


Healthy grilling 5 fresh and fruity recipes to try



A UnitedHealthcare Company

Move over meat. Fruit is the new star of the barbecue with these delicious – and nutritious – grilled dishes. Click  to view recipe.



FRUIT KEBABS

Sweetened with honey and cinnamon, these grilled kebabs take fruit salad to a whole new level.



GRILLED ASPARAGUS AND SHRIMP QUINOA SALAD WITH LEMON VINAIGRETTE

Packed with protein, veggies and grains, this tangy salad is the complete meal package.



GRILLED STEAK AND PEPPERS SALAD WITH PEARS

The unlikely trio of beef, peppers and pears is a winner in this colorful Italian-influenced salad.



GRILLED PINEAPPLE GINGER GLAZED CHICKEN WITH ZUCCHINI AND PEPPERS

Pineapple and a super simple glaze give chicken and veggies a zesty boost.



HANNAH'S SWEET AND SAVORY CHICKEN AND PEACHES

This Indian-inspired dish brings the bold flavors while satisfying your sweet tooth.