

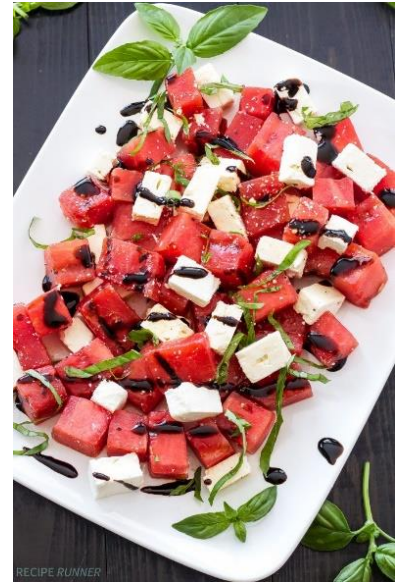


Grilled Watermelon, Feta, and Basil Salad

Ingredients

- 6 cups cubed watermelon
- 4 ounces CO-OP gold feta cheese, cut into cubes 
- 1-2 tablespoon fresh lime juice
- 2 tablespoons chopped fresh basil
- 1/4 teaspoon kosher salt
- Black pepper to taste
- CO-OP Gold Pure Balsamic Vinegar glaze for drizzling on top of the salad 



Instructions

1. Cut the watermelon into 1 inch thick slabs and lightly brush them with olive oil. Place the slabs of watermelon cut side down onto a heated grill and grill for about 2-3 minutes per side or until marked and warm.
2. Remove from the grill and cut off the rind, then cut into 1 inch cubes. Toss the grilled watermelon with the basil, salt, pepper, and lime juice. Stir in the cubed feta being careful not to break it up.
3. Drizzle the salad with the balsamic reduction before serving. Salad is best made and eaten the day it is served.

<https://reciperunner.com/grilled-watermelon-feta-basil-salad/>

Grilled Watermelon



INGREDIENTS

- 1 personal-sized watermelon (about 3 pounds)
- 1/4 cup granulated sugar
- 1 tablespoon finely grated lime zest (from 1 to 2 limes)
- 1/2 teaspoon red pepper flakes
- Lime wedges from zested lime, for serving
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INSTRUCTIONS

1. **Heat the grill to high.** Heat an outdoor gas grill to high, or prepare a charcoal grill for high, direct heat grilling.
2. **Cut the watermelon.** Trim the ends off the watermelon. Stand the watermelon on one cut end, cut in half, then cut each half in half again. Cut the quarters into 1/2-inch-thick slices.
3. **Season the watermelon.** Combine the sugar, lime zest, and red pepper flakes in a small bowl. Sprinkle the watermelon slices on both sides with the sugar mixture, then rub the sugar mixture in to create an even coating.
4. **Grill the watermelon.** When the grill is hot, add the watermelon slices in a single layer and grill until warmed through and grill marks appear, 2 to 3 minutes per side.
5. **Serve.** Serve the grilled watermelon on its own with lime wedges, topped with feta cheese or Greek yogurt, or as dessert with a scoop of ice cream.

<https://www.thekitchn.com/how-to-grill-watermelon-234733>

Ginger Grilled Oranges

Ingredients

- 3 Navel oranges, sliced in half
- 1 tablespoon butter
- 0.5 teaspoon vanilla extract
- 1/8 teaspoon cinnamon
- 1/8 teaspoon ground ginger
- Maple Walnut Ice Cream for scooping 



Instructions

1. Slice the oranges. Be sure to slice them flat so they will sit on the grill.
2. Melt the butter, then add the butter and cinnamon, ginger and vanilla together. Brush this mixture onto the cut side of the oranges.
3. Place oranges directly on grill, let cook for one minute. Turn 90 degrees and let it cook for one more minute.
4. Remove from grill and top with ice cream and additional pecans if desired.

<https://www.maebells.com/ginger-grilled-oranges/>

Grilled Lemon Limeade

Ingredients

- 1 ½ cups white sugar
- 8 lemons, halved
- 8 limes, halved
- 4 cups water, divided, or to taste
- 1 lemon, sliced
- 1 lime, sliced
- ice cubes



Directions

1. Preheat grill for medium heat and lightly oil the grate
2. Pour sugar into a saucepan; press halved lemons and limes cut-side down into the sugar
3. Set the saucepan with remaining sugar on grill; stir in 2 cups of water and whisk over the heat until dissolved into a syrup. Let cool.
4. Place lemon and lime halves sugared-side down on grill and cook until browned, about 5 minutes.
5. Place lemon and lime slices on the grill; cook until browned, 30 to 60 seconds on each side.
6. Juice halved lemons and limes into a large pitcher. Add syrup and 2 cups water to the juice, 1/2 cup at a time, until the limeade achieves desired sweetness. Pour limeade into glasses filled with ice; garnish each glass with a grilled citrus slice.

