

naturalLiving

Fall/Winter 2021

your home. your world.

presented to you by



The Season for Natural Gas

Indoors or outdoors,
natural gas fits the bill



FEATURE

06 Rediscovering the joy of home cooking

Natural gas offers home chefs professional-level results with a reliable and affordable fuel source.

Bonus recipe: Easy Chicken Stir Fry

IN EVERY ISSUE

naturalNews

03 Home for the holidays

A few simple touches offer cozy and welcoming holiday ambiance.

naturallyBetter

04 Load after load

Natural gas dryers offer savings and efficiency.

naturalChoice

10 Savings mount up

Natural gas combi boilers make economic sense for the home.

naturalFit

14 Extending the season

Natural gas creates warm, inviting atmosphere for outdoor holiday gatherings.

naturallyGood

16 Grilled Mixed Vegetables

Grilled Turkey Breasts



NaturalLiving is a free publication brought to you by Energy Solutions Center, published in cooperation with PRISM Media Group.

NaturalLiving is published twice annually by PRISM Media Group, 8951 Cypress Waters Blvd., Ste. 160, Coppell, TX 75019. Visit PRISM Media Group on the web at www.prismmediagroup.com. No part of this publication may be reprinted without permission. Copyright 2021 Energy Solutions Center.

PRISM Media Group
 President: Ray Larson
 Editorial Director: Stephanie Anderson Forest
 Production Manager: Rachael Daniel
 Graphic Designer: Nancy Kekich
 Contributing Writers: Tonya McMurray,
 Drew Robb, Monica Stavish Skaggs



For advertising information
 contact Barbara Stinson:
bstinson@esccenter.org



Please recycle this magazine after you read it.

PHOTO COURTESY OF HEARTH & HOME TECHNOLOGIES INC.

Evergreen twigs in decorative containers or spread along a fireplace mantle make a simple, easy holiday decoration.



Home for the holidays

A few simple touches offer cozy and welcoming holiday ambiance.

By Tonya McMurray

Getting your home ready for holiday guests can be stressful, but focusing on a few areas most likely to have the biggest impact can make the process a bit easier.

The DIY Network, a cable network focused on home improvement, recommends concentrating on those areas guests are most likely to see, such as the entryway, kitchen, living room and bathrooms. Create a welcoming holiday atmosphere for those rooms with simple centerpieces or tabletop decorations featuring a few sprigs of fresh evergreens in small vases, recycled bottles, teapots or other everyday items. Attractive bowls with nuts, clementines, apples or candy are easy centerpieces and decorations for living rooms and kitchens. Scented candles and reed diffusers will add a welcoming ambiance throughout the home.

(continued on page 09)



Load after load

Natural gas dryers offer savings and efficiency.

By Monica Stavish Skaggs

Clothes dryers are one of the hardest working titans in today's household. Depending on family size, dryers may operate several times a day. Therefore, they must be reliable, efficient and cost-effective.

Both washers and dryers are among the top energy-using appliances, according to the American Council for an Energy Efficient Economy (ACEEE), a nonprofit research organization focused on energy and the environment.

When selecting a clothes dryer, consumers should first ask that age-old question: Natural gas or electricity? There are many practical benefits to choosing a gas dryer over an electric dryer, according to the American Gas Association.

While doing load after load of laundry is a necessary task, savvy consumers are interested in saving both time and money. As with other appliances, natural gas is a more cost-effective option. For the same money, a gas dryer can dry more than two loads of laundry compared to only one load with electricity. And, because they heat up and cool down faster, gas dryers can help keep clothes from wrinkling; gas dryers are considered gentler on fabrics.

THE INEVITABLE

There's no getting around the need for a clothes dryer in today's busy home.

When shopping for a new dryer and other appliances, consumers can look for the ENERGY STAR® label. The U.S. Environmental Protection Agency created the ENERGY STAR program in 1992 under the authority of the Clean Air Act. The program is a partnership between the EPA and the U.S. Department of Energy and assesses the energy efficiency of appliances and products. Products that earn the ENERGY STAR label save energy and money and help protect the environment.

According to the ENERGY STAR program, 80% of U.S. homes have a clothes dryer, and if all dryers were ENERGY STAR-certified, Americans could save \$1.5 billion a year in utility costs.

