



Summer Grilling Tips

1. When using wooden skewers for grilled kabobs, soak them in water 20-30 minutes before putting on the grill to help prevent burning.
2. To achieve authentic barbecue flavor, brush sauce on meat or chicken the last 10 to 15 minutes of cooking. Cover grill to help foods cook evenly and stay tender.
3. Before lighting the grill, spray the grate with non-stick vegetable spray for easy clean up.
4. Place food on the grill with the Chef Series Barbeque Wonder Tool. Using a fork will pierce food, allowing the natural juices to be lost.
5. "Wet" barbeque refers to adding a slather of barbecue sauce toward the end of grilling. "Dry" BBQ refers to meat or poultry that is rubbed with a combination of herbs and other ingredients before grilling.
6. Like Caesar salad? Turn your Caesar salad into a delicious main dish by adding grilled chicken, beef, or shrimp.
7. Fruit kabobs are great on the grill. Thread large chunks or slices of fruit such as pineapple, apple, pear or peach onto skewers and place on the grill for 5 to 10 minutes.
8. Grilled foods will cook more evenly if there is $\frac{3}{4}$ inch between pieces.
9. Turn your favorite hamburger into a Southwest burger by topping with salsa, Monterey Jack cheese and avocado slices.
10. Cleaning the grill is easier than you think. When you've finished cooking, close the lid and let residue burn off. Then ball up a large piece of aluminum foil and scrub the grill rack with the foil ball or a wire brush.

Shore Region Shrimp Kabobs

1 pound large cleaned shrimp

2 onions cut into wedges

2 green peppers cut into chunks

$\frac{1}{2}$ pineapple, peeled, cored and cut into chunks

Alternately thread above ingredients onto skewers and place Kabobs on grill rack sprayed with nonstick cooking spray. Grill 5-10 minutes over medium heat, turning occasionally until shrimp is pink. Variation:

Brush with $\frac{3}{4}$ cup Teriyaki Barbeque sauce during last 2 minutes cooking time.



Citrus Chicken Kabobs

1- pound fresh broccoli, broken into florets

2 large navel oranges

1- pound boneless, skinless chicken breast, cut into 1-inch cubes

4 plum tomatoes, quartered

1 large onion, cut into quarters

Glaze:

$\frac{1}{4}$ cup barbeque sauce

2 Tbs. lemon juice

2 Tbs. soy sauce

2 Tbs. honey

Place one inch of water in a large saucepan; add broccoli. Bring to a boil. Reduce heat; cover and simmer for 3-4 minutes or until crisp tender. Drain. Cut each orange into eight wedges. On eight metal or water soaked wooden skewers, alternately thread chicken, vegetables, and oranges. In a small bowl, combine the glaze ingredients. Grill kabobs, uncovered, over medium heat for 4-5 minutes on each side or until chicken juices run clear. Brush frequently with glaze.