

***Grilling** ~ intense, direct heat coming from bottom

***Broiling** ~ intense, direct heat coming from top

Both provide caramelizing of food. Both sear surface of food giving it a flavorful crusty texture on outside while keeping it moist and tender on inside. Remember to preheat so caramelizing and searing take place!

Grilled or Broiled Potato Wedges

2 tablespoons butter, melted
1 teaspoon dried basil
1/4 teaspoon salt
2 large baking potatoes
1 tablespoon vegetable oil

Preheat grill or broiler.
Mix butter, basil and salt.
Set aside.

Wash and pat potatoes dry.
Cut each potato lengthwise
into 8 wedges.

Arrange potatoes on a double
thick piece of foil; brush
with oil. If grilling, place
foil directly on grill. If
broiling, place foil on
baking pan and place in oven
4 inches from heat.

Cook 10 minutes. Brush with
butter mixture.

Turn potatoes. Brush again
with butter mixture.

Grill or broil 5 minutes
longer or until lightly
browned and tender.

Serves 4

Grilled or Broiled Pineapple

1 fresh pineapple
½ cup brown sugar
1 tablespoon lime juice
1 tablespoon lemon juice
2 tablespoons honey
½ to 1 tablespoon cinnamon
Optional ~ 3 cups orange or lime sorbet

Preheat grill or broiler.

Peel, core, and cut pineapple into ½ inch
slices.

Make a glaze by mixing brown sugar, juice,
honey, and cinnamon in a small bowl until
smooth.

Spread glaze on each side of each pineapple
ring.

Grill or broil 4-5 inches from heat for 5-10
minutes, turning once, until sugar mixture
melts and pineapple is heated and tender.

Top each slice with a small scoop of sorbet if
desired, and serve immediately.

Serves 8

**Don't be afraid to try grilling and
broiling all kinds of vegetables and
fruits. If you can do one, you can
do them all!**