Cook's Note:

The citrus juice can be strained with a mesh strainer after juicing, if desired.

<https://www.allrecipes.com/recipe/254447/grilled-lemon-limeade/>

Grilled Pineapple Spears

INGREDIENTS

- 1 pineapple cut into spears
- 1/2 cup Brown Sugar
- 1/2 cup Butter melted
- 1 teaspoon Cinnamon



INSTRUCTIONS

1. Lay the pineapple spears on a pan. Sprinkle lightly with cinnamon. Whisk together the butter, brown sugar and cinnamon. (If it seems thick, I always put it in the microwave for a few seconds so that it can easily pour on top of the pineapple.) Spread on top of the pineapple using a cooking brush.
2. Grill for about 7-10 minutes or until it is starting to turn golden brown. I always like to brush the excess sauce from the pan back on top of the pineapple before serving.

Variations of Glaze:

It is always fun to try new things and with pineapple it makes it even more delicious. Try these amazing flavors that also compliment the grilled pineapple.

Honey: Substitute the brown sugar for honey for a sweeter glaze or even half brown sugar and half honey.


Spicy: Add a little spice with chili powder or cayenne pepper in the glaze.

Coconut and Fruit Juice: This is a citrus favorite. Use lime, orange or lemon juice to infuse the pineapple with a bold citrusy flavor.

<https://therecipecritic.com/caramelized-grilled-pineapple/>

Grilled Pineapple Salsa

INGREDIENTS

- 1 fresh pineapple, peeled, cored, and chopped into 1" pieces
- CO-OP Gold Olive Oil 100% Extra Virgin, for brushing 
- 2 peaches, chopped
- 1 jalapeño, minced
- 1/2 red onion, chopped
- Juice of 1 lime
- kosher salt
- 2 tbsp. freshly chopped cilantro





DIRECTIONS

1. Preheat grill or grill pan over medium-high heat.
2. Brush pineapple with olive oil and grill until charred on both sides. Set aside to cool, then chop into bite-sized pieces.
3. In a medium bowl, mix pineapple, peaches, jalapeños, onions and lime juice. Season with salt and garnish with cilantro.

<https://www.delish.com/cooking/recipe-ideas/recipes/a47362/grilled-pineapple-salsa-recipe/>

Grilled Strawberry Shortcake

INGREDIENTS

- 1 and ½ cups whipping cream
- Zest of 1 lemon
- 2 Tbsp. powdered sugar (confectioner's sugar)
- 1 lb. package of strawberries (about 24), hulled
- 6 skewers
- 2 Tbsp. Co-Op Gold Natural Honey Liquid Pasteurized 
- 12 oz. Angel Food Cake (store-bought or homemade) 
- Fresh basil or mint leaves for garnish (optional)



INSTRUCTIONS

1. Pour the whipping cream into a medium bowl or the bowl of a stand mixer.
2. Use the stand mixer or egg beater at medium speed to whip the cream for 2-3 minutes. Add the lemon zest and the powdered sugar.
3. Whip until soft peaks form, 4-6 minutes more. Refrigerate until serving.
4. Prepare grill for direct cooking over medium heat. Cut angel food cake into 6 wedges.
5. Thread 4 strawberries onto each skewer.
6. Drizzle each skewer of strawberries with 1 teaspoon of honey. Use a brush or fingers to spread it around and coat berries.
7. Transfer berry skewers and angel food cake to the grill. Grill on one side until grill marks appear, 1-2 minutes. Flip and grill until grill marks appear on the other side, 1-2 minutes more. Remove from grill.
8. Serve each slice of angel food cake with a skewer of grilled strawberries and about ½ cup of whipped cream.
9. Garnish with basil or mint leaves, if desired.

<https://cookthestory.com/grilled-strawberry-shortcake-recipe/>

Grilled Strawberries with Balsamic

Ingredients

- 1 pound fresh strawberries
- 2 teaspoons CO-OP Gold Pure Balsamic Vinegar  GOLD
- 2 teaspoons CO-OP Gold Syrup Chocolate  GOLD
- 1 teaspoons CO-OP Gold Olive Oil 100% Extra Virgin (for coating the grill)  GOLD



Instructions


1. Wash the berries, leaving them WHOLE with the stems intact. Let dry.
2. Combine the chocolate syrup and espresso balsamic in a bowl and set aside.
3. Heat the grill to a medium heat.
4. Place the washed strawberries on skewers, but do not crowd them. Try to group the same size berries together.
5. Brush the grill grates with oil.
6. Place the skewers on the oiled grill. Cook about 8-9 minutes (depending on the size of the berries). Be sure to turn several times, so all sides get nice grill marks.
7. Berries are done when they are warm and nicely charred.
8. Remove from grill and place on a serving tray.
9. Drizzle with the balsamic glaze mixture.