For the same money, a gas dryer can dry more than two loads of laundry compared to only one load with electric. And, because they heat up and cool down faster, gas dryers can help keep clothes from wrinkling; gas dryers are considered gentler on fabrics.



In addition to certifying energy-efficient dryers and other appliances, the ENERGY STAR program features tools and resources to help consumers make selections, find rebates and learn about appliance efficiency in general.

The program offers these laundry tips for budget-minded consumers who want to get the job done while saving energy:

- Use sensor drying, not timed drying. Dryers with the ENERGY STAR use advanced moisture sensors and automatically shut off when clothing is dry.
- Use the low heat setting. Longer drying cycles on low use less energy.
- Clean the lint filter after each load to increase the dryer's efficiency and improve air circulation.
- Scrub the lint filter often. Dryer sheets can leave a film on the filter and that can reduce airflow and affect motor performance.

No matter how many loads show up in the laundry room each week, it's wise to consider a gas dryer that saves money and is energy-efficient and environment-friendly. ■

COMPETITIVE ADVANTAGE: GAS WATER HEATERS KEEP YOU IN HOT WATER – AND THAT’S A GOOD THING.

Teaming a reliable gas water heater with a gas clothes dryer is one way to take the wrinkle out of laundry day.

In today’s home, water heaters are one of the biggest users of energy, according to the American Gas Association. However, compared to water heaters fueled by electricity, natural gas water heaters cost less to operate because natural gas costs less than electricity.

Gas water heaters have a higher first-hour rating in terms of gallons of hot water available and recover faster, enabling consumers to do that extra load or two of laundry with ease.

There are two types of gas water heaters: tank-type and tankless. Tank-type storage water heaters are the most common water heater found in homes. A storage water heater receives cold water from the house’s water supply and heats it to a set point with a gas burner at the bottom of the tank. The hot water is stored in the tank at the set temperature, until the hot water is needed. Hot water is then delivered throughout the home through the plumbing system. As hot water is dispensed, cold water is delivered to the bottom of the tank to be heated. Tank sizes vary between 20 to 80 gallons of hot water.

Tankless water heaters offer on-demand hot water. They have a gas burner that ignites to heat the water when a hot water faucet is turned on. The burner turns off after the hot water faucet is turned off. A tankless water heater provides energy savings because it heats the water only as

it is needed. Energy is not wasted heating a tank full of water that is not being used. In addition, many models come with leak detection and Wi-Fi connectivity.

A tankless water heater is generally more costly than a conventional tank



heater, but a tankless heater has a lower overall lifecycle cost and can last twice as long as a tank-type unit, according to the U.S. Department of Energy.

Also, tankless heaters certified by the Environmental Protection Agency’s ENERGY STAR® program are often eligible for utility rebates. ENERGY STAR-certified water heaters offer energy savings, performance and reliability. Because they use less energy than standard models, homeowners can save money on their utility bills while helping the environment.

The ENERGY STAR program also provides resources and tools for selecting energy-efficient appliances.

Consumers who want to keep their gas water heaters and dryers in tip-top shape should invest in the ongoing maintenance of these and other household appliances. Routine maintenance will protect their investment and help their appliances operate smoothly for years. ■





Rediscovering the joy of home cooking

Natural gas offers home chefs professional-level results with a reliable and affordable fuel source.

By Tonya McMurray

The COVID-19 pandemic spurred a new interest in home cooking, with consumers purchasing more cooking products and expanding their repertoire in the kitchen.

“People are cooking more at home and are more open to trying things they may not have considered making themselves before,” said Ann Muth, director of marketing for BlueStar, a manufacturer of high-performance cooking appliances for the home. “We’ve seen more wok cooking at home. A lot of people are doing some longer-length cooking, for example, simmering for hours. Many of the chefs we work with have been on overtime for the last year and are cranking out content because people are hungry for more recipes and things to try.”

“You have instantaneous flexibility when cooking with gas. When you turn your burners on, they’re on, and when you turn them off, they’re off. You can get them really high, and you can get them really low. All of that control is important to home cooks and important to get the results you want.”

