

UHG Grilling Playbook

FROM YOUR EUREST CHEFS

Easy Recipes

Our culinary team shares their easy recipes that your family would love

Welcome Friends!

We are proud to present our second summer grilling cookbook. In this cookbook, you'll find our culinary team's favorite go to grilling recipes. We also included resources on cooking temperatures and food handling. We hope you include some of our recipes in your next outdoor grilling adventure.

Be sure to hashtag us on social media if you cook one of these recipes at [#UHGCookBook](#)



steak kebabs

"summertime favorite entree in the seitz household"

INGREDIENTS

for marinade

- 1/4 cup olive oil
- 1/4 cup soy sauce
- 1 1/2 tablespoons fresh lemon juice
- 1 1/2 tablespoons red wine vinegar
- 2 1/2 tablespoons worcestershire sauce
- 1 tablespoon honey
- 2 teaspoon Dijon mustard
- 1 tablespoon minced garlic
- 1 teaspoon fresh ground black pepper

for kebabs

- 1 3/4 pound sirloin steak, cut into 1 1/4 inch pieces
- 8 oz button mushrooms, halved (unless small, keep whole)
- 3 bell peppers cut into 1 1/4 inch pieces
- 1 large red onion diced into 1 1/4 inch chunks
- 1 tablespoon olive oil
- salt and pepper to taste
- 1/2 teaspoon garlic powder
- 10 wooden skewer sticks soaked in water for at least 30 minutes



METHOD

1. For the marinade: In a mixing bowl, whisk together all marinade ingredients.
2. For the kebabs: Place steak into a gallon size resealable bag. Pour marinade over steak then seal bag while pressing out excess air and massage marinade over steak. Transfer to refrigerator and allow to marinate 3-6 hours.
3. Preheat grill to 425 degrees Fahrenheit (medium-high). Ensure grill grates are clean.
4. With vegetables on cutting board, drizzle with oil and lightly toss to coat.
5. Sprinkle vegetables evenly with garlic powder, salt and pepper. To assemble kebabs layer steak and vegetables in desired order, work to fit 4 steak pieces onto each kebab.
6. Brush grill grates lightly with oil. Place kebabs on grill, and grill until center of steak is 140-145 degrees Fahrenheit for a medium doneness, turning kebabs occasionally, about 8-9 minutes. Serve warm.

Serves 5

RECIPE SUBMITTED BY PATTI SEITZ, CAMPUS EXECUTIVE CHEF OPTUM

source: <https://www.cookingclassy.com>

grilled cilantro lime chicken with mango salsa

tangy and sweet

INGREDIENTS

for chicken marinade

- 1 teaspoon cilantro, chopped
- 1 teaspoon chives, chopped
- 2 tablespoons chili powder
- 2 tablespoons lime juice
- 1 teaspoon canola oil

for mango salsa

- 3/4 cup mango, peeled and diced
- 1 tablespoon jalapeno pepper, minced
- 3/4 cup red bell pepper, diced
- 2/3 cup red onion, diced
- 4 tablespoons cilantro, chopped
- 4 tablespoons lime juice
- 1/4 teaspoon cumin
- 1 teaspoon salt
- 2 tablespoons canola oil



METHOD

1. In a bowl combine cilantro, chives, chili powder, lime juice and canola oil and stir. Toss chicken breasts in and cover, refrigerate for 1 to 2 hours.
2. Make Salsa: Mix together mango, jalapenos, red bell peppers, red onions, cilantro, lime juice, cumin, salt and canola oil in a bowl. Set aside and keep chilled while cooking chicken.
3. Cook marinated chicken on a sprayed grill at 425 degrees Fahrenheit. Grill chicken for 5 minutes on each side and until internal temperature reaches 165 degrees Fahrenheit.
4. Remove chicken from grill and top with mango salsa.

pecan encrusted pork burgers with dried apricot-chipotle mayonnaise

an amazing twist on burgers for summer

INGREDIENTS

for dried apricot-chipotle mayonnaise

1/2 cup dried apricots
1/4 cup hot water
2 tablespoons fresh lime juice
1/2 cup mayonnaise
1 canned chipotle chili pepper in adobo sauce, chopped
1 tablespoon adobo sauce from can
2 tablespoons finely chopped green onion

for pork burger

cooking oil
1 1/2 pounds lean ground pork
2 tablespoons apricot-chipotle mayonnaise
1 tablespoon melted butter
1/2 cup finely chopped pecans
1/2 teaspoon salt
1/2 teaspoon pepper
4 french hamburger buns
4 bibb lettuce leaves



