes on each side.
5. Servings and enjoy.

NUTRITION: Calories 233 Fat 8.2 g Carbohydrates 9.7 g Sugar 1.4 g
Protein 28.4 g Cholesterol 114 mg

188. Lamb Skewers

Preparation Time: 10 minutes

Cooking Time: 12 minutes

Servings: 4

INGREDIENTS:

- 1 1/2 lbs leg of lamb, cut into 1-inch pieces
- For marinade:
- 1 tsp ground cumin
- 1 1/2 tsp paprika
- 3/4 cup olive oil
- 1 tsp red pepper flakes
- 1 tbsp vinegar
- 1 tbsp lemon juice
- 2 tbsp shallot
- 1/4 cup chives
- 1/4 cup parsley
- 1/4 cup mint
- Salt

DIRECTIONS:

1. Add all marinade ingredients into the blender and blend until smooth.
2. Pour the blended mixture into the mixing bowl. Add lamb pieces and mix well and let it marinate for 2 hours.
3. Thread marinated lamb pieces onto the skewers.
4. Preheat the griddle to high heat.
5. Spray griddle top with cooking spray.
6. Place skewers on hot griddle top and cooks for 6 minutes or until lamb cooked.
7. Servings and enjoy.

NUTRITION: Calories 656 Fat 50.7 g Carbohydrates 2.7 g Sugar 0.3 g Protein 48.6 g Cholesterol 153 mg

189. Asian Pork Skewers

Preparation Time: 10 minutes

Cooking Time: 8 minutes

Servings: 12

INGREDIENTS:

- 1 1/2 lbs pork tenderloin, cut into 1-inch pieces
- For marinade:
- 3/4 tsp cornstarch
- 1/4 tsp cayenne
- 1/2 tsp pepper
- 2 tsp Five-spice powder
- 1/2 cup hoisin sauce
- 1 1/4 tsp kosher salt

DIRECTIONS:

1. Add pork pieces and marinade ingredients into the mixing bowl and mix well and let it marinate for 30 minutes.
2. Preheat the griddle to high heat.
3. Spray griddle top with cooking spray.
4. Thread marinated pork pieces onto the skewers.
5. Place skewers on a hot griddle top and cooks for 3-4 minutes on each side.
6. Servings and enjoy.

NUTRITION: Calories 114 Fat 2.4 g Carbohydrates 5.5 g Sugar 2.9 g Protein 15.8 g Cholesterol 42 mg

190. Healthy Lamb Patties

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 4

INGREDIENTS:

- 1 egg
- 1 lb ground lamb meat
- 1/2 tbsp garlic, minced
- 1/2 tbsp chili powder
- Pepper
- Salt

DIRECTIONS:

1. Add all ingredients into the bowl and mix until well combined.
2. Preheat the griddle to high heat.
3. Spray griddle top with cooking spray.
4. Make patties from mixture and place on hot griddle top and cook for 5 minutes on each side.
5. Servings and enjoy.

NUTRITION: Calories 251 Fat 16.3 g Carbohydrates 1 g Sugar 0.2 g
Protein 22.6 g Cholesterol 121 mg

BEEF RECIPES

191. Basic Juicy NY Strip Steak

Servings 1

Preparation Time: 45 minutes

Cooking Time: 8 minutes

INGREDIENTS:

- 1 (8 ounce) NY strip steak
- Olive oil
- Sea salt
- Fresh ground black pepper

DIRECTIONS:

1. Remove the steak from the refrigerator and let it come to room temperature, about 30 to 45 minutes.
2. Preheat griddle to medium-high heat and brush with olive oil.
3. Season the steak on all sides with salt and pepper.
4. Cook steak about 4 to 5 minutes.
5. Flip and cook about 4 minutes more for medium rare steak; between 125°F and 130°F on a meat thermometer.
6. Transfer the steak to a plate and let it rest for 5 minutes before serving.

NUTRITION: Calories:1560, Sodium: 8468 mg, Dietary Fiber: 0.g, Fat: 86g, Carbs: 0.1g Protein: 184g

192. High-Low Strip Steak

Servings: 2

Preparation Time: 8 - 12 hours

Cooking Time: 15 minutes

INGREDIENTS:

- 2 (1-pound) New York strip steaks, trimmed
- For the rub:
 - 1 bunch thyme sprigs
 - 1 bunch rosemary sprigs
 - 1 bunch sage sprigs
 - 1 1/2 teaspoons black pepper, divided
 - 3/4 teaspoon sea salt, divided
 - 1/2 teaspoon garlic powder
 - 2 tablespoons chopped fresh flat-leaf parsley
 - 2 tablespoons extra-virgin olive oil

DIRECTIONS:

1. Preheat griddle to high heat.
2. Combine rub ingredients in a small mixing bowl and rub steaks with spice mixture; let rest 10 minutes.
3. Place steaks on grill and cook 1 minute per side.
4. Turn griddle down to medium heat.
5. Turn steaks and grill 3 additional minutes per side; or until thermometer registers 135°F for medium rare.
6. Remove steaks to a platter.
7. Let rest 5 minutes. Cut steaks across grain into thin slices.

NUTRITION: Calories: 347, Sodium: 831 mg, Dietary Fiber: 1.9g, Fat: 20.4g, Carbs:3.7g Protein: 38.7g

193. Teppanyaki Beef with Vegetables

Servings: 6

Preparation Time: 10 minutes

Cooking Time: 15 minutes

INGREDIENTS:

- Steak:
 - 2- 1 lb. sirloin steaks
 - 1 tablespoon garlic powder
 - 4 tablespoons soy sauce

- 1 white onion, sliced into large rounds
- 3 zucchini, sliced into 1/4 inch thick flats
- 2 cups snap peas
- 4 tablespoons vegetable oil
- 3 tablespoons butter
- Salt and black pepper

DIRECTIONS:

1. Season the steak with salt, pepper, and garlic powder.
2. Set your griddle to high heat on one side and medium-high heat on the other side.
3. Add some vegetable oil to the medium-hot side and add the onion rings, zucchini, and snap peas. Season with a little salt and pepper.
4. Add the steaks to the hot side and cook for 3 minutes. Flip, top with butter and add soy sauce to the steaks. Continue cooking an additional 4 minutes.
5. Remove the steak and vegetables from the griddle and slice the steak across the grain before serving.

NUTRITION: Calories: 484, Sodium: 755 mg, Dietary Fiber: 4.2g, Fat: 24.7g, Carbs: 13.8g Protein: 50.9g

194. Tuscan-Style Steak with Crispy Potatoes

Servings: 4

Preparation Time: 30 minutes

Cooking Time: 35 minutes

INGREDIENTS:

- 2 bone-in porterhouse steaks
- 1 1/2 lb. small potatoes, like Yukon Gold, scrubbed but skins left on, halved
- 4 tablespoons extra-virgin olive oil, divided
- Sea salt and freshly ground pepper, to taste
- 2 teaspoons red wine, like Sangiovese or Montepulciano
- 1 teaspoon balsamic vinegar
- pinch red pepper flakes
- 3 fresh rosemary sprigs, needles removed (discard stems)

DIRECTIONS:

1. Add potatoes to a large pot and cover with water, bring to a boil over high heat, then reduce the heat to medium-high and cook until the potatoes are almost tender, about 10 minutes. Drain, add to a medium mixing bowl, coat with 2 tablespoons olive oil, and set aside.
2. Preheat griddle to medium heat.
3. Whisk 2 tablespoons olive oil, rosemary, red wine, vinegar, and pepper flakes; add steaks to marinade and set aside until ready to cook.
4. Sprinkle potatoes with salt and pepper.
5. Add steaks to one side of the griddle and potatoes to the other.
6. Cook steak for 5 minutes, flip and 4 minutes on the other side for medium rare.
7. Add the potatoes to cook for 5 minutes.
8. Transfer steaks to a cutting board and tent with aluminum foil and let rest for 5 minutes while potatoes are cooking.
9. Divide each steak into 2 pieces and divide among 4 dinner plates. Spoon some potatoes around the steak and Servings hot!

NUTRITION: Calories:366, Sodium: 153 mg, Dietary Fiber: 4.5g, Fat: 23.3g, Carbs: 27.3g Protein: 13.4g

195. Caprese Grilled Filet Mignon

Servings: 4

Preparation Time: 10 minutes

Cooking Time: 10 minutes

INGREDIENTS:

- 4 (6 ounce) filets
- 1 teaspoon garlic salt
- Italian Olive oil
- 2 roma tomatoes, sliced
- 4 ounces fresh buffalo mozzarella, cut into four slices
- 8 fresh basil leaves
- Balsamic vinegar glaze, for drizzling

- Sea salt, for seasoning
- Fresh ground pepper

DIRECTIONS:

1. Lightly brush each filet, on all sides, with olive oil and rub with garlic salt.
2. Preheat griddle to high. Place steaks on griddle, reduce heat to medium, tent with foil and cook for 5 minutes.
3. Flip, re-tent, and cook for an additional 5 minutes; during the last 2 minutes of grilling top each with a slice of mozzarella.
4. Remove steaks from the griddle and top each with a few tomato slices, 2 basil leaves.
5. Drizzle with balsamic, sprinkle with sea salt and black pepper and Servings.

NUTRITION: Calories: 406, Sodium: 688 mg, Dietary Fiber: 0.8g, Fat: 21.8g, Carbs: 7.2g Protein: 45.1g

196. Rib-Eye Steak with Herbed Steak Butter

Servings: 2 - 4

Preparation Time: 12 hours

Cooking Time: 50 minutes

INGREDIENTS:

- 1 (24-ounce) bone-in Tomahawk rib-eye, about 2 1/2 inches thick
- Olive oil
- Sea salt
- Fresh cracked pepper
- 3 tablespoons premium French butter
- ½ teaspoon Herbes de Provence

DIRECTIONS:

1. Beat butter with herbs in a small mixing bowl, cover and refrigerate until ready to grill rib-eye.
2. Rub the rib-eye liberally with olive oil, salt and pepper until entire steak is covered.

3. Wrap lightly with cling wrap and place in the refrigerator to marinate for 12 hours.
4. Preheat the griddle to high heat on one side and medium low on the other side, at least one hour prior to cooking.
5. Remove the steak from the refrigerator and leave at room temperature during the hour that the griddle is preheating.
6. Place the steak on the center of the hottest side of the griddle. Do this for both sides, about 10 minutes.
7. Move the rib-eye to the cooler side of the griddle and cook to rare, about 25 to 30 minutes.
8. Transfer rib-eye to a grill rack, add herbed butter on top, and lightly tent it with tin foil to rest for at least 15 minutes before carving.
9. Servings with your favorite sides!

NUTRITION: Calories: 549 , Sodium: 607 mg, Dietary Fiber: 1.5g, Fat: 40.3g, Carbs: 3.5g Protein: 40.9g

197. Texas-Style Brisket

Servings: 6

Preparation Time: 10 minutes

Cooking Time: 6 hours 20 minutes

INGREDIENTS:

- 1 (4 1/2 lb) flat cut beef brisket (about 3 inches thick)
- For the rub:
 - 1 tablespoon sea salt
 - 1 tablespoon dark brown sugar
 - 2 teaspoons smoked paprika
 - 2 teaspoons chili powder
 - 1 teaspoon garlic powder
 - 1 teaspoon onion powder
 - 1 teaspoon ground black pepper
 - 1 teaspoon mesquite liquid smoke, like Colgin

DIRECTIONS:

1. Combine the rub ingredients in a small mixing bowl.
2. Rinse and pat brisket dry and rub with coffee mix.

3. Preheat the griddle for two zone cooking; heat one side to high and leaving one side with low heat.
4. Sear on high heat side for 3 - 5 minutes on each side or until nicely charred.
5. Move to low heat side, tent with foil, and cook for 6 hours or until a meat thermometer registers 195°F.
6. Remove from griddle. Let stand, covered, 30 minutes.
7. Cut brisket across grain into thin slices and Servings.

NUTRITION: Calories:591, Sodium: 3953 mg, Dietary Fiber: 0.7g, Fat: 42.8g, Carbs: 3.2g Protein: 45.9g

198. Tender Steak with Pineapple Rice

Servings: 4

Preparation Time: 10 minutes

Cooking Time: 10 minutes

INGREDIENTS:

- 4 (4-ounce) beef fillets
- ¼ cup soy sauce
- ½ teaspoon black pepper
- ½ teaspoon garlic powder
- 1 (8-ounce) can pineapple chunks, in juice, drained
- 2 scallions, thin sliced
- 2 (8.8-ounce) packages pre-cooked brown rice, like Uncle Ben's
- 7/8 teaspoon kosher salt
- Olive oil, for brushing

DIRECTIONS:

1. Combine soy sauce, pepper, garlic powder, and beef in a large sealable plastic bag.
2. Seal and massage sauce into beef; let stand at room temperature for 7 minutes, turning bag occasionally.
3. Preheat griddle to medium-high heat and brush with olive oil.
4. Add pineapple and green onions to grill and cook 5 minutes or until well charred, turning to char evenly.
5. Remove pineapple mix and brush with additional olive oil.

6. Add steaks and cook 3 minutes on each side, for rare, or until desired temperature is reached.
7. Cook rice according to package instructions.
8. Add rice, pineapple, onions, and salt to a bowl and stir gently to combine.
9. Plate steaks with pineapple rice and Servings!

NUTRITION: Calories: 369, Sodium: 1408 mg, Dietary Fiber: 2.1g, Fat: 12.4g, Carbs: 37g Protein: 27.9g

199. Caprese Flank Steak

Servings: 4

Preparation Time: 10 minutes

Cooking Time: 10 minutes

INGREDIENTS:

- 4 (6 ounce) flank steaks
- Sea salt, for seasoning
- Flakey sea salt, for serving
- Fresh ground pepper
- Olive oil
- 2 roma tomatoes, sliced
- 4 ounces fresh buffalo mozzarella, cut into four slices
- 8 fresh basil leaves
- Balsamic vinegar glaze, for drizzling

DIRECTIONS:

1. Lightly brush each filet, on all sides, with olive oil and season with salt and pepper.
2. Preheat griddle to high. Place steaks on griddle, reduce heat to medium, tent with foil and cook for 5 minutes.
3. Flip, re-tent, and cook for an additional 5 minutes; during the last 2 minutes of cooking, top each with a slice of mozzarella.
4. Remove steaks from the griddle and top each with a few tomato slices, 2 basil leaves.
5. Drizzle with balsamic glaze, and sprinkle with flakey salt and a little more black pepper.

NUTRITION: Calories: 461, Sodium:485 mg, Dietary Fiber: 0.8g, Fat: 22.8g, Carbs: 5.7g Protein: 55.9g

200. Flank Steak with Garlic and Rosemary

Servings: 4

Preparation Time: 10 minutes

Cooking Time: 20 minutes

INGREDIENTS:

- 2 (8 ounce) flank steaks
- For the marinade:
- 1 tablespoon extra virgin olive oil, plus more for brushing
- 2 tablespoons fresh rosemary, chopped
- 4 cloves garlic, minced
- 2 teaspoons sea salt
- 1/4 teaspoon black pepper

DIRECTIONS:

1. Add marinade ingredients to a food processor or blender and pulse until garlic and rosemary are pulverized.
2. Use a fork to pierce the steaks 10 times on each side.
3. Rub each evenly with the marinade on both sides.
4. Place in a covered dish and refrigerate for at least 1 hour or overnight.
5. Preheat griddle to high and brush with olive oil and preheat to high.
6. Cook steaks for 5 minutes, flip, tent with foil, and cook for about 3-4 minutes more.
7. Transfer meat to rest on a cutting board, cover with aluminum foil, for about 15 minutes.
8. Slice very thin against the grain and Servings immediately.

NUTRITION: Calories: 260, Sodium: 1001 mg, Dietary Fiber: 0.8g, Fat: 13.2g, Carbs:

201. Greek Flank Steak Gyros

Servings: 4

Preparation Time: 5 minutes

Cooking Time: 20 minutes

INGREDIENTS:

- 1 pound flank steak
- 1 white onion, thinly sliced
- 1 roma tomato, thinly sliced
- 1 cucumber, peeled and thinly sliced
- 1/4 cup crumbled feta cheese
- 4 6-inch pita pockets
- For the marinade:
 - 1/4 cup olive oil, plus more for brushing
 - 1 teaspoon dried oregano
 - 1 teaspoon balsamic vinegar
 - 1 teaspoon garlic powder
 - Sea salt and freshly ground pepper, to taste
- For the sauce:
 - 1 cup plain yogurt
 - 2 tablespoons fresh dill (can use dried), chopped
 - 1 teaspoon garlic, minced
 - 2 tablespoons lemon juice

DIRECTIONS:

1. Cut the flank steak into thin strips against the grain. Add the marinade ingredients to a large sealable plastic bag, add the sliced meat, seal, and turn to coat.
2. Place in the refrigerator to marinate for 2 hours or overnight.
3. Preheat the griddle to medium-high heat, and an oven to 250°F.
4. Combine the sauce ingredients in small mixing bowl and set aside.
5. Spritz the pitas with a little water, wrap in foil and place in the oven to warm.
6. Brush griddle with olive oil.
7. Add meat to grill and discard marinade. Cook until brown and cooked through, about 5 minutes.
8. Remove the pitas from the oven, and cut in half.
9. Arrange the pitas on plates and stuff with cucumber, tomato,

- onions, and beef.
10. Spoon some yogurt sauce over the meat and top with feta and Servings.

