

Light Up the Night with Unique Flavors

Families often head outdoors for dinner, and anyone can turn to the grill for a variety of mouth-watering flavors. It's easy to adapt sauces, rubs and marinades to fit your family's taste buds.

- **Stay Sauci-fied** Sauces are a great flavor-enhancing option that will satisfy taste buds, and are perfect for a variety of grilled cuts like chops and ribs. Many sauces are customizable and can add a hint or a whole lot of flavor—so have fun when making your selection! Or you can personalize your favorite bottled sauce by adding flavor boosters such as chili powder or orange marmalade. To maximize flavor and prevent burning, brush on sauces 20 to 30 minutes before removing from the grill.
- **Rub It Right** Store-bought or homemade, dry rubs create endless options for spicing up tenderloin, chops or ribs. Dry rubs are a mixture of herbs and spices that add flavor without fat and are applied to the meat's surface. Spices with bold flavor, like rosemary, cumin, coriander and cayenne, work best for dry rubs and when combined with the meat's natural juices they work as a "dry" marinade. Rubs can be applied just before grilling or the night before cooking and, depending on your mood, apply a little or a large amount of rub to increase flavor intensity.
- **Marinate Away** The primary characteristic of marinades is that they take on liquid form with three typical ingredients: an acid (such as vinegar or fruit juice), an oil and herbs and spices. To ensure even distribution, place marinades in a self-sealing plastic bag or covered container with the cut of meat. Always marinate in the refrigerator and discard any leftover marinade. Ethnic-inspired marinades like in the Asian-Flavored Baby Back Ribs add unique flavor to pork and are easy to prepare.

Using an Instant-Read Thermometer

To use an instant-read thermometer, pull the meat off the grill far enough to insert the probe about 2 inches into the thickest part of the meat without touching bone. The temperature should register in a few seconds.

If you do not already have one, we recommend you purchase a digital instant-read thermometer. Although larger thermometers are designed to be left in the meat while cooking, an instant-read should not be left on the grill.



Grilling Pork

Recipes and Guide

pork
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Grilling Times & Temperatures

| Method | Cut | Thickness/Weight | Final Internal Temp. | Cooking Time |
|--------------------------|----------------------------------|------------------|----------------------|----------------|
| Grill over direct heat | Chops, Bone-in or Boneless | ¾ inch | 145°-160°F.* | 8–12 min. |
| | Thick Chop | 1½ inches | 145°-160°F.* | 12–22 min. |
| | Kabobs | 1 inch cubes | Tender | 8–10 min. |
| | Tenderloin | 1–1½ lbs. | 145°-160°F.* | 20-30 min. |
| Grill over indirect heat | Ground Pork Patties | ½ inch | 160°F. | 8–12 min. |
| | Loin Roast, Bone-in or Boneless* | 2–3 lbs. | 145°-160°F.* | 20-26 min./lb. |
| Grill over indirect heat | Shoulder Roast* | 5–6 lbs. | Tender | 30-45 min./lb. |
| | Ribs | – | Tender | 1½–2 hrs. |

* Note: Let rest for 3 minutes before serving.

The National Pork Board recommends cooking pork chops, roasts and tenderloin to an internal temperature between 145° F. (medium rare) and 160° F. (medium), followed by a 3-minute rest.



Chile-Rubbed Grilled Pork Chops

4 boneless pork sirloin chops, about 6-oz each, ½-inch thick

Chile Rub:

3 jalapeno chilies, seeded, very finely minced, about ¼ cup
2 Tbs. sesame oil
2 Tbs. soy sauce
¼ teaspoon sugar

(ingredients continued on reverse)



Grilled Bratwurst with Onions Braised in Beer & Mustard

4 4-oz. fresh bratwurst (or cooked or smoked varieties)
2 Tbs. bacon fat, lard or olive oil
3 cups onion, thinly sliced
½ tsp. sugar
12 oz. dark or amber beer
2 bay leaves
2 Tbs. coarse-ground country-style mustard
4 crusty hoagie or Italian rolls, split

Chile-Rubbed Grilled Pork Chops

Marinade:

2 cloves garlic, crushed
1 Tbs. ground cumin
1 tsp. red pepper flakes
½ cup fresh lime juice
½ tsp. salt
¼ tsp. black pepper, freshly ground

minutes per side, until internal temperature on a thermometer reads 145° F., followed by a 3-minute rest time.

