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GET GRILLING FOR A HEALTHY FEAST

Summer is the perfect time to get outside and gather with family and friends. Break out the charcoal or gas up the grill and celebrate summer with a healthy feast. Venture beyond the typical hamburgers and hot dogs and try something new like tomato turkey burgers or chicken kabobs.

Offer plenty of fiber and nutrition by making produce a main attraction on your menu. Start the cookout with a vegetable tray with low fat dill dip to starve off those hunger pains and get those digestive juices flowing. Nothing tastes better than produce right from the garden so include a wide variety... broccoli, cucumbers, cauliflower, green beans, tomatoes, mushrooms, red pepper and squash. Vegetables have different taste and texture when served raw and you might find you like them better that way.

Instead of the typical side dishes like chips and slaw, use the grill to complete the meal. Grilled fruits and vegetables are delicious and you will have fewer pots to clean.

If your feast is on a Sunday, then after you eat, head down to Baker Park for some evening entertainment. Enjoy free concerts every Sunday, now through August 29. From reggae and zydeco to classic rock and bluegrass, the Celebrate Frederick Summer Concert Series displays professional musicians from a wide range of musical backgrounds. For a listing of performers, see their web site

<http://www.celebratefrederick.com/Events/Index.aspx?page=294>

Bring a canned food item as your price for admission, which will be donated to the Frederick Food Bank.

LOW FAT DILL DIP

1 cup reduced fat sour cream
1/3 cup reduced fat mayonnaise
1 teaspoon Season-All seasoned salt
1 teaspoon dried parsley
1 tablespoon dried minced onion
2 teaspoon dried dill weed

Combine and mix well.

SESAME CHICKEN KABOBS

2 pounds skinned chicken breast
1/2 cup soy sauce
2 tablespoons sesame seeds
2 tablespoons lemon juice
1 clove fresh garlic
1 teaspoon freshly ground ginger
1 large green pepper, cut into 1 inch pieces
2 medium onions, cut into eighths
1 pint cherry tomatoes

Cut chicken breast into pieces; place in a shallow container. Combine soy sauce, sesame seeds, lemon juice, garlic and ginger and pour over chicken. Cover and marinate in the refrigerator 2 hours.

Remove chicken from marinade and discard marinade. Alternate chicken and vegetables on skewers. Coat grill with cooking spray and grill kabobs over medium-hot coals. Grill 15 to 20 minutes or until chicken is thoroughly done.

GRILLED CORN

Place corn, still in husks, in cold water. Let soak for 30 minutes. Remove from water and grill in husks for several minutes. Discard husks and coat with margarine or butter.

GLAZED GRILLED PEACHES

Serves 4

2 tablespoons brown sugar
1 tablespoon water
4 medium peaches, halved and pitted, peeled if desired

Prepare grill to a medium heat. Combine brown sugar and water in a small bowl. Place peach halves on the grill and cook 5 to 8 minutes. Turn peaches occasionally throughout cooking and brush with the brown sugar mixture until hot and lightly browned.

TURKEY –TOMATO BURGERS

2 medium tomatoes (held at room temperature until fully ripe)
8 ounces ground turkey
1 tablespoon dry bread or cracker crumbs
1 teaspoon onion powder
1/8 teaspoon ground black pepper
1 teaspoon Worcestershire sauce (optional)
4 hamburger buns
2 tablespoons no fat, no cholesterol mayonnaise
1 cup shredded lettuce

Preheat broiler.

Core 1 tomato, cut into 4 slices and set aside. Core remaining tomato and coarsely chop (makes about 1 cup).

In medium bowl combine chopped tomato, turkey, bread crumbs, onion powder, black pepper and Worcestershire sauce (optional). Shape into four 3-inch patties.

Broil on rack about 4 to 5 inches from heat until juices run clear (not pink), about 4 minutes on each side.

To serve, spread hamburger buns with mayonnaise. Place patty on each bun. Top with 1/4 cup shredded lettuce and tomato slice. Refrigerate leftovers. Makes 4 servings, one burger on a bun. NOTE: Burgers also can be grilled outdoors on a charcoal grill.

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