

Healthy Recipes

Great Grilling

PhillyFIT Magazine wants YOU to send in your favorite recipe. If you know the calories, fat, carbs, etc., please include it with the directions. After all, Philly really does care about the way they eat! Email editorial@phillyFITmagazine.com and share your great idea with the rest of us!

As we get closer to spring, it is time to uncover your grill and welcome the warm weather. Below are some fantastic grilling recipes that will tantalize your taste buds.



BEEF-AND-CHICKEN FAJITAS WITH PEPPERS & ONIONS

For 8 servings

Marinade:

- 1/4 cup olive oil
- 1 teaspoon grated lime rind
- 2-1/2 tablespoons fresh lime juice
- 2 tablespoons Worcestershire sauce
- 1-1/2 teaspoons ground cumin
- 1 teaspoon salt
- 1/2 teaspoon dried oregano
- 1/2 teaspoon coarsely ground black pepper
- 2 garlic cloves, minced
- 1 (14.25-ounce) can low-salt beef broth



Fajitas:

- 1 (1-pound) flank steak
- 1 pound skinned, boned chicken breast
- 2 red bell peppers, each cut into 12 wedges
- 2 green bell peppers, each cut into 12 wedges
- 1 large Vidalia or other sweet onion, cut into 16 wedges
- Cooking spray
- 16 (6-inch) fat-free flour tortillas
- 1 cup bottled salsa
- 1/4 cup low-fat sour cream
- 1/2 cup chopped fresh cilantro
- Fresh cilantro sprigs

The meat and vegetables for these colorful wraps are marinated in a zesty mixture of lime, garlic, and other seasonings.

1. To prepare marinade, combine first 10 ingredients in a large bowl; set aside.
2. To prepare fajitas, trim fat from steak. Score a diamond pattern on both sides of the steak. Combine 1-1/2 cups marinade, steak, and chicken in a large zip-top plastic bag. Seal and marinate in refrigerator 4 hours or overnight, turning occasionally. Combine remaining marinade, bell peppers, and onion in a zip-top plastic bag. Seal and marinate in refrigerator for 4 hours or overnight, turning occasionally.
3. Prepare grill.
4. Remove steak and chicken from bag; discard marinade. Remove vegetables from bag; reserve marinade. Place reserved marinade in a small saucepan; set aside. Place steak, chicken, and vegetables on grill rack coated with cooking spray; cook 8 minutes on each side or until desired degree of doneness.
5. Wrap tortillas tightly in foil; place tortilla packet on grill rack the last 2 minutes of grilling time. Bring reserved marinade to a boil. Cut steak and chicken diagonally across the grain into thin slices. Place the steak, chicken, and vegetables on a serving platter; drizzle with reserved marinade.
6. Arrange about 1 ounce steak, about 1 ounce chicken, 3 bell pepper wedges, and 1 onion wedge in a tortilla; top with 1 tablespoon salsa, about 1 teaspoon sour cream, and 1/2 tablespoon cilantro. Fold sides of tortilla over filling. Garnish with cilantro sprigs, if desired. Serve immediately. Yield: 8 servings (serving size: 2 fajitas).

CALORIES 407 (31% from fat); FAT 14.2g (sat 4.3g, mono 7.1g, poly 1.4g); PROTEIN 31.1g; CARB 40.6g; FIBER 5.3g; CHOL 64mg; IRON 3.9mg; SODIUM 841mg; CALC 79m

CHICKEN SATE WITH PONZU SAUCE

For 4 servings



- 4 (6-ounce) skinless, boneless chicken breast halves
- 1/4 cup packed light brown sugar
- 1/4 cup sake (rice wine)
- 1/4 cup rice vinegar
- 1/4 cup fresh lime juice
- 2 teaspoons low-sodium soy sauce
- 1 teaspoon dark sesame oil
- 1/4 teaspoon crushed red pepper
- 1 garlic clove, minced
- Cooking spray

To prevent wooden skewers from burning while grilling, soak for 30 minutes in hot water beforehand. Total time: 30 minutes.

1. Prepare grill.
2. Cut each chicken breast half lengthwise into 4 strips. Combine sugar and remaining ingredients except cooking spray in a small bowl; stir until sugar dissolves. Combine half of sake mixture and all of chicken in a large bowl. Let stand 10 minutes. Reserve remaining sake mixture.
3. Drain chicken, discarding marinade. Thread 1 chicken strip onto each of 16 (8-inch) skewers. Place chicken on grill rack coated with cooking spray; grill 2 minutes on each side or until done. Serve with remaining sake mixture.

Yield: 4 servings (serving size: 4 skewers and about 1 1/2 tablespoons sake mixture)

CALORIES 267(12% from fat); FAT 3.5g (sat 0.7g,mono 0.5g,poly 0.5g); PROTEIN 39.6g; CHOLESTEROL 99mg; CALCIUM 30mg; SODIUM 216mg; FIBER 0.1g; IRON 1.6mg; CARBOHYDRATE 13.3g