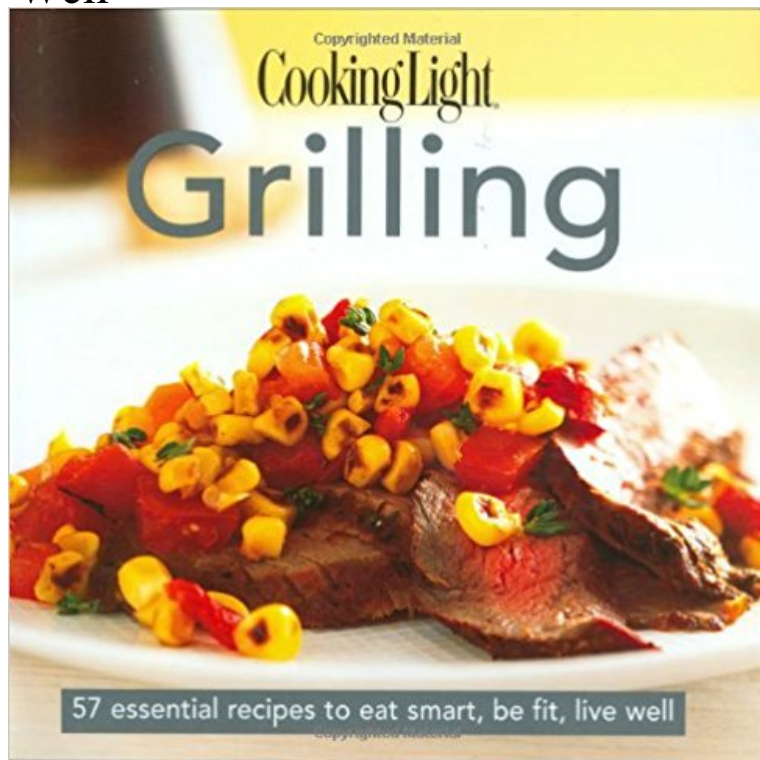


# Cooking Light Grilling: 57 Essential Recipes to Eat Smart, Be Fit, Live Well



You want top-rated, delicious, reliable meals. We hope to expand your repertoire with recipes we consider our finestones that will give you great results every time. These are the recipes our staff cant do without and neither should you. In this volume of The Cooking Light Cooks Essential Recipe Collection, youll find: Over 55 essential kitchen-tested grilling recipes! From Classic Steak House Rubbed Filet Mignon to Grilled Chicken Kebabs to Grilled Pork Tenderloin sandwiches to Grilled Tuna over Lemon-Mint Barley Salad, Cooking Light Grilling offers you Cooking Light magazines best-of-the-best recipes. Over 100 bold and bright full-color photos! Each essential recipe is accompanied by a beautifully vivid, full-page color photograph, along with an additional image and information on a particular ingredient or technique thats key to the recipe. Just one look at Adobo-Marinated Pork Tenderloin with Grilled Pineapple Salsa will inspire you to make it. And the technique photo of trimming the tenderloin shows you the best way to prepare the recipe. Complete nutritional information for each recipe! In your quest to eat smart, be fit, and live well, youll find the complete nutritional analysis for each recipe amazingly helpful. Looking for a low-cal dish? Try Grilled Lamb Chops. Need less sodium? Grilled Stone Fruit Antipasto Plate is ideal. Or maybe you want to increase your calcium intake. If so, Greek-Style Burgers with Feta Aioli is a good choice. A complete guide to all things grilled! Have a question about how hot your grill should be? Or are you in search of meat safety tips? Then check out our Cooking Class. This section will make matters clear once and for all. Youll learn about the difference in direct and indirect grilling, how to prevent fish from sticking to the grill, and how to perfectly skewer your kebabs. Everything you need to grill great recipes is here!

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