METHOD

1. Make apricot-chipotle mayonnaise: Stir together dried apricots, hot water, and lime juice in a small bowl. Let stand for 15 minutes; drain. Pat apricots dry, and coarsely chop.
2. Stir together mayonnaise, chipotle chili peppers, adobo sauce, and green onions in a bowl. Then stir in apricots to mayonnaise mixture. Cover and chill until ready to serve.
3. Coat cold cooking grate of grill with cooking oil, and place grate back on grill. Preheat grill to 350–400 degrees Fahrenheit (medium-high).
4. Gently combine pork and 2 tablespoons apricot-chipotle mayonnaise mixture until blended, using hands. Shape into 4 patties (4 inch wide, 1 inch thick).
5. Stir together butter, pecans, salt and pepper in a small bowl until blended. Sprinkle each patty with about 1 tablespoon pecan mixture per side of patties, gently pressing to adhere.
6. Grill pecan-covered pork patties, covered with grill lid, over 350–400 degrees Fahrenheit (medium-high) heat 6–8 minutes on each side or until meat thermometer inserted into centers reaches 155 degrees Fahrenheit.
7. Grill buns cut side down, 1 to 2 minutes or until lightly toasted. Serve burgers on buns with lettuce and apricot-chipotle mayonnaise.

Serves 4

RECIPE SUBMITTED BY JON ANDERSON, CHEF MANAGER, UHG SAN ANTONIO

grilled elote flatbread

anytime grill family favorite

INGREDIENTS

- 2 medium ears sweet corn, husked
- 3 tablespoons olive oil
- 1 pound fresh or frozen pizza dough
- 1/2 cup mayonnaise
- 1/3 cup crumbled cotija cheese
- 1/3 cup cilantro, chopped
- 1 tablespoon lime juice
- 1/2 teaspoon chili powder
- 1/8 teaspoon pepper



METHOD

1. Brush corn with 1 tablespoon oil. Grill corn, covered, over medium heat until lighter browned and tender, about 10-12 minutes, turning occasionally. Slightly cool and cut corn from cobs and transfer to large bowl.
2. On a lightly floured surface, roll or press dough into 15X10 inch oval (about 1/4 inch thick). Place on greased sheet of foil and brush top with 1 tablespoon oil.
3. Carefully place crust onto grilling rack removing from foil. Brush top with remaining 1 tablespoon oil. Grill, covered, over medium heat until bottom is golden brown, 2-3 minutes each side. Remove from grill and cool slightly.
4. Add mayo, 3 tablespoons cotija cheese, 3 tablespoons cilantro, lime juice, chili powder, and pepper to corn. Stir to combine. Spread over warm crust and sprinkle with remaining cotija cheese and cilantro.

Serves 4-5

RECIPE SUBMITTED BY DESTINY VERHASSELT, FOOD SERVICE DIRECTOR, UHG WAUSAU

mesquite rub

great for beef, pork, or chicken

INGREDIENTS

2 tablespoon paprika
 2 teaspoon cumin
 1 teaspoon garlic powder
 1 teaspoon onion powder
 1 teaspoon dried rosemary
 1 teaspoon dried sage
 1/2 teaspoon black pepper
 1 teaspoon dry mustard
 2 teaspoon brown sugar
 1/4 teaspoon cayenne pepper
 2 teaspoon dried onion flakes
 2 teaspoon salt

METHOD

Combine all the ingredients together in a small mixing bowl. Stir well to fully combine. Use a fork, spoon, or your fingers to make sure all of the brown sugar is completely broken up and no large clumps remain.



brown sugar bourbon marinade

great marinade for hanger steaks, flank steak or chicken

INGREDIENTS

1/2 cup bourbon (Jim Beam)
 1/3 cup brown sugar
 1/4 cup balsamic vinegar
 2 tablespoons olive oil
 1 tablespoon whole grain mustard
 3 cloves garlic, finely chopped or minced
 1 teaspoon dried rosemary
 1 teaspoon salt
 1 teaspoon black pepper
 pinch of crushed red pepper (optional)

METHOD

Combine all ingredients in a bowl and whisk together. Marinate your choice of protein for 6 hours or overnight before grilling.

