

## Grilled Fish Tacos

Yankton HyVee Chef Staci Stengle

Serves 4

- 1-1/2 pounds firm fish
- 2 lemons, zested and juiced
- 2 Tbsp. olive oil
- 1 tsp. ground cumin
- 1 tsp. ground chili powder
- salt and pepper to taste
- 1 package of flour or corn tortillas
- 1 bag shredded coleslaw mix
- cilantro dressing (recipe follows)
- diced avocado and tomato if desired.

In large ziplock bag, marinate fish with lemon zest, juice, olive oil, cumin, chili powder, salt and pepper, for

15 minutes. Preheat grill to medium. Grill fish 3-4 minutes per side. Dice into 1 inch pieces and serve on grilled tortillas with shredded coleslaw and cilantro dressing (recipe below). Garnish with avocados and tomatoes if desired.

### CILANTRO DRESSING

- 1/2 cup sour cream
- 1/2 cup mayonnaise
- 1 lime, zested and juiced
- 2-3 Tbsp. fresh cilantro, chopped
- salt and pepper to taste

Stir together and keep refrigerated until ready to use.

If you like spicy, you can add a couple of dashes of Tabasco or stir in a little salsa.

## Toad-Style Chicken

*Terre Berkland*

*Yankton*

Serves 2-4

Cooking time is 35-40 minutes

Marinating time is 2 hours to overnight

**Herb paste:** Mix in food processor.

- 1 bunch of basil (2 cups)  
or 1 jar of basil pesto
- 3 cloves garlic, roughly chopped
- 3 anchovy fillets—optional
- 1 1/2 tsp. kosher salt
- 1 tsp. black peppercorns
- 1/4 cup dry vermouth or dry white wine
- 2 Tbsp. dijon mustard
- 2 Tbsp. fresh lemon juice
- 1/2 tsp. lemon zest
- 6 Tbsp. extra virgin olive oil (EVOO)

1 chicken (3 1/2-4 lbs.)

Wash and dry chicken. Cut the chicken down the backbone and discard. Cut off wing tips. Open chicken like a book. Spread the paste over chicken — marinate 2 hrs to overnight (longer you can resist, the richer the flavor.) Prepare grill — placing chicken for indirect grilling — on second shelf or over foil. Pre-heat grill on high until smoke appears and then turn down to medium. Cook until done. During last 5 minutes move directly over fire to char skin.

### **Optional Salsa: Makes 2 1/2 cups**

- 2 ripe tomatoes  
— cut in 1/2, seeded, diced
  - 8 black or kalamata olives, diced
  - 1 Tbsp. capers
  - 1 garlic, chopped or minced
  - 6 fresh basil leaves  
or parsley leaves, chopped
  - 3 tsp. extra virgin olive oil (EVOO)
  - 1 tsp. red wine vinegar or balsamic
  - kosher salt and coarse ground black pepper.
- Mix together while chicken is resting. serve.

## Hidden Valley Grilled Bread

*Kyle & Kate Katterhagen*

*Yankton*

- 1 packet of Hidden Valley Salad Dressing & Seasoning Mix
  - 1/2 cup butter
  - 2 loaves French bread, cut in half lengthwise
- Softened butter and stir in salad dressing & seasoning mix. Spread on bread. Grill or broil until golden. Makes 2 loaves

## Grilled Green Beans

*Jackie Williams*

On a heavy piece of aluminum foil drizzle a little olive oil (can be flavored). Place fresh, washed and patted dry green beans on foil (laid out in the same direction).

Drizzle a little olive oil across green beans; sprinkle with garlic salt lightly; add 2 cloves of crushed garlic and seal.

Cook over direct heat on medium for 5 minutes or until tender.

Could also add sliced almonds or walnuts



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