

Grilled Chicken Marinade

Ingredients:

5 chicken breasts
1/4 cup red wine vinegar
1/4 low sodium soy sauce
1/4 cup olive oil
1 1/2 tsp dried parsley
1/2 tsp ground basil
1/2 tsp ground oregano
1/4 tsp garlic powder
1/4 tsp black pepper

Recipe from [allrecipes.com](https://www.allrecipes.com)

Instructions:

1. Whisk vinegar, soy sauce, olive oil, parsley, basil, oregano, garlic powder, and black pepper together in a bowl and pour into a resealable plastic bag.
2. Add chicken, coat with the marinade, squeeze out excess air and seal the bag.
3. Marinate in the refrigerator for at least 4 hours.
4. Preheat grill for medium-low heat and lightly oil the grate.
5. Drain and discard marinade.
6. Grill chicken on the preheated grill until no longer pink in the center, 4 to 5 minutes per side. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

Quinoa Salad

Ingredients:

- 1 cup uncooked quinoa (or bulgur)
- 1 small cucumber, chopped
- 2-3 medium tomatoes, seeded and chopped
- 1/4 cup parsley, chopped
- 2 green onions, sliced

Dressing:

- 1/3 cup fresh lemon juice
- 1/3 cup olive oil
- 2 garlic cloves, crushed
- 1 1/2 tsp salt (or to taste)

Instructions:

1. Cook quinoa according to package directions but do not add salt. (Rinse in cold water, add to pot with 2 cups cold water, bring to boil, cover and simmer for about 20 minutes or until water is absorbed.)
2. Mix the dressing ingredients in a large bowl.
3. Place the warm quinoa into the dressing and stir to combine. Set aside in the fridge to let the flavors meld (at least an hour).
4. Add the remaining ingredients and mix to combine. Enjoy cold.

Recipe from eatwhatyousow.ca

Grilled Fruit Kabob

Ingredients:

- 12 skewers
- 4 cups assorted cubed fruit
- 1 tbsp canola oil
- 2 tbsp honey
- 1 tsp vanilla extract
- 1/4 tsp ground cinnamon

Recipe from eatright.org

Instructions:

1. Preheat a grill or grill pan to medium-hot.
2. Thread fruit cubes evenly onto the skewers, alternating the fruit varieties.
3. In a small bowl, mix together honey, vanilla extract and ground cinnamon.
4. Lightly brush the kebobs with oil and place on the grill. Cook for 3 to 5 minutes per side, basting with the honey mixture until you see grill marks. Remove from grill and brush with any remaining honey. Serve warm.