RECIPE SUBMITTED BY DESTINY VERHASSELT, FOOD SERVICE DIRECTOR, UHG WAUSAU

source: <https://www.wholefully.com>

source: <https://www.garlicandzest.com>

steakhouse potato salad

perfect recipe for grilling

INGREDIENTS

1 pound red potatoes, cut into 1-inch wedges
 1 beef top sirloin steak (1.25 pounds)
 3 cups fresh broccoli florets
 1/4 cup olive oil
 2 tablespoons apple cider vinegar
 2 garlic cloves, minced
 1/2 teaspoon ground mustard
 1/2 teaspoon paprika
 1/4 teaspoon pepper
 2 green onions, thinly sliced
 1 medium sweet red pepper, chopped



METHOD

1. Place potatoes in a large saucepan; add water to cover potatoes. Bring to a boil. Reduce heat; cook, uncovered, 10-15 minutes or until tender. Drain.
2. Meanwhile, grill steak, covered, over medium heat 7-9 minutes on each side or until meat reaches desired doneness.
3. In a large saucepan; place steamer basket over 1 inch of water. place broccoli in basket. bring water to a boil. Reduce heat to maintain a low boil; steam, covered, 2-3 minutes or until broccoli is crisp-tender. remove from heat.
4. In a small bowl, whisk oil, vinegar, garlic and seasonings until blended; stir in green onions. Cut steak into thin slices.
5. In a large bowl, combine potatoes, steak, broccoli and red pepper. Drizzle with vinaigrette; toss to combine. Serve warm or refrigerate and serve cold.

Serves 6



grilled brussels sprouts

a savory treat grilled to a crunchy perfection

INGREDIENTS

1 pound brussels sprouts
 4 tablespoons extra virgin olive oil
 3 tablespoons ground Dijon mustard
 3 cloves garlic cloves, minced
 1 sprig thyme
 1 teaspoon smoked paprika
 1 teaspoon apple cider vinegar
 1 teaspoon fresh-cracked pepper
 1 teaspoon kosher salt

METHOD

1. Preheat the grill to 400 degrees Fahrenheit. Chop brussels sprouts in half lengthwise and place in a medium sized bowl.
2. In a small mixing bowl, mix oil, Dijon mustard, garlic, thyme, smoke paprika and apple cider vinegar. Pour over brussels sprouts and toss until evenly coated.
3. Place brussels sprouts in the grill basket. Place the basket over direct heat. Grill for about 3 to 5 minutes.
4. Toss brussels sprouts in the basket and grill for another 3 to 5 minutes until nicely charred.
5. Remove from heat and add fresh-cracked pepper and salt to taste.

Serves 4-6

RECIPE SUBMITTED BY PATTI SEITZ, CAMPUS EXECUTIVE CHEF OPTUM

grilled romaine caesar salad

fantastic side alone or paired with grilled chicken or steak

INGREDIENTS

for croutons

1/4 cup olive oil
2 garlic cloves, pressed
2 teaspoons chopped thyme
8 oz crunchy french bread cut into 1/2-inch cubes

salad

1/2 cup fresh parmesan
1/2 cup lemon juice
2 tablespoons mayo
2 teaspoons Dijon mustard
4 garlic cloves
1/2 cup olive oil
3 romaine hearts, cut in half lengthwise

METHOD

1. Make the croutons: Heat oil in a large skillet over medium heat. Add garlic, cook 30 seconds. Add thyme, bread cubes, and salt and pepper to taste, tossing well to coat. Cook 5 minutes, stirring constantly, until bread is toasted. Remove croutons to cool.
2. Make Dressing: Combine the cheese, lemon juice, mayo, dijon mustard, and garlic in a food processor. Slowly add the olive oil and process until smooth and creamy.
3. Brush romaine hearts with olive oil, grill romaine hearts, 2 to 3 minutes until desired charred-ness is reached.
4. Place one romaine heart on each plate, drizzle with dressing, sprinkle with croutons, and shaved parmesan.

Serves 6



grilled sweet potato planks

family favorite staple enjoyed all year round

INGREDIENTS

1/3 cup olive oil
1 tablespoon minced shallot
1 tablespoon fresh rosemary
1 teaspoon kosher salt
1 teaspoon coarse ground pepper
3 large, sweet potatoes, peeled and cut into 3/4-inch slices
1/2 cup blue cheese

METHOD

1. Preheat the grill to 350–400 degrees Fahrenheit (medium-high). Stir together olive oil, shallots, rosemary, salt and ground pepper. Brush olive oil mixture over the sweet potato wedges.
2. Grill, covered with lid, 3 to 4 minutes on each side or until tender. Place potatoes on a serving platter, sprinkle with blue cheese and drizzle with a little more olive oil to give a nice shine. Garnish with a sprig of fresh rosemary.

