

FROM
40 APRONS
&
EASY
HEALTHY
RECIPES

HOT GRILL SUMMER

BBQ and beyond - 30 simple, delicious, and perfect-for-summer recipes the whole family will love, both on and off the grill.

CHERYL MALIK

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15-MINUTE FISH TACOS

YIELD: 6 SERVINGS | TIME: 20 MINUTES

INGREDIENTS

For the Tacos

- 12 fish sticks
- spray oil
- 1 lime quartered, divided
- ½ teaspoon chili powder
- 2 cups shredded red cabbage
- salt, to taste
- 6 taco tortillas, corn or flour
- cilantro, chopped, optional
- feta or queso fresco

For the Fish Taco Sauce

- ¼ cup sour cream or yogurt
- 2-4 tablespoons mayonnaise
- 2 teaspoons adobo sauce, from a can of chipotle peppers in adobo sauce
- 1 small clove garlic, peeled
- ¼ teaspoon salt
- lime juice, as desired

INSTRUCTIONS

1. Cook fish sticks as directed on package.
2. While fish sticks cook, place shredded cabbage, juice from ¼-½ lime, and salt in medium bowl. Toss to combine. Set aside.
3. Add all ingredients for fish taco sauce to blender. Blend until smooth and well combined. Set aside.
4. When fish sticks are cooked, transfer them to medium bowl. Squeeze juice from ¼ lime over fish sticks, add chili powder, and toss to coat.
5. Place 2 fish sticks in each tortilla. Top fish sticks with slaw. Drizzle sauce over slaw and garnish tacos with cilantro and feta or queso fresco. Serve immediately.

NOTES

- If you don't have adobo sauce, use ¼ teaspoon chipotle chili powder, or skip this ingredient altogether. If skipping it, add a little more lime juice.



2-MINUTE MARGARITAS

YIELD: 2 SERVINGS | TIME: 5 MINUTES

INGREDIENTS

- 1 pint fruit sorbet, any flavor
- 6 ounces tequila of choice
- ¼ cup lime juice

INSTRUCTIONS

1. Blend all ingredients for 20-30 seconds on high speed until combined.
2. Pour into salt- or sugar-rimmed glass. Garnish and serve.

NOTES

- Sorbet Flavors: I used strawberry, raspberry, and mango sorbet, but use any you like. For the perfect traditional margaritas, look for lime sorbet.
- To Rim a Glass: Make a small cut down the middle of a lime wedge. Stick this cut right on the edge of your glass, and rub the lime all the way around the edge. Dip the lime-covered edge into a shallow bowl or dish filled with coarse salt or granulated sugar.
- If you love margaritas but aren't crazy about the alcohol, try a non-alcoholic tequila like Ritual Zero Proof.



AIR FRYER CORN DOGS

YIELD: 2 SERVINGS | TIME: 10 MINUTES

INGREDIENTS

- 4 frozen corn dogs
- spray oil
- mustard optional, for serving

INSTRUCTIONS

1. Preheat air fryer to 380° Fahrenheit. Lightly spray basket with oil, then place frozen corn dogs in basket in one even layer.
2. Place basket in air fryer. Cook corn dogs 10 minutes, turning over once after 7 minutes.
3. Remove corn dogs from air fryer and serve plain or with mustard (or condiment of choice).



AIR FRYER HOT DOGS

YIELD: 7 SERVINGS | TIME: 10 MINUTES

INGREDIENTS

- 7 hot dogs, any kind
- 7 hot dog buns, any kind

INSTRUCTIONS

1. Preheat air fryer to 400° Fahrenheit. Once air fryer is preheated, add hot dogs to basket, working in batches if needed depending on size of air fryer. Return basket to air fryer and cook hot dogs 4 minutes.
2. Carefully remove basket from air fryer. Use tongs to remove hot dogs from basket and place inside hot dog buns.
3. Return hot dogs in buns to air fryer basket, working in batches as needed to avoid overcrowding basket. Return basket to air fryer and cook 2 minutes. Remove hot dogs from basket and repeat with any remaining hot dogs. Serve immediately with desired toppings.