— Ann Muth, director, marketing, BlueStar

The resurgence in home cooking has led to an increased interest in pro-style ranges and manufacturers to design more sustainable products with a lower carbon footprint, according to Reviewed, an online magazine for product testing and reviews.

Even as vaccines and loosening restrictions signal a return to a more normal lifestyle for many Americans, the increased interest in home cooking is likely to stay, Muth said.

“One of the big barriers to cooking at home is people just don’t think they can do it or don’t think they have the time to do it,” she said. “But they’ve been doing it for the last year-and-a-half, so it may feel more accessible to them and make them more open to trying a new recipe they wouldn’t have considered before.”

COOKING CONTROL

For the serious home cook, natural gas stoves and ovens offer pro-style results. With natural gas, the temperature can be adjusted moment-to-moment, making it easier to

get precisely the temperature needed for every stage of cooking.

“You have instantaneous flexibility when cooking with gas,” Muth said. “When you turn your burners on, they’re on, and when you turn them off, they’re off. You can get them really high, and you can get them really low. All of that control is important to home cooks and important to get the results you want.”

Getting the best results with a gas stovetop requires choosing the right size pan for the size of the burner head.

“You never want the flames creeping up the side of your pot or your pan,” Muth said. “It’s a fine line. You want even distribution where the flame is covering the full bottom surface of the pot or pan, but you don’t want it going up the side.”

Gas cooktops can be retrofitted with accessories such as grill space, infrared griddles and functional cutting boards, according to HGTV, a pay television channel featuring home improvement content. Some manufacturers have begun implementing Bluetooth-enabled functionality to turn on task lighting and ventilation when the stove is in use and sync clocks on kitchen devices.

Natural gas ovens tend to have more moisture because of the humidity released into the oven cavity during combustion. This extra moisture can be particularly helpful when cooking meat or poultry, making it less likely to dry out even during extended cooking periods.

Because of the extra moisture in natural gas ovens, cooks will want to make sure the oven is fully preheated.

“People wonder why their first batch of cookies is terrible, but the rest are fine. Your oven just wasn’t ready yet,” Muth said. “Preheating is really important. When you walk into the kitchen and you know you’re going to bake something, turn on the oven to the temp you need.”

Muth recommends that cooks rotate pans, and sometimes even

(continued on page 08)





(continued from page 07)

racks, midway through the cooking process to get even baking. Consumers should also consult the manual for their ovens to see if the manufacturer has recommendations for which types of foods should be placed on which racks.

In addition to more precise cooking, cooking with natural gas costs about half as much as cooking with electricity. Not only is natural gas

cheaper than electricity, but heat from natural gas is also distributed more evenly, allowing food to cook quicker, further reducing fuel costs, according to the Blue Flame Alliance, a consortium of utilities, food service equipment manufacturers, gas industry associations, national accounts and trade allies organized to be a source of gas solutions for the commercial segment.

Muth said cooks should also make sure the kitchen has good ventilation to maintain the cleanliness and health of air in the home.

“With BlueStar or any pro-style appliance, you really want to have ventilation to suck out some of the extra heat, smoke and odors,” she said. “Ventilation is a really important component in the cooking experience.” ■

EASY CHICKEN STIR FRY

INGREDIENTS

1 pound skinless boneless chicken breasts - cut into thin slices or cubes

2 tablespoons oil

2 tablespoons soy sauce

½ teaspoon ground ginger

½ teaspoon garlic powder

2 stalks celery

2 carrots - medium

1 onion - medium

2 cups broccoli florets

8 oz water chestnut - drained (optional)

8 oz chicken broth

3 tablespoons corn starch



DIRECTIONS

- 1 Trim and slice about 1 pound of skinless boneless chicken breast into thin slices or cubes. Heat 2 tablespoons oil in a nonstick pan over medium-high heat, and add the chicken when hot. Stir frequently.
- 2 Combine two tablespoons soy sauce, ½ teaspoon ground ginger and ½ teaspoon garlic powder in a small bowl. Mix well.
- 3 After chicken is cooked for about 5

minutes, add the soy sauce mixture and continue to cook until tender (about 6-8 minutes) and break into bite-size pieces with a wooden spoon.