NUTRITION: Calories:901, Sodium: 1221 mg, Dietary Fiber: 5.7g, Fat: 27.2g, Carbs:107.8g Protein: 53.5g

202. Flash-Marinated Skirt Steak

Servings: 4

Preparation Time: 30 minutes

Cooking Time: 45 Minutes

INGREDIENTS:

- 2 (8 ounce) skirt steaks
- For the marinade:
- 2 tablespoons balsamic vinegar
- 2 teaspoons olive oil, more for brushing
- 2 garlic cloves, minced
- Sea salt, to taste
- Black pepper, to taste

DIRECTIONS:

1. Combine marinade ingredients in a sealable plastic bag, add steaks, seal bag, turn to coat; let stand at room temperature for 30 minutes.
2. Preheat griddle to medium-high heat.
3. Remove steaks and discard marinade, place on griddle and cook about 3 minutes per side. Transfer steaks to cutting board and rest for 5 Minutes.
4. Cut across the grain into slices and Servings with your favorite sides.

NUTRITION: Calories: 256, Sodium: 204 mg, Dietary Fiber: 0g, Fat: 13.8g, Carbs: 0.6g Protein: 30.3g

203. Coffee Crusted Skirt Steak

Servings: 8

Preparation Time: 10 minutes

Cooking Time: 20 minutes

INGREDIENTS:

- 1/4 cup coffee beans, finely ground
- 1/4 cup dark brown sugar, firmly packed
- 1 1/2 teaspoon sea salt
- 1/8 teaspoon ground cinnamon
- Pinch cayenne pepper
- 2 1/2 lb. skirt steak, cut into 4 pieces
- 1 tablespoon olive oil

DIRECTIONS:

1. Heat griddle to high.
2. Combine coffee, brown sugar, salt, cinnamon, and cayenne pepper in a bowl to make rub.
3. Remove steak from refrigerator and let come to room temperature, about 15 minutes. Rub steak with oil, and sprinkle with spice rub. Massage spice rub into meat.
4. Sear until charred and medium-rare, 2 to 4 minutes per side. Transfer to a cutting board, cover with foil and let rest 5 minutes before thinly slicing against the grain.

NUTRITION: Calories:324, Sodium: 461 mg, Dietary Fiber: 0.1g, Fat: 16g, Carbs: 4.6g Protein: 37.9g

204. Carne Asada

Servings: 4

Preparation Time: 1 - 2 hours

Cooking Time: 15 minutes

INGREDIENTS:

- 1 lb. hanger steak or skirt steak
- 1/4 cup olive oil
- 1 lime, juiced
- 1 orange, juiced
- 1 garlic clove, finely chopped
- 1/2 teaspoon cumin

- 1/4 teaspoon salt
- 1/4 teaspoon ground pepper
- handful of fresh cilantro, chopped

DIRECTIONS:

1. Combine all of the ingredients in a large sealable plastic bag. Marinate in the refrigerator for 1 to 2 hours.
2. Preheat to medium/high heat, cook for 3 minutes on each side or until just cooked through.
3. Transfer to cutting board to rest for 10 minutes.
4. Slice against the grain and Servings.

NUTRITION: Calories: 363, Sodium: 200mg, Dietary Fiber: 1.7g, Fat: 18.4g, Carbs: 7.7g Protein: 41.6g

205. Mexican Steak Salad

Servings: 2

Preparation Time: 10 minutes

Cooking Time: 10 minutes

INGREDIENTS:

- Steak marinade:
 - 2 tablespoons olive oil
 - 3 garlic cloves, minced
 - 2 teaspoons chili powder
 - 1 teaspoon ground cumin
 - 1 teaspoon kosher salt
 - 1 teaspoon freshly ground pepper
 - 1 1/2 pounds skirt or flap steak, cut into 4-inch lengths
 - ½ cup lager beer
- Salad:
 - 12 ounces romaine hearts, trimmed and chopped
 - 1 can black beans, drained and rinsed
 - 1 pint cherry tomatoes, halved
 - 1 large ripe avocado, pitted, peeled, and cut into chunks
 - About 1/3 cup crumbled queso fresco
 - Chopped fresh cilantro, for garnish

- Kosher salt

Dressing:

- ½ cup plain whole milk yogurt
- 1/3 cup chopped fresh cilantro
- Zest of 1 lime
- Juice of 2 limes

DIRECTIONS:

1. Make marinade, then marinate steak for 4 hours to overnight.
2. Combine salad ingredients in a large bowl; add dressing and mix well. Place salad on separate plates.
3. Preheat griddle to high. Place marinated steak on griddle, reduce heat to medium, tent with foil and cook for 5 minutes.
4. Flip, re-tent, and cook for an additional 5 minutes.
5. Remove steak from the griddle and slice into 2 inch strips.
6. Place steak strips on individual salads, and sprinkle with flakey salt and a little black pepper. Garnish with cilantro.

NUTRITION: Calories:1332, Sodium: 2011 mg, Dietary Fiber: 13.3g, Fat: 65.1g, Carbs:29.4g Protein: 152.3g

206. Easy Sirloin Steaks

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Servings: 4

INGREDIENTS:

- 4 top sirloin steaks
- 1 tbsp Montreal steak seasoning
- Pepper
- Salt

DIRECTIONS:

1. Season steaks with Montreal steak seasoning, pepper, and salt.

2. Preheat the griddle to medium heat.
3. Spray griddle top with cooking spray.
4. Place steaks on a hot griddle top and cook for 3-5 minutes on each side or until the internal temperature reaches 145 F.
5. Servings and enjoy.

NUTRITION: Calories 163 Fat 5.3 g Carbohydrates 0 g Sugar 0 g Protein 25.8 g Cholesterol 76 mg

207. Pineapple Beef Burger Patties

Preparation Time: 10 minutes

Cooking Time: 8 minutes

Servings: 4

INGREDIENTS:

- 1 1/4 lbs ground beef
- 2 pineapple slices, chopped
- 1/4 tsp pepper
- 1 garlic clove, minced
- 1 tsp ginger, grated
- 1/4 cup green onions, chopped
- 1/4 cup soy sauce
- Salt

DIRECTIONS:

1. Add all ingredients into the bowl and mix until well combined.
2. Preheat the griddle to high heat.
3. Spray griddle top with cooking spray.
4. Make patties from mixture and place on hot griddle top and cook for 4 minutes on each side.
5. Servings and enjoy.

NUTRITION: Calories 135 Fat 5.3 g Carbohydrates 13.1 g Sugar 8.6 g Protein 9.8 g Cholesterol 28 mg

208. Steak Sandwich

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 2

INGREDIENTS:

- 1/4 lb steaks, cooked & sliced
- 2 tbsp chimichurri sauce
- 1 tbsp butter
- 4 bread slices
- 4 cheese slices

DIRECTIONS:

1. Spread butter on one side of each bread slice.
2. Take 2 bread slices and spread with chimichurri sauce and top with steak and cheese.
3. Cover with remaining bread slices.
4. Preheat the griddle to high heat.
5. Spray griddle top with cooking spray.
6. Place sandwich on hot griddle top and cook for 5 minutes or until golden brown from both sides.
7. Servings and enjoy.

NUTRITION: Calories 617 Fat 46.8 g Carbohydrates 11.8 g Sugar 1.6 g Protein 36.4 g Cholesterol 125 mg

209. Juicy Beef Burger Patties

Preparation Time: 10 minutes

Cooking Time: 12 minutes

Servings: 6

INGREDIENTS:

- 2 lbs ground beef
- 2 tbsp Worcestershire sauce
- 3/4 cup onion, chopped
- 1/2 tsp pepper
- 1/2 tsp salt

DIRECTIONS:

1. Add all ingredients into the bowl and mix until well combined.
2. Preheat the griddle to high heat.
3. Spray griddle top with cooking spray.
4. Make patties from mixture and place on hot griddle top and cook for 5 minutes on each side.
5. Servings and enjoy.

NUTRITION: Calories 292 Fat 9.4 g Carbohydrates 2.5 g Sugar 1.6 g Protein 46.1 g Cholesterol 135 mg

210. Beef Skewers

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Servings: 4

INGREDIENTS:

- 1 lb beef sirloin tips
- 1 zucchini, cut into chunks
- For marinade:
 - 1/4 cup olive oil
 - 1 jalapeno pepper
 - 1/2 tbsp lime juice
 - 1 1/2 tbsp red wine vinegar
 - 1 tsp dried oregano
 - 2 garlic cloves
 - 1 cup cilantro

DIRECTIONS:

1. Add all marinade ingredients into the blender and blend until smooth.
2. Pour the blended mixture into the mixing bowl. Add beef tips and mix well and let it marinate for 30 minutes.
3. Thread marinated beef tips and zucchini chunks onto the skewers.
4. Preheat the griddle to high heat.
5. Spray griddle top with cooking spray.
6. Place skewers on a hot griddle top and cooks for 7-8 minutes or until beef tips are cooked.

7. Servings and enjoy.

NUTRITION: Calories 179 Fat 14.3 g Carbohydrates 3.3 g Sugar 1.2 g
Protein 11.4 g Cholesterol 0 mg

211. Roast Beef Sandwich

Preparation Time: 10 minutes

Cooking Time: 5 minutes

Servings: 1

INGREDIENTS:

- 2 bread slices
- 2 cheese slices
- 4 deli roast beef, sliced
- 2 tsp butter
- 1 tbsp mayonnaise
- 1/4 cup caramelized onions, sliced

DIRECTIONS:

1. Spread butter on one side of each bread slice.
2. Take 1 bread slice and spread with mayo top with beef, onion, and cheese.
3. Cover with remaining bread slice.
4. Preheat the griddle to high heat.
5. Spray griddle top with cooking spray.
6. Place sandwich on hot griddle top and cook for 5 minutes or until golden brown from both sides.
7. Servings and enjoy.

NUTRITION: Calories 859 Fat 44.6 g Carbohydrates 25.4 g Sugar 5.5 g
Protein 83.4 g Cholesterol 265 mg

212. Tomato Roast Beef Sandwich

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 2

INGREDIENTS:

- 4 bread slices
- 1/2 lb deli roast beef slices
- 2 tbsp mayonnaise
- 1 tbsp butter
- 1/2 onion, sliced
- 1 tomato, sliced
- 4 cheese slices

DIRECTIONS:

1. Spread butter on one side of each bread slice.
2. Take 4 bread slices and spread with mayo and top with beef, cheese, tomatoes, and onion.
3. Cover with remaining bread slices.
4. Preheat the griddle to high heat.
5. Spray griddle top with cooking spray.
6. Place sandwich on hot griddle top and cook for 5 minutes or until golden brown from both sides.
7. Servings and enjoy.

NUTRITION: Calories 617 Fat 35.9 g Carbohydrates 17.1 g Sugar 4 g Protein 53.9 g Cholesterol 177 mg

213. Dijon Beef Burger Patties

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 4

INGREDIENTS:

- 1 lb ground beef
- 1/2 tsp pepper
- 3/4 tbsp Worcestershire sauce
- 1 tbsp Dijon mustard
- 1/8 tsp cayenne
- 1/8 tsp chili flakes
- 1 tbsp parsley, chopped
- 1/2 tsp kosher salt

DIRECTIONS:

1. Add all ingredients into the bowl and mix until well combined.
2. Preheat the griddle to high heat.
3. Spray griddle top with cooking spray.
4. Make patties from mixture and place on hot griddle top and cook for 5 minutes on each side.
5. Servings and enjoy.

NUTRITION: Calories 217 Fat 7.3 g Carbohydrates 1 g Sugar 0.6 g Protein 34.6 g Cholesterol 101 mg

214. Classic Burger Patties

Preparation Time: 10 minutes

Cooking Time: 12 minutes

Servings: 4

INGREDIENTS:

- 1 lb ground beef
- 1/2 tsp paprika
- 1/2 tsp dried dill
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 2 tsp dried parsley
- 1/8 tsp cayenne
- Pepper
- Salt

DIRECTIONS:

1. Add all ingredients into the bowl and mix until well combined.
2. Preheat the griddle to high heat.
3. Spray griddle top with cooking spray.
4. Make patties from mixture and place on hot griddle top and cook for 4-6 minutes on each side.
5. Servings and enjoy.

NUTRITION: Calories 215 Fat 7.1 g Carbohydrates 0.7 g Sugar 0.2 g

Protein 34.6 g Cholesterol 101 mg

FISH AND SEAFOOD RECIPES

215. Salmon Fillets with Basil Butter & Broccolini

Servings: 2

Preparation Time: 10 minutes

Cooking Time: 12 minutes

INGREDIENTS:

- 2 (6 ounce) salmon fillets, skin removed
- 2 tablespoons butter, unsalted
- 2 basil leaves, minced
- 1 garlic clove, minced
- 6 ounces broccolini
- 2 teaspoons olive oil
- Sea salt, to taste

DIRECTIONS:

1. Blend butter, basil, and garlic together until well-incorporated. Form into a ball and place in refrigerator until ready to Servings.
2. Preheat griddle to medium-high heat.
3. Season both sides of the salmon fillets with salt and set aside.
4. Add broccolini, a pinch of salt, and olive oil to a bowl, toss to coat, and set aside.
5. Brush griddle with olive oil, and cook salmon, skin side down, for 12 minutes. Turn the salmon and cook for an additional 4 minutes. Remove from the griddle and allow to rest while the broccolini cooks.
6. Add the broccolini to the griddle, turning occasionally, until

slightly charred, about 6 minutes.

7. Top each salmon fillet with a slice of basil butter and Servings with a side of broccolini.

NUTRITION: Calories: 398, Sodium: 303 mg, Dietary Fiber: 2.2g, Fat: 26.7g, Carbs: 6.2g Protein: 35.6g

216. Spiced Snapper with Mango and Red Onion Salad

Servings: 4

Preparation Time: 10 minutes

Cooking Time: 20 minutes

INGREDIENTS:

- 2 red snappers, cleaned
- Sea salt
- 1/3 cup tandoori spice
- Olive oil, plus more for grill
- Extra-virgin olive oil, for drizzling
- Lime wedges, for serving
- For the salsa:
 - 1 ripe but firm mango, peeled and chopped
 - 1 small red onion, thinly sliced
 - 1 bunch cilantro, coarsely chopped
 - 3 tablespoons fresh lime juice

DIRECTIONS:

1. Toss mango, onion, cilantro, lime juice, and a big pinch of salt in a medium mixing bowl; drizzle with a bit of olive oil and toss again to coat.
2. Place snapper on a cutting board and pat dry with paper towels. Cut slashes crosswise on a diagonal along the body every 2" on both sides, with a sharp knife, cutting all the way down to the bones.
3. Season fish generously inside and out with salt. Coat fish with tandoori spice.
4. Preheat griddle medium-high heat and brush with oil.
5. Grill fish for 10 minutes, undisturbed, until skin is puffed and charred.

6. Flip and grill fish until the other side is lightly charred and skin is puffed, about 8 to 12 minutes.
7. Transfer to a platter.
8. Top with mango salad and Servings with lime wedges.

NUTRITION: Calories: 211 Sodium: 170 mg, Dietary Fiber: 2.5g, Fat: 5.4g, Carbs: 18.9g Protein: 23.6g

217. Honey-Lime Tilapia and Corn Foil Pack

Servings: 4

Preparation Time: 10 minutes

Cooking Time: 10 minutes

INGREDIENTS:

- 4 fillets tilapia
- 2 tablespoons honey
- 4 limes, thinly sliced
- 2 ears corn, shucked
- 2 tablespoons fresh cilantro leaves
- 1/4 cup olive oil
- Kosher salt
- Freshly ground black pepper

DIRECTIONS:

1. Preheat griddle to high.
2. Cut 4 squares of foil about 12" long.
3. Top each piece of foil with a piece of tilapia.
4. Brush tilapia with honey and top with lime, corn and cilantro.
5. Drizzle with olive oil and season with sea salt and pepper.
6. Cook until tilapia is cooked through and corn tender, about 15 minutes.

NUTRITION: Calories: 319, Sodium: 92 mg, Dietary Fiber: 4g, Fat: 14.7g, Carbs: 30.3g Protein: 24g

218. Halibut Fillets with Spinach and Olives

Servings: 4

Preparation Time: 10 minutes

Cooking Time: 10 minutes

INGREDIENTS:

- 4 (6 ounce) halibut fillets
- 1/3 cup olive oil
- 4 cups baby spinach
- 1/4 cup lemon juice
- 2 ounces pitted black olives, halved
- 2 tablespoons flat leaf parsley, chopped
- 2 teaspoons fresh dill, chopped
- Lemon wedges, to Servings

DIRECTIONS:

1. Preheat griddle to medium heat.
2. Toss spinach with lemon juice in a mixing bowl and set aside.
3. Brush fish with olive oil and cook for 3-4 minutes per side, or until cooked through.
4. Remove from heat, cover with foil and let rest for 5 minutes.
5. Add remaining oil and cook spinach for 2 minutes, or until just wilted. Remove from heat.
6. Toss with olives and herbs, then transfer to serving plates with fish, and Servings with lemon wedges.