<https://homemadeand yummy.com/grilled-balsamic-strawberries/>

Grilled Prosciutto-Wrapped Melon



Ingredients

- Honeydew, cantaloupe, or watermelon, cut into wedges
- Cured meat, such as salami, bresaola, or prosciutto, sliced paper-thin (Co-op Gold Prosciutto Sliced)  GOLD
- Lime wedges, for serving


Directions

1. Skewer melon wedges
2. wrap each with a slice of cured meat; and grill, flipping once, 1 to 2 minutes.
3. Spritz with lime juice; serve.

<https://www.marthastewart.com/1521139/grilled-prosciutto-wrapped-melon>

Sweet and Spicy Grilled Cantaloupe

Ingredients

- ripe cantaloupe
- smoked paprika
- Co-Op Gold Natural Honey Liquid Pasteurized  GOLD




Instructions

1. Slice cantaloupe in ½" pieces. Sprinkle each side liberally with smoked paprika (not regular paprika).
2. Preheat grill to medium-high. Grill cantaloupe slices 5-7 minutes per side. Remove from grill. Drizzle with honey.
3. If grilling other foods, cook cantaloupe last.

<https://www.lucismorsels.com/sweet-spicy-grilled-cantaloupe/>

Grilled Cinnamon Apples

Ingredients

- 2 firm apples
- 1/2 cup water
- 1/4 cup lemon juice
- 2 tablespoons brown sugar
- 1 teaspoon CO-OP Gold Cinnamon Ground 
- Pinch kosher salt



Directions:


1. Preheat grill to medium heat. Core apples and cut into slices that are 1/4-inch thick, but leave peel intact.
2. Combine water and [lemon juice](#) in a large bowl and add apple slices. This soak will keep them from browning.
3. In a small bowl, combine brown sugar, cinnamon, and [salt](#), and set aside.
4. Place apples on grill and cook for 6 to 8 minutes on each side, turning once.
5. Once cooked, place apples on a large dish and sprinkle with mixture of sugar, cinnamon, and salt.
6. For dessert, serve with your choice of ice cream or [whipped cream](#). Top them with [caramel sauce](#) and chopped nuts for a decadent treat.

<https://www.thespruceeats.com/grilled-cinnamon-apples-recipe-334493>

Grilled Apple & Brie Flatbread



Ingredients

- 4 flatbread
- 4 medium golden delicious apples, cored, 2-inch-wide slices
- 6 to 7 ounces brie cheese, herbed or plain
- 1/3 cup walnuts, roughly chopped
- 1/4 cup Co-Op Gold Natural Honey Liquid Pasteurized 
- 2 tablespoons fresh thyme



Directions:

1. Preheat grill for high heat.
2. Place apples on a lightly oiled grill grate and cook for 2 to 3 minutes per side.
3. Remove from heat and let cool for 5 minutes.
4. Cut apples into smaller slices and set aside.
5. Place flatbread onto a large cutting board or cookie sheet.
6. Drizzle top side with olive oil.
7. Sprinkle a little thyme onto each piece and place grilled apples and brie slices onto flatbread, alternating between the two.
8. Place onto the grill and cook for 5 minutes or until brie cheese starts to melt and bread is nicely toasted.
9. Remove from heat, drizzle with [honey](#), and top with chopped walnuts.
10. Slice into fourths and enjoy.

<https://www.thespruceeats.com/grilled-apple-and-brie-flatbread-334480>

Inside Out Stuffed Avocados

- Ingredients

- ☐ 4 semi-ripe avocados, halved
- ☐ Olive oil
- ☐ Kosher salt and freshly ground black pepper
- ☐ 1 pint grape tomatoes, quartered
- ☐ 2 cloves garlic, minced
- ☐ 1 jalapeno, finely diced
- ☐ 1/2 small red onion, finely diced (about 1/4 cup)
- ☐ 1/4 cup chopped fresh cilantro
- ☐ 1 tablespoon CO-OP Gold White Wine Vinegar 
- ☐ 1/4 cup CO-OP Gold Sour Cream 14% 
- ☐ 1 teaspoon agave nectar
- ☐ Juice of 1 lime
- ☐ Hot sauce, to taste
- ☐ 1 cup tortilla chips, crushed (try our in store made!)