- 4 While the chicken is cooking, chop two stalks of celery, two medium carrots and a medium onion. Prep 2 cups broccoli florets (about one medium head)
- 5 Add all the veggies to the pan. Add an 8 oz can of drained water chestnuts if you want.

Stir and cook about 5 minutes.

- 6 While the dish is cooking, mix 8 oz of chicken broth with 3 tablespoons cornstarch until dissolved. After about 5 minutes of cooking, add the chicken broth/cornstarch mixture, and stir continuously until boiling and veggies are tender. About 5 minutes. Longer for a double batch.

SOURCE: 101 COOKING FOR TWO LLC



mood. And, gas fireplaces eliminate the work required for wood-burning fireplaces.

“Gas fireplaces don’t require the addition of firewood to keep them burning, which means the end of buying, stacking and hauling wood,” she said. “There is no dirty ash to clean up. The undeniable convenience leads homeowners who’ve made the switch to make more fires and enjoy their fireplace more often after converting to gas.”

“The holiday season is all about gathering family and friends, and a gas fireplace is a perfect place to gather around for comfort, warmth and ambiance. A fireplace is the focal point of a room and provides a cozy mood, unlike any other design element.”

— Ashley Berglund, public relations and media communications manager, Hearth & Home Technologies Inc.

HOLIDAY COOKING

The kitchen is often a focal point during holiday celebrations. Before guests arrive, check to see that there are enough plates, glasses and cutlery. Attractive, holiday-themed extras can often be purchased from the local dollar store.

A natural gas stove offers consistent and reliable cooking to prepare various holiday dishes. Make desserts and side dishes a day or two before the holiday event so there will be less to do on the day of the event. Baked items such as cookies and pies can often be made several days or even weeks ahead of time and frozen to save time or have on hand for impromptu gatherings. ■

(continued from page 03)

Another way to ease holiday stress is ordering any specialty items early, according to BuildDirect, an online marketplace for home improvement materials. Ordering early for turkeys, bakery items, trees or items associated with cultural traditions ensures the best selection, minimizes problems with delivery delays and helps mark major items off the to-do list.

CREATING A WARM WELCOME

A natural gas fireplace creates a warm and welcoming atmosphere for holiday entertaining without much work.

“The holiday season is all about gathering family and friends, and a gas fireplace is a perfect place to gather around for comfort, warmth and ambiance,” said Ashley Berglund, public relations and media communications manager at Hearth & Home Technologies Inc. “A fireplace is the focal point of a room and provides a cozy mood, unlike any other design element.”

Natural gas fires offer consistent and controllable heat that can be turned on or off by flipping a switch, using a smartphone or activating voice controls, Berglund said. Homeowners can easily adjust flame height and fire intensity to get just the right temperature and





Savings mount up

Natural gas combi boilers make economic sense for the home.

By Drew Robb

With the passing of summer, the attention of many homeowners shifts onto preparation for the winter season. Boats and docks need winterizing, gutters need clearing, and home heating and hot water systems need to be checked to ensure they are in good working order. Not only must they be able to function, but they must also be able to operate efficiently to prevent utility bills from rising sharply.

Natural gas is an environmentally friendly fuel that is far more energy-efficient than electric systems. That's why many homeowners are switching from electric to natural gas systems. But even those who already use natural gas for home heating and hot water are considering an

option that could increase the savings even more – the installation of a combination boiler/hot water system.

“It's often best to combine home heating and hot water as it's much more efficient,” said Richard Trethewey, a master plumber from Boston, Massachusetts, who installs hot water and heating systems.

COMBI BOILER BASICS

Combination or combi boiler systems help homeowners save money, space or both. On the financial side, the savings quickly mount up. According to a Green Affordable Housing Coalition report, combination water and space heating systems can reduce utility costs by 15%

or more than standard installation of separate furnaces and water heater systems.

How about space? Instead of a large water boiler or furnace taking up lots of space in the basement or garage, one compact appliance provides all the heat and hot water required by the entire household – and does it efficiently, saving on both operating and installation costs. Trethewey noted that far less piping, venting and wiring are needed within a combi project than traditional boiler and home heating arrangements.

