



Hawaiian Grilled Chicken Thighs



Hawaiian Grilled Chicken Thighs - smokey, succulent grilled chicken thighs marinated in a sweet pineapple juice, soy sauce, sriracha, ginger lemon sauce. Grill meat packed with so much flavors. It's sweet, spicy and super delicious!

Course	Main
Cuisine	American
Prep Time	5 minutes
Cook Time	35 minutes
Marinate Time	3 hours
Total Time	3 hours 40 minutes
Servings	5 -6
Calories	352kcal
Author	Imma

Ingredients

- 5-6 chicken thighs
- ½ cup unsweetened pineapple or passion fruit juice
- 1/3 cup soy sauce
- 1/4 cup brown sugar
- 2 tablespoons honey (optional)
- 1 teaspoon sriracha , adjust to taste
- 1/4 cup ketchup
- ½ tablespoon fresh grated ginger
- 1 teaspoon cumin spice
- 1/2 -1 lemon juice
- 1 tablespoon minced garlic
- ¼ cup chicken broth
- green onions , sliced for garnishing

Instructions

1. Season Chicken thighs with salt and pepper according to preference. You might have to go easy with the salt – since it has soy sauce . Set aside
2. In a medium bowl, mix the passion fruit or pineapple juice , soy sauce, brown sugar, honey, sriracha, ketchup, ginger, cumin, lemon juice, garlic and chicken broth.
3. Pour marinade into the bowl of chicken or ziploc bag. Thoroughly mix so chicken is covered with marinade.
4. Cover with saran wrap or if using Ziploc seal and place in the fridge to marinate. For at least 3 hours or overnight for best flavor.

5. When ready to cook- remove chicken from the fridge, and thoroughly drain. Set marinade aside.
6. In a small saucepan simmer the remaining Huli Huli marinade- for about 5 minutes. Adjust taste with chicken broth, pepper and/or ketchup. If you want a thicker sauce then add more ketchup.
7. Lightly brush grill with oil or cooking spray. Then place drained chicken thighs on grill, skin side down. Grill for 4-5 minutes or until chicken has grill marks or brown .
8. Flip chicken and grill the other side, flipping every 3-4 minutes so it doesn't burn until the internal temperature reaches 165°F (about 25-30 minutes).
9. You may baste with cooked marinade towards the last 5 minutes of grilling.
10. Garnish with sliced green onions.

Nutrition

Calories: 352kcal | Carbohydrates: 25g | Protein: 20g | Fat: 18g | Saturated Fat: 5g | Cholesterol: 110mg | Sodium: 1128mg | Potassium: 355mg | Sugar: 22g | Vitamin A: 150IU | Vitamin C: 4.1mg | Calcium: 31mg | Iron: 1.6mg



Grilled Corn on the Cob



Enjoy sweet corn brushed in luscious spice-infused garlic butter with a perfectly charred exterior and smoky finish. Sweet, buttery, and garlicky! The perfect summer side dish to your favorite salad and grilled meats. All the more reason to love corn this summer and throughout the year. Oh yes!

Course	Side
Cuisine	American
Diet	Gluten Free
Prep Time	5 minutes
Cook Time	20 minutes
Total Time	25 minutes
Servings	6
Calories	130kcal
Author	Imma

Ingredients

- 6 ears corn
- 3 tablespoons [garlic butter](#)
- 2 teaspoons [Creole seasoning](#)
- Salt and black pepper, to taste
- Hot sauce
- Cilantro
- Mexican cheese (queso fresco)

Instructions

1. Shuck and remove as much silk from the corn as you can. Preheat the grill to high.
2. Pour the water into a large pot or bowl, then place the corn into the pot, and allow to soak at least 30 minutes or overnight. This helps keep the corn moist as it cooks.
3. In a small bowl, combine garlic butter and Creole seasoning. Set aside.
4. Place the corn directly on the preheated grill, turning occasionally, until it's charred and cooked through, about 15-20 minutes total.
5. Remove and serve slightly cool, brushing with additional garlic butter mixture and optional toppings.

Notes

- Boiling the corn before grilling ensures it cooks well and shortens the grilling time.
- Don't overcook because overcooking will dry out your corn and result in hard, rubbery corn kernels. And remember to turn the corn several times until all sides are evenly cooked.
- Another method is wrapping the corn with foil before grilling for an easier clean-up. However, with foil, you won't get those beautiful char marks.

- Please keep in mind that the nutritional information is a rough estimate and can vary significantly based on the products used in the recipe.

Nutrition

Serving: 1 ear | Calories: 130kcal | Carbohydrates: 17g | Protein: 3g | Fat: 7g | Saturated Fat: 4g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 2g | Trans Fat: 1g | Cholesterol: 15mg | Sodium: 59mg | Potassium: 258mg | Fiber: 2g | Sugar: 6g | Vitamin A: 621IU | Vitamin C: 7mg | Calcium: 4mg | Iron: 1mg



Tossed Salad



A sensational, feel-good crunch in every bite. Drizzle it with your favorite salad dressing or any of my simple, no-added-preservative salad dressing recipes. Making and enjoying this salad is as easy as 1-2-3!

