

Beat the Heat by Bringing Cooking Outdoors

It's the time of year to retire the oven and do a little backyard cooking. With just a grill and tongs, the great outdoors can provide a natural setting for creative menus. Here are some tips and tricks for firing up your mealtime in the warm months ahead.



Arm Yourself with the Right Tools. If it's always grill season for you, consider investing in a high quality grill that can be used year after year. Next, buy a set of flat metal skewers - they do not require soaking and they will not fall apart like the wooden ones. The flat edge keeps food from turning which is an added bonus.

Master the Classics. No barbeque is complete without hamburgers and hot dogs. Toasted buns should be placed butter side down for a few minutes until golden brown. Make handmade patties $\frac{3}{4}$ of an inch thick and use chopped onions, dry onion-soup mix, Worcestershire sauce, salt and pepper to season. Hot dogs should be turned often until slightly blistered on all sides. For veggie lovers, portobello mushrooms marinated in equal parts olive oil and balsamic vinegar are a tasty alternative.

Experiment. Grills are for more than just meat! Pizza, fruits and vegetables gain new appreciation when cooked on an open flame. Kids and adults alike will love this Grilled Fruit with Apple-Maple Syrup as a summertime treat. Brushed with a warm blend of 100% apple juice and pure maple syrup, this grillable dessert is ideal with a scoop of vanilla ice cream.

For more grill-ready, no-bake recipe ideas, visit www.meals.com.

GRILLED FRUIT WITH APPLE-MAPLE SYRUP

1/2 cup	Apple Nestlé Juicy Juice All Natural 100% Juice
1/4 cup	pure maple syrup
4 slices	ripe pineapple, peeled
2	peaches, cut in half, pits removed
4 scoops	Vanilla Dreyer's or Edy's Slow Churned Light Ice Cream

COMBINE Juicy Juice and syrup in small saucepan over medium heat. Bring to a boil; reduce heat to low and cook for 5 minutes or until slightly thick. Remove from heat and cool slightly.

PREHEAT grill. Brush fruit lightly with a small amount of syrup. Grill fruit, brushing occasionally with additional syrup, for about 2 to 3 minutes per side or until nicely browned.

REMOVE fruit to individual dishes and top each with a scoop of ice cream. Drizzle with remaining syrup.

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