While conventional systems store domestic hot water in a large tank, combis heat water in the same way as a tankless water heater. This is accomplished via a second heating circuit, which supplies hot water whenever it is needed. This feature alone eliminates the need for a hot water cylinder, a loft tank and related pipework. As all parts of a combi system are contained within a single unit, they are much easier to install.

HOME REPLACEMENT

Trethewey installed a combi system in the basement of one home in Massachusetts. One small system replaced a large, aging, hot water heating system. Water was heated in the boiler and transmitted to con-

“Combination water and space heating systems can reduce utility costs by 15% or more than standard installation of separate furnaces and water heater systems.”

— Green Affordable Housing Coalition

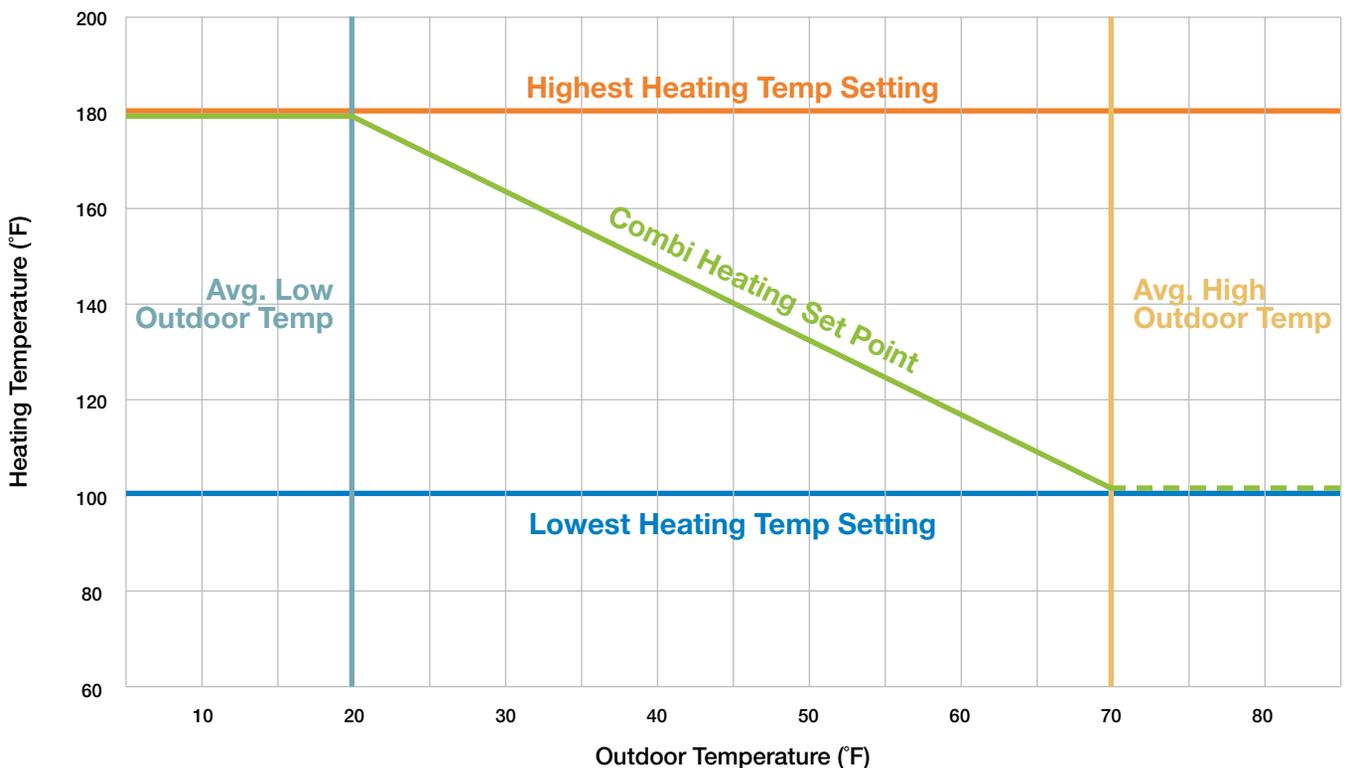
vectors in each room to provide heating.

Over on the other side of the basement stood a traditional tank to provide hot water – always using energy whether hot water was needed or not.