TOPPING IDEAS

- Ketchup and mustard
- Ketchup, mustard, and relish
- Chili, cheese, and white onion
- Pico de gallo, jalapeno slices, and cotija
- Sauerkraut and spicy mustard
- Yellow mustard and red onions
- Chicago Dog: yellow mustard, white onion, relish, dill pickle spear, tomato, chili peppers, and celery salt



POTATOES ON THE GRILL

YIELD: 4 SERVINGS | TIME: 55 MINUTES

INGREDIENTS

- 4 medium russet potatoes, evenly sized
- 4 tablespoons neutral oil (like avocado oil)
- sea salt (enough to coat potatoes)

INSTRUCTIONS

1. Preheat grill with lid closed to 350° Fahrenheit. While grill preheats, place one russet potato in medium bowl. Prick potato with fork then coat with neutral oil. Set potato aside and repeat with remaining potatoes.
2. Pour salt into second medium bowl. Place one oiled potato in bowl and flip until potato is coated with thin layer of salt. Set aside and repeat with remaining potatoes.
3. When all potatoes have been oiled and salted, microwave together on high for 4 minutes. Remove potatoes from microwave and wrap each potato in 2 sheets of aluminum foil.
4. Place potatoes directly on grill grate. Shut grill lid and grill potatoes 30 to 40 minutes.
5. After 30 minutes, slightly unwrap one potato and pierce skin with fork or skewer. When fork or skewer pierces completely through potato easily with no resistance, remove potatoes from grill.
6. Unwrap grilled potatoes and discard foil. Slice lengthwise down center of potato, then gently press ends of potato to open wide. Fluff potato flesh with fork and serve with desired toppings.



BBQ CHICKEN SALAD

YIELD: 8 SERVINGS | TIME: 55 MINUTES

INGREDIENTS

- 3 pounds boneless, skinless chicken breasts or 2 ¼ pounds cooked chicken
- 1 32-ounce carton chicken broth or chicken stock
- 1 tablespoon BBQ dry rub, plus more for serving
- ½ cup mayonnaise, plus more to taste
- ½ cup BBQ sauce of choice
- 1 cup finely diced celery
- ½ cup finely minced sweet onion
- 1 teaspoon freshly ground black pepper
- salt, to taste

INSTRUCTIONS

1. If using raw chicken, place chicken breasts in large skillet and cover chicken with chicken broth. Place skillet over medium-high heat and bring liquid to boil, then reduce heat to low.
2. Cover skillet and simmer chicken 20 to 25 minutes or until chicken breasts are cooked through. Remove chicken from skillet and set broth aside.
3. Shred chicken using desired method.
4. Place shredded chicken in large bowl (if not already in one) and add dry rub, mayo, BBQ sauce, celery, onion, pepper, and salt. Stir well to combine ingredients.
5. Once combined, stir in reserved chicken broth in 1 tablespoon increments until mixture is as creamy as desired. Note: I typically use between 2 to 4 tablespoons chicken broth.
6. Sprinkle additional dry rub over chicken salad if desired. Serve immediately or cover bowl and refrigerate at least 30 minutes, then serve with buns, lettuce cups, crackers, or as-is.



CHICKPEA SALAD

YIELD: 4 SERVINGS | TIME: 10 MINUTES

INGREDIENTS

For the Salad

- 1 15-ounce can chickpeas
- half of one red onion, chopped
- 1 English cucumber, chopped
- 1 cup cherry tomatoes, halved
- 1 small green bell pepper, chopped
- ½ cup crumbled feta
- 2 tablespoons fresh basil

For the Dressing

- ¼ cup extra virgin olive oil
- 2 tablespoons red wine vinegar
- 1 teaspoon dried oregano
- 1 teaspoon lemon juice
- salt and pepper to taste

INSTRUCTIONS

1. Add salad ingredients to large bowl. Toss to thoroughly distribute ingredients.
2. In a separate bowl, mix together ingredients for dressing until well-incorporated.
3. Pour dressing over salad and toss to combine. Serve immediately.

NOTES

- If you don't have lemon juice, use another teaspoon of red wine vinegar.
- Make it Vegan: Omit the feta.



