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Lodge grill pan

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Not only does cleaning a breeze, but grilling can also be one of the healthiest ways to prepare meals. 39 Crock-Pot Recipes That Will Last You All WeeksSo, if you're craving a cookout and your barbecue pit is buried in snow (or just living in a tiny apartment), check out these 25 recipes for classic and unconventional dishes that can be made in a grill pan with equally satisfying results. Sharing on PinterestPork is one of the best sources of easy-to-absorb iron. Powder a lean cut of the fillet with some simple herbs and spices, then pour it into the grill pan to give your hemoglobin a boost.2. Grill Pan Flat Iron Steak With Chimichurri SauceShare in PinterestBasic Spices give this vitamin B-rich meat a delicious crust. But it's the spicy chimichurri sauce that makes the dish-and adds cancer-fighting polyphenols from olive oil.3. Chili Lime ChickenShare on PinterestSure, chicken thighs may be a slightly higher fat option than other cuts, but dark meat also makes for a rich, completely worthwhile end result. These get doused in a slightly sweet, slightly spicy sauce illuminated by calcium- and vitamin C-rich lime juice.4. Roasted Shrimp TostadasShare on PinterestW if cholesterol in shrimp makes you nervous, there is growing evidence that its effect on your blood is harmless in moderation. So go ahead: Souvlaki up some for tostadas with all its fixin.5. Roast chicken SandwichShare on PinterestSkip the fryer and use the grill pan to jazz up simple ole chicken breast without a heart-clogging vatful of oil. Sprinkle them lightly with herbs and parmesan, then bake them until crisp, coat with tomato sauce, and top with melted cheese. The protein may be lean, but there's nothing skimpy about the flavors here.6. Apple Cider Glazed Pork ChopsShare on PinterestY while icing traditionally equates to at least half a cup of added sugar, this recipe recipe a smarter approach to sweetness, using only 4 tablespoons of maple syrup to contrast the slightly spicy rub on the pork. What makes it even sweeter? It's ready in less than 30 minutes. While naan is proving to be a great substitute for the crust, it is the toppings that are the real stars of the recipe. Roasted peppers, squash, zucchini, corn, asparagus and tomatoes not only look beautiful, but are also filled with fiber and vitamins.8. Roasted vegetable PaniniNo panini maker? It's all right, it's all right Bake the antioxidant-packed zucchini and peppers in an internal pan, place them between two slices of baguette crust, add a few slices of mozzarella, and put the sandwiches back in the grill pan, using a heavy pan as a weight to help get that signature pressed look.9. Roasted Eggplant RollatiniStudies show that roasted eggplant contains more cancer-fighting nasunin than the first things-yet another reason to give the veggie the lead role in these rollatini. Cardioprotective properties of raw and cooked eggplant (Solanum melongena L). Das S, Raychaudhuri U, Falchi M. Food & Function, 2011, June.; 2(7):2042-650X. Subbing for noodles, they get grilled to soft perfection, then rolled with calcium-rich ricotta for a lower-carb response to lasagna. Buon Appetizer!10. Mushroom and goat cheese roast flatbreadWho needs a pizza oven when you have an indoor grill? Pour shop-bought dough (extra points for convenience!) into the pan until the very important char marks appear. Fill the flatbread with goat's cheese, a more digestible alternative to cow's milk. Its mild taste is well combined with the strongest flavors of caramelized onions, mushrooms and reduced balsamic.11. Grilled peach sandwich with basil and Thai peanut sauceOSavori, sweet, nutty, herby; This sandwich will keep you guessing with each bite. Each flavor has its own unique health benefits too, be it the satiated fat from peanut butter, potassium from peaches, or digestion-helping properties in basil. Variation of minerals, phenolics and antioxidant action of peel and pulp of various varieties of peach (Prunus persica L.) fruit from Pakistan. Manzoor M, Anwar F, Mahmood Z. Moria (Basel, Switzerland), 2012, May.; 17(6):1420-3049. The combo is unusual to say the least-but a delicious deviation from your run-of-the-mill PB & J or grilled cheese.12. Cabernet Portabella BurgersBurgers. Wine. Cheese. He said enough right there. But let us gush a little more, because when vitamin D-filled, bone-enriching portabellas generously with a cabin sav reduction (hey, a little wine is really good for your heart!) and topped with sharp cheddar, there's no way you can go wrong. You'll be amazed at how simple cupboard spices can create such bold (and healthy!) flavors. Garlic, curry, and smoked paprika team up to create a cancer-fighting rub, then get slathered over his lean cuts Rosemary and garlic roasted red potatoesNot only make rosemary and garlic have anticancer powers, but together, their flavors scream warm comfort. Here coat both sweet and new potatoes (leave the skins on extra fiber!) before the spuds get thrown into the grill pan.15 Tandoori Roasted broccoli and cauliflower kebabYou can assume that tandoori-nothing requires a huge clay oven, but this recipe proves that cooking