

grill girls should
SHOP FOR...

PRODUCE SECTION

- Lemons and limes
- Fresh ginger
- Fresh red chiles
- Garlic
- Romaine lettuce
- Tomatoes
- Cucumbers
- Zucchini
- Basil leaves
- Italian parsley
- Fennel bulbs
- Oranges
- Fresh tarragon
- Arugula
- Shallots

SPICE & CONDIMENT SECTIONS

- Rice-wine vinegar
- Champagne vinegar
- White-wine vinegar
- Coriander seeds
- Lemongrass powder
- Sriracha hot sauce
- Barbecue sauce
- Lime juice
- Ripe pitted olives
- Almonds

MEAT AND SEAFOOD CASE

- Boneless, skinless chicken thighs
- Boneless, skinless chicken breasts
- Boneless strip steaks
- Sea scallops (fresh or frozen)

DAIRY SECTION

- Light cheddar cheese
- Grana Padano or Parmigiano-Reggiano cheese

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STOCK UP ON...

- ✓ Canola oil
- ✓ Vegetable oil
- ✓ Extra-virgin olive oil
- ✓ Balsamic vinegar
- ✓ Dark brown sugar
- ✓ Brown sugar
- ✓ Creamy peanut butter
- ✓ Soy sauce
- ✓ Dijon mustard
- ✓ Honey
- ✓ Red pepper flakes
- ✓ Salt
- ✓ Pepper



It's hot and you're starved. Make this crispy, crunchy salad with barbecue chicken.

GRILLED STEAK OVER ARUGULA WITH LEMON VINAIGRETTE

Chef Laura Pensiero, R.D., owns Gigi Trattoria and Gigi Market in New York's Hudson Valley. This dish gives steak a lemony twist.

START TO FINISH: 30 MINUTES
(PLUS 30 MINUTES OF MARINATING)

MAKES: 6 SERVINGS

- 2 1¼-to 1½-inch-thick boneless strip steaks (about 2 pounds)

MARINADE

- 1 cup Italian parsley leaves
- 2 garlic cloves
- 2 tablespoons olive oil
- salt and freshly ground pepper

VINAIGRETTE

- ¼ teaspoon finely grated lemon zest
- 2 tablespoons fresh lemon juice
- 1 tablespoon white-wine vinegar
- ½ teaspoon Dijon mustard
- Salt and black pepper to taste
- 6 tablespoons canola oil

SALAD

- 12 cups arugula (about 1 pound)
- 1 cup thinly shaved Grana Padano or Parmigiano-Reggiano cheese (use a kitchen peeler for thin slices)

Coarsely chop the parsley leaves and the garlic. Transfer to a small bowl, mix with the olive oil, and season with salt and pepper. Rub marinade over the steaks and refrigerate, covered, for at least 30 minutes.

In a bowl, whisk together lemon zest, lemon juice, vinegar, mustard and salt and pepper to taste. Add oil, whisking until dressing is emulsified.

Turn the grill to medium-high heat and brush the racks with olive oil. Scrape off any excess marinade from steaks, and grill about 6 inches over heat for 3 to 4 minutes on each side for medium-rare. Transfer steak to a cutting board and let stand for 5 minutes. With a sharp knife at a 45-degree angle, cut steaks, across the grain, into 18 thin slices.

Toss arugula with dressing to coat. Divide among 6 plates. Top each with steak strips, sprinkle with cheese, and serve.

Nutrition facts per serving: 419 calories, 38 g protein, 4 g carbohydrate, 28 g fat (6 g saturated), 1 g fiber.

BARBECUE CHICKEN CHOP SALAD

Devin Alexander is a chef and host of Healthy Decadence with Devin Alexander on Discovery Health. Here, she gives a down-home classic a healthy makeover.