

If you do want to grill [salmon fillets](#), the same rules apply: make sure to oil the grill grates and don't go far. Grilled salmon cooks very quickly.

GRILLED SALMON WITH PINEAPPLE SALSA

INGREDIENTS

- (6 ounce) [salmon fillets](#)
- salt (to taste)
- Lemon pepper (to taste)

DIRECTIONS

- Season salmon with salt and pepper.
- Heat lightly oiled grill pan on medium-high heat. Grill seasoned salmon for 5 minutes on each side or until done.
- Top with salsa and serve.
- Tips: Checking salmon for doneness: Gently insert a fork tip into the thickest part of the fish. If the salmon easily separates.

***PINEAPPLE SALSA**

SERVE-16

SIZE-1 TABLESPOON

- **INGREDIENTS**
- **10 ounces canned juice-packed pineapple tidbits, natural juice**
- **¼ cup chopped onion**
- **1 garlic clove, chopped**
- **1 tablespoon red bell pepper, chopped**
- **2 tablespoons cilantro, chopped**
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- **PREPARATION**
- **Add onion, garlic, peppers and cilantro to a bowl.**
- **Drain pineapple and place into bowl, mix well.**
- **Refrigerate several or overnight to blend flavors.**

BLACKEYE PEAS CAKE

Make 12 Cakes

INGREDIENTS

- 1 pound fresh or frozen black-eyed peas
- 3 slices bacon coarsely chopped
- 2 cloves garlic minced
- ½ cup minced white onion
- ½ cup chopped green bell pepper
- ½ cup chopped red bell pepper
- 1 tablespoon finely chopped fresh parsley
- 1 teaspoon finely chopped fresh basil
- ¼ teaspoon cayenne pepper
- ½ cup heavy cream
- 1 ½ cups all-purpose flour
- 1 large egg
- ½ cup buttermilk
- 3 cups panko bread
- 1/2 cup vegetable oil

INSTRUCTIONS

1. Bring about three cups of water to a boil in a medium saucepan over medium high heat. Add the peas and additional water if needed to completely cover the peas. Return to a boil, then reduce heat and simmer for 30 minutes or until peas are tender. Drain peas and set aside to cool.
2. In the meantime, cook bacon and fry until the bacon is brown and crispy. Remove the bacon from the pan, reserving the grease, and set aside.

3. Add the onion and peppers to the reserved bacon grease and sauté until the vegetables are tender. Add the garlic and sauté until fragrant, about 30 seconds to 1 minute more. Remove vegetables from heat and allow to cool.
4. Transfer half of the cooled peas to a large bowl or a food processor. Mash with a potato masher or process in a food processor until peas are the consistency of a chunky puree. Add the reserved peas, vegetables, parsley, basil, cayenne pepper, and cream. Stir until well-combined. Refrigerate for at least one hour.
5. Set up a workstation to coat the cakes. Place flour in one shallow bowl, combine the egg and buttermilk in another, and the bread crumbs in another.
6. Heat grill over medium high heat
7. Scoop out about $\frac{1}{4}$ cup of the pea mixture and form into balls with your hands. Completely coat the balls with the flour, then form into a patty. Coat the patty in the egg/buttermilk mixture, then coat in the breadcrumb mixture.
8. Working in batches, grill patties until golden brown, about 2-3 minutes per side. Al

Tangy Grilled-Cabbage Slaw with Raisins and Walnuts

YIELD

7 cups

INGREDIENTS

1.
 - 1 cup (packed) light brown sugar
 - 5 whole cloves
 - 2 tablespoons whole black peppercorns
 - 3 1/4 cups apple cider vinegar, divided
 - 1 green cabbage (about 2 3/4 pounds), quartered
 - 1/4 cup extra-virgin olive oil, plus more to taste
 - 7 thick-cut slices bacon (about 8 ounces)
 - 1 1/2 teaspoons honey
 - 3/4 teaspoon freshly ground black pepper, plus more to taste
 - 1/2 cup black raisins
 - 1/2 cup chopped fresh parsley
 - 1/2 cup toasted walnuts, coarsely chopped

PREPARATION

1.
 1. Bring brown sugar, cloves, peppercorns, 3 cups vinegar, 1/4 cup salt, and 3 cups water to a boil in a large pot over high heat. Reduce heat and simmer, stirring until sugar is dissolved, 10 minutes. Let cool 10 minutes.
 2. Place cabbage in a large resealable bag and fill with pickling liquid. Seal bag and chill at least 5 hours or up to overnight.
 3. Pat cabbage dry with paper towels; discard pickling liquid. Prepare a grill or grill pan for medium-high heat. Brush cabbage with oil and grill, turning occasionally, until all sides are well charred, 7–10 minutes per side. Let cool.
 4. If using a grill pan, cook bacon in pan, turning once, until browned and crisp. If using a grill, heat a cast iron pan or disposable foil pan on grill and cook bacon, turning once, until browned and crisp. Transfer to paper towels to drain and let cool, then cut crosswise into 1/8" strips.
 5. Whisk honey, 3/4 tsp. black pepper, remaining 1/4 cup oil, and remaining 1/4 cup vinegar in a large bowl. Thinly slice cabbage lengthwise and add to bowl along with bacon, raisins, parsley, and walnuts. Toss well to combine and season with salt and pepper. Cover and chill until ready to serve.
2. **Do Ahead**
 1. Slaw can be made and chilled for up to 8 hours

Grilled Mustard Broccoli

YIELD

4 servings

INGREDIENTS

1.
 - 2 small heads of broccoli (about 1 1/2 pounds)
 - 1/2 cup plain whole-milk Greek yogurt
 - 1 tablespoon mustard oil or olive oil
 - 1 tablespoon whole grain mustard
 - 1 1/2 teaspoons chili powder or paprika
 - 1 teaspoon masala wine
 - 1 teaspoon ground cumin
 - Vegetable oil (for grill)

PREPARATION

1.
 1. Trim broccoli stems, then cut away from heads. Peel stems and slice lengthwise into 1/4"-thick planks. Break up heads into large florets. Cook florets and stems in a large pot of boiling water, or steamer, until bright green and crisp-tender, about 2 minutes. Drain, then transfer to a bowl of ice water to cool. Drain and pat dry with paper towels.
 2. Whisk yogurt, mustard oil, mustard, chili powder, masala, cumin in a large bowl. Add broccoli and toss to coat; season with salt.
 3. Prepare a grill for medium-high heat; oil grate. Grill broccoli, turning occasionally, until charred in spots, 5-7 minutes. Transfer to a platter

Dried Fruit Compote

Ingredients

- 12 dried pitted prunes
 - 12 dried apricot halves
 - 6 dried pear halves, cut into 1/2-inch pieces
 - 1 3/4 cups fresh apple juice
 - 1 tablespoon sugar
 - 1 tablespoon apple brandy or [brandy](#)
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Preparation

Combine all ingredients in heavy medium saucepan. Bring to simmer over medium-high heat, stirring until sugar dissolves. Reduce heat to medium. Simmer until fruit is tender and juices are reduced to very thick syrup, stirring occasionally, about 15 minutes.

Roasted Red Pepper Mayo

Ingredient

- ⅓ cup mayonnaise
- 2 tablespoons chopped roasted red peppers
- 1 squeeze lemon juice
- ½ teaspoon lemon zest
- ⅛ teaspoon salt

Directions

- **Step 1**
Mix mayonnaise and roasted red peppers together in a small bowl. Add lemon juice, lemon zest, and salt; mix well. Refrigerate until serving