NUTRITION: Calories: 773, Sodium: 1112 mg, Dietary Fiber: 1.4g, Fat: 36.6g, Carbs: 2.9g Protein: 109.3g

219. Gremolata Swordfish Skewers

Servings: 4

Preparation Time: 20 minutes

Cooking Time: 10 minutes

INGREDIENTS:

- 1 1/2 lb. skinless swordfish fillet
- 2 teaspoons lemon zest
- 3 tablespoons lemon juice
- 1/2 cup finely chopped parsley

- 2 teaspoons garlic, minced
- 3/4 teaspoon sea salt
- 1/4 teaspoon black pepper
- 2 tablespoons extra-virgin olive oil, plus extra for serving
- 1/2 teaspoon red pepper flakes
- 3 lemons, cut into slices

DIRECTIONS:

1. Preheat griddle to medium-high.
2. Combine lemon zest, parsley, garlic, 1/4 teaspoon of the salt, and pepper in a small bowl with a fork to make gremolata and set aside.
3. Mix swordfish pieces with reServingsd lemon juice, olive oil, red pepper flakes, and remaining salt.
4. Thread swordfish and lemon slices, alternating each, onto the metal skewers.
5. Grill skewers 8 to 10 minutes, flipping halfway through, or until fish is cooked through.
6. Place skewers on a serving platter and sprinkle with gremolata.
7. Drizzle with olive oil and Servings.

NUTRITION: Calories: 333, Sodium: 554 mg, Dietary Fiber: 0.5g, Fat: 16g, Carbs:1.6g Protein: 43.7g

220. Lobster Tails with Lime Basil Butter

Servings: 4

Preparation Time: 5 minutes

Cooking Time: 6 minutes

INGREDIENTS:

- 4 lobster tails (cut in half lengthwise)
- 3 tablespoons olive oil
- lime wedges (to Servings)
- Sea salt, to taste
- For the lime basil butter:
- 1 stick unsalted butter, softened
- 1/2 bunch basil, roughly chopped

- 1 lime, zested and juiced
- 2 cloves garlic, minced
- 1/4 teaspoon red pepper flakes

DIRECTIONS:

1. Add the butter ingredients to a mixing bowl and combine; set aside until ready to use.
2. Preheat griddle to medium-high heat.
3. Drizzle the lobster tail halves with olive oil and season with salt and pepper.
4. Place the lobster tails, flesh-side down, on the griddle.
5. Allow to cook until opaque, about 3 minutes, flip and cook another 3 minutes.
6. Add a dollop of the lime basil butter during the last minute of cooking.
7. Servings immediately.

NUTRITION: Calories: 430, Sodium: 926 mg, Dietary Fiber: 0.5g, Fat: 34.7g, Carbs: 2.4g Protein: 28g

221. Spiced Crab Legs

Servings: 4

Preparation Time: 5 minutes

Cooking Time: 5 minutes

INGREDIENTS:

- 4 lbs king crab legs, cooked
- 2 tablespoons chili oil

DIRECTIONS:

1. Preheat griddle to high.
2. Brush both sides of crab legs with chili oil and place on grill. Tent with foil.
3. Cook 4 to 5 minutes, turning once.
4. Transfer to plates and Servings with drawn butter.

NUTRITION: Calories: 518, Sodium: 4857 mg, Dietary Fiber: 0g, Fat: 13.9g, Carbs: 0g Protein: 87.1g

222. Lump Crab Cakes

Servings: 4

Preparation Time: 10 minutes

Cooking Time: 15 minutes

INGREDIENTS:

- 1 lb lump crab meat
- 1/2 cup panko breadcrumbs
- 1/3 cup mayonnaise
- 1 egg, beaten
- 2 tablespoons dijon mustard
- 2 teaspoons Worcestershire sauce
- 1/2 teaspoon paprika
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 3 tablespoons vegetable oil

DIRECTIONS:

1. Preheat griddle to medium heat.
2. In a large bowl, combine the crab, breadcrumbs, mayo, egg, mustard Worcestershire sauce, paprika, salt and pepper. Mix well to combine.
3. Form the crab mixture into 4 large balls and flatten them slightly.
4. Add the oil to the griddle and cook the crab cakes for approximately 5 minutes per side or until browned and crispy. Servings immediately.

NUTRITION: Calories: 282, Sodium: 1205 mg, Dietary Fiber: 0.6g, Fat: 27.4g, Carbs: 9.5g Protein: 18.8g

223. Spicy Grilled Jumbo Shrimp

Servings: 6

Preparation Time: 15 minutes

Cooking Time: 8 minutes

INGREDIENTS:

- 1-1/2 pounds uncooked jumbo shrimp, peeled and deveined
- For the marinade:
- 2 tablespoons fresh parsley
- 1 bay leaf, dried
- 1 teaspoon chili powder
- 1 teaspoon garlic powder
- 1/4 teaspoon cayenne pepper
- 1/4 cup olive oil
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

DIRECTIONS:

1. Add marinade ingredients to a food processor and process until smooth.
2. Transfer marinade to a large mixing bowl.
3. Fold in shrimp and toss to coat; refrigerate, covered, 30 minutes.
4. Thread shrimp onto metal skewers.
5. Preheat griddle to medium heat.
6. Cook 5-6 minutes, flipping once, until shrimp turn opaque pink.
7. Servings immediately.

NUTRITION: Calories: 131, Sodium: 980 mg, Dietary Fiber: 0.4g, Fat: 8.5g, Carbs: 1g Protein: 13.7g

224. Coconut Pineapple Shrimp Skewers

Servings: 4

Preparation Time: 1 hour 20 minutes

Cooking Time: 5 minutes

INGREDIENTS:

- 1-1/2 pounds uncooked jumbo shrimp, peeled and deveined
- 1/2 cup light coconut milk
- 1 tablespoon cilantro, chopped
- 4 teaspoons Tabasco Original Red Sauce

- 2 teaspoons soy sauce
- 1/4 cup freshly squeezed orange juice
- 1/4 cup freshly squeezed lime juice (from about 2 large limes)
- 3/4 pound pineapple, cut into 1 inch chunks
- Olive oil, for grilling

DIRECTIONS:

1. Combine the coconut milk, cilantro, Tabasco sauce, soy sauce, orange juice, lime juice. Add the shrimp and toss to coat.
2. Cover and place in the refrigerator to marinate for 1 hour.
3. Thread shrimp and pineapple onto metal skewers, alternating each.
4. Preheat griddle to medium heat.
5. Cook 5-6 minutes, flipping once, until shrimp turn opaque pink.
6. Servings immediately.

NUTRITION: Calories: 150, Sodium: 190 mg, Dietary Fiber: 1.9g, Fat: 10.8g, Carbs: 14.9g Protein: 1.5g

225. Mexican Shrimp Tacos

Servings: 4

Preparation Time: 10 minutes

Cooking Time: 10 minutes

INGREDIENTS:

- 2 lbs. medium shrimp, peeled and deveined
- 8 flour tortillas, warmed
- 1 bag cabbage slaw
- 1 cup salsa
- 1 cup Mexican crema
- For marinade:
- 2 tablespoons olive oil
- 1 tablespoon chili powder
- 1 tablespoon cumin
- 1 tablespoon garlic powder
- 1 tablespoon fresh lime juice
- 1/4 teaspoon sea salt
- 1/8 teaspoon fresh ground pepper

DIRECTIONS:

1. Preheat a griddle to medium-high.
2. Combine oil marinade in a large sealable plastic bag. Add shrimp and toss coat; let marinate in the refrigerator for 30 minutes.
3. Cook shrimp for 3 minutes, on each side, until cooked through.
4. Transfer to a plate.
5. Lay two tortillas on each plate. Evenly divide the shrimp, cabbage slaw, salsa in the middle of each tortilla.
6. Drizzle with Mexican crema and Servings.

NUTRITION: Calories: 400, Sodium: 92 mg, Dietary Fiber: 4g, Fat: 14.7g, Carbs: 30.3g Protein: 24g

226. Bacon Wrapped Scallops

Servings: 4

Preparation Time: 15 minutes

Cooking Time: 4 minutes

INGREDIENTS:

- 12 large sea scallops, side muscle removed
- 8 slices of bacon
- 1 tablespoon vegetable oil
- 12 toothpicks

DIRECTIONS:

1. Heat your griddle to medium heat and cook the bacon until fat has rendered but bacon is still flexible. Remove bacon from the griddle and place on paper towels.
2. Raise griddle heat to medium-high.
3. Wrap each scallop with a half slice of bacon and skewer with a toothpick to keep the bacon in place.
4. Place the scallops on the griddle and cook for 90 seconds per side. They should be lightly browned on both sides.
5. Remove from the griddle and Servings immediately.

NUTRITION: Calories: 315, Sodium: 1023 mg, Dietary Fiber: 0g, Fat: 20g,

Carbs:2.7g Protein: 29.2g

227. Scallops with Lemony Salsa Verde

Servings: 2

Preparation Time: 10 minutes

Cooking Time: 5 minutes

INGREDIENTS:

- 1 tablespoon olive oil, plus more for grilling
- 12 large sea scallops, side muscle removed
- Sea salt, for seasoning
- For the Lemony Salsa Verde:
- ½ lemon, with peel, seeded and chopped
- 5 tomatillos, peeled and pulsed in a blender
- 1 small shallot, finely chopped
- 1 garlic clove, finely chopped
- ¼ cup olive oil
- ¾ cup finely chopped fresh parsley
- ½ cup finely chopped fresh cilantro
- ¼ cup chopped fresh chives
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper

DIRECTIONS:

1. Toss Lemony Salsa ingredients in a small mixing bowl and set aside.
2. Preheat griddle for medium-high and brush with olive oil.
3. Toss scallops with 1 tablespoon olive oil on a baking sheet and season with salt.
4. Add scallops to griddle, turning once after 45 seconds to 1 minute. Cook an additional 1 minute before removing from the griddle.
5. Servings scallops topped with Lemony Salsa Verde.

NUTRITION: Calories: 267, Sodium: 541mg, Dietary Fiber: 3.1g, Fat: 9.6g, Carbs: 13.9g Protein: 32.4g

228. Grilled Oysters with Spiced Tequila Butter

Servings: 6

Preparation Time: 5 minutes

Cooking Time: 25 minutes

INGREDIENTS:

- 3 dozen medium oysters, scrubbed and shucked
- Flakey sea salt, for serving
- For the butter:
- 1/4 teaspoon crushed red pepper
- 7 tablespoons unsalted butter
- 1/4 teaspoon chili oil
- 1 teaspoon dried oregano
- 2 tablespoons freshly squeezed lemon juice
- 2 tablespoons tequila blanco, like Espolon

DIRECTIONS:

1. Combine butter ingredients in a small mixing bowl until well-incorporated and set aside.
2. Preheat griddle to high.
3. Grill the oysters about 1 to 2 minutes.
4. Sprinkle the oysters with salt flakes.
5. Warm the butter in a microwave for 30 seconds, and spoon the warm tequila butter over the oysters and Servings.

NUTRITION: Calories: 184, Sodium: 300 mg, Dietary Fiber: 0.2g, Fat: 15g, Carbs: 3.8g Protein: 0.2g

229. Pop-Open Clams with Horseradish-Tabasco Sauce

Servings: 4

Preparation Time: 5 minutes

Cooking Time: 10 minutes

INGREDIENTS:

- 2 dozen littleneck clams, scrubbed
- 4 tablespoons unsalted butter, softened
- 2 tablespoons horseradish, drained
- 1 tablespoon hot sauce, like Tabasco

- 1/4 teaspoon lemon zest, finely grated
- 1 tablespoon fresh lemon juice
- 1/4 teaspoon smoked paprika
- Sea salt

DIRECTIONS:

1. Preheat the griddle to high.
2. Blend the butter with the horseradish, hot sauce, lemon zest, lemon juice, paprika, and pinch of salt.
3. Arrange the clams over high heat and grill until they pop open, about 25 seconds.
4. Carefully turn the clams over using tongs, so the meat side is down.
5. Grill for about 20 seconds longer, until the clam juices start to simmer.
6. Transfer the clams to a serving bowl.
7. Top each with about 1/2 teaspoon of the sauce and Servings.

NUTRITION: Calories: 191, Sodium: 382 mg, Dietary Fiber: 0.3g, Fat: 12.7g, Carbs: 4g Protein: 14.8g

230. Spicy Grilled Squid

Servings: 4

Preparation Time: 5 minutes

Cooking Time: 5 minutes

INGREDIENTS:

- 1 ½ lbs. Squid, prepared
- Olive oil
- For the marinade:
- 2 cloves garlic cloves, minced
- ½ teaspoon ginger, minced
- 3 tablespoons gochujang
- 3 tablespoons corn syrup
- 1 teaspoon yellow mustard
- 1 teaspoon soy sauce
- 2 teaspoons sesame oil

- 1 teaspoon sesame seeds
- 2 green onions, chopped

DIRECTIONS:

1. Preheat griddle to medium high heat and brush with olive oil.
2. Add the squid and tentacles to the griddle and cook for 1 minute until the bottom looks firm and opaque.
3. Turn them over and cook for another minute; straighten out the body with tongs if it curls.
4. Baste with sauce on top of the squid and cook 2 additional minutes.
5. Flip and baste the other side, cook 1 minute until the sauce evaporates and the squid turns red and shiny.

NUTRITION: Calories: 292, Sodium: 466 mg, Dietary Fiber: 2.7g, Fat: 8.6g, Carbs: 25.1g Protein: 27.8g

231. Delicious Crab Cakes

Preparation Time: 10 minutes

Cooking Time: 12 minutes

Servings: 6

INGREDIENTS:

- 1 egg
- 1 lb crab meat
- 1 tbsp parsley, chopped
- 1 cup breadcrumbs
- 1 tsp lemon juice
- 1 tsp old bay seasoning
- 2 tsp Dijon mustard
- 1/3 cup mayonnaise

DIRECTIONS:

1. Add all ingredients into the mixing bowl and mix until well combined.
2. Preheat the griddle to medium heat.
3. Spray griddle top with cooking spray.

4. Make 6 patties from the mixture and place on hot griddle top and cook for 6 minutes on each side.
5. Servings and enjoy.

NUTRITION: Calories 202 Fat 7.5 g Carbohydrates 17.6 g Sugar 2.1 g Protein 13 g Cholesterol 71 mg

232. Tasty Herb Fish

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 2

INGREDIENTS:

- 1/2 lb cod fillets
- 1 egg, lightly beaten
- 1/2 tsp dried basil
- 2 tbsp breadcrumbs
- 1/4 cup Bisquick mix
- 1/8 tsp salt

DIRECTIONS:

1. In a shallow dish, add the egg.
2. In a separate shallow dish, mix breadcrumbs, Bisquick mix, basil, and salt.
3. Preheat the griddle to high heat.
4. Spray griddle top with cooking spray.
5. Dip fish fillets with egg then coat with breadcrumb mixture.
6. Place fish fillets on a hot griddle top and cook for 8-10 minutes.
7. Servings and enjoy.

NUTRITION: Calories 210 Fat 5.8 g Carbohydrates 14.9 g Sugar 1 g Protein 25.1 g Cholesterol 138 mg

233. Blackened Cod

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 4

INGREDIENTS:

- 4 cod fillets
- 2 tsp taco seasoning
- 1 tsp pepper
- 1 tsp garlic powder
- 2 tsp cumin powder
- 2 tsp chili powder

DIRECTIONS:

1. In a small bowl, mix taco seasoning, pepper, garlic powder, cumin powder, and chili powder and rub all over fish fillets.
2. Preheat the griddle to high heat.
3. Spray griddle top with cooking spray.
4. Place fish fillets on a hot griddle top and cook for 4-5 minutes on each side.
5. Servings and enjoy.

NUTRITION: Calories 113 Fat 2.1 g Carbohydrates 2.8 g Sugar 0.3 g Protein 21.1 g Cholesterol 57 mg

234. Flavorful Tilapia

Preparation Time: 10 minutes

Cooking Time: 8 minutes

Servings: 4

INGREDIENTS:

- 4 tilapia fillets
- 1 tsp garlic powder
- 2 tsp paprika
- 3 tbsp olive oil
- 1/2 tsp pepper
- 1 tsp salt

DIRECTIONS:

1. Brush fish fillets with oil and season with garlic powder, paprika,

- pepper, and salt.
2. Preheat the griddle to high heat.
 3. Spray griddle top with cooking spray.
 4. Place fish fillets on a hot griddle top and cook for 4 minutes on each side.
 5. Servings and enjoy.