Nutrition: Calories: 264, Protein: 37g, Fat: 11g, Sodium: 440mg, Cholesterol: 106mg, Saturated Fat: 3g, Carbohydrates: 3g, Fiber: 0g.

Yield: 4 servings | **Prep time:** 15 min. | **Cook time:** 10 min.



Go Southwest Marinated Pork Tenderloin

2 Pork Tenderloins, (1½-2 lbs.)
vegetable oil, for brushing
3 Tbs. chipotle chile in adobe sauce, pureed

Marinade:

½ cup fresh orange juice
¼ cup extra-virgin olive oil
2 large cloves garlic, minced
1 tsp. kosher salt
1 tsp. freshly ground black pepper

Go Southwest Marinated Pork Tenderloin

Combine all marinade ingredients in a bowl. Stir thoroughly to blend. Use immediately or cover and refrigerate up to 1 month. Makes about 1 cup.

Place tenderloins in a 1-gallon, resealable plastic bag or shallow baking pan. Coat all sides of pork with marinades. Seal bag or cover pan. Refrigerate and marinate 2-4 hours. Turn bag or pork occasionally to coat all sides. Remove from refrigerator 30 minutes before grilling.

Prepare a medium fire in a charcoal grill or preheat a gas or electric grill on medium. Brush the grill grate with vegetable oil. Place pork directly over medium fire. Cover grill and cook pork 6-8 minutes. Turn and cover again. Cook another 8-10 minutes, or until meat is slightly pink in the center, or an instant-read thermometer registers 145° F. when inserted into the tenderloin's thickest part. Remove tenderloins, tent with foil and set aside to rest for 5 minutes. Cut the pork into 1-inch-thick slices, arrange on a plate and serve.

Nutrition: Calories: 251, Protein: 25g, Fat: 16g, Sodium: 1446mg, Cholesterol: 80mg, Saturated Fat: 4g, Carbohydrates: 3g, Fiber: 0g.

Yield: 6 servings | **Prep time:** 15 min. | **Cook time:** 20 min.

Grilled Bratwurst with Onions Braised in Beer and Mustard

Heat fat in 12-inch, deep skillet over medium heat. Add onions and sugar, stir well to coat with fat. Sauté onions, stirring frequently, for 10 minutes, or until starting to turn golden brown. Add beer, scraping up any browned bits from bottom of pan. Add bay leaves, lower heat and simmer for about 10 minutes. Stir mustard into onions, remove from heat and set aside, discarding bay leaves.

Grill bratwurst over medium-hot fire, turning to brown evenly, until nicely browned and internal temperature reaches 160° F. on an instant-read meat thermometer. Remove from grill and add to skillet with onions. Over medium heat, cook and stir until sauce becomes syrupy. Serve bratwurst in rolls, generously smothered with mustardy onions.

Nutrition: Calories: 620, Protein: 22g, Fat: 40g, Sodium: 1023mg, Cholesterol: 75mg, Saturated Fat: 15g, Carbohydrates: 36g, Fiber: 3g.

Yield: 4 servings | **Prep time:** 20 min. | **Cook time:** 20 min.



Fast-off-the-Grill Chorizo Quesadillas

¾ lb. pork chorizo
5 10-inch flour tortillas
1 16-oz can black bean refried beans
½ lb. colby cheese, grated
1 cup Fresh cilantro leaves, loosely packed
olive oil, for brushing
1½ cups tomatillo salsa, (store-bought)

Fast-off-the-Grill Chorizo Quesadillas

Chorizo: Heat a skillet over medium-high heat. Crumble chorizo as you place it in the pan. Sauté until browned and cooked through, about 5 minutes. Using a slotted spoon, remove chorizo from the skillet to a plate. **Quesadillas:** Arrange 5 tortillas on a work surface. Spread ¼ cup refried beans evenly over half of each tortilla, leaving a ½-inch border. Scatter ½ cup cooked chorizo over beans. Scatter ½ cup of cheese over top. Divide and arrange cilantro over top of cheese. Fold opposite half of tortilla over the filling. **Grilling:** Prepare a medium fire in a grill. Brush outsides of tortillas with a small amount of oil. Using a spatula, transfer quesadillas to the grill. Grill on one side for about one minute, slide and turn quesadillas 90 degrees, grilling until cross-hatch grill marks appear. Slide spatula underneath to flip quesadillas and grill second side. Transfer quesadillas to a cutting board. Use a knife or pizza cutter to cut quesadillas into wedges. Arrange on a platter, serve immediately, accompanied with the tomatillo salsa.

