

Marinated & Grilled Provolone

Michael Chiarello, a viewer's recipe

TV Food Network

Internet Address:



1 1/2 pounds Provolone cheese, in two pieces

1/4 cup extra virgin olive oil

1 tablespoon oregano, crushed

1/4 teaspoon dried chili flakes

6 cloves garlic, minced

1 tablespoon parsley, fresh, minced

Gray salt and fresh ground black pepper

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 8

1. Prepare a charcoal or gas grill.
2. Rub the pieces of provolone all over with the olive oil and season with the rest of the ingredients. Let marinate refrigerated, for one hour. Grill the cheese on the hot grill over moderately-high heat for about two minutes per side until grill marks appear and the cheese just begins to soften.
3. Transfer the cheese to a metal plate or baking dish and place back on top of the grill. Cook until the cheese just barely starts to melt and begins to brown on the bottom, about 3-5 minutes. Serve hot with grilled baguette slices.

Per Serving (excluding unknown items): 364 Calories; 29g Fat (72.7% calories from fat); 22g Protein; 3g Carbohydrate; trace Dietary Fiber; 59mg Cholesterol; 746mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 4 Fat.