CRAB SALAD

YIELD: 4 SERVINGS | TIME: 15 MINUTES

INGREDIENTS

- 1 pound real or imitation crabmeat, flaked
- ⅓ cup finely chopped celery
- ¼ cup finely chopped green onions (approximately 2 green onions)
- ½ cup mayonnaise
- ½ teaspoon freshly ground black pepper
- 1 teaspoon Old Bay seasoning, plus more to taste
- 1 teaspoon dried parsley
- ¾ teaspoon salt
- squeeze of fresh lemon juice, plus wedges for serving
- crackers or hot-dog-style buns, for serving

INSTRUCTIONS

1. Add all ingredients to large bowl. Gently stir until well mixed.
2. Serve immediately, or refrigerate until ready to eat. Stir again before serving. Serve with buns or crackers, and lemon wedges to garnish.

NOTES

- Make it Keto: Use real crab meat instead of imitation crab. Serve on lettuce wraps, in avocados, or with slices of cucumber.



CREAMY DILL DIP

YIELD: 16 SERVINGS | TIME: 1HR 10MIN

INGREDIENTS

For the Dill Dip

- 2 cups mayonnaise
- 2 cups sour cream
- 1 tablespoon dried parsley
- 2 tablespoons dried minced onion
- 3 tablespoons dried dill weed, plus more for garnish (optional)
- ½ tablespoon seasoning salt or 1 teaspoon salt
- ½ teaspoon black pepper

For Serving

- broccoli florets
- cucumber
- cherry tomatoes
- chips

INSTRUCTIONS

1. Add all ingredients to large bowl.
2. Stir ingredients together until thoroughly combined. Garnish with more dried dill weed, if desired. Serve immediately, or cover and chill for at least one hour for best flavor.

NOTES

- Fully cooked scallops will read at an internal temperature of 145° Fahrenheit.



CUCUMBER MARGARITAS

YIELD: 6 SERVINGS | TIME: 15 MINUTES

INGREDIENTS

For the Cucumber Juice

- 4 cucumbers, peeled

For the Margaritas

- 2 cups cucumber juice (made from above)
- 1 cup silver tequila
- 1 cup freshly squeezed lime juice
- 6 ounces orange-flavored liqueur (triple sec, Patron orange, Cointreau, etc.)
- 3 ounces simple syrup (optional)
- ice, to taste
- lime juice, for glasses
- salt or tajin, for glasses

INSTRUCTIONS

For the Cucumber Juice

1. Roughly chop peeled cucumbers, then place chunks in blender. Blend 30 to 60 seconds or until cucumbers are smooth liquid consistency.
2. Pour cucumber liquid through fine mesh strainer and into mason jar. Seal tightly and refrigerate until ready to make margaritas.

For the Margaritas

1. Measure out cucumber juice, tequila, lime juice, orange-flavored liqueur, and simple syrup if using. Add all to pitcher, then add ice as desired. Stir well to combine and chill.
2. When ready to serve, place small pile of salt or Tajin in shallow bowl or on small plate. Run lime wedges along rim of glasses, then one-by-one, turn glasses upside down and dip in salt or Tajin to coat rim. Set rimmed glass aside and repeat until all glasses have been prepared.
3. Add ice to glasses. Pour margaritas from pitcher and garnish as desired. Serve immediately.



DEVILED EGG SALAD

YIELD: 8 SERVINGS | TIME: 40 MINUTES

INGREDIENTS

- 6 large hard-boiled eggs, peeled, halved
- ⅓ cup mayonnaise
- ¼ cup dill pickles, chopped
- 1 tablespoon yellow mustard
- 1 teaspoon vinegar
- ½ teaspoon paprika
- ½ teaspoon pepper
- ½ teaspoon salt
- ½ teaspoon garlic powder

INSTRUCTIONS

1. Separate hard-boiled egg yolks from egg whites. Place egg yolks in one bowl and egg whites in other. Set egg whites aside.
2. Add mayonnaise, dill pickles, yellow mustard, vinegar, paprika, pepper, salt, and garlic powder to bowl with egg yolks. Use spatula to mash yolks and thoroughly mix together all ingredients. Set aside.
3. Roughly chop egg whites into small pieces. Add egg whites to yolk mixture and gently fold until egg whites are incorporated. Cover bowl and place in refrigerator to chill at least 30 minutes.
4. When ready to serve, remove egg salad from refrigerator and stir as needed. Serve chilled or at room temperature with lettuce cups, cucumber slices, crackers, croissants, or as-is.