Nutrition: Calories: 540, Protein: 25g, Fat: 31g, Sodium: 1100mg, Cholesterol: 70mg, Saturated Fat: 13g, Carbohydrates: 40g, Fiber: 5g.

Yield: 8 servings | **Prep time:** 20 min. | **Cook time:** 10 min.



Mediterranean Back Ribs with Pomegranate Sauce

5 lbs. pork back ribs
1 Tbs. kosher salt
1 tsp. black pepper, freshly ground
1 16-oz bottle pomegranate juice, 100%*
½ cup ketchup
1 Tbs. molasses
1 Tbs. soy sauce
2 scallions, white and green parts, chopped
2 cloves garlic, minced

Mediterranean Back Ribs with Pomegranate Sauce

Season ribs with salt and pepper. **For a charcoal grill:** prepare an indirect medium-hot fire with drip pan in the center. **For a gas grill:** heat grill to medium and turn off burners below where ribs will go. Lightly oil cooking grate. Place ribs over indirect heat (over drip pan or unlit burner). Close grill hood and cook until ribs are tender, about 1½-2 hours. (If using charcoal, add more charcoal briquettes to fire, if necessary, to maintain grill temperature of about 325-350° F.) **Sauce:** Bring pomegranate juice to a boil in saucepan over high heat. Boil until thickened and reduced to ½ cup, about 15 minutes. Stir in ketchup, molasses, soy sauce, scallions and garlic. Bring to a simmer. Cook, stirring often, until thickened, 5 minutes. **Finishing the ribs:** During last 20 minutes of cooking ribs, baste ribs with sauce. Ribs are done when meat pulls away from the bone.

*For an alternative to pomegranate sauce, try a Currant BBQ Sauce by substituting the reduced pomegranate juice with ½ cup red currant jelly and 1 Tbs. cider vinegar.

Nutrition: Calories: 740, Protein: 39g, Fat: 55g, Sodium: 1660mg, Cholesterol: 190mg, Saturated Fat: 20g, Carbohydrates: 21g, Fiber: 0g.

Yield: 6 4-rib servings | **Prep time:** 10 min. | **Cook time:** 2 hrs.



Italian Pork Kabobs with Summer Vegetables

1½ lbs. boneless pork loin roast, cut into 1-inch cubes
2 Tbs. red wine vinegar
1½ tsp. kosher salt
½ tsp. red pepper flakes, or less to taste
1 Tbs. extra-virgin olive oil
1 Tbs. fresh basil, chopped, OR 1 tsp. dried basil
1 Tbs. fresh oregano, chopped OR 1 tsp. dried oregano
2 cloves garlic, chopped
2 small zucchini, trimmed, cut crosswise into rounds
2 large bell peppers, seeded, cut into 1-inch squares

Italian Pork Kabobs with Summer Vegetables

Prepare outdoor grill for direct medium-hot grilling. For a gas grill, preheat grill on high. Adjust temperature to 400°F. For a charcoal grill, build fire and let burn until coals are covered with white ash. Spread coals and let burn for 15-20 minutes.

Whisk vinegar, 1 teaspoon salt, and hot red pepper together in large bowl. Whisk in oil. Add basil, oregano, and garlic. Add pork loin and toss to coat. Spread zucchini and bell peppers on top of pork, season with remaining ½ teaspoon salt, and let stand 5 minutes. Stir to coat with marinade. Do not marinate longer than 15 minutes. Skewer pork, zucchini, and bell peppers, alternating ingredients, onto 6 metal kabob skewers.

Lightly oil cooking grate. Place kabobs on grill and cover grill. Cook, turning occasionally, for about 10-12 minutes or until pork is browned. Let stand for 3 minutes, then serve.

Nutrition: Calories: 160, Protein: 24g, Fat: 5g, Sodium: 540mg, Cholesterol: 75mg, Saturated Fat: 1g, Carbohydrates: 2g, Fiber: 1g.

Yield: 6 servings | **Prep time:** 10 min. | **Cook time:** 20 min. | **Marinate time:** 15 min.

The "Grate" Debate

While most people use the terms "barbecue" and "grill" interchangeably, they are not one and the same. The confusion lies in that the same piece of equipment—the barbecue grill—can be used for grilling and barbecuing. **Grilling**, by definition, is a high-heat, direct method of cooking meat over live flames. By contrast, **barbecuing** is characterized by a long, low-heat, smoke-cooking method using coals, smoldering logs or chunks of wood.

