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**“A MAN, A CAN, A GRILL” AUTHOR OFFERS SIMPLE TIPS FOR MORE THAN MEN
No Boring Burgers This Season**

Melrose Park, Ill. (February 24, 2004) – The grill has always been a great option for time-pressed and health-conscious cooks, but can it really be part of a gourmet meal? In his best-selling cookbook tailored to guys, *A Man, A Can, A Grill*, David Joachim offers not just men, but cooks everywhere, simple and delicious recipes that generally use five ingredients or less, but that taste like you spent all day in the kitchen and over the coals.

This year, Joachim has teamed with Mrs. Dash® Grilling Blends™ to offer easy tips to help turn your same-old grilled entrees into something special, with nothing more than a few store-bought ingredients. And even better, entire meals can be made directly on the charcoal or gas grill, sparing the kitchen from a mess!

While grilling is known as one of the more healthy ways to cook a meal, few people realize that many marinades and spice rubs on the market include up to 50 percent salt – and we’re eating much more salt than we should. The average American consumes nearly twice the recommended amount of salt, which is linked to hypertension and heart disease. However, there are plenty of ways to bring out the flavor in your grilled foods without the salt.

“Rubs and marinades are an ideal way to add fabulous flavor and tenderize meats, but it’s important to choose your flavors wisely,” Joachim says. “In my book, I use a variety of Mrs. Dash Grilling Blends™ for my rubs and in my marinades because they taste great, they’re sodium-free, and they’re so simple that anyone can use them.”

Joachim insists that kicking your grilling up a notch doesn’t have to be difficult or daunting, and offers several tips that will help get your family and guests begging for your delicious grilled creations:

- **Start simple:** Rule #1 is that delicious grilled meals don’t have to be difficult to be tasty. Joachim makes entire “gourmet” meals on the grill with only three basic ingredients – even canned goods – that nearly anyone can cook...just don’t let the neighbors know! When there’s no shucking, peeling or grating involved, any time-pressed cook is much more apt to hit the grill.
- **Adjust your temperature:** Unlike ovens, not all grills come with a temperature gauge letting you know when it’s ready to use – especially charcoal grills. So, before you throw the meat onto the pyre, check the temperature by holding your hand five inches above the grill rack. If you can keep

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your hand there for about two seconds, your grill is medium-hot, the temperature you’ll need for most foods.

- **Get in the comfort zone:** It's not always easy to tell whether you're overcooking or undercooking your meat. A charcoal grill gives great flavor but less temperature control. To solve the problem, make a two-zone fire. Spread the coals into two piles, one high and one low. Sear food over the high zone; move it to the medium-low zone to finish cooking without burning.
- **Master a magnificent marinade:** Marinades are an easy way to tenderize meats and add fabulous flavor with minimal preparation. Just mix a marinade, made with salt-free grilling blends like Mrs. Dash®, place your meat and the marinade in a resealable bag, stick it in the fridge and voila – in a few hours you're ready to grill.
- **Holy Smokes!** Another easy way to add great flavor to turkey, pork and beef is to grill with oak or hickory wood chips, found at most hardware, cookware and some grocery stores. Just soak the chips in water, beer or orange juice for at least 30 minutes, then toss the chips in with your coals in your charcoal grill, or wrap them in two layers of foil poked with holes and place them on your gas burner. And, if you don't have wood chips available, for a great smoky flavor add Mrs. Dash® Mesquite Grilling Blends to your meat as a rub or marinade.
- **Avoid a flare-up:** "Flare-ups" happen when the fat from meat drips onto hot coals. They make food taste like soot, which is not a flavor you want to add to your meal! To avoid this, pick lean meats or trim fats before grilling.
- **Start the "char":** An advanced grilling technique is "searing" – those beautiful grill marks you see on foods in advertisements and by professionals. To do this, preheat your grill rack on high for at least 10 minutes, then put the meat diagonally across the hot rack and lower the heat to the desired temperature. Wait at least five minutes before turning the meat to the other side.
- **Be a basket case:** A grill basket, found anywhere grilling products are sold, is a great way to grill delicate foods like fish fillets and vegetables. What's better, you don't even have to go near the grill, just flip the basket, close it and grill so nothing falls through!

