

KID-FRIENDLY MEALS ON THE BARBY!
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Are you desperate when it comes to dinners? The biggest obstacle to dinner isn't preparing the meal, it's deciding on the meal. Use the ideas below to turn everyday food items into sizzling, grilled superstar suppers.

KID CHIX AND SPIN QUESADILLAS

SERVES 4

1, 2-pound rotisserie chicken, shredded
4 cups chopped spinach
1½ cups Monterey Jack cheese
4 large tortillas
other desired spices

Heat grill to medium. In a bowl, combine chicken, spinach and cheese. Place the mixture on one half of each tortilla and fold over the other to cover. Grill the quesadillas for 3-4 minutes on each side until the cheese melts. Serve with avocado, salsa and light sour cream.

KID-FRIENDLY GRILLED PIZZA

You can prepare your own pizza or use a frozen one. First add your own fresh toppings like tomatoes, garlic, spinach and artichokes to your regular frozen pizza. Set your gas grill on high until it reaches 350 degrees or grill is low-medium. Turn off one burner and set the pizza over that one so it is not directly over a flame. Close the lid and heat it for the recommended time on the pizza package and rotate it halfway through the cooking process. Watch the bottom closely as it can burn.

KID-FRIENDLY ENGLISH MUFFIN GRILLS

Heat grill to medium. Lightly brush insides of English muffin with olive oil and toast on grill. Brush other side with olive oil and assemble sandwich to include turkey, cheese slice, tomato and light mayonnaise. Finish grilling the outsides of the English muffin and enjoy.

For more details on these recipes, contact Stacy Beeson, St Luke's Health Solutions Dietitian at 381-2403.