“A small gas-fired combination boiler provides both heat and hot water for the house,” said Trethewey. “One small unit replaced the large water tank and home heating system.”

Unlike a traditional boiler, the burner for hot water is only running when the faucet is turned on at a sink, bath or shower. As there is no tank to heat up, energy savings can be substantial.

(continued on page 12)



SOURCE: RHEEM MANUFACTURING CO.

Older home-heating systems waste energy as they operate with rigid set points. Modern combi boilers heat the entire home and provide it with ample hot water while saving on energy bills.

“A small gas-fired combination boiler provides both heat and hot water for the house. One small unit replaced the large water tank and home heating system.”

**— Richard Trethewey,
Boston, Massachusetts-based
master plumber**

(continued from page 11)

HOME-HEATING AND COOLING VERSATILITY AND EFFICIENCY

What sometimes isn't realized is just how versatile combi boilers can be. As well as pairing home heating with hot water production, the presence of a hydronic air handler means that the system can supply cool air in the summer. Ducting would have to either be present or be added.

Such a system makes maximum use of the available energy from a small amount of natural gas. This is yet another way natural gas offers a way to lower the carbon footprint of the home compared to the use of electrical systems for hot water, heating and air conditioning.

When it comes to home heating and cooling, combi boilers also maxi-

AN ABUNDANCE OF HEAT: COMBI BOILERS WITH HYDRONIC AIR HANDLERS MEAN BIG SAVINGS.

It makes sound economic sense to pair up natural gas home heating and water heating using a combi boiler. The savings quickly mount up. Yet, homeowners can save even more money by also installing a hydronic air handler. The term “hydronic” means a cooling or heating system in which heat is transported using circulating water.

Another advantage is that the presence of an air handler provides the option for a home with hot water to use the system to provide A/C by installing the necessary ductwork. The air handler can also work solely with a tankless water heater.

Units are available from a variety of providers. For example, the Rheem Manufacturing Co.'s Prestige® Series high-efficiency combination boilers offer both hydronic space heating and domestic hot water in a single unit. Whether the living room needs to be made extra cozy for movie night or someone wishes to run a relaxing hot bath, a hydronic combi unit usually fits the bill.

These systems have high-efficiency ratings that translate directly into energy savings. Additionally, they offer the potential for homeowners to qualify for rebates from local utilities and government programs.

“The unit features a domestic hot water loop as well as a hydronic heating loop for central heating,” said Jason Westbrook, a technician for Rheem Water Heating.

According to Rheem, an almost 10-gallon-per-minute flow rate is more than enough hot water for a home with up to 2.5 bathrooms. That means it can provide abundant hot water for the entire home, even to showers on the third floor. These hydronic combi boiler units are a great replacement for a tank water heater and traditional boiler. They are compatible with any hydronic heating device, including radiant heat systems.

Another option for the home is the Noritz Corp.'s CB Series combi boiler. It uses hydronic heating and is most suitable for areas with large houses with large families situated in areas experiencing severe winters. This 95% efficient unit provides around 9 gallons per minute. It takes up about 80% less space than traditional boilers in a package that is around 18 inches by 14 by 28. It can



PHOTO COURTESY OF RHEEM MANUFACTURING CO.

Combi boilers with hydronic space heating can provide an abundance of hot water and heat for the average home.



mize efficiency to keep bills low. How? Old heating systems tend to have rigid temperature set points that cause too much fuel to be consumed. This results in systems that overheat the home, especially during spring and fall. On the other hand, some modern combi boilers are designed to have flexible set points that adjust to seasonal patterns. By keeping track of outdoor temperatures, they adjust temperature settings when the air is not as cold outside. In other words, they only provide the exact amount of room heating needed and no more.

In short, with winter approaching, natural gas combi boilers make sense on several fronts. They are good for the environment and have proven to be energy efficient, enabling the homeowner to have more cash to save for the holiday season. ■

fit on the wall of a basement or a closet and is hardly noticeable. It can also be used with in-floor radiant hydronic heating as well as HVAC systems.

