



Grilled Fajita Salad

Yield: 4 servings

INGREDIENTS

- 1/2 cup prepared Italian Salad dressing
- 1 Tablespoon chili powder
- 1 teaspoon cumin
- 1/2 tsp brown sugar
- 1/2 teaspoon pepper
- 1/2 teaspoon salt
- 1/4 teaspoon garlic powder
- 1/4 teaspoon chipotle powder
- 4 boneless skinless chicken breasts
- 12 miniature sweet peppers, halved and seeded
- 1 medium red onion, cut into thin wedges
- 2 cups cherry or grape tomatoes (sliced in half or quartered)
- 2 medium ears sweet corn, husked
- 12 cups torn mixed salad greens
- Cotija cheese, lime wedges and tortillas

DIRECTIONS

1. Combine Italian salad dressing, chili powder, cumin, brown sugar, pepper, salt, garlic powder and chipotle powder.
2. Put chicken in zip top bag or bowl. Pour marinade over the chicken distribute evenly.
3. Place in refrigerator and let marinate at least 2 hours and up to 8.
4. Grill chicken about 15 minutes or until internal temperature is 165 degrees.
5. While chicken is grilling, grill the peppers, onions and corn. Brush or spray with oil. Avocado oil works well for grilling because of its high smoking point. (Additional seasonings may be add to the vegetables if desires)
6. Grill until a little charred and fork tender.
7. To serve place mixed greens into either a large serving bowl or individual bowls and then add the chicken, peppers, onion, corn and tomatoes.
8. Top with cotija cheese, lime wedges and tortillas if desired.
9. Serve with cilantro lime vinaigrette.

*Also try making a rice bowl, fajitas, quesadillas or sandwiches with the grilled meat and veggies

Wasatch County Cooking Class, February 2024

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Cilantro Lime Vinaigrette

Yield: 8 servings Time: 10 minutes

INGREDIENTS

- 1/4 cup fresh lime juice (about 2-3 juicy limes)
- 1/4 cup white wine vinegar or rice vinegar
- 4-5 cloves garlic
- 1/2 teaspoon kosher or sea salt
- 2 teaspoon sugar
- 1 cup light flavored oil (extra light olive oil, vegetable oil, canola oil, etc.)
- 1/2 cup roughly chopped cilantro, stems removed

DIRECTIONS

1. In the jar of your blender, combine lime juice, vinegar, garlic, salt, and sugar. Blend until ingredients are completely combined.
2. With the blender running, add the oil in a steady stream.
3. Add cilantro and blend until the cilantro has broken down but still maintains some of its texture.
4. Serve with greens, on any type of Mexican salad, or use as a marinade.

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Grilled Quesadilla

Yield: 4 servings Time: 15 minutes

INGREDIENTS

- 8 6-inch flour tortillas
- 6 oz. cream cheese (room temperature)
- 4 oz. can green chiles, drained
- 3 cups cheddar jack cheese

DIRECTIONS

1. In a bowl, combine cream cheese chiles, and cheese.
2. Spread a 1/2 cup of filling over one of the tortillas. Top with another tortilla. Press together until filling is 1-inch from edge. Repeat with remaining tortillas and cream mixture
3. Heat grill to medium-low heat and grill each side of the quesadilla until golden and inside is warm and melted.
4. Top with desire toppings or serve plain.

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Grilled Pineapple Caramel Sundaes

Yield: 8 servings

INGREDIENTS

- 1 fresh pineapple
- coconut (toasted)
- macadamia nuts (optional)
- ice cream or frozen yogurt

Caramel Sauce:

- 1/4 cup butter
- 2/3 cup corn syrup
- 1 1/4 cup brown sugar
- 3/4 cup evaporated milk

DIRECTIONS

1. Heat grill to medium heat.
2. Peel pineapple and slice into 1/2 inch slices.
3. Place pineapple on grill and cook on both sides until it softens and browns a bit. (you may coat with a little avocado oil or butter if desired).
4. Scoop ice cream into a bowl.
5. Cut grilled pineapple into small bite sized pieces.
6. Place grilled pineapple and toasted coconut on the ice cream and then drizzle with caramel sauce.
7. Eat immediately.

Directions for Caramel sauce:

1. Place butter, corn syrup and brown sugar in a microwave safe bowl.
2. microwave for approximately 5 minutes (stirring a few times during cooking).
3. Cook until it is a soft ball stage.
4. Then, add the evaporated milk slowly while stirring.
5. Let cool and serve over ice cream.
6. Store leftovers in the refrigerator for up to a week.

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