

Eggplant Mixed Grill

2 tablespoons olive oil
2 tablespoons chopped fresh parsley
2 tablespoons chopped fresh oregano
2 tablespoons chopped fresh basil
1 tablespoon balsamic vinegar
1 teaspoon kosher salt
1/2 teaspoon black pepper
6 cloves garlic, minced
1 red onion, cut into wedges
18 spears fresh asparagus, trimmed
12 crimini mushrooms, stems removed
1 (1 pound) eggplant, sliced into 1/4 inch rounds
1 red bell pepper, cut into wedges
1 yellow bell pepper, cut into wedges

In a large resealable plastic bag, mix the olive oil, parsley, oregano, basil, vinegar, kosher salt, pepper, and garlic. Place the onion, asparagus, mushrooms, eggplant, red bell pepper, and yellow bell pepper into the bag. Seal, and marinate 2 hours in the refrigerator, turning occasionally. Lightly oil the grilling basket. Grill the vegetables 6 minutes on each side, until tender.

Grilled Salmon Steaks

3 tbsp. dried whole rosemary, divided
1 tbsp. rubbed sage
1/2 tsp. pepper
2 tbsp. lime juice
2 tbsp. Tamari (wheat free)
4 (4 oz.) salmon steaks
Vegetable cooking spray
1 med. lime, thinly sliced

Combine 1 tablespoon rosemary, sage, pepper, lime juice and Tamari. Brush both sides of each salmon steak with herb mixture, reserving remaining mixture. Spray the grilling basket with cooking spray. Arrange half of lime slices in basket, top with salmon steaks. Cover salmon steaks with the remaining lime slices, close grilling basket. Sprinkle remaining 2 tablespoons rosemary over white hot coals. Grill 7 minutes on each side or until fish flakes easily when tested with a fork, basting with remaining herb mixture. 4 servings. Serve with 1 cup tossed salad. Servings = 4 ounces protein, 1 cup salad.

Grilled Trout

6 (4 oz.) trout fillets
3 tbsp. butter, melted
2 med. lemons, thinly sliced
Pam cooking spray
Fresh parsley sprigs (opt.)
2 med. lemons or limes, thinly sliced (opt.)
Sauce (recipe follows)

Brush trout fillets with butter and arrange lemon slices on top of each fillet. Coat grilling basket with cooking spray. Place fish in basket, grill over medium hot coals 10 to 12 minutes or until fish flakes easily when tested with a fork. Turn often, discard grilled lemon slices. Arrange trout on serving platter and drizzle with sauce. Garnish with parsley sprigs and lemon or lime slices, if desired. Serve immediately. 6 servings.

SAUCE:

3 tbsp. butter
1/4 tsp. pepper
2 tbsp. lemon juice

Melt butter in small saucepan over low heat until golden brown, being careful not to burn butter. Stir in pepper and lemon juice. Each 4 ounce serving = 4 ounces protein, 1 tablespoon oil.

Charcoal Grilled Shrimp

2 lbs. large shrimp, shelled and deveined
1/2 c. olive or cooking oil
1/2 c. finely chopped onion
1/2 c. dry white wine
1/4 c. lemon juice
1/4 c. finely snipped parsley
1 tbsp. Worcestershire sauce
1 tsp. dillweed
1/2 tsp. salt

Combine oil, onion, wine, lemon juice, parsley, Worcestershire, dillweed and salt. Place shrimp in plastic bag. Pour marinade mixture over shrimp. Close bag. Marinate 3 to 4 hours in refrigerator. Drain, reserving marinade. Place shrimp in well greased grilling basket. Grill over hot coals for 15 to 20 minutes, turning basket often, basting with marinade.

Grilled Vegetable Basket

8 ounces cremini mushrooms
1 zucchini, cut into 1/4-inch thick slices
1 red bell pepper, seeded and cut into 1/4-inch thick slices
1 Vidalia or white onion, cut into 1/4-inch thick rings
1/3 cup bottled balsamic vinegar salad dressing

Combine all of the ingredients in a shallow dish and allow the vegetables to marinate prior to cooking. Put the vegetables in grilling basket. Grill, turning once, until the vegetables are cooked through and lightly charred, about 20 minutes. Transfer to a serving bowl and serve.

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