**Grilled Tomatoes**

1 ripe tomato  
2 Tbsp. breadcrumbs  
2 Tbsp. Italian dressing  
2 Tbsp. mozzarella cheese  
1 tsp. Italian seasoning

Slice tomato in half and place on aluminum foil. Drizzle each half with Italian dressing and breadcrumbs. Place on grill over medium heat until skin becomes shriveled. Sprinkle with cheese and top with Italian seasoning. Place on grill for an additional minute until cheese melts. Enjoy!

**Rainbow Salmon Skewers**

1 salmon filet  
1/2 red pepper  
1/2 green pepper  
1/2 yellow pepper  
1/2 red onion  
extra virgin olive oil  
salt and pepper  
1 lemon

Slice fish, peppers and onions into 1 inch pieces. Thread onto skewers as shown above. Drizzle with olive oil, salt and pepper. Place directly on grill and rotate until fish is cooked through. Serve with lemon and enjoy.

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**Get Grilling in the Month of May**

Summer is just around the corner! Enjoy the warm weather with an outdoor BBQ and these healthy recipes.

**Grilled Peaches & Cream**

1 peach  
1 Tbsp. honey  
1 tsp. cinnamon  
1 Tbsp. brown sugar  
1 scoop frozen yogurt

Slice peach in half and remove pit. Top with honey, cinnamon and brown sugar. Place peach flat side down on grill for 4 minutes. Remove from grill and top with frozen yogurt.

**Greek Yogurt Slaw**

1/2 c. nonfat yogurt  
4 Tbsp. apple cider vinegar  
2 Tbsp. sugar  
16 oz. cole slaw blend  
salt and pepper

In a small bowl combine yogurt, vinegar, sugar, salt and pepper. Whisk until smooth. Pour over cole slaw blend and coat thoroughly. Refrigerate for 1 hour and enjoy.

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Virginia Tech Dining Services  
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