

# GRILL RECIPE 1: Grilled Grass-Fed Skirt Steak with Chimichurri Sauce

*Makes 4 servings*

2 pounds grass-fed skirt or flank steak

**For marinade** (Save half of this marinade for vegetable kabobs):

1 cup olive oil

½ cup balsamic or red-wine vinegar

1 tsp. Dijon mustard

2 cloves garlic

Combine marinade ingredients in a food processor, or if you don't have a food processor chop garlic separately and whisk together with the other ingredients.

Place meat in glass dish or plastic bag and cover with half the marinade (save the remainder for the vegetable kabobs). Refrigerate for at least 2 hours.

**For chimichurri sauce:**

1 cup firmly-packed parsley

3 garlic cloves

½ cup olive oil

2 Tbsp. red wine vinegar

Salt and pepper to taste

While the steak marinates, prepare the chimichurri sauce by combining all ingredients in a food processor. Again, if you do not have a food processor you can chop ingredients by hand and whisk together.

After the steaks have sufficiently marinated it's time to grill. Depending on the thickness of the cut, grill steaks for 2-3 minutes per side for medium-rare. Cook a few minutes longer for medium or medium-well keeping in mind that you don't want to overcook grass-fed meat. Be careful to not char the meat.

When meat is done to your liking, cover and let rest for 15-minutes. This allows the meat to re-absorb its juices and also gives you a perfect amount of time to grill the vegetable kabobs.

When ready to serve, cut steaks into 4-ounce servings and top each with one tablespoon of the chimichurri sauce. Save the extra sauce for a future meal. It tastes great on top of almost every protein.



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## GRILL RECIPE 2: Marinated Vegetable Kabobs

*Makes 4 servings*

4-6 cups of your favorite vegetables – good skewer vegetables include: mushrooms, bell peppers, cherry tomatoes, zucchini and onions

Marinade – the unused portion from the steak preparation

Cut veggies into equally sized 1-2” chunks.

Pour marinade over veggies, or for better coverage, place veggies in a plastic bag and toss well with marinade. Refrigerate for 2 hours.

5-10 wood skewers

During the last 30 minutes of marinating time, soak the skewers in water to prevent them from catching fire on the grill. When the veggies have finished marinating, remove them from the marinade and assemble the skewers.

Place veggie skewers on the grill and cook for about 10-15 minutes. Charring veggies does not produce the same toxic chemicals as charred meat, so feel free to give the veggies a light char if you wish.



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## GRILL RECIPE 3: Grilled Peaches and Cream

*Makes 4 servings*

2 peaches (or ½ peach per guest)

Cut peaches into halves and remove pits. This is a bit tricky if the peaches are too ripe. If you're having difficulties, slicing peaches into quarters is fine too. These don't have to look pretty – they will still taste great!

4 Tbsp. full-fat cream cheese  
1 tsp. pure maple syrup  
1 Tbsp. crushed walnuts or pecans to garnish

Grill peaches pit side down for 5 minutes. Turn peaches over and place a dollop of cream cheese on each piece. Grill for 2 minutes more until the cream cheese is warm. Transfer to serving platter, top with nuts and drizzle with maple syrup.



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