All-natural Mrs. Dash® Grilling Blends™ – in Steak, Chicken and Mesquite flavors – are the #1 brand of salt-free and MSG-free blends. The three flavors, introduced in 2002, are the recipients of the 2004 Gold Taste Award from the American Tasting Institute, even beating out leading brands that rely on salt.

About Mrs. Dash®

Every one of the Mrs. Dash® Seasoning Blends are made with a unique combination of 14 natural herbs and spices, with no salt and no MSG. Visit www.mrsdash.com to explore an interactive recipe database filled with more than 400 delicious recipes with healthful levels of fat and sodium.

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Bird of Paradise

- 1 (8-oz) can low-sodium Italian-style tomato sauce
- 3 Tbsp Mrs. Dash® Chicken Grilling Blends™
- 6 boneless, skinless chicken breasts (about 2 lbs)
- 1 (15-oz) can mandarin oranges in light syrup, drained
- 1 (14-oz) can zesty tomatoes with jalapeno, drained

1 (8-oz) can pineapple bits in juice, drained
1/2 chopped red bell pepper

Mix the tomato sauce and 2 Tbsp of the Grilling Blends™ in a big resealable bag. Set aside 1/4 cup of the marinade to use as a baste. Slip the chicken into the bag, seal, and refrigerate for a few hours (or overnight for more flavor). Before grilling, combine everything else in a bowl and let sit at room temperature for 30 minutes to blend flavors. Fire up your grill—preferably charcoal—to medium. Remove chicken from bag and sprinkle with remaining 1 Tbsp grilling blend. Grill the chicken, turning and basting with reserved marinade a few times, about 10 minutes. It's done when no longer pink in center of thickest part and juices run clear (about 160°F on an instant read thermometer). Serve with the orange-pineapple salsa.

Makes 6 servings.

Actual Serving Size: 366.7 g (12.9 oz)

Nutritional Information Per Serving:

Calories: 244

Sodium: 275 mg

Potassium: 596 mg

Total Fat: 2 g

Saturated Fat: 1 g

Unsaturated Fat: 1 g

Trans Fat: 0 g

Carbohydrates: 19 g

Fiber: 2 g

Protein: 36 g

Cholesterol: 87 mg

Chicken 'n' Cherries

- 1 (12-oz) can or bottle black cherry soda
- 3 Tbsp Mrs. Dash® Chicken Grilling Blends™
- 3 Tbsp cherry preserves
- 2 Tbsp lemon juice
- 2 Tbsp extra-virgin olive oil
- 6 boneless, skinless chicken breast halves (about 2 lbs)
- 1 (17-oz) can dark sweet Bing cherries, drained
- 1 Tbsp cornstarch

Pour 1/2 of the soda in a big resealable bag. Save the rest. Mix in 2 Tbsp of the grilling blend, the cherry preserves, lemon juice, and olive oil. Set aside 1/4 cup of the marinade to use as a baste. Add the chicken to the bag, seal it, and refrigerate a few hours (or overnight for more flavor). Fire up your grill—preferably charcoal—to medium. Remove chicken from bag and sprinkle with remaining 1 Tbsp Grilling Blends™. Grill the chicken, turning and basting with reserved marinade a few times, until no longer pink in center and juices run clear (about 160°F on an instant read thermometer), 10 to 15 minutes. Pour all remaining marinade, the reserved soda, and the canned cherries into a saucepan. Bring to a boil over high heat. In a cup, dissolve cornstarch in a little water. Stir into sauce and cook 2 minutes. Pour sauce over chicken.

Makes 6 servings.