Serves 6

RECIPE SUBMITTED BY JON ANDERSON, FOOD SERVICE DIRECTOR, UHG SAN ANTONIO

source: <https://www.vindulge.com/>

source: <https://www.myrecipes.com>

heirloom tomato panzanella salad

a perfect light accompaniment to any meal

INGREDIENTS

for salad

2 cups sourdough bread cut into medium cubes and toasted in the oven with olive oil & salt
 2 cups heirloom tomatoes cut into wedges
 2 cups arugula
 1/4 cup parmesan cheese (shaved)
 1/8 cup shallots, sliced thin

dressing

1 cup olive oil
 1/3 cup red wine vinegar
 1 tablespoon Dijon mustard
 1 tablespoon agave
 salt and pepper to taste

METHOD

1. Whisk dressing ingredients together and set aside.
2. Combine toasted sourdough bread, tomatoes, and shallot in a large mixing bowl.
3. Add dressing to the bowl and massage everything together.
4. Let rest for 5 minutes and allow the bread to soak up the dressing and tomato juice.
5. Add the arugula to the bowl and gently toss to incorporate, season with salt and pepper to taste.

Serves 6



texas pickles

tart & spicy pickles that are great for bbq's

INGREDIENTS

2 1/2 cup sugar
 2 cups apple cider vinegar
 1/4 cup pickling salt
 3/4 teaspoon celery salt
 3/4 teaspoon mustard seed
 1/2 teaspoon ground turmeric
 12 medium cucumbers, sliced
 1 large onion cut into thin slices

METHOD

1. Cook the sugar, apple cider vinegar, pickling salt, celery salt, mustard seed and turmeric in a large saucepan over high heat, stirring occasionally, about 3 minutes or until the mixture is hot and sugar is dissolved.
2. Place the cucumbers and onions in a 4-quart, airtight plastic container, or a couple of large mason jars. Pour the hot vinegar mixture over the cucumbers and onions. Cool for 30 minutes. You can serve immediately or store in an airtight container for up to 2 weeks in refrigerator.

RECIPE SUBMITTED BY JON ANDERSON, FOOD SERVICE DIRECTOR, UHG SAN ANTONIO

green goddess feta dip

perfect recipe for dipping

INGREDIENTS

5 oz feta cheese
 2 cloves garlic, peeled
 1 large avocado, peeled and pitted
 1 lemon, juiced (about 3 tablespoons)
 1/2 cup packed fresh dill
 1/2 cup packed fresh mint
 1/2 cup packed fresh basil
 1/2 cup packed fresh chives (or green onions)
 1 teaspoon dijon mustard
 1/4 cup olive oil (plus 1/4 cup water)
 sea salt and freshly-cracked black pepper



METHOD

1. Blend: Combine feta, garlic, avocado, lemon juice, dill, mint, basil, chives, and Dijon in a food processor. Pulse briefly to combine. Then, while the motor is running, drizzle 1/4 cup of olive oil until it is combined and completely emulsified. Add an extra 1/4 cup (or more) of water until the dip reaches your desired consistency.
2. Season: Taste and season with salt and pepper, as needed.
3. Serve: Serve immediately with your favorite dippers. Or transfer to a sealed container and refrigerate for up to 3 days.

Serves 4



blueberry salsa

refreshing 4th of july dip

INGREDIENTS

2 cups fresh blueberries
 1 red bell pepper, diced
 2 jalapeno peppers, seeded and diced
 1/2 cup red onions, diced
 1/3 cup fresh cilantro, chopped
 1/2 teaspoon sea salt
 juice of 1 lime

METHOD

1. Roughly chop blueberries. You can also put them in a food processor and pulse a few times.
2. Combine the blueberries and the rest of the ingredients in a large bowl and mix together.
3. You can enjoy right away, but it'll taste better after you let it sit for an hour in the fridge so the flavors meld together and build!

Serves 4

RECIPE SUBMITTED BY KELLY MELHORN, UHG REGISTERED DIETITIAN

source: <https://www.gimmesomeoven.com>

source: <https://whatgreatgrandmaate.com>

strawberry frozen yogurt treats

a deliciously light summer treat

INGREDIENTS - SERVES 12

8 ounce light frozen topping - THAWED such as cool whip lite
 16 ounces light vanilla yogurt
 24 graham crackers
 2 cups fresh strawberries chopped
 2 teaspoons vanilla extract

METHOD

Line a 9x13 baking dish with plastic wrap. Place 12 halves of graham crackers in the dish. Combine the THAWED whipped topping, yogurt, fruit, and vanilla in a large bowl. Spread on top of graham crackers and top with remaining graham crackers. Cover with plastic wrap and freeze for at least 4 hours (best overnight). Cut into bars. Store in freezer bag.