NUTRITION: Calories 189 Fat 11.7 g Carbohydrates 1.3 g Sugar 0.3 g Protein 21.3 g Cholesterol 55 mg

235. Cajun Fish

Preparation Time: 10 minutes

Cooking Time: 8 minutes

Servings: 4

INGREDIENTS:

- 4 white fish fillets
- 1 tbsp olive oil
- 1/4 tsp onion powder
- 1/2 tsp ground cumin
- 1/2 tsp cayenne
- 1/2 tsp oregano
- 1 tsp paprika
- 1/2 tsp pepper
- 1/2 tsp salt

DIRECTIONS:

1. In a small bowl, onion powder, cumin, cayenne, oregano, paprika, pepper, and salt.
2. Brush fish fillets with oil and rub with spice mixture.
3. Preheat the griddle to high heat.
4. Spray griddle top with cooking spray.
5. Place fish fillets on a hot griddle top and cook for 4 minutes on each side.
6. Servings and enjoy.

NUTRITION: Calories 96 Fat 3.9 g Carbohydrates 1 g Sugar 0.1 g Protein

15.1 g Cholesterol 0 mg

236. Garlic Haddock

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 4

INGREDIENTS:

- 4 haddock fish fillets
- 2 tbsp garlic, minced
- 2 tbsp olive oil
- Salt

DIRECTIONS:

1. Brush fish fillets with oil and season with garlic and salt.
2. Preheat the griddle to high heat.
3. Spray griddle top with cooking spray.
4. Place fish fillets on a hot griddle top and cook for 4-5 minutes on each side.
5. Servings and enjoy.

NUTRITION: Calories 216 Fat 8.5 g Carbohydrates 2.4 g Sugar 0 g Protein 32.3 g Cholesterol 82 mg

237. Lemon Pepper Trout

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 2

INGREDIENTS:

- 2 trout fillets
- 2 tsp lemon juice
- 2 tbsp lemon pepper seasoning

DIRECTIONS:

1. Season fish fillets with lemon pepper seasoning.

2. Preheat the griddle to medium heat.
3. Spray griddle top with cooking spray.
4. Place fish fillets on a hot griddle top and cook for 5-10 minutes.
5. Drizzle with lemon juice and Servings.

NUTRITION: Calories 135 Fat 5.5 g Carbohydrates 4.3 g Sugar 0.2 g
Protein 17.3 g Cholesterol 46 mg

238. Mexican Shrimp

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 4

INGREDIENTS:

- 1 lb shrimp, peel & deveined
- For marinade:
- 1/4 tsp chili flakes
- 1/2 tsp ground cumin
- 1/2 tsp paprika
- 1/2 tsp chili powder
- 2 tbsp garlic, minced
- 3 tbsp lime juice
- 3 tbsp olive oil
- Pepper
- Salt

DIRECTIONS:

1. Add shrimp and marinade ingredients into the mixing bowl and mix well. Cover and place in the refrigerator for 30 minutes.
2. Preheat the griddle to high heat.
3. Spray griddle top with cooking spray.
4. Thread marinated shrimp onto the skewers.
5. Place skewers on a hot griddle top and cooks for 4-5 minutes on each side.
6. Servings and enjoy.

NUTRITION: Calories 242 Fat 12.6 g Carbohydrates 6.4 g Sugar 0.7 g

Protein 26.4 g Cholesterol 239 mg

239. Quick & Delicious Halibut

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 2

INGREDIENTS:

- 2 halibut fish fillets
- 2 tsp olive oil
- 1 tsp dried thyme
- 1/2 tsp onion powder
- 3/4 tsp garlic powder
- 1 tbsp paprika
- 1/4 tsp salt

DIRECTIONS:

1. In a small bowl, mix paprika, garlic powder, onion powder, thyme, and salt.
2. Brush fish fillets with oil and rub with spice mixture.
3. Preheat the griddle to high heat.
4. Spray griddle top with cooking spray.
5. Place fish fillets on a hot griddle top and cook for 3-5 minutes on each side.
6. Servings and enjoy.

NUTRITION: Calories 84 Fat 4.7 g Carbohydrates 6.1 g Sugar 0.2 g Protein 4.8 g Cholesterol 2 mg

240. Lemon Pepper Scallops

Preparation Time: 10 minutes

Cooking Time: 6 minutes

Servings: 4

INGREDIENTS:

- 20 scallops
- 1 1/2 tbsp lemon pepper seasoning

- 4 tbsp olive oil
- 1 tsp salt

DIRECTIONS:

1. Add scallops and remaining ingredients into the mixing bowl and mix well and place in the refrigerator for 30 minutes.
2. Preheat the griddle to high heat.
3. Place scallops on a hot griddle top and cooks for 2-3 minutes on each side.
4. Servings and enjoy.

NUTRITION: Calories 258 Fat 15.2 g Carbohydrates 5.1 g Sugar 0 g Protein 25.4 g Cholesterol 50 mg

241. Healthy Salmon Patties

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 6

INGREDIENTS:

- 2 eggs
- 15 oz can salmon, bones removed
- 2 tbsp green onion, chopped
- 2 tbsp mayonnaise
- 1 small bell pepper, chopped
- 1/2 cup breadcrumbs
- 1/3 cup parmesan cheese, shredded
- Pepper
- Salt

DIRECTIONS:

1. Add all ingredients into the mixing bowl and mix until well combined.
2. Preheat the griddle to medium heat.
3. Spray griddle top with cooking spray.
4. Make patties from mixture and place on hot griddle top and cook

- for 5 minutes on each side.
5. Servings and enjoy.

NUTRITION: Calories 216 Fat 10.2 g Carbohydrates 9.8 g Sugar 2 g
Protein 20.8 g Cholesterol 103 mg

242. Chipotle Salmon

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Servings: 4

INGREDIENTS:

- 4 salmon fillets
- 1 1/4 tsp chipotle powder
- 1/2 tbsp ground cumin
- 1 tbsp brown sugar
- 1 tsp salt

DIRECTIONS:

1. In a small bowl, mix chipotle powder, cumin, brown sugar, and salt and sprinkle over salmon fillets.
2. Preheat the griddle to high heat.
3. Spray griddle top with cooking spray.
4. Place salmon fillets on a hot griddle top and cook for 10-15 minutes or until cooked.
5. Servings and enjoy.

NUTRITION: Calories 247 Fat 11.2 g Carbohydrates 2.5 g Sugar 2.2 g
Protein 34.7 g Cholesterol 78 mg

243. Cod Patties

Preparation Time: 10 minutes

Cooking Time: 12 minutes

Servings: 4

INGREDIENTS:

- 1 egg

- 1 tbsp parsley, chopped
- 1 tbsp onion, grated
- 1 tbsp butter
- 1 lb cod fillets, cubed
- 2 potatoes, cooked, peel & mashed
- Pepper
- Salt

DIRECTIONS:

1. Add all ingredients into the mixing bowl and mix until well combined.
2. Preheat the griddle to medium heat.
3. Spray griddle top with cooking spray.
4. Make patties from mixture and place on hot griddle top and cook until golden brown from both sides.
5. Servings and enjoy.

NUTRITION: Calories 207 Fat 5.1 g Carbohydrates 17.1 g Sugar 1.4 g Protein 23.5 g Cholesterol 104 mg

244. Zucchini Tuna Patties

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 6

INGREDIENTS:

- 13 oz can tuna, drained & flaked
- 1/3 cup parsley, chopped
- 2 tsp lemon juice
- 2 egg whites
- 2 eggs, lightly beaten
- 2 cups shredded zucchini, squeezed
- 3/4 cup breadcrumbs
- 1 cup onion, chopped
- Pepper
- Salt

DIRECTIONS:

1. Add all ingredients into the mixing bowl and mix until well combined.
2. Preheat the griddle to medium heat.
3. Spray griddle top with cooking spray.
4. Make patties from mixture and place on hot griddle top and cook until golden brown from both sides.
5. Servings and enjoy.

NUTRITION: Calories 167 Fat 2.8 g Carbohydrates 13.2 g Sugar 2.6 g Protein 21.3 g Cholesterol 73 mg

245. Blackened Red Snapper

Preparation Time: 10 minutes

Cooking Time: 8 minutes

Servings: 2

INGREDIENTS:

- 2 red snapper fish fillets
- 1 tbsp olive oil
- 1 tsp chili powder
- 1/2 tsp pepper
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1 tbsp paprika
- 1/2 tsp salt

DIRECTIONS:

1. In a small bowl, mix chili powder, pepper, garlic powder, onion powder, paprika, and salt.
2. Brush fish fillets with oil and rub with spice mixture.
3. Preheat the griddle to high heat.
4. Place fish fillets on a hot griddle top and cook for 3-4 minutes on each side.
5. Servings and enjoy.

NUTRITION: Calories 110 Fat 8.2 g Carbohydrates 9.5 g Sugar 1.3 g Protein 1.9 g Cholesterol 2 mg

246. Quick & Tasty Shrimp

Preparation Time: 10 minutes

Cooking Time: 5 minutes

Servings: 4

INGREDIENTS:

- 1 1/2 lbs shrimp, peeled & deveined
- 1 tbsp soy sauce
- 2 tbsp butter
- 2 tbsp olive oil
- Pepper
- Salt

DIRECTIONS:

1. Toss shrimp with oil, pepper, and salt.
2. Preheat the griddle to high heat.
3. Place shrimp on hot griddle top and cook for 3 minutes.
4. Add butter and soy sauce and cook shrimp for 2 minutes.
5. Servings and enjoy.

NUTRITION: Calories 315 Fat 15.6 g Carbohydrates 2.9 g Sugar 0.1 g Protein 39.1 g Cholesterol 373 mg

247. Old Bay Shrimp

Preparation Time: 10 minutes

Cooking Time: 5 minutes

Servings: 4

INGREDIENTS:

- 1 lb shrimp, peeled & deveined
- 1 tbsp lemon juice
- 4 tsp Worcestershire sauce
- 2 tsp old bay seasoning
- 2 tsp chili powder

- 1 tsp garlic, minced
- 3 tbsp olive oil
- Pepper
- Salt

DIRECTIONS:

1. Add shrimp and remaining ingredients into the mixing bowl and mix well. Cover and place in the refrigerator for 2 hours.
2. Preheat the griddle to high heat.
3. Spray griddle top with cooking spray.
4. Place shrimp on hot griddle top and cook for 3-5 minutes or until cooked.
5. Servings and enjoy.

NUTRITION: Calories 236 Fat 12.7 g Carbohydrates 3.8 g Sugar 1.2 g Protein 26.1 g Cholesterol 239 mg

248. Quick Scallops

Preparation Time: 10 minutes

Cooking Time: 4 minutes

Servings: 4

INGREDIENTS:

- 1 lb scallops
- 1 tbsp olive oil
- 2 tbsp butter, melted
- Pepper
- Salt

DIRECTIONS:

1. Add scallops, butter, oil, pepper, and salt into the bowl and toss well.
2. Preheat the griddle to high heat.
3. Place scallops on a hot griddle top and cooks for 2 minutes on each side.
4. Servings and enjoy.

NUTRITION: Calories 181 Fat 10.1 g Carbohydrates 2.7 g Sugar 0 g Protein 19.1 g Cholesterol 53 mg

249. Delicious Cod Fish Fillets

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 4

INGREDIENTS:

- 2 cod fillets, cut in half
- 1 lemon juice
- 2 tbsp butter, melted
- 1/4 tsp pepper
- 1/2 tsp lemon pepper
- 1 tbsp Cajun seasoning
- 1/4 tsp salt

DIRECTIONS:

1. Add fish fillets and remaining ingredients into the mixing bowl and mix well.
2. Preheat the griddle to high heat.
3. Place fish fillets on a hot griddle top and cook for 4-5 minutes on each side.
4. Servings and enjoy.

NUTRITION: Calories 99 Fat 6.4 g Carbohydrates 0.3 g Sugar 0.3 g Protein 1.2 g Cholesterol 43 mg

250. Chili Lime Cod

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 4

INGREDIENTS:

- 4 cod fillets
- 1/2 tsp garlic, minced
- 1/2 tsp ground coriander

- 1/2 tsp ground cumin
- 2 tsp chili powder
- 2 tsp lime juice
- 3 tbsp olive oil

DIRECTIONS:

1. Add fish fillets and remaining ingredients into the bowl and mix well.
2. Preheat the griddle to high heat.
3. Place fish fillets on a hot griddle top and cook for 4-5 minutes on each side or until cooked through.
4. Servings and enjoy.

NUTRITION: Calories 191 Fat 11.8 g Carbohydrates 2.8 g Sugar 0.5 g Protein 20.3 g Cholesterol 55 mg

SNACKS

251. Scallops Orange Skewers

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 2

INGREDIENTS:

- 12 scallops
- 1 tbsp ginger, grated
- 1 orange, cut into pieces
- 1 tbsp honey
- Pepper
- Salt

DIRECTIONS:

1. In a small bowl, mix honey, ginger, pepper, and salt.
2. Thread scallops and orange pieces onto the skewers and brush with honey mixture.
3. Preheat the griddle to medium heat.
4. Place skewers on a hot griddle top and cooks for 2-3 minutes on each side.
5. Servings and enjoy.

NUTRITION: Calories 243 Fat 1.6 g Carbohydrates 25.7 g Sugar 17.3 g Protein 31.4 g Cholesterol 59 mg

252. Tasty Bread Pizza

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 4

INGREDIENTS:

- 4 bread slices
- For toppings:
- 10 olives, sliced
- 1 small tomato, cubed
- 1/2 cup bell pepper, cubed
- 1 onion, cubed
- 1/4 tsp red chili flakes
- 1/2 tsp oregano
- 1/2 cup mozzarella cheese, grated
- 2 tbsp pizza sauce

DIRECTIONS:

1. Spread pizza sauce on bread slices. Top with olives, tomatoes, bell pepper, and onion.
2. Sprinkle with chili flakes, oregano, and cheese.
3. Preheat the griddle to medium heat.
4. Place bread slices on hot griddle top and cover and cook until cheese is melted.
5. Servings and enjoy.

NUTRITION: Calories 71 Fat 2.3 g Carbohydrates 11 g Sugar 3.2 g Protein 2.6 g Cholesterol 2 mg

253. Corn Cakes

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 10

INGREDIENTS:

- 4 eggs
- 2 cups corn
- 1/2 tsp pepper
- 1/2 cup cornmeal
- 1/2 cup flour
- 1/2 cup cheddar cheese, shredded

- 2/3 cup green onions, sliced
- 1 jalapeno, chopped
- 1/2 tsp kosher salt

DIRECTIONS:

1. ADD corn into the food processor and process until roughly chopped.
2. Add corn and remaining ingredients into the mixing bowl and mix until well combined.
3. Preheat the griddle to high heat.
4. Spray griddle top with cooking spray.
5. Make patties from mixture and place on hot griddle top and cook until lightly golden brown from both sides.
6. Servings and enjoy.

NUTRITION: Calories 122 Fat 4.3 g Carbohydrates 16.1 g Sugar 1.4 g Protein 5.9 g Cholesterol 71 mg

254. Tuna Patties

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 4

INGREDIENTS:

- 1 egg
- 10 oz can tuna, drained
- 25 crackers, crushed
- 1/4 tsp pepper
- 2 tsp Dijon mustard
- 1 tbsp mayonnaise
- 1/4 cup onion, chopped
- 1/4 tsp salt

DIRECTIONS:

1. Add all ingredients into the bowl and mix until well combined.
2. Preheat the griddle to high heat.

3. Spray griddle top with cooking spray.
4. Make patties from mixture and place on hot griddle top and cook until lightly golden brown from both sides.
5. Servings and enjoy.

NUTRITION: Calories 243 Fat 9.3 g Carbohydrates 17.1 g Sugar 1.1 g Protein 21.5 g Cholesterol 63 mg

255. Quick Cheese Toast

Preparation Time: 10 minutes

Cooking Time: 8 minutes

Servings: 4

INGREDIENTS:

- 8 bread slices
- 4 garlic cloves, minced
- 2 green chili, chopped
- 1 cup mozzarella cheese, shredded
- 1 cup bell pepper, chopped
- Pepper
- Salt

DIRECTIONS:

1. Mix bell pepper, green chili, and garlic and spread evenly over bread slices. Top with cheese, pepper, and salt.
2. Preheat the griddle to medium heat.
3. Spray griddle top with cooking spray.
4. Place bread slices on hot griddle top cover and cook until cheese melts.
5. Servings and enjoy.

NUTRITION: Calories 87 Fat 1.9 g Carbohydrates 13.6 g Sugar 2.8 g Protein 3.9 g Cholesterol 4 mg

256. Tortilla Pizza

Preparation Time: 10 minutes

Cooking Time: 5 minutes

Servings: 1

INGREDIENTS:

- 1 tortilla
- For topping:
- 1/4 tsp red chili flakes
- 1/4 tsp dried oregano
- 1/2 tsp garlic, minced
- 2 tsp onion, chopped
- 1/4 cup tomatoes, chopped
- 3 tbsp mozzarella cheese, shredded
- Pepper
- Salt

DIRECTIONS:

1. Add tomatoes, onion, garlic, oregano, chili flakes, cheese, pepper, and salt to a tortilla.
2. Preheat the griddle to high heat.
3. Spray griddle top with cooking spray.
4. Place tortilla on hot griddle top cover and cook until cheese melts.
5. Servings and enjoy.