Directions

1. Preheat a grill to medium heat.
2. Using the tip of a paring knife, cut off a sliver of the skin from the rounded side of each avocado half, so they will lay flat on your serving platter. Score the flesh side of each avocado half in a cross-hatch pattern. Brush the inside of the avocado halves with olive oil and sprinkle with salt and pepper. Place the avocado halves cut-side down on the grill for 1 minute 30 seconds. Turn the avocado halves 90 degrees to get cross-hatch grill marks and cook for another 1 minute 30 seconds. Remove from the grill and place, grilled-side up, on a large platter.
3. Stir together the tomatoes, garlic, jalapeno, onion, cilantro, vinegar, salt and pepper in a mixing bowl. Set aside for assembly.
4. Whisk together the sour cream, agave, lime juice and hot sauce in a small mixing bowl to form the crema.
5. Mound about 2 heaping tablespoons of the vegetable mixture into each avocado half. Drizzle the margarita crema over the avocados. Sprinkle the tortilla chips on top. Serve immediately.

<https://www.foodnetwork.com/recipes/inside-out-stuffed-avocados-7133919>

Grilled Avocado Guacamole

Ingredients

- 5 whole avocados
- 1/4 cup diced red onion
- 1 whole jalapeno
- 2 cloves garlic
- 1/4 tsp cumin
- 1/2 tsp smoked paprika
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1/2 whole lime




INSTRUCTIONS

1. Halve your avocados and place on grill on high heat. Grill for about 5 minutes until charred
2. Scoop out avocados into a bowl. Add onion, chopped jalapeno, chopped garlic, cumin, paprika, salt and pepper. Mix together until smooth, with some chunks.
3. Let cool or serve warm, squeeze lemon juice in before serving. Enjoy!

<https://dadwithapan.com/grilled-avocado-guacamole/>

Grilled Tomatoes

Ingredients

- 2 firm, ripe tomatoes (not overly ripe or they will fall apart when you grill them), cut in half around the middle
- CO-OP Gold Olive Oil 100% Extra Virgin 
- Kosher salt
- Freshly ground black pepper
- 4 basil leaves, thinly sliced




Method

1. Seed the tomatoes: Standing over a sink, use your fingers to gently dislodge and remove the watery pulp and seeds. (Although the seeds and pulp contain a lot of flavors, when you grill the tomatoes they are going to be lost anyway.)
2. Grill the tomatoes cut-side-down:
3. Preheat your grill on high heat for direct grilling. Use a grill basket or fine grill grate if you can, it will make it much easier to work with the tomatoes (or any other vegetables you grill).
4. Season the tomatoes with salt and pepper. Brush the cut side of the tomatoes with olive oil. Brush the grill grate or grill pan with olive oil.
5. Place the tomatoes, cut side down, on the grill surface. Cover the grill and let cook for about 4 minutes. (Check after 2 minutes.)
6. Serve: Place on a serving dish, cut side up. Drizzle a little more olive oil on the tomatoes. Sprinkle with just a little more salt and pepper. Sprinkle with thinly sliced basil.

https://www.simplyrecipes.com/recipes/grilled_tomatoes/

Grilled Tomatoes with Cheese

Ingredients

- 4 Roma tomatoes
- 1 **tsp** garlic powder
- kosher salt and black pepper
- 1 **cup** CO-OP Gold Cheese Monterey Jack 28%, *shredded* 
- 2 **Tbsp** Parmesan cheese, *grated*
- oil, *for brushing the grill*
- 1 **tsp** dried oregano
- 1 **tsp** dried parsley



Instructions

1. Preheat the grill to medium.
2. Cut each tomato in half lengthwise and scoop out the seeds and membrane. Season the inside of each tomato shell with garlic powder, salt and pepper.
3. Fill each tomato shell with approx. 2 Tbsp of shredded Monterey Jack cheese and top with about 1 tsp of Parmesan cheese.
4. Brush the grill grates with oil, place the tomatoes on the grill and close the lid. Grill for about 4–5 minutes, just until the cheese melts. (Do not leave the tomatoes on the grill too long or they'll become too soft and possibly collapse.)
5. Just before serving, place tomatoes under an oven broiler to brown the cheese.
6. Remove the tomatoes from the broiler and sprinkle with dried oregano and parsley. Allow the tomatoes to cool just a few minutes before serving. Enjoy!

Notes

Be a little adventurous and use heirloom tomatoes for this recipe. They are less mealy than commercially-grown tomatoes AND they look cooler!

<https://everydaydishes.com/simple-food-recipes/grilled-tomatoes-with-cheese-recipe/>