The I-Series boiler from Rinnai America Corp. offers simultaneous usage of home heating and domestic hot water production. For example, if the heat is running and

someone in the home wants to take a shower, the heat is not interrupted as it is with many traditional boilers in existing homes. The technology also includes precision control of the hot water temperature. It features a self-cleaning, stainless-steel heat exchanger and can run on natural gas or propane if natural gas is not available. ■

SMALL UNIT BIG HEAT

Continuous domestic hot water and hydronic home heating in one space-saving solution

WORKS WITH:

- Hydronic Baseboard Heating
- Radiant Flooring
- Radiators
- Hydronic Air Handlers

Rheem Prestige Series combination boilers offer space heating and domestic hot water.

SOURCE: RHEEM MANUFACTURING CO.

naturalFit



Extending the season

Natural gas creates warm, inviting atmosphere for outdoor holiday gatherings.

By Tonya McMurray

The crisp cool fall weather doesn't have to mean an end to outdoor holiday celebrations. Natural gas provides a reliable, comfortable and environmentally friendly fuel source for outdoor spaces of all sizes.

"Natural gas provides flexibility for large or small spaces," said Justin Merritt, business development manager for Superior Radiant Products Ltd. and IREnergy Inc. "It is also historically much cheaper in the long term to use natural gas compared to electricity."

Superior Radiant Products designs and manufactures energy-efficient infrared heating solutions. Located in the United States, Canada and China, the company offers a complete range of gas-fired low and high-intensity infrared heaters for industrial, commercial, agricultural, hospitality and residential applications worldwide.

HEATING UP

The key to enjoying an outdoor living space during cooler weather is a natural gas patio heater. Heaters can be permanently installed in-ground, deck-mounted or hung from a roofline or on a wall. Other heaters are freestanding and portable to allow for greater flexibility in use. Smaller heaters can provide spot heating for an outdoor grilling spot, while larger heaters can warm a large space to create a cozy atmosphere for a party or small gathering.

"Natural gas can lend itself to any kind of application and gives you a range in solutions so you can consider the aesthetics," Merritt said. "Do you want something on the floor that blends in with your furniture accents or would you like to get it off the floor and on the wall or ceiling to keep the patio nice and open? Natural gas allows for different comfort ranges so you can have a low-fire setting or on those colder evenings, you can use a higher setting to increase comfort."

Infrared radiant heaters can offer even greater comfort and better fuel savings for outdoor spaces. Infrared heaters operate much like the sun, with heat passing through the air and heating solid objects rather than blowing warm air into a space. Infrared heaters provide heat and warmth quickly without requiring significant preheating time, reducing energy use.

"We're trying to direct as much of the energy to heating the floors, the tables, the people, the furniture," Merritt

said. "We're not blowing hot air that can be compromised by a gust of wind. You're not having that heat blowing out of the space."

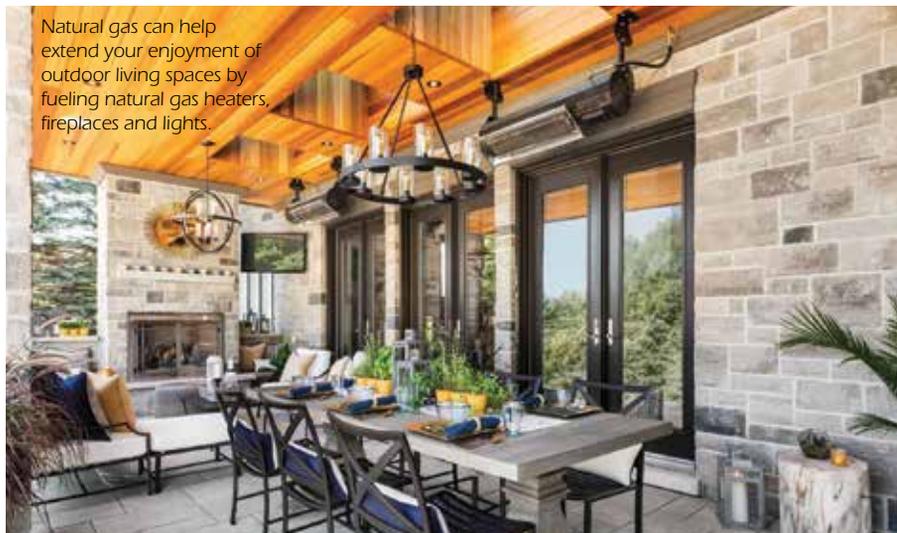
A COZY ATMOSPHERE

Outdoor fireplaces and fire pits offer both warmth and ambiance. Because there are no sparks or hot embers flying about, gas fire pits and fireplaces can be located almost anywhere — even near patio furniture or wood decks.