NUTRITION: Calories 336 Fat 15.8 g Carbohydrates 18 g Sugar 1.4 g Protein 26.1 g Cholesterol 45 mg

[257. Chickpea Burger Patties](#)

Preparation Time: 10 minutes

Cooking Time: 12 minutes

Servings: 6

INGREDIENTS:

- 3 eggs
- 1 3/4 cups can chickpeas, drained
- 2 cups cauliflower florets
- 1/2 tsp onion powder
- 1 tsp garlic powder
- 2 tbsp parsley, chopped

- 1/2 cup onion, chopped
- Pepper
- Salt

DIRECTIONS:

1. Add cauliflower florets and chickpeas into the food processor and process until finely chopped.
2. Add remaining ingredients and process until just combined.
3. Preheat the griddle to medium heat.
4. Make patties from mixture and place on hot griddle top and cook until lightly browned from both sides.
5. Servings and enjoy.

NUTRITION: Calories 130 Fat 3 g Carbohydrates 19.3 g Sugar 1.6 g Protein 7.2 g Cholesterol 82 mg

258. Veggie Patties

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 6

INGREDIENTS:

- 2 eggs
- 2 tbsp parsley, chopped
- 1/2 cup onion, chopped
- 1 cup potatoes, shredded
- 1 cup zucchini, shredded
- 1 cup carrots, shredded
- 1 cup breadcrumbs
- Pepper
- Salt

DIRECTIONS:

1. Add all ingredients into the bowl and mix until well combined.
2. Preheat the griddle to high heat.
3. Spray griddle top with cooking spray.

4. Make patties from mixture and place on hot griddle top and cook until lightly golden brown from both sides.
5. Servings and enjoy.

NUTRITION: Calories 124 Fat 2.5 g Carbohydrates 20.4 g Sugar 3.2 g Protein 5.2 g Cholesterol 55 mg

259. Tomato Avocado Bruschetta

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 6

INGREDIENTS:

- 6 bread slices
- 2 tbsp olive oil
- For topping:
- 1 tomato, chopped
- 1 garlic clove, minced
- 1 cucumber, diced
- 1 avocado, peel & dice
- 1/4 tsp sea salt

DIRECTIONS:

1. Preheat the griddle to high heat.
2. Brush bread slices with oil and place on hot griddle top and cook until lightly golden brown from both sides.
3. In a bowl, add all topping ingredients and mix well.
4. Spoon topping mixture over bread slices.
5. Servings and enjoy.

NUTRITION: Calories 142 Fat 11.6 g Carbohydrates 9.8 g Sugar 1.7 g Protein 1.8 g Cholesterol 0 mg

260. Delicious Guacamole Bruschetta

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 8

INGREDIENTS:

- 8 oz baguette bread, cut into 1-inch slices
- 2 tbsp olive oil
- For topping:
- 2 avocados, diced
- 1 tsp lemon juice
- 1 tsp garlic, minced
- Pepper
- Salt

DIRECTIONS:

1. Preheat the griddle to high heat.
2. Brush bread slices with oil and place on hot griddle top and cook until lightly golden brown from both sides.
3. In a bowl, add all topping ingredients and mix well.
4. Spoon topping mixture over bread slices.
5. Servings and enjoy.

NUTRITION: Calories 208 Fat 13.3 g Carbohydrates 18.9 g Sugar 0.8 g Protein 3.9 g Cholesterol 0 mg

261. Spicy Chicken Burger Patties

Preparation Time: 10 minutes

Cooking Time: 12 minutes

Servings: 6

INGREDIENTS:

- 1 lb ground chicken
- 1 tsp chili powder
- 1 tsp cayenne powder
- 1 tbsp honey
- 1/4 cup almond flour
- 1/4 tsp pepper
- 2 tsp dried parsley
- 1 tsp paprika
- 1/4 tsp salt

DIRECTIONS:

1. Add all ingredients into the bowl and mix until well combined.
2. Preheat the griddle to high heat.
3. Spray griddle top with cooking spray.
4. Make patties from mixture and place on hot griddle top and cook for 4-6 minutes on each side.
5. Servings and enjoy.

NUTRITION: Calories 165 Fat 6.4 g Carbohydrates 3.8 g Sugar 3 g Protein 22.3 g Cholesterol 67 mg

262. Chicken Pizza Sandwich

Preparation Time: 10 minutes

Cooking Time: 5 minutes

Servings: 2

INGREDIENTS:

- 4 bread slices
- 1 chicken breast, cooked and sliced
- 1 tbsp butter
- 4 mozzarella cheese slices
- 2 tbsp olives, sliced
- 2 tbsp pizza sauce
- 8 pepperoni slices

DIRECTIONS:

1. Spread butter on one side of each bread slice.
2. Take 2 bread slices and spread with pizza sauce and top with chicken, pepperoni slices, olives, and cheese.
3. Cover with remaining bread slices.
4. Preheat the griddle to high heat.
5. Spray griddle top with cooking spray.
6. Place sandwiches on a hot griddle top and cook for 5 minutes or until lightly golden brown from both sides.
7. Servings and enjoy.

NUTRITION: Calories 443 Fat 28.3 g Carbohydrates 13.4 g Sugar 1.3 g
Protein 33.4 g Cholesterol 100 mg

263. Easy Pepperoni Pizza Sandwich

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 3

INGREDIENTS:

- 6 bread slices
- 1 1/2 cups mozzarella cheese, shredded
- 3 tbsp butter
- 3/4 cup pizza sauce
- 15 pepperoni slices

DIRECTIONS:

1. Spread butter on one side of each bread slice.
2. Take 3 bread slices and spread with marinara sauce and top with pepperoni slices and cheese.
3. Cover with remaining bread slices.
4. Preheat the griddle to high heat.
5. Spray griddle top with cooking spray.
6. Place sandwiches on a hot griddle top and cook for 5 minutes or until lightly golden brown from both sides.
7. Servings and enjoy.

NUTRITION: Calories 361 Fat 27.1 g Carbohydrates 16.6 g Sugar 2.8 g
Protein 12.7 g Cholesterol 67 mg

264. Healthy Broccoli

Preparation Time: 10 minutes

Cooking Time: 6 minutes

Servings: 6

INGREDIENTS:

- 4 cups broccoli florets
- 1 1/2 tsp garlic, minced

- 1 1/2 tsp Italian seasoning
- 1 tbsp lemon juice
- 4 tbsp olive oil
- 1/4 tsp pepper
- 1 1/4 tsp kosher salt

DIRECTIONS:

1. Add broccoli and remaining ingredients into the bowl and mix well. Cover and place in the refrigerator for 1 hour.
2. Preheat the griddle to high heat.
3. Spray griddle top with cooking spray.
4. Place broccoli florets on a hot griddle top and cook for 3 minutes on each side.
5. Servings and enjoy.

NUTRITION: Calories 106 Fat 9.9 g Carbohydrates 4.5 g Sugar 1.2 g Protein 1.8 g Cholesterol 1 mg

265. Easy Pineapple Slices

Preparation Time: 10 minutes

Cooking Time: 12 minutes

Servings: 4

INGREDIENTS:

- 4 pineapple slices
- 1 tbsp butter, melted
- 1/4 tsp chili powder
- Salt

DIRECTIONS:

1. Preheat the griddle to high heat.
2. Brush pineapple slices with butter, chili powder, and salt.
3. Place pineapple slices on a hot griddle top and cook for 5-6 minutes on each side.
4. Servings and enjoy.

NUTRITION: Calories 108 Fat 3.1 g Carbohydrates 21.7 g Sugar 16.3 g
Protein 0.9 g Cholesterol 8 mg

APPETIZERS

266. Smashed Potato Casserole

Preparation Time: 30 minutes

Cooking Time: 45 - 60 minutes

Servings: 8

INGREDIENTS:

- 1 small red onion, thinly sliced
- 1 small green bell pepper, thinly sliced
- 1 small red bell pepper, thinly sliced
- 1 small yellow bell pepper, thinly sliced
- 3 cups mashed potatoes
- 8 - 10 bacon slices
- ¼ cup bacon grease or salted butter (½ stick)
- ¾ cup sour cream
- 1 ½ teaspoons barbecue rub
- 3 cups shredded sharp cheddar cheese (divided)
- 4 cups hash brown potatoes (frozen)
- Intolerances:
- Gluten-Free
- Egg-Free

DIRECTIONS:

1. Get that bacon cooking over medium heat in a large griddle. Cook till nice and crisp. Aim for 5 minutes on both sides. Then set aside your bacon.
2. Pour the bacon grease into a glass container and set aside.
3. Using the same griddle, warm up the butter or bacon grease over medium heat. When warm enough, sauté bell peppers and red

- onions. You're aiming for al dente. When done, set it all aside.
4. Grab a casserole dish, preferably one that is 9 by 11 inches. Spray with some nonstick cooking spray, then spread the mashed potatoes out, covering the entire bottom of the dish.
 5. Add the sour cream to the next layer over the potatoes. When you're done, season it with some of the barbecue rub.
 6. Create a new layer with the sautéed veggies over the potatoes, leaving the butter or grease in the pan.
 7. Sprinkle your sharp cheddar cheese—just 1½ of the cups. Then add the frozen hash brown potatoes.
 8. Scoop out the rest of the bacon grease or butter from the sautéed veggies, all over the hash browns, and then top it all off with some delicious crumbled bacon bits.
 9. Add the rest of the sharp cheddar cheese (1½ cups) over the whole thing, and then use some aluminum foil to cover the casserole dish.
 10. Set up your griddle for indirect cooking. Preheat to 350°F.
 11. Let the whole thing bake for 45 - 60 minutes. Ideally, you want the cheese to bubble.
 12. Take it out and let it sit for about 10 minutes.
 13. Servings!

NUTRITION: Calories: 232 Fat: 2g Carbs: 48g Protein: 9g

267. Atomic Buffalo Turds

Preparation Time: 30 minutes

Cooking Time: 1 hour and 30 minutes

Servings: 10

INGREDIENTS:

- 8 ounces regular cream cheese (room temp)
- 10 jalapeno peppers (medium)
- ¾ cup cheddar cheese blend and shredded Monterey Jack (not necessary)
- 1 teaspoon smoked paprika
- 1 teaspoon garlic powder
- ½ teaspoon red pepper flakes (not necessary)

- Little Smokies sausages (20)
- 10 bacon strips, thinly sliced and halved
- Intolerances:
- Egg-Free

DIRECTIONS:

1. Wash the jalapenos, then slice them up along the length. Get a spoon, or a paring knife if you prefer, and use that to take out the seeds and the veins.
2. Place the scooped-out jalapenos on a veggie griddling tray and put it all aside.
3. Get a small bowl and mix the shredded cheese, cream cheese, paprika, cayenne pepper, garlic powder, and red pepper flakes. Mix them thoroughly.
4. Get your jalapenos which you've hollowed out, and then stuff them with the cream cheese mix.
5. Get your little Smokies sausage, and then put it right onto each of the cheese stuffed jalapenos.
6. Grab some of the thinly sliced and halved bacon strips and wrap them around each of the stuffed jalapenos and their sausage.
7. Grab some toothpicks. Use them to keep the bacon nicely secured to the sausage.
8. Set up your griddle so it's ready for indirect cooking. Get it preheated to 250°F.
9. Put your jalapeno peppers in and smoke them at 250°F for anywhere from 90 minutes to 120 minutes. You want to keep it going until the bacon is nice and crispy.
10. Take out the atomic buffalo turds, and then let them rest for about 5 minutes.
11. Servings!

NUTRITION: Calories: 198 Fat: 17g Cholesterol: 48mg Carbs: 3g Protein: 8g

268. Brisket Baked Beans

Preparation Time: 20 minutes

Cooking Time: 1 hour and 30 minutes

Servings: 10

INGREDIENTS:

- 1 green bell pepper (medium, diced)
- 1 red bell pepper (medium, diced)
- 1 yellow onion (large, diced)
- 2 - 6 jalapeno peppers (diced)
- 2 tablespoons olive oil (extra-virgin)
- 3 cups brisket flat (chopped)
- 1 can baked beans (28 ounces)
- 1 can red kidney beans (14 ounces, rinsed, drained)
- 1 cup barbecue sauce
- ½ cup brown sugar (packed)
- 2 teaspoons mustard (ground)
- 3 cloves of garlic (chopped)
- 1 ½ teaspoon black pepper
- 1 ½ teaspoon kosher salt
- Intolerances:
- Gluten-Free
- Egg-Free
- Lactose-Free

DIRECTIONS:

1. Put a griddle on the fire, on medium heat. Warm up your olive oil. Toss in the diced jalapenos, peppers, and onions. Stir every now and then for 8 minutes.
2. Grab a 4-quart casserole dish. Now, in your dish, mix in the pork and beans, kidney beans, baked beans, chopped brisket, cooked peppers and onions, brown sugar, barbecue sauce, garlic, mustard, salt, and black pepper.
3. Set up your griddle so it's ready for indirect cooking.
4. Preheat your griddle to 325°F.
5. Cook your brisket beans on the griddle, for 90 minutes to 120 minutes. Keep it uncovered as you cook. When it's ready, you'll know, because the beans will get thicker and will have bubbles as

- well.
6. Rest the food for 15 minutes, before you finally move on to step number 5.
 7. Servings!

NUTRITION: Calories: 200 Fat: 2g Cholesterol: 10mg Carbs: 35g Protein: 9g

269. Twice-Baked Spaghetti Squash

Preparation Time: 15 minutes

Cooking Time: 1 hour

Servings: 2

INGREDIENTS:

- 1 spaghetti squash (medium)
- 1 tablespoon olive oil (extra virgin)
- 1 teaspoon salt
- ½ teaspoon pepper
- ½ cup Parmesan cheese (grated, divided)
- ½ cup mozzarella cheese (shredded, divided)
- Intolerances:
- Egg-Free

DIRECTIONS:

1. Cut the squash along the length in half. Make sure you're using a knife that's large enough, and sharp enough. Once you're done, take out the pulp and the seeds from each half with a spoon.
2. Rub the insides of each half of the squash with some olive oil. When you're done with that, sprinkle the salt and pepper.
3. Set up your griddle for indirect cooking.
4. Preheat your griddle to 375°F.
5. Put each half of the squash on the griddle. Make sure they're both facing upwards on the griddle grates, which should be nice and hot.
6. Bake for 45 minutes, keeping it on the griddle until the internal temperature of the squash hits 170°F. You'll know you're done when you find it easy to pierce the squash with a fork.

7. Move the squash to your cutting board. Let it sit there for 10 minutes, so it can cool a bit.
8. Turn up the temp on your griddle to 425°F.
9. Use a fork to remove the flesh from the squash in strands by raking it back and forth. Do be careful, because you want the shells to remain intact. The strands you rake off should look like spaghetti, if you're doing it right.
10. Put the spaghetti squash strands in a large bowl, and then add in half of your mozzarella and half of your Parmesan cheeses. Combine them by stirring.
11. Take the mix, and stuff it into the squash shells. When you're done, sprinkle them with the rest of the Parmesan and mozzarella cheeses.
12. Optional: You can top these with some bacon bits, if you like.
13. Allow the stuffed spaghetti squash shells you've now stuffed to bake at 435°F for 15 minutes, or however long it takes the cheese to go brown.
14. Servings and enjoy.

NUTRITION: Calories: 214 Fat: 3g Cholesterol: 17mg Carbs: 27g Protein: 16g

270. Bacon-Wrapped Asparagus

Preparation Time: 15 minutes

Cooking Time: 25 - 30 minutes

Servings: 6

INGREDIENTS:

- 15 - 20 spears of fresh asparagus (1 pound)
- Olive oil (extra virgin)
- 5 slices bacon (thinly sliced)
- 1 teaspoon salt and pepper (or your preferred rub)
- intolerances:
- Gluten-Free
- Egg-Free
- Lactose-Free

DIRECTIONS:

1. Break off the ends of the asparagus, then trim it all so they're down to the same length.
2. Separate the asparagus into bundles—3 spears per bundle. Then spritz them with some olive oil.
3. Use a piece of bacon to wrap up each bundle. When you're done, lightly dust the wrapped bundle with some salt and pepper to taste, or your preferred rub.
4. Set up your griddle so that it's ready for indirect cooking.
5. Put some fiberglass mats on your grates. Make sure they're the fiberglass kind. This will keep your asparagus from getting stuck on your griddle gates.
6. Preheat your griddle to 400°F.
7. Griddle the wraps for 25 minutes to 30 minutes, tops. The goal is to get your asparagus looking nice and tender, and the bacon deliciously crispy.