Direct Heat is grilling the food directly over the hottest point of the heat source. Grill pork chops, burgers, kabobs and anything less than 2 inches thick over direct heat.

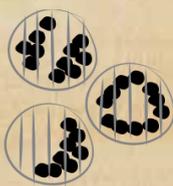
- For charcoal grilling, arrange coals evenly throughout the grill
- When using a gas grill, turn on all burners to the desired temperature
- Flip food once to ensure even cooking
- Check cooking temperature when using charcoal: **Low**=Ash coat is thick, red glow less visible, **Medium**=Coals covered with light-gray ash, **High**=Red glow visible through ash coating



Indirect Heat requires the heat source to be built off to the side or around the area where the cooking takes place. Grill larger cuts of meat, like ribs and roasts, using indirect heat.

Charcoal Grill

- Arrange coals along perimeter of fire grate, or bank on one side
- Place an aluminum foil drip pan in the center of fire grate, or to the side opposite the coals
- Add grill grate and place pork over drip pan
- To adjust temperature, partially open vents on bottom of grill
- Cooking time will vary depending on the cut of meat and quantity of food being grilled, but plan for about an hour for a 2-pound loin roast and ½-2 hours for a slab of ribs



Gas Grill

- For a two-burner grill, preheat only one burner; for a three- or four-burner grill, light only the outside burners and place meat in center
- When hot, place meat over unlit burner and close lid to trap heat inside
- Most gas grills come with a catch pan, or grease collector, so there is no need for a drip pan

Smoke 'em if You Got 'em!

Try a time-honored method for enhancing the flavor of grilled food—smoking. Smoking is done by placing uniquely flavored woods, such as apple, hickory, mesquite or oak, on the hot coals or heat source on the barbecue. The rich, deep flavor of the woods is brought out by slowly cooking the meat in a covered grill, at a constant temperature of at least 250°F. Keeping the temperature low gradually tenderizes the meat and allows time for smoky flavors to develop. Enjoying the time-honored taste of true smoking often means waiting several hours (from 1 to 2 up to 20!). If time isn't on your side, you can still enjoy smoky flavors without the wait by adding wood chips to a charcoal or gas grill.

Smoking Simplified

- With a gas grill, put presoaked wood chips in a cast-iron smoker box or wrap them in aluminum foil and punch holes in the foil to release the smoke.
- With a charcoal grill, place wood chips directly on heated coals after the flames have subsided and the coals are gray in color, or place wood chips in a smoker box.
- Start with small amounts of wood chips, ¼ cup of wood chips is a good start.
- Always add the wood chips when you are ready to start cooking, when you place the food on the grill.

The Need for Speed – Tips for Grilling in a Hurry

Kabobs: Soak wooden skewers before grilling to prevent charring. Cut a pork tenderloin or boneless pork loin chops into 1-inch cubes and load skewers with whatever you fancy. Watch kabobs closely on the grill and turn frequently to prevent burning. *Hint: Meat kabobs, like pork will cook at different rates than vegetable and fruit kabobs.*

Sausages: Whether you have wieners, brats or frankfurters, they are a great match for your grill. Many sausages are packaged ready to eat—if labeled fully-cooked, they only need warming on the grill. *Hint: Remember to turn sausages often to prevent burning and avoid high heat so that the sausage casings don't burst.*

Ground Pork: Try ground pork burgers for another tasty, lean-meat alternative. Shape patties to your desired thickness. Refrain from pressing down on burgers while grilling—burgers will lose juices and could start unwanted flames. *Hint: When making patties, add your favorite seasonings. Ground pork combines well with flavors from around the globe. Be creative!*



Spanish-Inspired Grilled Pork Roast

2½ lb. boneless pork single loin roast
1½ Tbs. paprika
1½ Tbs. dried chipotle chile, crushed
½ cup sweet sherry, (cream sherry OR other oloroso sherry)
¼ cup olive oil
3 cloves garlic, crushed
½ tsp. salt
½ tsp. black pepper, freshly ground
(ingredients continued on reverse)



