

The Flip Side

Fire up the grill every night with easy recipes made for summer

BY KERRI-ANN JENNINGS

REVIEWED BY HANSA BHARGAVA, MD, WEBMD MEDICAL EDITOR



Grilled Corn Salad

MAKES 6 SERVINGS

Grilling gives corn a smoky sweet flavor that pairs perfectly with fragrant tarragon and tangy balsamic reduction. You can find balsamic reduction already prepared, or simply simmer balsamic vinegar until reduced by half.

INGREDIENTS

6 ears of corn
2 tsp olive oil
1 pint grape tomatoes, sliced
1 ripe avocado, diced
1 tbsp chopped fresh tarragon
salt to taste
pepper to taste
2 tbsp balsamic reduction (or to taste)

DIRECTIONS

1. Prepare grill for medium-hot heat. Brush a little olive oil on each ear of corn. Grill corn, turning often, until lightly charred, about 10 minutes.
2. Prop each ear of corn on a cutting board and with a sharp knife cut down along the cob to strip the kernels.
3. Transfer grilled corn kernels to a serving bowl. Add tomatoes, avocado, tarragon, salt, pepper, and balsamic reduction and lightly toss.

PER SERVING

159 calories,
3 g protein, 21 g carbohydrate,
9 g fat (2 g saturated fat),
5 g fiber, 5 g sugar,
103 mg sodium.
Calories from fat: 49%

Lighting up the grill brings the campfire to your weeknights, giving your family a chance to come together and turning even the simplest meals into a special occasion. Grilling is also a healthy way to cook. Vegetables and lean proteins (such as salmon, shrimp, chicken, tofu, and lean beef) take on a smoky flavor, and the high heat brings out the natural sweetness of corn on the cob and summer fruit. It's time to get grilling with these recipes.

Jerk Salmon and Mango Kebabs

MAKES 6 SERVINGS

Sweet and savory jerk seasoning gives salmon a Caribbean flair. Grilling mango brings out the natural sweetness of the fruit. Serve with rice or Grilled Corn Salad.

INGREDIENTS

Jerk seasoning
1 tsp ground allspice
1 tsp ground cumin
¼ tsp dried thyme
½ tsp garlic powder
¼ tsp cayenne pepper
⅛ tsp cinnamon
¼ tsp salt

Kebabs

1½ lbs salmon, cut into chunks
3 cups mango chunks
2 tsp canola oil

DIRECTIONS

1. Prepare grill for medium heat. In a small bowl combine jerk spice mixture.
2. Beginning and ending with salmon, thread salmon and mango chunks onto 6 skewers. Brush with oil and season with spice mixture. Grill, turning occasionally, until fish is opaque throughout, 5–8 minutes.

PER SERVING

212 calories, 23 g protein, 11 g carbohydrate, 9 g fat (1 g saturated fat),
50 mg cholesterol,
1 g fiber, 7 g sugar,
148 mg sodium.
Calories from fat: 37%



GET MORE
healthy living
tips and info at
[webmd.com/
askthepharmacist](http://webmd.com/askthepharmacist)

This content is selected and controlled by WebMD's editorial staff and is funded by Walmart.