NUTRITION: Calories: 71 Fat: 3g Carbs: 1g Protein: 6g

271. Garlic Parmesan Wedges

Preparation Time: 15 minutes

Cooking Time: 35 minutes

Servings: 3

INGREDIENTS:

- 3 russet potatoes (large)
- 2 teaspoons of garlic powder
- ¾ teaspoon black pepper
- 1 ½ teaspoons of salt
- ¾ cup Parmesan cheese (grated)
- 3 tablespoons fresh cilantro (chopped, optional. You can replace this with flat-leaf parsley)
- ½ cup blue cheese (per serving, as optional dip. Can be replaced with ranch dressing)
- Intolerances:
- Gluten-Free

- Egg-Free

DIRECTIONS:

1. Use some cold water to scrub your potatoes as gently as you can with a veggie brush. When done, let them dry.
2. Slice your potatoes along the length in half. Cut each half into a third.
3. Get all the extra moisture off your potato by wiping it all away with a paper towel. If you don't do this, then you're not going to have crispy wedges!
4. In a large bowl, throw in your potato wedges, some olive oil, garlic powder, salt, garlic, and pepper, and then toss them with your hands, lightly. You want to make sure the spices and oil get on every wedge.
5. Place your wedges on a nonstick tray, or pan, or basked. The single layer kind. Make sure it's at least 15 x 12 inches.
6. Set up your griddle so it's ready for indirect cooking.
7. Preheat your griddle to 425°F.
8. Set the tray upon your preheated griddle. Roast the wedges for 15 minutes before you flip them. Once you turn them, roast them for another 15 minutes, or 20 tops. The outside should be a nice, crispy, golden brown.
9. Sprinkle your wedges generously with the Parmesan cheese. When you're done, garnish it with some parsley, or cilantro, if you like. Servings these bad boys up with some ranch dressing, or some blue cheese, or just eat them that way!

NUTRITION: Calories: 194 Fat: 5g Cholesterol: 5mg Carbs: 32g Protein: 5g

272. Smoked Moink Ball Skewers

Preparation Time: 30 minutes

Cooking Time: 1 hour and 15 minutes

Servings: 6

INGREDIENTS:

- ½ pound pork sausage (ground)

- ½ pound ground beef (80% lean)
- 1 egg (large)
- ½ cup red onions (minced)
- ½ cup Parmesan cheese (grated)
- ½ cup Italian breadcrumbs
- ¼ cup parsley (finely chopped)
- ¼ cup milk (whole)
- 2 garlic cloves (minced) or 1 teaspoon garlic (crushed)
- 1 teaspoon oregano
- ½ teaspoon kosher salt
- ½ teaspoon black pepper
- ¼ cup barbecue sauce
- ½ pound bacon slices (thinly sliced, halved)
- Intolerances:
- Egg-Free

DIRECTIONS:

1. Mix up the ground pork sausage, ground beef, breadcrumbs, onion, egg, parsley, Parmesan cheese, garlic, milk, oregano, salt, and pepper in a large bowl. Whatever you do, don't overwork your meat.
2. Make meatballs of 1½ ounces each. They should be about 1½ in width. Put them on your Teflon-coated fiberglass mat.
3. Wrap up each meatball in half a slice of your thinly sliced bacon.
4. Spear your moink balls, three to a skewer.
5. Set up your griddle so that it's nice and ready for indirect cooking.
6. Preheat your griddle to 225°F,
7. Smoke the skewered moink balls for half an hour.
8. Turn up the temperature to 350°F, and keep it that way until the internal temperature of your skewered moink balls hits 175°F, which should take about 40 to 45 minutes, max.
9. When the bacon gets nice and crispy, brush your moink balls with whatever barbecue sauce you like. Ideally, you should do this in the last five minutes of your cook time.
10. Servings the moink ball skewers while they're hot.

NUTRITION: Calories: 314 Fat: 28g Protein: 15g

273. Bacon Cheddar Slider

Preparation Time: 30 minutes

Cooking Time: 15 minutes

Servings: 2

INGREDIENTS:

- 1-pound ground beef (80% lean)
- 1/2 teaspoon of garlic salt
- 1/2 teaspoon salt
- 1/2 teaspoon of garlic
- 1/2 teaspoon onion
- 1/2 teaspoon black pepper
- 6 bacon slices, cut in half
- 1/2 Cup mayonnaise
- 2 teaspoons of creamy wasabi (optional)
- 6 (1 oz) sliced sharp cheddar cheese, cut in half (optional)
- Sliced red onion
- 1/2 Cup sliced kosher dill pickles
- 12 mini breads sliced horizontally
- Ketchup
- Intolerances:
- Egg-Free

DIRECTIONS:

1. Place ground beef, garlic salt, seasoned salt, garlic powder, onion powder and black hupe pepper in a medium bowl.
2. Divide the meat mixture into 12 equal parts, shape into small thin round patties (about 2 ounces each) and save.
3. Cook the bacon on medium heat over medium heat for 5-8 minutes until crunchy. Set aside.
4. To make the sauce, mix the mayonnaise and horseradish in a small bowl, if used.
5. Preheat griddle to 350°F. Griddle surface should be approximately 400°F.

6. Spray a cooking spray on the griddle cooking surface for best non-stick results.
7. Griddle the putty for 3-4 minutes each until the internal temperature reaches 160°F.
8. If necessary, place a sharp cheddar cheese slice on each patty while the patty is on the griddle or after the patty is removed from the griddle.
9. Place a small amount of mayonnaise mixture, a slice of red onion, and a hamburger pate in the lower half of each roll. Pickled slices, bacon and ketchup.

NUTRITION: Calories: 160 Fat: 11g Carbs: 20g Protein: 10g

274. Mushrooms Stuffed with Crab Meat

Preparation Time: 20 minutes

Cooking Time: 30 – 45 minutes

Servings: 6

INGREDIENTS:

- 6 medium-sized portobello mushrooms
- Extra virgin olive oil
- 1/3 Grated parmesan cheese cup
- Club Beat Staffing:
- 8 oz fresh crab meat or canned or imitation crab meat
- 2 tablespoons extra virgin olive oil
- 1/3 Chopped celery
- Chopped red peppers
- 1/2 cup chopped green onion
- 1/2 cup Italian breadcrumbs
- 1/2 Cup mayonnaise
- 8 oz cream cheese at room temperature
- 1/2 teaspoon of garlic
- 1 tablespoon dried parsley
- Grated parmesan cheese cup
- 1 1 teaspoon of Old Bay seasoning
- 1/4 teaspoon of kosher salt
- 1/4 teaspoon black pepper

- Intolerances:
- Egg-Free

DIRECTIONS:

1. Clean the mushroom cap with a damp paper towel. Cut off the stem and save it.
2. Remove the brown gills from the bottom of the mushroom cap with a spoon and discard.
3. Prepare crab meat stuffing. If you are using canned crab meat, drain, rinse, and remove shellfish.
4. Heat the olive oil in a frying pan over medium high heat. Add celery, peppers and green onions and fry for 5 minutes. Set aside for cooling.
5. Gently pour the chilled sautéed vegetables and the remaining ingredients into a large bowl.
6. Cover and refrigerate crab meat stuffing until ready to use.
7. Put the crab mixture in each mushroom cap and make a mound in the center.
8. Sprinkle extra virgin olive oil and sprinkle parmesan cheese on each stuffed mushroom cap. Put the mushrooms in a 10 x 15-inch baking dish.
9. Use the griddle to indirect heating and preheat to 375°F.
10. Bake for 30-45 minutes until the filling becomes hot (165°F as measured by an instant-read digital thermometer) and the mushrooms begin to release juice.

NUTRITION: Calories: 60 Fat: 4g Cholesterol: 20mg Carbs: 2g Protein: 2g

275. Parmesan Tomatoes

Preparation Time: 110 minutes

Cooking Time: 20 minutes

Servings: 6

INGREDIENTS:

- 9 halved Tomatoes
- 1 cup grated Parmesan cheese

- 1/2 tsp. Ground black pepper
- 1/4 tsp. Onion powder
- 1 tbsp. Dried rosemary
- 2 tbsps. Olive oil
- 5 minced Garlic cloves
- 1 tsp. Kosher salt
- Intolerances:
- Gluten-Free
- Egg-Free

DIRECTIONS:

1. Heat a griddle to medium-low heat and oil grates.
2. Place tomatoes halves cut side down, onto the griddle and cook for 5-7 minutes.
3. Heat olive oil in a pan over a medium heat. Add garlic, rosemary, black pepper, onion powder, and salt and cook for 3-5 minutes.
4. Remove from heat and set aside. Flip each tomato half and brush with olive oil garlic mixture and top with grated parmesan cheese.
5. Close griddle and cook for 7-10 minutes more until cheese is melted.
6. Remove tomatoes from the griddle and Servings immediately.

NUTRITION: Calories: 130 Fat: 8g Carbs: 9g Protein: 6g

276. Feta Spinach Turkey Burgers

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 4

INGREDIENTS:

- 1 lb. Ground turkey
- 1 tbsp. Breadcrumbs
- 1/4 tsp. Crushed red pepper
- 1 tsp. Parsley
- 1 tsp. Oregano
- 1 tsp. Garlic powder
- 1/3 cup. Sun-dried tomatoes

- 1/2 cup, crumbled Feta cheese
- 1/2 cup, chopped Baby spinach
- 1/2 tsp. Pepper
- 1/2 tsp. Sea salt
- Intolerances:
- Egg-Free

DIRECTIONS:

1. Add all ingredients into the mixing bowl and mix until just combined.
2. Make four equal shaped patties from the mixture.
3. Preheat the griddle to high heat.
4. Place patties on a hot griddle and cook for 3-5 minutes on each side or until internal temperature reaches to 165°F.
5. Servings

NUTRITION: Calories: 215 Fat: 6g Carbs: 9g Protein: 30g

277. Griddle Potato Skewers

Preparation Time: 15 minutes

Cooking Time: 25 minutes

Servings: 8

INGREDIENTS:

- 2 lbs. quartered Potatoes
- 1 tsp. Garlic powder
- 2 tps. Crushed dried rosemary
- 4 tbsps. Dry white wine
- 1/2 cup Mayonnaise
- 1/2 cup Water
- Intolerances:
- Gluten-Free
- Egg-Free
- Lactose-Free

DIRECTIONS:

1. Add potatoes and water in a microwave-safe bowl and cook in the microwave for 15 minutes or until potatoes are tender.
2. Drain potatoes well and let them cool. In a large mixing bowl, stir together mayonnaise, garlic powder, rosemary, and wine.
3. Add potatoes and toss to coat. Cover bowl and place in the refrigerator for 1 hour.
4. Preheat the griddle to a high heat and oil grates. Remove potatoes from the marinade and thread onto the skewers.
5. Place potato skewers on a hot griddle, cover, and cook for 6-8 minutes. Turn skewers halfway through.
6. Servings.

NUTRITION: Calories: 135 Fat: 5g Carbs: 20g Protein: 2g

278. Curried Cauliflower Skewers

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Servings: 6

INGREDIENTS:

- 1 cut into florets large cauliflower head
- 1 cut into wedges onion
- 1 cut into squares yellow bell pepper
- 1 fresh lemon juice
- 1/4 cup olive oil
- 1/2 tsp. garlic powder
- 1/2 tsp. ground ginger
- 3 tsps. curry powder
- 1/2 tsp. salt
- Intolerances:
- Gluten-Free
- Egg-Free
- Lactose-Free

DIRECTIONS:

1. In a large mixing bowl, whisk together oil, lemon juice, garlic, ginger, curry powder, and salt. Add cauliflower florets and toss

- until well coated.
2. Heat the griddle to medium heat.
 3. Thread cauliflower florets, onion, and bell pepper onto the skewers.
 4. Place skewers onto the hot griddle and cook for 6-7 minutes on each side.
 5. Servings.

NUTRITION: Calories: 100 Fat: 8g Carbs: 6g Protein: 1g

279. Southwest Chicken Drumsticks

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Servings: 8

INGREDIENTS:

- 2 lbs. Chicken legs
- 2 tbsps. Taco seasoning
- 2 tbsps. Olive oil
- Intolerances:
- Gluten-Free
- Egg-Free
- Lactose-Free

DIRECTIONS:

1. Preheat the griddle to a medium-high heat and oil grates.
2. Brush chicken legs with oil and rub with taco seasoning.
3. Place chicken legs on the hot griddle and cook for 30 minutes.
4. Turn chicken legs after every 10 minutes.
5. Servings.

NUTRITION: Calories: 165 Fat: 12g Carbs: 1g Protein: 10g

280. Sweet Potato Fries

Preparation Time: 10 minutes

Cooking Time: 12 minutes

Servings: 4

INGREDIENTS:

- 2 lbs. peeled and cut into ½-inch wedges Sweet potatoes
- 2 tbsps. Olive oil
- Pepper and salt to taste
- Intolerances:
- Gluten-Free
- Egg-Free
- Lactose-Free

DIRECTIONS:

1. Preheat the griddle to medium-high heat.
2. Toss sweet potatoes with oil, pepper, and salt.
3. Place sweet potato wedges on a hot griddle and cook over a medium heat for 6 minutes.
4. Flip and cook for 6-8 minutes more.
5. Servings.

NUTRITION: Calories: 230 Fat: 6g Carbs: 40g Protein: 4g

281. Balsamic Mushroom Skewers

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 4

INGREDIENTS:

- 2 lbs. sliced ¼-inch thick Mushrooms
- 1/2 tsp. chopped Thyme
- 3 chopped Garlic cloves
- 1 tbsp. Soy sauce
- 2 tbsps. Balsamic vinegar
- Pepper and salt to taste
- Intolerances:
- Gluten-Free
- Egg-Free
- Lactose-Free

DIRECTIONS:

1. Add mushrooms and remaining ingredients into the mixing bowl, cover, and place in the refrigerator for 30 minutes.
2. Thread marinated mushrooms onto the skewers.
3. Heat the griddle to medium-high heat. Place mushroom skewers onto the hot griddle and cook for 2-3 minutes per side.
4. Servings.

NUTRITION: Calories: 60 Fat: 1g Carbs: 8g Protein: 6g

SAUCES

[282. Mirin and Soy Sauce](#)

Preparation time: 4 minutes | Cooking time: 0 minutes | Servings: 2 cups

INGREDIENTS:

- ¾ cup water
- ½ cup mirin
- ½ cup soy sauce
- ¼ cup sesame oil
- 1 tablespoon garlic powder
- 1 tablespoon ground ginger
- 1 Tablespoon Grated Fresh Ginger

DIRECTIONS

1. Put ingredients in a medium bowl and whisk until combined. Use immediately or store refrigerated for up to 10 days.

NUTRITION: Calories 99 Fat 6.4 g Carbohydrates 0.3 g Sugar 0.3 g Protein 1.2 g Cholesterol 43 mg

[283. Vinegar Honey Sauce](#)

Preparation time: 4 minutes | Cooking time: 0 minutes | Servings: 2 cups

INGREDIENTS:

- 1¼ cups balsamic vinegar
- ½ cup water
- ¼ cup honey
- ¼ cup cooking oil
- 1 tablespoon Italian seasoning
- 1 teaspoon salt

- 1 teaspoon white pepper

DIRECTIONS:

1. Put ingredients in a medium bowl and whisk until combined. Use immediately or store refrigerated for up to 10 days.

NUTRITION: Calories 71 Fat 2.3 g Carbohydrates 11 g Sugar 3.2 g Protein 2.6 g Cholesterol 2 mg

284. Lemon and Thyme Sauce

Preparation time: 4 minutes | Cooking time: 0 minutes | Servings: 2 cups

INGREDIENTS:

- 1 cup low-sodium chicken broth
- ½ cup freshly squeezed lemon juice
- ¼ cup cooking oil
- ¼ cup water
- 1 tablespoon finely minced fresh chives
- 1 tablespoon fresh thyme
- 1 tablespoon finely minced garlic

DIRECTIONS:

1. Put ingredients in a medium bowl and whisk until combined. Use immediately or store refrigerated for up to 10 days.

NUTRITION: Calories 124 Fat 2.5 g Carbohydrates 20.4 g Sugar 3.2 g Protein 5.2 g Cholesterol 55 mg

285. White Wine Sherry Sauce

Preparation time: 4 minutes | Cooking time: 0 minutes | Servings: 2 cups

INGREDIENTS:

- 1 cup dry white wine
- ½ cup water
- ¼ cup cooking sherry
- ¼ cup cooking oil

- 2 tablespoons finely minced shallots
- 1 tablespoon dried parsley
- 1 tablespoon finely minced garlic
- 1 tablespoon finely minced capers
- 1 teaspoon salt
- 1 teaspoon pepper

DIRECTIONS:

1. Put ingredients in a medium bowl and whisk until combined. Use immediately or store refrigerated for up to 10 days.

NUTRITION: Calories 243 Fat 1.6 g Carbohydrates 25.7 g Sugar 17.3 g Protein 31.4 g Cholesterol 59 mg

286. Ketchup Juice Sauce

Preparation time: 4 minutes | Cooking time: 0 minutes | Servings: 2 cups

INGREDIENTS:

- 1 cup ketchup
- 1/3 cup cider vinegar
- 1/3 cup apple juice
- 1/4 cup Worcestershire sauce
- 1/4 cup sriracha
- 2 tablespoons water
- 2 tablespoons onion powder
- 2 tablespoons garlic powder
- 2 tablespoons sugar
- 2 tablespoons brown sugar
- 2 tablespoons tomato paste

DIRECTION:

1. Put ingredients in a medium bowl and whisk until combined. Use immediately or store refrigerated for up to 10 days.

NUTRITION: Calories 208 Fat 13.3 g Carbohydrates 18.9 g Sugar 0.8 g Protein 3.9 g Cholesterol 0 mg

DESSERTS

287. Spicy Sausage & Cheese Balls

Preparation Time: 20 minutes

Cooking Time: 40 minutes

Servings: 4

INGREDIENTS:

- 1lb Hot Breakfast Sausage
- 2 cups Bisquick Baking Mix
- 8 ounces Cream Cheese
- 8 ounces Extra Sharp Cheddar Cheese
- 1/4 cup Fresno Peppers
- 1 tablespoon Dried Parsley
- 1 teaspoon Killer Hogs AP Rub
- 1/2 teaspoon Onion Powder

DIRECTIONS:

1. Get ready griddle or flame broil for roundabout cooking at 400-degree F.
2. Blend Sausage, Baking Mix, destroyed cheddar, cream cheddar, and remaining fixings in a huge bowl until all-around fused.
3. Utilize a little scoop to parcel blend into chomp to estimate balls and roll tenderly fit as a fiddle.
4. Spot wiener and cheddar balls on a cast-iron container and cook for 15mins.
5. Present with your most loved plunging sauces.

