

Grilled Melon & Proscuitto with Balsamic Drizzle

serves 6 as a first course

1 medium Melon (honey dew or cantelope)

olive oil

14 thin slices sliced proscuitto

1/4 cup balsamic vinegar

1/2 tsp red chili flakes

1/2 tsp salt

1 tbl honey

***** Preparation ******

Preheat a grill pan or outdoor grill to high.

Peel and seed the melon and cut into 14 wedges. Toss lightly with olive oil and grill until well-marked on both sides.

Wrap the melon slices with the proscuitto.

Whisk together the balsamic, red chili flakes, salt, honey and about 1/4 cup olive oil. Drizzle mixture over the slices to serve.

Lemon-Thyme Scallops over Grilled Ratatouille

serves 4-6

for the ratatouille:

1 Italian eggplant, cut into 1/4-inch slices
1 large zucchini, cut into 1/4-inch slices lengthwise
3 roma tomatoes, halved and seeded
1 tsp fresh thyme leaves
1 lemon, juiced
olive oil
salt and pepper

for the scallops:

1 lb sea scallops, muscle removed and patted very dry
1 tbl fresh thyme
1 lemon, zested and juiced
2 tbl olive oil
salt and pepper

*** Preparation ****

For the ratatouille:

Heat a grill pan or outdoor grill over high heat.

Toss the sliced vegetables in olive oil, salt and pepper. Grill until well-marked on both sides. Remove and let cool slightly. Chop into small pieces and toss with the thyme, lemon juice and more salt and pepper as needed. Set aside.

For the scallops:

Be sure the scallops are patted very dry. Combine the thyme, lemon zest and juice, olive oil and some salt and pepper into a blender or small food processor. Pulse until well-chopped and combined. Toss the scallops in this mixture.

Grill scallops until well-marked on both sides -- scallops should still be soft when removed from the grill to avoid over-cooking.

Serve the scallops over the ratatouille.

Grilled Lamb Patties with Feta Tzatiki and Mint

serves 4

for the patties:

1 1/4 lb. ground lamb
1 garlic clove, grated
1 tbl dried oregano
1 tsp salt
1/2 tsp black pepper
olive oil

for the sauce:

1 cup greek yogurt
1 cup grated cucumber, squeezed very dry
1/2 cup crumbled feta
1 tsp lemon juice
salt and pepper
2 bunches fresh mint and basil leaves
pita bread, optional, for serving

*** Preparation ****

For the patties:

Preheat a grill pan over high heat. In a bowl, combine the meat, grated garlic, oregano, salt and pepper. Mix together well and form 8 small patties. Rub lightly with olive oil on the outside. Grill patties until just cooked through and well-marked on both sides.

For the sauce:

Meanwhile, stir together the yogurt, cucumber, feta, lemon juice and some salt and pepper.

Serve the patties over a bed of the herbs topped with the sauce OR stuffed into pita pockets with the herbs and sauce.



Grilled Artichoke Heart Salad with Charred Onion Vinaigrette

serves 4-6 people

for the salad:

1 bag frozen artichoke hearts, defrosted and patted very dry
olive oil
salt and pepper
12 oz baby spinach leaves
1 cup pitted kalamata olives, roughly chopped

for the vinaigrette:

1 red onion, peeled and cut into 1/4-inch slices
1/4 cup white wine vinegar
1 lemon, juiced
olive oil, as needed
salt and pepper

*** Preparation ****

For the salad:

Heat a grill pan over high heat. Pat the artichoke hearts very dry. Toss with olive oil. Grill until well-marked on all sides and remove from grill -- set aside to cool slightly. Toss with spinach and olives.

For the vinaigrette:

Brush the onion slices with olive oil and grill until well-marked on both sides. Remove into a blender. Add the vinegar, lemon juice and some salt and pepper. Blend until smooth, adding olive oil as needed.

Toss salad with vinaigrette and taste -- season with more salt and pepper as needed. Serve immediately.