

grill girls should  
**SHOP FOR...**

**PRODUCE SECTION**

- Lemons and limes
- Fresh ginger
- Fresh red chiles
- Garlic
- Romaine lettuce
- Tomatoes
- Cucumbers
- Zucchini
- Basil leaves
- Italian parsley
- Fennel bulbs
- Oranges
- Fresh tarragon
- Arugula
- Shallots

**SPICE & CONDIMENT SECTIONS**

- Rice-wine vinegar
- Champagne vinegar
- White-wine vinegar
- Coriander seeds
- Lemongrass powder
- Sriracha hot sauce
- Barbecue sauce
- Lime juice
- Ripe pitted olives
- Almonds

**MEAT AND SEAFOOD CASE**

- Boneless, skinless chicken thighs
- Boneless, skinless chicken breasts
- Boneless strip steaks
- Sea scallops (fresh or frozen)

**DAIRY SECTION**

- Light cheddar cheese
- Grana Padano or Parmigiano-Reggiano cheese

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**STOCK UP ON...**

- ✓ Canola oil
- ✓ Vegetable oil
- ✓ Extra-virgin olive oil
- ✓ Balsamic vinegar
- ✓ Dark brown sugar
- ✓ Brown sugar
- ✓ Creamy peanut butter
- ✓ Soy sauce
- ✓ Dijon mustard
- ✓ Honey
- ✓ Red pepper flakes
- ✓ Salt
- ✓ Pepper



It's hot and you're starved. Make this crispy, crunchy salad with barbecue chicken.

**GRILLED STEAK OVER ARUGULA WITH LEMON VINAIGRETTE**

Chef Laura Pensiero, R.D., owns Gigi Trattoria and Gigi Market in New York's Hudson Valley. This dish gives steak a lemony twist.

**START TO FINISH:** 30 MINUTES  
(PLUS 30 MINUTES OF MARINATING)

**MAKES:** 6 SERVINGS

- 2 1¼- to 1½-inch-thick boneless strip steaks (about 2 pounds)

**MARINADE**

- 1 cup Italian parsley leaves
- 2 garlic cloves
- 2 tablespoons olive oil
- salt and freshly ground pepper

**VINAIGRETTE**

- ¼ teaspoon finely grated lemon zest
- 2 tablespoons fresh lemon juice
- 1 tablespoon white-wine vinegar
- ½ teaspoon Dijon mustard
- Salt and black pepper to taste
- 6 tablespoons canola oil

**SALAD**

- 12 cups arugula (about 1 pound)
- 1 cup thinly shaved Grana Padano or Parmigiano-Reggiano cheese (use a kitchen peeler for thin slices)

Coarsely chop the parsley leaves and the garlic. Transfer to a small bowl, mix with the olive oil, and season with salt and pepper. Rub marinade over the steaks and refrigerate, covered, for at least 30 minutes.

In a bowl, whisk together lemon zest, lemon juice, vinegar, mustard and salt and pepper to taste. Add oil, whisking until dressing is emulsified.

Turn the grill to medium-high heat and brush the racks with olive oil. Scrape off any excess marinade from steaks, and grill about 6 inches over heat for 3 to 4 minutes on each side for medium-rare. Transfer steak to a cutting board and let stand for 5 minutes. With a sharp knife at a 45-degree angle, cut steaks, across the grain, into 18 thin slices.

Toss arugula with dressing to coat. Divide among 6 plates. Top each with steak strips, sprinkle with cheese, and serve.

**Nutrition facts per serving:** 419 calories, 38 g protein, 4 g carbohydrate, 28 g fat (6 g saturated), 1 g fiber.

**BARBECUE CHICKEN CHOP SALAD**

Devin Alexander is a chef and host of Healthy Decadence with Devin Alexander on Discovery Health. Here, she gives a down-home classic a healthy makeover.