NUTRITION: Calories: 95 Carbs: 4g Fat: 7g Protein: 5g

288. White Chocolate Bread Pudding

Preparation Time: 20 minutes

Cooking Time: 1hr 15 minutes

Servings: 12

INGREDIENTS:

- 1 loaf French bread
- 4 cups Heavy Cream
- 3 Large Eggs
- 2 cups White Sugar
- 1 package White Chocolate morsels
- ¼ cup Melted Butter
- 2 teaspoons Vanilla
- 1 teaspoon Ground Nutmeg
- 1 teaspoon Salt
- Bourbon White Chocolate Sauce
- 1 package White Chocolate morsels
- 1 cup Heavy Cream
- 2 tablespoons Melted Butter
- 2 tablespoons Bourbon
- ½ teaspoon Salt

DIRECTIONS:

1. Preheat the griddle at 350-degree F.
2. Tear French bread into little portions and spot in a massive bowl. Pour four cups of Heavy Cream over Bread and douse for 30mins.
3. Join eggs, sugar, softened spread, and vanilla in a medium to estimate bowl. Include a package of white chocolate pieces and a delicate blend. Season with Nutmeg and Salt.
4. Pour egg combo over the splashed French bread and blend to sign up for.
5. Pour the combination right into a properly buttered nine X 13 to inchmeal dish and spot it at the griddle.
6. Cook for 60Secs or until bread pudding has set and the top is darker.
7. For the sauce: Melt margarine in a saucepot over medium warm

temperature. Add whiskey and hold on cooking for three to 4mins until liquor vanished and margarine begins to darkish-colored.

8. Include vast cream and heat till a mild stew. Take from the warmth and consist of white chocolate pieces a bit at a time continuously blending until the complete percent has softened. Season with a hint of salt and Servings over bread pudding.

NUTRITION: Calories: 372 Carbs: 31g Fat: 25g Protein: 5g

289. Cheesy Jalapeño Griddle Dip

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Servings: 8

INGREDIENTS:

- 8 ounces cream cheese
- 16 ounces shredded cheese
- 1/3 cup mayonnaise
- 4 ounces diced green chilies
- 3 fresh jalapeños
- 2 teaspoons Killer Hogs AP Rub
- 2 teaspoons Mexican Style Seasoning
- For the topping:
- ¼ cup Mexican Blend Shredded Cheese
- Sliced jalapeños
- Mexican Style Seasoning
- 3 tablespoons Killer Hogs AP Rub
- 2 tablespoons Chili Powder
- 2 tablespoons Paprika
- 2 teaspoons Cumin
- ½ teaspoon Granulated Onion
- ¼ teaspoon Cayenne Pepper
- ¼ teaspoon Chipotle Chili Pepper ground
- ¼ teaspoon Oregano

DIRECTIONS:

1. Preheat griddle or flame broil for roundabout cooking at 350

degree

2. Join fixings in a big bowl and spot in a cast to press griddle
3. Top with Mexican Blend destroyed cheddar and cuts of jalapeno's
4. Spot iron griddle on flame broil mesh and cook until cheddar hot and bubbly and the top has seared
5. Marginally about 25mins.
6. Servings warm with enormous corn chips (scoops), tortilla chips, or your preferred vegetables for plunging.

NUTRITION: Calories: 150 Carbs: 22g Fat: 6g Protein: 3g

290. Cajun Turkey Club

Preparation Time: 5 Minutes

Cooking Time: 10 Minutes

Servings: 3

INGREDIENTS:

- 1 3lbs Turkey Breast
- 1 stick Butter (melted)
- 8 ounces Chicken Broth
- 1 tablespoon Killer Hogs Hot Sauce
- 1/4 cup Malcolm's King Craw Seasoning
- 8 Pieces to Thick Sliced Bacon
- 1 cup Brown Sugar
- 1 head Green Leaf Lettuce
- 1 Tomato (sliced)
- 6 slices Toasted Bread
- 1/2 cup Cajun Mayo
- 1 cup Mayo
- 1 tablespoon Dijon Mustard
- 1 tablespoon Killer Hogs Sweet Fire Pickles (chopped)
- 1 tablespoon Horseradish
- 1/2 teaspoon Malcolm's King Craw Seasoning
- 1 teaspoon Killer Hogs Hot Sauce
- Pinch of Salt & Black Pepper to taste

DIRECTIONS:

1. Preheat the griddle 325-degree F
2. Join dissolved margarine, chicken stock, hot sauce, and 1 tbsp of Cajun Seasoning in a blending bowl. Infuse the blend into the turkey bosom scattering the infusion destinations for even inclusion.
3. Shower the outside of the turkey bosom with a Vegetable cooking splash and season with Malcolm's King Craw Seasoning.
4. Spot the turkey bosom on the griddle and cook until the inside temperature arrives at 165 degree. Utilize a moment read thermometer to screen temp during the cooking procedure.
5. Consolidate darker sugar and 1 teaspoon of King Craw in a little bowl. Spread the bacon with the sugar blend and spot on a cooling rack.
6. Cook the bacon for 12 to 15mins or until darker. Make certain to turn the bacon part of the way through for cooking.
7. Toast the bread, cut the tomatoes dainty, and wash/dry the lettuce leaves.
8. At the point when the turkey bosom arrives at 165 take it from the flame broil and rest for 15mins. Take the netting out from around the bosom and cut into slender cuts.
9. To cause the sandwich: To slather Cajun Mayo* on the toast, stack on a few cuts of turkey bosom, lettuce, tomato, and bacon. Include another bit of toast and rehash a similar procedure. Include the top bit of toast slathered with more Cajun mayo, cut the sandwich into equal parts and appreciate.

NUTRITION: Calories: 130 Carbs: 1g Fat: 4g Protein: 21g

291. Juicy Loosey Cheeseburger

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 6

INGREDIENTS:

- 2 lbs. ground beef

- 1 egg beaten
- 1 Cup dry bread crumbs
- 3 tablespoons evaporated milk
- 2 tablespoons Worcestershire sauce
- 1 tablespoon Griddle Griddles All Purpose Rub
- 4 slices of cheddar cheese
- 4 buns

DIRECTIONS:

1. Start by consolidating the hamburger, egg, dissipated milk, Worcestershire and focus on a bowl. Utilize your hands to blend well. Partition this blend into 4 equivalent parts. At that point take every one of the 4 sections and partition them into equal parts. Take every one of these little parts and smooth them. The objective is to have 8 equivalent level patties that you will at that point join into 4 burgers.
2. When you have your patties smoothed, place your cheddar in the center and afterward place the other patty over this and firmly squeeze the sides to seal. You may even need to push the meat back towards the inside a piece to shape a marginally thicker patty. The patties ought to be marginally bigger than a standard burger bun as they will recoil a bit of during cooking.
3. Preheat your Kong to 300 degree.
4. Keep in mind during flame broiling that you fundamentally have two meager patties, one on each side, so the cooking time ought not to have a place. You will cook these for 5 to 8mins per side—closer to 5mins on the off chance that you favor an uncommon burger or more towards 8mins in the event that you like a well to done burger.
5. At the point when you flip the burgers, take a toothpick and penetrate the focal point of the burger to permit steam to getaway. This will shield you from having a hit to out or having a visitor who gets a jaw consume from liquid cheddar as they take their first nibble.
6. Toss these on a pleasant roll and top with fixings that supplement whatever your burgers are loaded down with.

NUTRITION: Calories: 300 Carbs: 33g Fat: 12g Protein: 15g

292. No Flip Burgers

Preparation Time: 30 minutes

Cooking Time: 30 minutes

Servings: 2

INGREDIENTS:

- Ground Beef Patties
- Griddle Griddles Beef Rub
- Choice of Cheese
- Choice of Toppings
- Pretzel Buns

DIRECTIONS:

1. To start, you'll need to begin with freezing yet not solidified meat patties. This will help guarantee that you don't overcook your burgers. Liberally sprinkle on our Beef Rub or All to Purpose Rub and delicately knead into the two sides of the patty. As another option, you can likewise season with salt and pepper and some garlic salt.
2. Preheat your Silverbac to 250-degree Fahrenheit and cook for about 45mins. Contingent upon the thickness of your burgers you will need to keep an eye on them after around 30 to 45mins, yet there's no compelling reason to flip. For a medium to uncommon burger, we recommend cooking to about 155 degree.
3. After the initial 30 to 40mins, in the event that you like liquefied cheddar on your burger feel free to mix it up. Close your barbecue back up and let them wrap up for another 10mins before evacuating. For an additional punch of flavor, finish your burger off with a sprinkle of Griddle Griddle's Gold 'N Bold sauce. Appreciate.

NUTRITION: Calories: 190 Carbs: 17g Fat: 9g Protein: 13g

293. Juicy Loosey Smokey Burger

Preparation Time: 30 minutes

Cooking Time: 30 minutes

Servings: 2

INGREDIENTS:

- 1-pound Beef
- 1/3 pound per burger
- Cheddar cheese
- Griddle AP Rub
- Salt
- Freshly Ground Black Pepper
- Hamburger Bun
- BBQ Sauce

DIRECTIONS:

1. Split every 1/3 pound of meat, which is 2.66 ounces per half.
2. Level out one half to roughly six inches plate. Put wrecked of American cheddar, leaving 1/2 inch clear.
3. Put another portion of the meat on top, and seal edges. Rehash for all burgers.
4. Sprinkle with Griddle AP rub, salt, and pepper flame broil seasonings.
5. Smoke at 250 for 50mins. No compelling reason to turn.
6. Apply Smokey Dokey BBQ sauce, ideally a mustard-based sauce like Griddle Gold and Bold, or Sticky Fingers Carolina Classic. Cook for an extra 10 minutes, or to favored doneness.

NUTRITION: Calories: 264 Carbs: 57g Fat: 2g Protein: 4g

294. Bread Pudding

Preparation Time: 15 minutes

Cooking Time: 45 minutes

Servings: 4

INGREDIENTS:

- 8 stale donuts
- 3 eggs

- 1 cup milk
- 1 cup heavy cream
- ½ cup brown sugar
- 1 teaspoon vanilla
- 1 pinch salt
- Blueberry Compote
- 1-pint blueberries
- 2/3 cup granulated sugar
- ¼ cup water
- 1 lemon
- Oat Topping
- 1 cup quick oats
- ½ cup brown sugar
- 1 teaspoon flour
- 2 to 3 tablespoons room temperature butter

DIRECTIONS:

1. Warmth your Griddle to 350 degree.
2. Cut your doughnuts into 6 pieces for every doughnut and put it in a safe spot. Blend your eggs, milk, cream, darker sugar, vanilla, and salt in a bowl until it's everything fused. Spot your doughnuts in a lubed 9 by 13 containers at that point pour your custard blend over the doughnuts. Press down on the doughnuts to guarantee they get covered well and absorb the juices.
3. In another bowl, consolidate your oats, dark colored sugar, flour and gradually join the spread with your hand until the blend begins to cluster up like sand. When that is Prepared, sprinkle it over the highest point of the bread pudding and toss it on the barbecue around 40 to 45mins until it gets decent and brilliant dark-colored.
4. While the bread pudding is Prepared, place your blueberries into a griddle over medium-high warmth and begin to cook them down so the juices begin to stream. When that occurs, include your sugar and water and blend well. Diminish the warmth to drug low and let it cool down until it begins to thicken up. Right when the blend begins to thicken, pizzazz your lemon and add the get-up-and-go to

the blueberry compote and afterward cut your lemon down the middle and squeeze it into the blend. What you're left with is a tasty, splendid compote that is ideal for the sweetness of the bread pudding.

5. Watch out for your bread pudding around the 40 to 50mins mark. The blend will, in any case, shake a piece in the middle however will solidify as it stands once you pull it off. You can pull it early on the off chance that you like your bread pudding more sodden however to me, the ideal bread pudding will be dimmer with some caramelization yet will at present have dampness too!
6. Presently this is the point at which I'd snatch an attractive bowl, toss a pleasant aiding of bread pudding in there then top it off with the compote and a stacking scoop of vanilla bean frozen yogurt at that point watch faces light up. In addition to the fact that this is an amazingly beautiful dish, the flavor will take you out. Destined to be an enormous hit in your family unit. Give it a shot and express gratitude toward me.
7. What's more, as usual, ensure you snap a photo of your manifestations and label us in your dishes! We'd love to include your work.

NUTRITION: Calories: 290 Carbs: 62g Fat: 4g Protein: 5g

295. Smoked Chocolate Bacon Pecan Pie

Preparation Time: 1hr 45 minutes

Cooking Time: 45 minutes

Servings: 8

INGREDIENTS:

- 4 eggs
- 1 cup chopped pecans
- 1 tablespoon of vanilla
- ½ cup semi to sweet chocolate chips
- ½ cup dark corn syrup
- ½ cup light corn syrup
- ¾ cup bacon (crumbled)
- ¼ cup bourbon

- 4 tablespoons or ¼ cup of butter
- ½ cup brown sugar
- ½ cup white sugar
- 1 tablespoon cornstarch
- 1 package refrigerated pie dough
- 16 ounces heavy cream
- ¾ cup white sugar
- ¼ cup bacon
- 1 tablespoon vanilla

DIRECTIONS:

1. Pie:
2. Carry Griddle to 350 degree.
3. Blend 4 tablespoons spread, ½ cup darker sugar, and ½ cup white sugar in blending bowl.
4. In a different bowl, blend 4 eggs and 1 tablespoon cornstarch together and add to blender.
5. Include ½ cup dull corn syrup, ½ cup light corn syrup, ¼ cup whiskey, 1 cup slashed walnuts, 1 cup bacon, and 1 tablespoon vanilla to blend.
6. Spot pie batter in 9-inch pie griddle.
7. Daintily flour mixture.
8. Uniformly place ½ cup chocolate contributes pie dish.
9. Take blend into the pie dish.
10. Smoke at 350 degree for 40mins or until the focus is firm.
11. Cool and top with bacon whipped cream.
12. Bacon whipped Cream:
13. Consolidate fixings (16 ounces substantial cream, ¾ cup white sugar, ¼ cup bacon to finely cleaved, and 1 tablespoon vanilla) and mix at rapid until blend thickens. This formula can be separated into 6mins pie container or custard dishes or filled in as one entire pie.

NUTRITION: Calories: 200 Carbs: 18g Fat: 0g Protein: 3g

296. Bacon Sweet Potato Pie

Preparation Time: 15 minutes

Cooking Time: 50 minutes

Servings: 8

INGREDIENTS:

- 1 pound 3 ounces sweet potatoes
- 1 ¼ cups plain yogurt
- ¾ cup packed, dark brown sugar
- ½ teaspoon of cinnamon
- ¼ teaspoon of nutmeg
- 5 egg yolks
- ¼ teaspoon of salt
- 1 (up to 9 inch) deep dish, frozen pie shell
- 1 cup chopped pecans, toasted
- 4 strips of bacon, cooked and diced
- 1 tablespoon maple syrup
- Optional: Whipped topping

DIRECTIONS:

1. In the first region, 3D shapes the potatoes right into a steamer crate and sees into a good-sized pot of stew water. Ensure the water is not any nearer than creeps from the base of the bushel. When steamed for 20mins, pound with a potato masher and installed a safe spot.
2. While your flame broil is preheating, location the sweet potatoes within the bowl of a stand blender and beat with the oar connection.
3. Include yogurt, dark colored sugar, cinnamon, nutmeg, yolks, and salt, to flavor, and beat until very a whole lot joined. Take this hitter into the pie shell and see onto a sheet dish. Sprinkle walnuts and bacon on pinnacle and bathe with maple syrup.
4. Heat for 45 to 60mins or until the custard arrives at 165 to 180 degree. Take out from fish fry and funky. Keep refrigerated within the wake of cooling.