Actual Serving Size: 310.8 g (10.9 oz)

Nutritional Information Per Serving:

Calories: 201	Sodium: 2 mg	Potassium: 400 mg
Total Fat: 7 g	Saturated Fat: 1 g	Unsaturated Fat: 5 g
Trans Fat: 0 g	Carbohydrates: 25 g	Fiber: 2 g
Protein: 36 g	Cholesterol: 88 mg	

Tip: Serve with cooked white rice.

Big Bird with Bourbon Sauce

1 (6-oz) can frozen orange juice concentrate, thawed
1/2 cup water
1/4 cup bourbon
3 Tbsp extra-virgin olive oil
1/4 cup fresh rosemary leaves
5 tsp Mrs. Dash® Chicken Grilling Blends™
3 garlic cloves
2 lbs lean boneless turkey breast or turkey London broil
1 (16-oz) can whole berry cranberry sauce

Put everything but the turkey and cranberries in a food processor. Whiz until the garlic and rosemary are chopped. Pour into a big resealable bag, setting aside 1/4 cup of the marinade to use as a baste. Add the turkey to the bag, seal, and refrigerate for a couple hours (or overnight for more flavor). Fire up your grill—preferably charcoal—to medium. When the grill rack is hot, put the bird on the grill and put the lid down (with all vents open). Grill, turning and basting with the reserved marinade a few times for 30 to 40 minutes total. It's done when the meat is just slightly pink in the center and juices run clear (about 160°F on an instant-read thermometer). Let rest on a cutting board 10 minutes so the juices can seep back into meat. Thinly slice on the diagonal. Pour all remaining marinade and half the can of cranberries into a pan (or use the whole can if you prefer a sweeter sauce). Cook over medium heat until hot and thick, stirring occasionally, about 10 minutes. Serve with the turkey.

Makes 8 servings.

Actual Serving Size: 177.8 g (6.3 oz)

Nutritional Information Per Serving:

Calories: 320	Sodium: 90 mg	Potassium: 453 mg
Total Fat: 8 g	Saturated Fat: 2 g	Unsaturated Fat: 6 g
Trans Fat: 0 g	Carbohydrates: 30 g	Fiber: 1 g
Protein: 25 g	Cholesterol: 76 mg	

Tip: Great grilling doesn't have to end when summer's over. Try a twist on roast turkey next Thanksgiving by making this grilled turkey London Broil instead. Impress everyone by explaining that a turkey London Broil is a butterflied, boneless, skinless whole turkey breast. It's all white meat and very lean. Most grocery stores carry them, but if yours doesn't, ask your butcher to cut it up for you.

Coke Steak ‘n’ Onions

1 (12-oz) can or bottle Coca-Cola®
4 Tbsp Mrs. Dash® Steak Grilling Blends™
2 lbs boneless top sirloin or strip steaks, about 1” thick, trimmed of fat
3 Tbsp Worcestershire sauce
3 minced garlic cloves
2 onions

Pour the Coke® and 1 Tbsp of the Grilling Blends™ seasoning into a big resealable bag. Mix in the Worcestershire and garlic. Set aside 2 Tbsp of the marinade to use as a baste. Drop the steaks into the bag, seal, and refrigerate for an hour (or 3 hours for more flavor). Fire up your grill—preferably charcoal—to medium. Remove steaks from marinade and press remaining 3 Tbsp Grilling Blends™ into both sides of each. When the grill rack is hot, put the steaks on the grill until they’re done the way you like, about 5 to 7 minutes per side for medium-rare (145°F on an instant read thermometer) or 8 to 10 minutes per side for medium (160°F on an instant read thermometer). While the steaks cook, peel and cut onions in half from root to tip. Put onion halves on the grill, turning and basting with the reserved marinade, until tender but still a little crunchy, about 5 minutes total. Cut onions into wedges. Let meat rest off the heat for 5 minutes (the temperature will rise by 5° to 10°F). Serve with the onions.

Makes 6 servings.