with Indian flavors is easier than you think. These gluten-free skewers require only a few spices that are readily available at your grocery store; yogurt and chickpea flour helps reduce heat (plus adds protein and calcium).16 Southwestern Shrimp SaladAvocado and Black Beans give this quick grilled seafood salad a southwest slope (and so much fiber!), while tortilla chips add to the crunch factor. Although using only 3 tablespoons of ranch helps keep things on the lighter side, you can also try making your own special version of creamy dressing.17. Steam-Roasted baby Bok Choy with sesame soy VinaigretteBok choy may not be a green one you use often, but it should be. It is full of calcium-and crucify properties can even help fight breast cancer. Rather mild in itself, bok choy only needs a few minutes on the grill and a super-simple soy sauce to help bring it to life-an edible example of simplicity at its best. 18. Grilled Romaine with roasted walnuts and parmesanYup, roasted romaine is one thing-and for good reason: Lightly charring leaves gives them a surprisingly addictive, smoky flavor. Walnuts, parmesan, and a light vinaigrette provide just enough fat to help you absorb plenty of romaine vitamin A.Bring out natural sugars in bananas with their grill until char to gooey perfection, then layer on a tart, protein-rich peanut butter and Greek yogurt mix. Fruit, yogurt and nut butter? It wouldn't be hard to separate this banana for breakfast.20 Grilled fruit kebabs with white chocolate DrizzleA deconstructed version of chocolate covered in fruit, these skewers are a no-brainer dessert. Gather your favorites, from berries and chopped banana to pineapple and melons, then grill them to your liking before Jackson Pollock-ing them with melted white chocolate. Eating the rainbow has never been so much fun!21. Mango CrostinIn this take on the classic cheese and fruit platter, the mango pieces with shoves are spooned over lightly roasted slices of baguette smeared with goat cheese. The chopped basil on top lends a fresh while adding a small but welcome dose of antioxidants.22. Grilled pears with cinnamon Drizzle You are comfortable roasting fruit, the choices are endless. Here pears get the grill-pan treatment, glazed with coconut oil (for better digestion) and honey, then topped with a generous sprinkle of cholesterol-lowering pecans for a vegan topping that looks like a one Nectarine Tart With Vanilla-Orange SyrupO-bought mini tart shells filled with a lower fat, citrus yogurt base (go with Greek for maximum texture and protein benefits!) and not cream or cream. With grilled nectarine slices, rich in carotene, they are almost too cute to eat.24 Roasted Peach and Walnut CrumbleNo fuzzy, only-available-in-specialty-store ingredients here. Peaches battling breast cancer replace the more conventional apple, while a sober-seasoned, streusel-like topping gets more of its fats than nuts that protect the heart from butter. And don't forget the ice cream.25 Baked banana S'moresGrill = cookout = s'mores. Are we right, or are we right? This version is extremely special because a) the internal grill method means you can enjoy it at any time of year and b) the addition of banana adds protein-building potassium-not to mention even more gooey goodness. In fact, if you're willing to really avoid convention (and added sugar), you'd recommend skipping the marshmallow completely and just letting the banana take the spotlight. As you move beyond the basic grill design, most manufacturers offer a variety of options to enhance your grilling skills. Some of these options are: Layered grills - There are grills that add a second and even a third cooking surface over the main one. Because the temperature decreases significantly as the distance between the cooking surface and the fuel source increases, the second cooking surface is typically used for things like steam vegetables and keeping cooked meat warm. Side burners - By running a pipe on a gas grill on a small burner attached to the side of the grill, manufacturers provide a way to cook sauces or other foods that should be in a pan or container. Rotisserie - This is a long metal rod that hovers horizontally above the fuel source and rotates slowly, usually by an electric motor. It is mainly used for poultry or vegetables slowly slowing down. While charcoal and gas grills are the most popular, there are alternatives. The most common is electricity. An electric grill has a heating element either embedded in the cooking surface or just below it. A drip pan catches the fat and fat that cooks out of the meat. Electric grills are typically portable, and most are small enough to place on a table or countertop. Unlike gas or charcoal grills, electric grills can be used indoors. A type of grill that catches up at the premium end of the market is infrared. Infrared grills use special ceramic-plate burners that radiate infrared heat. According to the Thermal Engineering Corporation (TEC), the infrared grill does not dry the meat and can create a much higher temperature (up to 1,650 F/899 C) than any other type of grill. Be sure to check out the links below for more information on grills, grill manufacturers and related topics. Related Articles HowStuffWorks Articles Articles