



Grilled NM Beef Burgers

Fresh, Local Recipes

INGREDIENTS

- 1 lb ground beef
- 1 tsp salt
- 1 tsp black pepper
- 1 Tbls minced onion or onion powder
- 1 clove garlic, minced or ½ Tbls garlic powder
- 1 tsp each of any other spices you enjoy. Suggestions: paprika, red chile, chipotle powder
- Oil for the grill
- Burger buns
- Toppings/condiments

Serves 3-5 people
30 minute meal



Find more recipes at
FarmersMarketsNM.org

INSTRUCTIONS

1. Gently mix burger ingredients in a bowl.
2. Portion into 4 burgers and form each into a patty that is approx 4-inches wide across with 1-inch sides, and create a shallow depression in the middle.
3. Preheat a grill to med-high. Lightly brush the grill grates with oil, then grill the patties, indentation-side up, until indentation-side up, until marked on the bottom, about 5 minutes. Flip and cook until marked and slightly firm, about 3 more minutes for medium doneness
4. Top with 1-2 slices cheese during the last minute of cooking (optional); cover the grill to melt. Remove patties from grill. Grill buns if desired, then serve the patties over the buns and top with your choice of toppings. Enjoy!



Grilled Cabbage "Steaks"

Fresh, Local Recipes

INGREDIENTS

- 1 large head of cabbage
- Oil (any preference)
- Salt and pepper, to taste
- To top: ranch, Caesar, or balsamic dressing, fresh herbs

Serves 3-5 people
30 minute meal

INSTRUCTIONS

1. Pre-heat grill to medium-high heat.
2. Prepare the cabbage. Remove any loose outer leaves. Trim off a small part of the bottom of the cabbage so it can stand up. Be careful not to trim off too much, as the stem is what helps it stay together. Standing the cabbage up, slice the cabbage into 3/4-1 inch thick pieces. Drizzle both sides with oil and a sprinkle of salt and pepper.
3. Grill cabbage. Place cabbage directly on the grill grates over direct heat. Grill cabbage for 5-8 minutes, carefully flip, and grill for another 4-6 minutes, depending on the thickness. Be careful flipping them, as some of the outer leaves may try to loosen and break away from the head. Once done, it should be tender on the inside, but crispy on the outside.
4. Enjoy! Top with fresh herbs and sauce/condiment of choice and enjoy!



Find more recipes at
FarmersMarketsNM.org



Grilled Vegetable Kebabs

Fresh, Local Recipes

INGREDIENTS

- wooden or metal skewers
- 8 cups vegetables such as onions, peppers, mushrooms, zucchini, and/or tomatoes

MARINADE

- ¼ cup olive oil
- 2 Tbls lemon juice
- 2 Tbls water
- 1.5 Tbls Dijon mustard
- 1 Tbls honey
- 1 clove garlic, minced
- 3 tsp dried herbs (basil, parsley, rosemary, thyme, oregano)
- ½ tsp salt and black pepper

INSTRUCTIONS

1. Pre-heat your grill to medium heat.
2. Wash and chop all of the vegetables into bite-sized pieces.
3. Combine all of the marinade ingredients into a ziplock bag or storage container. Add vegetables to the container and allow to marinate for 4 hours or as long as overnight, turning occasionally. (If you are pressed for time, you can just toss and let it sit 15 minutes, but longer is better.)
4. Thread the vegetables onto the skewers.
5. Grill vegetable kebabs for about 10 minutes, flipping halfway. Enjoy!

Serves 3-5 people
30 minute meal



Find more recipes at
FarmersMarketsNM.org



Grilled Apricots w/ Honey

Fresh, Local Recipes

INGREDIENTS

- 6 ripe apricots, halved and pitted
- 1 Tbls olive oil
- Pinch of salt
- Honey to drizzle
- Fresh mint or basil to finish
- Vanilla ice cream (optional)

Serves 3-5 people
20 minute meal

INSTRUCTIONS

1. Pre-heat your grill to medium heat.
2. Halve each apricot and remove the pit
3. Toss halves in a bowl with oil and salt. Be sure to coat the apricots so they won't stick.
4. Place the apricots cut-side down on the grill. Cook for 3–5 minutes, until grill marks appear and the fruit begins to soften. Check occasionally to prevent burning.
5. Flip the apricots and grill the skin side for another few minutes.
6. Serve the apricots warm, and drizzle with farm-fresh honey. Sprinkle with fresh herbs and add a few scoops of ice cream. Enjoy!



Find more recipes at
FarmersMarketsNM.org