Asian-Flavored Baby Back Ribs

2 racks baby back pork ribs
4 stalks lemongrass, chopped
4 cloves garlic, crushed
2 shallots, finely chopped
2½ Tbs. grated ginger root
2 Thai chiles, (or 4-5 jalapenos), seeded, thinly sliced*
1 cup fresh cilantro, chopped
3 Tbs. sugar
2 tsp. ground coriander
1 tsp. ground black pepper
¼ cup soy sauce
3 Tbs. fish sauce
3 Tbs. lemon juice
½ cup vegetable oil

Spanish-Inspired Grilled Pork Roast

Roasted Pepper Vinaigrette:

2 7-oz. jars roasted sweet red peppers, drained
3 shallots, peeled, thinly sliced
2 Tbs. sherry vinegar
2 Tbs. sweet sherry
¼ cup olive oil
¼ tsp. salt
¼ tsp. freshly ground black pepper
¼ cup parsley, minced

For Roast: Place roast in self-sealing bag. In a bowl, whisk together remaining ingredients, pour over pork. Seal bag, toss gently. Refrigerate 8-24 hours, turning bag occasionally. Prepare a medium to medium-low, banked fire in covered kettle-style grill (for gas grill, heat only one side). Remove pork from marinade, reserving marinade. Grill pork over indirect heat, basting occasionally with reserved marinade, 40-60 minutes (20 minutes per pound) until internal temperature on a thermometer reads 145° F. Remove roast from oven; let rest 10 minutes before slicing to serve. **For Vinaigrette:** Slice drained peppers ¼-inch thick; toss with shallots in a bowl. In small bowl, whisk together vinegar, sherry, oil, salt and pepper; drizzle over peppers, toss, add parsley and toss gently. Set aside.

Nutrition: Calories: 210, Protein: 22g, Fat: 12g, Sodium: 171mg, Cholesterol: 63mg, Saturated Fat: 2g, Carbohydrates: 2g, Fiber: 0g.

Yield: 8 servings | **Prep time:** 15 min. | **Cook time:** 1 hr. | **Marinate time:** 8 hr.

Asian-Flavored Baby Back Ribs

In medium bowl, stir together all marinade ingredients; pour over ribs in heavy, resealable plastic bag. Seal bag and refrigerate for 4-6 hours.

Turn the ribs two or three times while marinating. Prepare an indirect medium fire in grill, with a drip pan in the center. For a gas grill heat grill to medium and turn off any burners directly below where the food will go. With the lid closed, the indirect heat method serves as an oven, circulating heat evenly throughout.

Remove ribs from marinade (discarding marinade), place in rib rack and place on grill over drip pan, away from the heat. Cover grill and grill for 1½ hours, until rib meat is very tender. Transfer the ribs to a cutting board, cut into serving portions.

**wear plastic gloves to protect hands when handling chiles*

Nutrition: Calories: 842, Protein: 51g, Fat: 67g, Sodium: 814mg, Cholesterol: 245mg, Saturated Fat: 24g, Carbohydrates: 6g, Fiber: 0g.

Yield: 4 servings | **Prep time:** 10 min. | **Cook time:** 90 min. | **Cook time:** 4 hrs.



Caribbean Pork Sandwich

4 loin pork chops, ¾-inch thick
1 Tbs. coarse salt
½ tsp. pepper, fresh cracked
½ tsp. cumin
½ tsp. allspice
½ cup mayonnaise, OR light mayonnaise
1 tsp. chipotle chile in adobo sauce, minced
1 tsp. lime zest, grated
4 ciabatta rolls, sliced in half horizontally*
lettuce leaves
tomato slices

Caribbean Pork Sandwich

Rub: Combine the salt, pepper, cumin and allspice in a bowl. Rub onto both sides of the pork chops. Cover and refrigerate at least 20 minutes. **Grill:** Prepare medium-hot fire in charcoal or preheat gas grill to medium high. Pat chops dry, grill over a medium-hot fire, turning once, until just done, about 8-9 minutes or until internal temperature reaches 145° F. Transfer chops to a cutting board. Cover loosely with foil; let rest 5 minutes.

Sauce: Combine mayonnaise, chipotle pepper, lime rind and juice in a small bowl. Season to taste with salt and pepper. Spread 1-2 tablespoons mayonnaise mixture on top half of rolls. Cut pork into thin slices and place on rolls. Add lettuce and tomato if desired.

Note: The lime in the dressing adds a lot of flavor and adds to the Caribbean theme but could be omitted.

**The sandwich can also be made with slices of a chewy country-style bread.*

Nutrition: Calories: 480, Protein: 28g, Fat: 22g, Sodium: 2010mg, Cholesterol: 95mg, Saturated Fat: 6g, Carbohydrates: 36g, Fiber: 0g.