Actual Serving Size: 276.2 g (9.7 oz)

Nutritional Information Per Serving:

Calories: 249	Sodium: 175 mg	Potassium: 614 mg
Total Fat: 7 g	Saturated Fat: 2 g	Unsaturated Fat: 3 g
Trans Fat: 0 g	Carbohydrates: 13 g	Fiber: 1 g
Protein: 33 g	Cholesterol: 92 mg	

Tex-Mex London Broil

1 top round London broil, about 2" thick (about 2 lbs)
2 Tbsp Mrs. Dash® Steak Grilling Blends™
1 (15-oz) can black beans, rinsed and drained
1 (11-oz) can corn with peppers, drained
1/4 cup finely chopped onion
1 Tbsp extra-virgin olive oil
2 Tbsp chopped fresh cilantro or parsley
Juice of 1/2 lime
1 Tbsp Mrs. Dash® Extra Spicy Seasoning Blend

Fire up your grill—preferably charcoal—to medium-hot. Meanwhile, mix everything but the steak and grilling blend in a bowl. Set aside the bowl at room temperature. Coat the steak all over with cooking spray. Rub in the Grilling Blends™ on both sides. When the grill rack is hot, put the steak on the grill and close the lid (with vents open). Grill the steak, turning once, until it's done the way you like, 5 to 7 minutes per side for medium-rare (145°F on an instant read thermometer) or 6 to 8 minutes per side for medium (160°F on an instant read thermometer). Let the meat rest off the heat for 10 minutes then slice thinly crosswise (across the grain). Serve with the Tex-Mex bean mix.

Makes 8 servings.

Actual Serving Size: 183.8 g (6.5 oz)

Nutritional Information Per Serving:

Calories: 249	Sodium: 320 mg	Potassium: 429 mg
Total Fat: 10 g	Saturated Fat: 3 g	Unsaturated Fat: 5 g
Trans Fat: 0 g	Carbohydrates: 13 g	Fiber: 3 g
Protein: 25 g	Cholesterol: 54 mg	

Tip: A properly grilled London broil is a thing of beauty. To get nice deep grill marks, let the meat come to room temperature (about 30 minutes) before grilling. And don't be too eager to turn it over on the grill. Wait at least 5 to 7 minutes before flipping it.

Smokin' BBQ Ribs

1 (12-oz) can beer
1 (10-oz) can sloppy joe sauce
1 (4-oz) can chopped jalapenos, drained
2 Tbsp Mrs. Dash® Mesquite Grilling Blends™
2 1/2 lbs boneless country-style pork ribs
2 tsp Worcestershire sauce
2 tsp hot pepper sauce

Pour 1/2 of the beer and 1/2 of the sloppy joe sauce into a big resealable bag. Drink the rest of the beer and save the rest of the sloppy joe sauce for another use. Mix everything else into the bag, except the ribs. Set aside 1/4 cup of the marinade to use as a baste. Add the ribs to the bag, seal, and massage the ribs to coat completely with the marinade. Stick the bag in the fridge for a few hours (or overnight for more flavor). Fire up your grill—preferably charcoal—to medium. Pluck out the ribs and grill, turning and basting with the reserved marinade a few times, until cooked through (about 155°F on an instant read thermometer), 15 to 20 minutes total.

Makes 10 servings.

Actual Serving Size: 186.3 g (6.6 oz)

Nutritional Information Per Serving:

Calories: 199	Sodium: 404 mg	Potassium: 519 mg
Total Fat: 9 g	Saturated Fat: 3 g	Unsaturated Fat: 6 g
Trans Fat: 0 g	Carbohydrates: 7 g	Fiber: 1 g
Protein: 20 g	Cholesterol: 91 mg	

All recipes adapted from A Man, A Can, A Grill by David Joachim (Rodale, 2003). Used with permission from the publisher. To order the book, visit www.rodalestore.com or call toll-free (800) 848-4735.

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