Course	Salad
Cuisine	American, International
Diet	Gluten Free
Prep Time	15 minutes
Total Time	15 minutes
Servings	4
Calories	202kcal
Author	Imma

Ingredients

- 2 romaine lettuce hearts, washed, dried, and chopped
- 1 cup (150g) or more grape tomatoes, cut in half lengthwise
- 2 cups (300g) cucumbers, seeded and diced
- ½ red onion, sliced
- 1 carrot, peeled and shredded
- ½ cup (58g) radishes, sliced (optional)
- ¼ cup (28g) bacon bits (optional)
- 1 avocado, pitted and diced (optional)
- salad dressing (see notes)

Instructions

1. In a large salad bowl, layer romaine lettuce, tomatoes, cucumber, onion, carrots, radish, and optional ingredients.
2. Drizzle the desired dressing on the salad and toss to combine. Serve immediately.

Notes

- Nutritional data per serving is without dressing.
- My choice of dressings includes **honey mustard**, **blue cheese**, **ranch**, and **Thousand Island**.
- A salad spinner is such a life-saver. Some people call it a salad tosser, but either way, you can wash, dry, and store your lettuce in the same container.
- Store clean lettuce wrapped in a damp kitchen or paper towel in a ziplock bag. Squeeze out excess air or use an airtight container that you can squeeze air out of. I love my Tupperware for that.
- Please remember that the nutritional information is a rough estimate and can vary significantly based on the products used in the recipe.

Nutrition

Serving: 2cups | Calories: 202kcal | Carbohydrates: 19g | Protein: 8g | Fat: 12g | Saturated Fat: 2g | Polyunsaturated Fat: 3g | Monounsaturated Fat: 6g | Sodium: 298mg | Potassium: 844mg | Fiber: 9g | Sugar: 6g | Vitamin A: 8122IU | Vitamin C: 26mg | Calcium: 78mg | Iron: 2mg



Grilled Pineapple



Enjoy grilling fruits for a deliciously smoky twist. Cinnamon and other spices deliver Brazilian steakhouse vibes for cookout sides or a warming dessert perfect with ice cream.

Course	Dessert, Side
Cuisine	American, Fusion
Diet	Gluten Free, Vegetarian
Prep Time	10 minutes
Cook Time	8 minutes
Total Time	18 minutes
Servings	8
Calories	118kcal
Author	Imma

Equipment

- 1 Grill

Ingredients

- ½ cup (100g) brown sugar
- 2 teaspoons (6g) ground cinnamon
- 1 teaspoon (3g) allspice
- ½ teaspoon (3g) salt
- ½ teaspoon (1g) chili powder
- 1 whole pineapple

Instructions

1. Thoroughly mix the brown sugar, ground cinnamon, allspice, salt, and chili powder in a small bowl, making sure there are no lumps. Set aside.
2. Twist the top of the pineapple, and it should come off easily. Slice the top and bottom off the pineapple for a stable cutting base.
3. Set the pineapple upright and trim off the peel, working your way around the pineapple. Cut out any eyes or bits of the peel that remain.
4. Turn the pineapple up on its end, and slice it down the middle into halves.
5. Lay the halves cut-side down on the cutting board and slice them into quarters. Lay the pineapple wedges on their sides and slice off the core.
6. Preheat your grill to medium-high heat. (375-450°F/190-230°C)
7. Place the wedges in a baking dish or pan in a single layer. Brush them with the spice rub covering every inch. Optionally, stick a skewer into each one like a lollipop stick for easier serving. The juiciness of the pineapple will dissolve the sugar.

8. When the grill is hot, place the pineapple wedges in it and cook them for 3-4 minutes per side or until charred and slightly caramelized. Flip them with a spatula to prevent breaking.
9. Take the wedges out of the grill and let them cool slightly before serving.
10. Enjoy as a side for pork, ham, chicken, or fish, or with vanilla ice cream for a decadent dessert.

Notes

- A good pineapple is firm but slightly soft to the touch, sweet-smelling, and golden in color with a fresh, green stem.
- No grill? Broil it. Line a baking sheet with parchment paper and broil in the oven for 4-5 minutes until the pineapple starts to brown. Turn it over and broil it for 4-5 minutes on the other side. Or use a grill pan to cook the pineapple if you prefer a stovetop option.
- If the pineapple sticks to the grill, spray the grill with some cooking spray or brush it with olive oil.
- Please keep in mind that the nutritional information is an approximation and can vary greatly based on the ingredients used in the recipe.

Nutrition

Serving: 1 wedge | Calories: 118kcal | Carbohydrates: 31g | Protein: 1g | Fat: 0.2g | Saturated Fat: 0.04g | Polyunsaturated Fat: 0.1g | Monounsaturated Fat: 0.03g | Sodium: 130mg | Potassium: 161mg | Fiber: 2g | Sugar: 26g | Vitamin A: 164IU | Vitamin C: 54mg | Calcium: 45mg | Iron: 1mg