Yield: 4 servings | **Prep time:** 10 min. | **Cook time:** 10 min. | **Marinate time:** 30 min.



Grilled New Potato Salad with Bacon & Scallions

6 slices bacon, thick-cut, cooked until crisp, then coarsely crumbled
2 lbs. red new potatoes, (golf-ball size), scrubbed and poked with a fork
2 Tbs. extra-virgin olive oil
4 green onions, including green tops, cut crosswise into thin rounds

(additional ingredients on reverse)

Grilled New Potato Salad with Bacon & Scallions

Dressing:

¼ cup extra-virgin olive oil
1 Tbs. apple cider vinegar
1 large clove garlic, minced
2 Tbs. fresh parsley, minced
1 tsp. kosher salt
½ tsp. sugar
1 tsp. freshly ground black pepper

Prepare a medium fire in grill. In a medium bowl, toss potatoes with olive oil until well coated. Arrange potatoes around outer edges of grill or place on upper rack if grill is so equipped. Cover and grill potatoes until tender when pierced with a knife, about 20 minutes. While potatoes are grilling, put green onions and bacon in a large bowl, and make dressing. Combine olive oil, vinegar, garlic, parsley, salt, sugar and pepper in a small bowl. Set aside. When potatoes are tender, transfer to a cutting board and cool for 5 minutes. Cut potatoes in half and add to

bacon and onions in the bowl. Stir dressing to combine and pour over potatoes. Gently toss to thoroughly combine. Serve immediately. The potato salad can be made up to 2 hours prior to serving. Cover and set aside at room temperature.

Nutrition: Calories: 280, Protein: 6g, Fat: 18g, Sodium: 571mg, Cholesterol: 10mg, Saturated Fat: 4g, Carbohydrates: 21g, Fiber: 3g.

Yield: 6 servings | **Prep time:** 15 min. | **Cook time:** 20 min.



Chili-Orange Country Style Ribs

4 pounds country-style pork ribs
1½ cups orange juice, OR apple juice
½ cup chili sauce
2 Tbs. hoisin sauce
1 Tbs. orange rind, grated
1 Tbs. Sriracha chili sauce, OR to taste
2 tsp. brown sugar, firmly packed

Chili-Orange Country Style Ribs

Place the ribs in a 4 to 5 quart Dutch oven. Add apple juice and cover. Bring mixture to a boil. Reduce heat to low and simmer 45 minutes or until tender.

Combine the chili sauce, hoisin sauce, orange rind, sriracha sauce and brown sugar in a small bowl.

Prepare medium-hot fire in charcoal grill or preheat gas grill to medium high.

Remove ribs from the Dutch oven and pat dry. Place ribs on grill and grill over medium hot fire 8 to 10 minutes or until glazed, turning once, and brushing with sauce.

Nutrition: Calories: 360, Protein: 47g, Fat: 13g, Sodium: 450mg, Cholesterol: 170mg, Saturated Fat: 4g, Carbohydrates: 9g, Fiber: 0g.

Yield: 8-12 servings | **Prep time:** 10 min. | **Cook time:** 90 min. | **Marinate time:** 1 hr.



Grilled Ham Steaks with Peach Salsa

4 ham steaks, about ½-inch thick

Peach Salsa:

1 cup peaches, chopped
1 cup grape tomatoes, cut in half
1 tsp. balsamic vinegar, OR seasoned rice vinegar
1 tsp. thyme, fresh chopped
1 tsp. jalapeno chile, minced

Grilled Ham Steaks with Peach Salsa

Combine the peaches, tomatoes, vinegar, thyme and jalapeno pepper in a small bowl. Season with salt. Chill until needed.

Prepare medium-hot fire in charcoal grill or preheat gas grill to medium high. Grill ham over hot coals, turning once, until nicely browned, about 6 to 8 minutes. Serve with peach salsa.

Note: For the salsa, balsamic vinegar is preferred but it changes the color of the sauce. White balsamic can be used or the seasoned rice vinegar.

Nutrition: Calories: 90, Protein: 12g, Fat: 2g, Sodium: 730mg, Cholesterol: 25mg, Saturated Fat: 1g, Carbohydrates: 5g, Fiber: 1g.

Yield: 4 servings | **Prep time:** 15 min. | **Cook time:** 10 min.