NUTRITION: Calories: 270 Carbs: 39g Fat: 12g Protein: 4g

297. Griddle Fruit with Cream

Preparation Time: 15 minutes

Cooking Time: 10 minutes

Servings: 6

INGREDIENTS:

- 2 halved Apricot
- 1 halved Nectarine
- 2 halved peaches
- ¼ cup of Blueberries
- ½ cup of Raspberries
- 2 tablespoons of Honey
- 1 orange, the peel
- 2 cups of Cream
- ½ cup of Balsamic Vinegar

DIRECTIONS:

1. Preheat the griddle to 400F with closed lid.
2. Griddle the peaches, nectarines and apricots for 4 minutes on each side.
3. Place a pan over the stove and turn on medium heat. Add 2 tablespoons of honey, vinegar, and orange peel. Simmer until medium thick.
4. In the meantime, add honey and cream in a bowl. Whip until it reaches a soft form.
5. Place the fruits on a serving plate. Sprinkle with berries. Drizzle with balsamic reduction. Servings with cream and enjoy!

NUTRITION: Calories: 230 Protein: 3g Carbs: 35g Fat: 3g

298. Apple Pie on the Griddle

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Servings: 6

INGREDIENTS:

- ¼ cup of Sugar
- 4 Apples, sliced
- 1 tablespoon of Cornstarch
- 1 teaspoon Cinnamon, ground
- 1 Pie Crust, refrigerated, soften in according to the directions on the box
- ½ cup of Peach preServings

DIRECTIONS:

1. Preheat the griddle to 375F with closed lid.
2. In a bowl combine the cinnamon, cornstarch, sugar, and apples. Set aside.
3. Place the piecrust in a pie pan. Spread the preServings and then place the apples. Fold the crust slightly.
4. Place a pan on the griddle (upside - down) so that you don't grill/bake the pie directly on the heat.
5. Cook 30 - 40 minutes. Once done, set aside to rest. Servings and enjoy

NUTRITION: Calories: 160 Protein: 0.5g Carbs: 35g Fat: 1g

299. Griddle Layered Cake

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Servings: 6

INGREDIENTS:

- 2 x pound cake
- 3 cups of whipped cream
- ¼ cup melted butter
- 1 cup of blueberries
- 1 cup of raspberries
- 1 cup sliced strawberries

DIRECTIONS:

1. Preheat the griddle to high with closed lid.
2. Slice the cake loaf (3/4 inch), about 10 per loaf. Brush both sides with butter.
3. Griddle for 7 minutes on each side. Set aside.
4. Once cooled completely start layering your cake. Place cake, berries then cream.
5. Sprinkle with berries and Servings.

NUTRITION: Calories: 160 Protein: 2.3g Carbs: 22g Fat: 6g

300. Coconut Chocolate Simple Brownies

Preparation Time: 15 minutes

Cooking Time: 25 minutes

Servings: 6

INGREDIENTS:

- 4 eggs
- 1 cup Cane Sugar
- ¾ cup of Coconut oil
- 4 ounces chocolate, chopped
- ½ teaspoon of Sea salt
- ¼ cup cocoa powder, unsweetened
- ½ cup flour
- 4 ounces Chocolate chips
- 1 teaspoon of Vanilla

DIRECTIONS:

1. Preheat the griddle to 350F with closed lid.
2. Take a baking pan (9x9), grease it and line a parchment paper.
3. In a bowl combine the salt, cocoa powder and flour. Stir and set aside.
4. In the microwave or double boiler melt the coconut oil and chopped chocolate. Let it cool a bit.
5. Add the vanilla, eggs, and sugar. Whisk to combine.
6. Add into the flour, and add chocolate chips. Pour the mixture into a pan.
7. Place the pan on the grate. Bake for 20 minutes. If you want dryer

- brownies to bake for 5 - 10 minutes more.
8. Let them cool before cutting.
 9. Cut the brownies into squares and Servings.

NUTRITION: Calories: 135 Protein: 2g Carbs: 16g Fat: 3g

301. Seasonal Fruit on the Griddle

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Servings: 4

INGREDIENTS:

- 2 plums, peaches apricots, etc. (choose seasonally)
- 3 tablespoons Sugar, turbinat
- ¼ cup of Honey
- Gelato, as desired

DIRECTIONS:

1. Preheat the griddle to 450F with closed lid.
2. Slice each fruit in halves and remove pits. Brush with honey. Sprinkle with some sugar.
3. Griddle on the grate until you see that there are griddle marks. Set aside.
4. Servings each with a scoop of gelato. Enjoy.

NUTRITION: Calories: 120 Protein: 1g Carbs: 15g Fat: 3g

302. Bacon Chocolate Chip Cookies

Preparation Time: 30 minutes

Cooking Time: 30 minutes

Servings: 6

INGREDIENTS:

- 8 slices cooked and crumbled bacon
- 2 ½ teaspoon apple cider vinegar
- 1 teaspoon vanilla
- 2 cup semisweet chocolate chips

- 2 room temp eggs
- 1 ½ teaspoon baking soda
- 1 cup granulated sugar
- ½ teaspoon salt
- 2 ¾ cup all-purpose flour
- 1 cup light brown sugar
- 1 ½ stick softened butter

DIRECTIONS:

1. Mix salt, baking soda and flour.
2. Cream the sugar and the butter together. Lower the speed. Add in the eggs, vinegar, and vanilla.
3. Put it on low fire, slowly add in the flour mixture, bacon pieces, and chocolate chips.
4. Preheat your griddle, with your lid closed, until it reaches 375.
5. Put a parchment paper on a baking sheet you are using and drop a teaspoonful of cookie batter on the baking sheet. Let them cook on the griddle, covered, for approximately 12 minutes or until they are browned.

NUTRITION: Calories: 167 Carbs: 21g Fat: 9g Protein: 2g

303. Chocolate Chip Cookies

Preparation Time: 30 minutes

Cooking Time: 30 minutes

Servings: 8

INGREDIENTS:

- 1 ½ cup chopped walnuts
- 1 teaspoon vanilla
- 2 cup chocolate chips
- 1 teaspoon baking soda
- 2 ½ cup plain flour
- ½ teaspoon salt
- 1 ½ stick softened butter
- 2 eggs
- 1 cup brown sugar

- ½ cup sugar

DIRECTIONS:

1. Preheat your griddle, with your lid closed, until it reaches 350.
2. Mix the baking soda, salt, and flour.
3. Cream the brown sugar, sugar, and butter. Mix in the vanilla and eggs until it comes together.
4. Slowly add in the flour while continuing to beat. Once all flour has been incorporated, add in the chocolate chips and walnuts. Using a spoon, fold into batter.
5. Place an aluminum foil onto griddle. In an aluminum foil, drop spoonful of dough and bake for 17 minutes.

NUTRITION: Calories: 150 Carbs: 18g Fat: 5g Protein: 10g

304. Apple Cobbler

Preparation Time: 30 minutes

Cooking Time: 1 hour 50 minutes

Servings: 8

INGREDIENTS:

- 8 Granny Smith apples
- 1 cup sugar
- 1 stick melted butter
- 1 teaspoon cinnamon
- Pinch salt
- ½ cup brown sugar
- 2 eggs
- 2 teaspoons baking powder
- 2 cup plain flour
- 1 ½ cup sugar

DIRECTIONS:

1. Peel and quarter apples, place into a bowl. Add in the cinnamon and one c. sugar. Stir well to coat and let it set for one hour.
2. Preheat your griddle, with your lid closed, until it reaches 350.

3. In a large bowl add the salt, baking powder, eggs, brown sugar, sugar, and flour. Mix until it forms crumbles.
4. Place apples into rack Add the crumble mixture on top and drizzle with melted butter.
5. Place on the griddle and cook for 50 minutes.

NUTRITION: Calories: 152 Carbs: 26g Fat: 5g Protein: 1g

305. Caramel Bananas

Preparation Time: 15 minutes.

Cooking Time: 15 minutes.

Servings: 4

INGREDIENTS:

- 1/3 cup chopped pecans
- ½ cup sweetened condensed milk
- 4 slightly green bananas
- ½ cup brown sugar
- 2 tablespoons corn syrup
- ½ cup butter

DIRECTIONS:

1. Preheat your griddle, with the lid closed, until it reaches 350.
2. Place the milk, corn syrup, butter, and brown sugar into a heavy saucepan and bring to boil. For five minutes simmer the mixture in low heat. Stir frequently.
3. Place the bananas with their peels on, on the griddle and let them griddle for five minutes. Flip and cook for five minutes more. Peels will be dark and might split.
4. Place on serving platter. Cut the ends off the bananas and split peel down the middle. Take the peel off the bananas and spoon caramel on top. Sprinkle with pecans.

NUTRITION: Calories: 152 Carbs: 36g Fat: 1g Protein: 1g

306. Cinnamon Sugar Pumpkin Seeds

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Servings: 8

INGREDIENTS:

- 2 tablespoons sugar
- Seeds from a pumpkin
- 1 teaspoon cinnamon
- 2 tablespoons melted butter

DIRECTIONS:

1. Preheat your griddle, with your lid closed, until it reaches 350.
2. Clean the seeds and toss them in the melted butter. Add them to the sugar and cinnamon. Spread them out on a baking sheet, place on the griddle, and smoke for 25 minutes. Servings.

NUTRITION: Calories: 127 Protein: 5g Carbs: 15g Fat: 21g

307. Blackberry Pie

Preparation Time: 15 minutes

Cooking Time: 40 minutes

Servings: 8

INGREDIENTS:

- Butter, for greasing
- ½ cup all-purpose flour
- ½ cup milk
- 2 pints blackberries
- 2 cup sugar, divided
- 1 box refrigerated piecrusts
- 1 stick melted butter
- 1 stick of butter
- Vanilla ice cream

DIRECTIONS:

1. Preheat your griddle, with your lid closed, until it reaches 375.
2. Butter a cast iron griddle.

3. Unroll a piecrust and lay it in the bottom and up the sides of the griddle. Use a fork to poke holes in the crust.
4. Lay the griddle on the griddle and smoke for five mins, or until the crust is browned. Set off the griddle.
5. Mix together 1 ½ c. of sugar, the flour, and the melted butter together. Add in the blackberries and toss everything together.
6. The berry mixture should be added to the griddle. The milk should be added on the top afterward. Sprinkle on half of the diced butter.
7. Unroll the second pie crust and lay it over the griddle. You can also slice it into strips and weave it on top to make it look like a lattice. Place the rest of the diced butter over the top. Sprinkle the rest of the sugar over the crust and place it griddle back on the griddle.
8. Lower the lid and smoke for 15 to 20 minutes or until it is browned and bubbly. You may want to cover with some foil to keep it from burning during the last few minutes of cooking. Servings the hot pie with some vanilla ice cream.

NUTRITION: Calories: 393 Protein 4.25g Carbs: 53.67g Fat: 18.75g

308. S'mores Dip

Preparation Time: 10 minutes

Cooking Time: 25 minutes

Servings: 8

INGREDIENTS:

- 12 ounces semisweet chocolate chips
- ¼ cup milk
- 2 tablespoons melted salted butter
- 16 ounces marshmallows
- Apple wedges
- Graham crackers

DIRECTIONS:

1. Preheat your griddle, with your lid closed, until it reaches 450.
2. Put a cast iron griddle on your griddle and add in the milk and melted butter. Stir together for a minute.

3. Once it has heated up, top with the chocolate chips, making sure it makes a single layer. Place the marshmallows on top, standing them on their end and covering the chocolate.
4. Cover, and let it smoke for five to seven minutes. The marshmallows should be toasted lightly.
5. Take the griddle off the heat and Servings with apple wedges and graham crackers.

NUTRITION: Calories: 216.7 Protein 2.7g Carbs: 41g Fat: 4.7g

309. Ice Cream Bread

Preparation Time: 10 minutes

Cooking Time: 1 hour

Servings: 6

INGREDIENTS:

- 1 ½ quart full-fat butter pecan ice cream, softened
- 1 teaspoon salt
- 2 cups semisweet chocolate chips
- 1 cup sugar
- 1 stick melted butter
- Butter, for greasing
- 4 cups self-rising flour

DIRECTIONS:

1. Preheat your griddle, with your lid closed, until it reaches 350.
2. Mix together the salt, sugar, flour, and ice cream with an electric mixer set to medium for two minutes.
3. As the mixer is still running, add in the chocolate chips, beating until everything is blended.
4. Spray a Bundt pan or tube pan with cooking spray. If you choose to use a pan that is solid, the center will take too long to cook. That's why a tube or Bundt pan works best.
5. Add the batter to your Prepared pan.
6. Set the cake on the griddle, cover, and smoke for 50 minutes to an hour. A toothpick should come out clean.
7. Take the pan off of the griddle. For 10 minutes cool the bread.

Remove carefully the bread from the pan and then drizzle it with some melted butter.

NUTRITION: Calories: 148.7 Protein: 3.5g Carbs: 27g Fat: 3g

MEASUREMENT CONVERSION CHART

VOLUME EQUIVALENTS (LIQUID)				OVEN TEM
US STANDARD	US STANDARD (OUNCES)	METRIC (approximate)		FAHRENHEIT
2 tablespoons	1 fl.oz.	30 ml		250° F
¼ cup	2 fl.oz.	60 ml		300° F
½ cup	4 fl.oz.	120 ml		325° F
1 cup	8 fl.oz.	240 ml		350° F
1 ½ cup	12 fl.oz.	355 ml		375° F
2 cup or 1 pint	16 fl.oz.	475 ml		400° F
4 cup or 1 quart	32 fl.oz.	1 L		425° F
1 gallon	128 fl.oz.	4 L		450° F
VOLUME EQUIVALENTS (DRY)				WEIGHT E
US STANDARD	METRIC (approximate)			US STANDARD
¼ teaspoon	1 ml			½ ounce
½ teaspoon	2 ml			1 ounce
¾ teaspoon	4 ml			2 ounces
1 teaspoon	5 ml			4 ounces
1 tablespoon	15 ml			8 ounces
¼ cup	60 ml			12 ounces
				16 ounces or 1 pound
1/3 cup	80 ml			
½ cup	120 ml			
1 cup	240 ml			
2 cup or 1 pint	475 ml			
3 cup	700 ml			
4 cup or 1				

quart

1 L

CONCLUSION

If you are someone who loves to start the day with a delicious breakfast, then you should invest in a blackstone outdoor gas griddle. These plates are great because they can cook your food at low temperatures without the risk of flare-ups and burns. They also have safety features that will automatically shut off when they detect overheating so that you don't have to worry about accidental fires when cooking for your whole family.

Blackstone Outdoor Gas Griddle is a great product that will make your life easier and stress-free. Either you are cooking for family or friends, Blackstone gas griddle will come in really handy. You can cook anything including eggs and pancakes, as well as grilled sandwiches and burgers – all in one griddle!

Because it's built from industrial grade materials, your Blackstone Griddle will be a versatile appliance for many years to come. The frame of the griddle is built with super durable powder coated steel. The burners are made from restaurant grade stainless steel and are guaranteed to produce perfectly even and powerful heat for years to come. Once you've spent some time with your Blackstone Griddle you might even consider getting rid of your more conventional gas or charcoal grills.

Who is it Good For?

Because the Blackstone Griddle is large enough to cook all the parts of a complete meal at the same time, it is perfect for families who love perfectly prepared backyard favorites like burgers, steaks, and veggies, but it's also perfect for families who love to make big breakfasts. Prepare eggs, bacon, hash browns, and pancakes for everyone at the same time.

Do you love to cook big meals on the go? The Blackstone Griddle is perfect

for camping and tailgating because of how easy it is to transport and set up. Pack it up for your next camping trip and set it up when you want to make an amazing outdoor meal. The Griddle is also perfect for anyone who loves making fresh grilled food for a professional tailgate party. Since the Griddle easily fits in the trunk of a car, you can take it with you to the game and set it up in minutes. Impress the whole parking lot with the amazing food you make for your fellow fans.

Who is it NOT Good For?

Everyone loves food cooked in the open air, but if you don't have a large enough outdoor space in which to use the Griddle, this may not be for you. A good rule of thumb is that you can use the griddle anywhere you would use a conventional gas or charcoal grill.

A Few Cautions

Because the Blackstone Griddle uses an external propane tank, you will want to exercise caution while connecting and disconnecting the tank. Always make sure all connection points are clean and free of debris. When attaching the hose to the tank, make sure the valve is completely tight before allowing gas to flow to the griddle.

The Blackstone Griddle's cold rolled steel flat top produces amazing results, but because it gets very hot, you should make sure children are always supervised when near the griddle.