Natural gas grills provide precise temperature control and more consistent cooking results. Grills can be freestanding and modestly sized or large permanent structures. Gas grills ignite quickly, and unlike propane grills, there's no chance of a tank running out during a cookout. Because natural gas grills connect directly to your home's existing natural gas line, the fuel is always available and ready to go.

Gas-fueled lights and tiki torches add a finishing touch to outdoor spaces and offer a reliable light source, even during a power outage. Lights can be mounted on exterior walls, porch ceilings or lamp posts. Light sensors and timers can help reduce fuel use by ensuring that lights are only on when you need them.

With natural gas, outdoor living spaces can offer an inviting atmosphere for gatherings long after the chill of autumn comes around. ■



Natural gas can help extend your enjoyment of outdoor living spaces by fueling natural gas heaters, fireplaces and lights.

PHOTO COURTESY OF SUPERIOR RADIANT PRODUCTS LTD. AND IRENERGY

GRILLED MIXED VEGETABLES

INGREDIENTS

¾ pound potatoes; cleaned and cut into 1-inch pieces

¼ pound baby carrots

2 green or red peppers; 1-inch pieces

1 zucchini; small ½ inch slices

1 yellow squash; small ½ inch slices

1 head broccoli; trimmed into florets

Salt and pepper to taste

Olive oil; just to coat

DIRECTIONS

- 1 Preheat the grill to 450°-500° range surface temperature. That is medium-high on most grills.

- 2 Prep the veggies you want. I'm doing small potatoes cut into about 1-inch pieces (30 minutes). Baby carrots (25 minutes). Broccoli, peppers, zucchini, and yellow squash all at 15 minutes.
- 3 Give them all a nice coat of oil and season with some salt and pepper to taste.
- 4 Start grilling with a closed hood and stir every 5 minutes. Potatoes first, then at the first stir, add the carrots. At 15 minutes into cooking, add the other veggies.
- 5 Serve immediately.

SOURCE: 101 COOKING FOR TWO LLC



GRILLED TURKEY BREASTS

INGREDIENTS

3 ½ to 5 pounds fresh turkey breast (may use a thawed frozen)

Brine (only if not injected or previously brined)

2 quarts water

¼ cup table salt

¼ cup brown sugar (optional)

2-3 cloves crushed garlic (optional)

2-3 bay leaves (optional)

Rub

2 tablespoons brown sugar

1 teaspoon kosher salt (only if not brining and not injected)

1 teaspoon chili powder

½ teaspoon oregano

½ teaspoon cumin

2 teaspoons oil

DIRECTIONS

If your turkey breast is not injected or

previously brined, brining is an excellent idea. Start with a brine:

- 1 To water, add salt, brown sugar, garlic, and bay leaves
- 2 Trim and clean the turkey breast
- 3 Add the turkey to the brine and refrigerate for 3-6 hours
- 4 Preheat grill to a grill surface temperature of 350° to 400° (use a surface thermometer)
- 5 Mix together rub ingredients; add 1 teaspoon kosher salt if you did not brine and if you are sure the breast was not injected.
- 6 Rinse the breast carefully, pat dry then brush with a little oil. Apply the rub.
- 7 Grill skin-side down for about 5-8 minutes to get some browning of the skin then flip and turn off the direct heat on that side of the grill with the meat.
- 8 Place the thick side of the breast toward the heat. Keep the temp of the grill 350° to 375° in the area between the direct



and indirect sides. Keep the lid closed and your hands off as much as possible.

- 9 Grill, generally, about 1 ¾ to 2 hours (but do not cook by time alone). Cook until an internal temp of 165° (use an instant-read thermometer) in the thickest part and several other locations (3-4). This will vary by the weight and thickness of the turkey breast and your grill. Remove from heat and let rest for 10 minutes before serving.

SOURCE: 101 COOKING FOR TWO LLC