grilled cinnamon apples

a perfect dessert for any season

INGREDIENTS - SERVES 4

2 firm apples
 1/2 cup water
 1/4 cup lemon juice
 2 tablespoons brown sugar
 1 teaspoon ground cinnamon
 pinch kosher salt

METHOD

Preheat the grill to medium heat. Core apples and cut into slices that are 1/4 inch thick but leave the peels on. Combine water and lemon juice in a large bowl and add apple slices. In a small bowl combine brown sugar, cinnamon, and salt; stir and set aside. Place apple slices on grill and cook for 6 to 8 minutes on each side, turning only once. Once cooked, place apple slices on a large dish and sprinkle with your brown sugar, cinnamon and salt.



note: you can add a granola crunch topping or vanilla ice cream

RECIPE SUBMITTED BY KELLY MELHORN, UHG REGISTERED DIETITIAN

source: <https://www.laughingspatula.com>

source: <https://www.gimmesomeoven.com>

affogato

a delicious summer pick me up

INGREDIENTS

4 - 1/2 cup scoops vanilla ice cream
8 tablespoons strong brewed coffee
shaved dark chocolate for garnish (optional)

METHOD

Place 1/2 cup scoop of vanilla ice cream in 4 glasses. Add 2 tablespoons of strong brewed coffee to each glass. Garnish with shaved dark chocolate.

Serves 4



pineapple iced tea

a refreshing spin on iced tea

INGREDIENTS

4 cups water
7 tea bags
2 tablespoons sugar
1 cup unsweetened pineapple juice
1/3 cup lemon juice
optional garnish: pineapple wedges, lemon slices and fresh mint leaves

METHOD

In a large saucepan, bring water to a boil; remove from heat. Add tea bags; steep, covered, 3-5 minutes according to the taste. Discard tea bags when desired taste is met. Stir in sugar until dissolved, and transfer to a pitcher; cool slightly. Stir in fruit juices. Cover and refrigerate overnight. Serve over ice and garnish as desired.

Serves 4



non-alcoholic sangria

a fruitfully refreshing beverage

INGREDIENTS

1 bottle of sparkling water
 1 bottle of apple juice
 1 bottle of cranberry juice
 1 sliced orange (with rind on)
 1 sliced lemon (with rind on)
 1 sliced lime (with rind on)

METHOD

In a large pitcher mix your sparkling water, apple juice, and cranberry juice together. Add your sliced fruit and mix well. Let it set in the refrigerator until you are ready to serve and add ice. You want to make this ahead of time, so the fruit flavors are able to meld with the juices.

Serves 8



grapefruit juicey

a delicious spin on grapefruit juice

INGREDIENTS

3 cups grapefruit juice (unsweetened)
 6 cups ginger ale
 Ice cubes
 Strawberries for garnish
 Mint for garnish

METHOD

In a pitcher combine your grapefruit juice and ginger ale. Add ice cubes and stir well. Pour into a glass and garnish with strawberries or mint.

Serves 8

RECIPE SUBMITTED BY ANNE BOUSQUET, FOOD SERVICE DIRECTOR, UHG DULUTH

source: <https://www.foodnetwork.com>

source: <https://www.allrecipes.com>

Cooking Temperatures

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Safe Minimum Internal Temperatures

| Food | Type | Internal Temperature (°F) |
|-------------------------------|---|--|
| Ground meat and meat mixtures | Beef, pork, veal, lamb | 160 |
| | Turkey, chicken | 165 |
| Fresh beef, veal, lamb | Steaks, roasts, chops Rest time: 3 minutes | 145 |
| Poultry | All Poultry (breasts, whole bird, legs, thighs, wings, ground poultry, giblets, and stuffing) | 165 |
| Pork and ham | Fresh pork, including fresh ham Rest time: 3 minutes | 145 |
| | Precooked ham (to reheat) Note: Reheat cooked hams packaged in USDA-inspected plants to 140°F | 165 |
| Eggs and egg dishes | Eggs | Cook until yolk and white are firm |
| | Egg dishes (such as frittata, quiche) | 160 |
| Leftovers and casseroles | Leftovers and casseroles | 165 |
| Seafood | Fish with fins | 145 or cook until flesh is opaque and separates easily with a fork |
| | Shrimp, lobster, crab, and scallops | Cook until flesh is pearly or white, and opaque |
| | Clams, oysters, mussels | Cook until shells open during cooking |

Date Last Reviewed March 11, 2022

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Food Safety

Resource to ensure keeping your loved ones healthy.



4 STEPS TO FOOD SAFETY



CLEAN



SEPARATE



COOK



CHILL

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