

1 BRUSH IT

ADD FRESH FLAVOR TO CHICKEN, FISH OR PORK BY BRUSHING IT WITH ONE OF THESE SAVORY BASTING SAUCES.

Also called mops, they are brushed on several times during cooking. These new combinations of everyday ingredients will add a fresh twist to lean cuts of meat or fish.

BRUSH WITH GREATNESS

While grilling, paint on a fresh coat every 15 minutes to seal in delicious flavor.

piña colada

¾ cup pineapple juice
¼ cup orange juice
2 tbs. cream of coconut
½ tsp. grated orange peel
½ tsp. salt

herbal essences

1 cup water
¼ cup olive oil
1/3 cup parsley
¼ cup chopped basil
1 tsp. thyme
½ tsp. salt
2 garlic cloves, minced

molasses ginger ale

½ cup ginger ale
1/3 cup chili sauce
1/3 cup light molasses
1 tbs. lemon juice
1 tsp. chili powder
½ tsp salt

carolina

½ cup cider vinegar
¼ cup water
1 tbs. sugar
1 tbs. vegetable oil
2 tsp. worcestershire sauce
½ tsp. black pepper
¼ tsp. cayenne pepper

buffalo wing

¾ cup water
¼ cup melted butter
2 tbs. tomato paste
1 tbs. frank's red hot pepper sauce

2 RUB IT

COLORFUL MIXTURES TAKE JUST A MINUTE TO MAKE AND ADD LUSCIOUS FLAVOR TO ALMOST ANYTHING YOU TOSS ONTO THE GRILL.

Open up your spice cabinet and put together one of these savory blends. It's a great way to introduce flavors from around the world to your family.

SPICE IT UP

Use 1 tablespoon per pound of meat, poultry or vegetables.

moroccan

2 tbs. paprika
1 tbs. salt
1 tbs. sugar
2 tsp. cumin
1 tsp. cinnamon

kansas city

2 tbs. seasoned salt
1 tbs. sugar
1 tsp. chili powder
1 tsp. onion powder
1 tsp. pumpkin-pie spice

lemon chicken

2 tbs. instant lemonade powder
1 tbs. salt
2 tsp. poultry seasoning
1 tsp. onion powder
½ tsp. sage

asian

1 tbs. salt
1 tbs. sugar
2 tsp. ginger
½ tsp. garlic powder
¼ tsp. cayenne pepper

tuscan

2 tbs. salt
2 tsp. onion powder
2 tsp. sugar
1 tsp. crushed rosemary
1 tsp. Thyme

barbeque

2 tbs. paprika
¼ cup brown sugar
2 tsp. coarse kosher salt
2 tsp. garlic powder
2 tsp. dried chipotle peppers, ground
2 tsp. celery salt
1 tsp. onion powder
1 tsp. fresh ground black pepper
1 tsp. chimayo red chili, ground (cayenne)

2 SOAK IT

THESE MAGIC POTIONS HELP ENSURE SEAFOOD, VEGGIES AND QUICK COOKING CUTS OF MEAT STAY MOIST.

In addition to adding flavor, the acid in a marinade is a natural tenderizer for all cuts of meat.

MARINADES MADE EASY

For fish and produce, a 15-minute dip will do. Allow one to three hours for individual steaks and chicken breasts; up to eight hours for whole chickens and big steaks, like London Broil.

thai

¼ cup lime juice
¼ cup chopped basil
2 tbs. mint
2 tbs. vegetable oil
1 tbs. green jalapeno sauce
1 tbs. sugar
1 tsp anchovy paste
2 garlic cloves

coconut-curry

¼ cup cream of coconut
½ cup lime juice
1 tsp. curry powder
1 tsp. salt

ginger-buttermilk

¾ cup buttermilk
1 tbs. fresh ginger
1 tsp. paprika
1 tsp salt

honey-orange

¼ cup honey
¼ cup orange juice
2 tbs. vegetable oil
2 tbs. Worcestershire sauce
1 tbs. lemon juice
2 tsp. soy sauce
1 tsp. grated orange peel
2 garlic cloves, minced

indian-tandoori

1 cups plain low-fat yogurt
2 tbs. ground coriander
2 tbs. paprika
1½ tbs. ground cumin
1½ tbs. ground ginger
1 tbs. garlic powder
1 tbs. ground black pepper
½ tsp. cinnamon
1/4 tsp. cloves

greek

1 tsp. fresh lemon juice
1 tsp. extra-virgin olive oil
2 tsp. crushed garlic, divided
¼ tsp. salt
¼ tsp. black pepper
1 tsp. crushed rosemary
1 tsp. crushed thyme
1 tsp. crushed oregano

4 TOSS IT

SENSATIONAL SLAWS

Ready to serve coleslaw gets all dressed up with the help of these tangy toss-ins. In minutes, you've got a salad that serves four to six.

classic american

1 lb. bag coleslaw mix
3 tbs. cider vinegar
2 tbs. vegetable oil
1 ½ tbs. sugar
½ tsp. celery seed

Combine dressing ingredients in sauce pan and bring to a boil. Pour over slaw and mix.

apple

1 lb. bag coleslaw mix
1 apple, cored and cut into matchsticks
3 tbs. apple juice
3 tbs. buttermilk

Combine ingredients in bowl. Stir well. Add salt and pepper to taste.

asian

1 lb. bag coleslaw mix
2 tbs. seasoned rice vinegar
2 tbs. toasted sesame oil
1 tbs. soy sauce
1 tsp. grated ginger
2 tbs. sesame seeds
1 cucumber

Combine dressing ingredients in sauce pan and bring to a boil. Pour over cucumber and slaw and mix.

orange mustard

1 lb. bag coleslaw mix
1 cup carrots, cut into matchsticks
3 tbs. orange juice
2 tbs. dijon mustard
1 tbs. sugar
1 tbs. vegetable oil
1 tsp. grated orange peel

Combine ingredients in bowl. Stir well. Add salt and pepper to taste.

santa fe

2 tbs. lime juice
1 ½ tbs. sugar
2 tbs. vegetable oil
1 tsp. cumin

Combine ingredients in bowl. Stir well. Add salt and pepper to taste.

SUPER SIDES

Combine ingredients for each in a large bowl and serve.

tabouleh salad

1 5.25 oz box tabouleh wheat salad, cooked
1 large tomato, seeded and diced
1 small cucumber, peeled and diced
¼ cup crumbled feta cheese
1 tbs. lemon juice

tortilla bean salad

1- 15 oz. can pink beans in red sauce, drained
4 cups tortilla chips
1- 4 oz can sliced green chiles
½ cup grated mexican blend cheese
1 ripe avocado, peeled and diced

Heat salad in microwave before serving.

caesar couscous

1- 10 oz. box couscous, cooked
2 cups chopped romaine
¼ cup grated parmesan cheese
1/3 cup caesar dressing
1 tsp. lemon peel

asian rice salad

3 cups cooked rice
1 cup cooked broccoli florets
2 green onions, sliced
¼ cup grated carrot
¼ cup sesame-soy salad dressing