FRESH PEACH CRISP

YIELD: 6 SERVINGS | TIME: 45 MINUTES

INGREDIENTS

- 4 cups sliced fresh peaches
- 1 lemon zested
- 1 teaspoon vanilla extract
- ¼ teaspoon ground cinnamon
- 2 packed tablespoons brown sugar

For the Topping

- ⅓ level cup all-purpose flour
- ⅓ packed cup brown sugar
- ⅓ cup cold butter
- 1 teaspoon ground cinnamon
- ¼ teaspoon salt
- ¾ cup rolled oats

INSTRUCTIONS

1. Preheat oven to 350° Fahrenheit.
2. Add peaches to large bowl with lemon zest, vanilla extract, cinnamon, and brown sugar. Toss to coat, then transfer to baking dish and arrange peaches evenly.
3. In another bowl, use pastry cutter to mix together all-purpose flour, brown sugar, cold butter, cinnamon, and salt. Mixture should be well combined and crumbly. Gently fold oats into flour mixture.
4. Sprinkle oat topping onto peaches. Lightly press topping into fruit.
5. Bake peach crisp approximately 30-35 minutes, or until topping is lightly browned and crisp.
6. Remove from oven and let cool 5-10 minutes. Serve warm with a scoop of vanilla bean ice cream (optional).



FROZEN LEMONADE

YIELD: 2 SERVINGS | TIME: 5 MINUTES

INGREDIENTS

- ½ cup freshly squeezed lemon juice
- ¼ cup honey
- ¼ cup water
- 2 cups ice

INSTRUCTIONS

1. Add lemon juice, honey, and water to blender. Pulse or blend until liquids are fully combined.
2. Once combined, add ice and blend until all ingredients are fully incorporated and lemonade reaches desired consistency. Divide frozen lemonade into serving glasses and serve immediately.

NOTES

- If you blend all the ingredients at once, the liquids won't incorporate fully. Be sure to blend the liquids on their own first before adding the ice.
- To turn this into a cocktail, add 1 to 1 ½ ounces of tequila or vodka to the first step.
- Make it Vegan: Use liquid stevia or simple syrup to taste instead of honey.



SHRIMP & FETA SALAD

YIELD: 8 SERVINGS | TIME: 10 MINUTES

INGREDIENTS

For the Salad

- 2 8.8-ounce bags microwave rice or 4 cups cooked rice
- $\frac{3}{4}$ cup chopped parsley
- 1 medium cucumber, diced
- 2 medium tomatoes, seeded, diced
- 1 pound medium shrimp, deveined, peeled, cooked
- 3 scallions, thinly sliced
- $\frac{1}{2}$ cup chopped kalamata olives
- 6 ounces crumbled feta

For the Dressing

- 2 cloves garlic chopped
- 2-3 tablespoons lemon juice
- $\frac{1}{3}$ cup olive oil
- 1 teaspoon salt to taste
- 2 teaspoons dried oregano

INSTRUCTIONS

1. If using uncooked microwave rice, cook rice according to package instructions and let cool completely.
2. Add cooked rice, chopped parsley, diced cucumber, diced tomatoes, cooked shrimp, sliced scallions, and chopped olives to large bowl. Stir well to thoroughly distribute all ingredients. Set aside.
3. In small bowl, whisk together all dressing ingredients until fully incorporated.
4. Pour dressing over salad and mix well to fully coat salad ingredients with dressing. Gently fold in crumbled feta and serve immediately, or cover and refrigerate until ready to serve.



GRILLED BEEF RIBS

YIELD: 4 SERVINGS | TIME: 2HR 40MIN

INGREDIENTS

- 3 pounds beef ribs

For the Rub/Marinade

- 3 tablespoons olive oil
- 1 tablespoon chili powder
- 1 tablespoon brown sugar
see Notes
- 1 teaspoon smoked paprika
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ½ teaspoon cumin
- 1 teaspoon black pepper
- 1 teaspoon salt

For Serving

- ½ cup barbecue sauce

INSTRUCTIONS

1. Mix all rub/marinade ingredients together in bowl, then pour over beef ribs and evenly coat. Cover ribs. Place in fridge to marinate for 1-2 hours.
2. Preheat grill to 250° Fahrenheit. Place ribs on grill over indirect heat.
3. Cover and cook for about 1 ½ hours, flipping every 20 minutes. Brush with barbecue sauce in last 10-20 minutes of cooking. Serve warm.

NOTES

- Make it Paleo: Use coconut sugar and paleo BBQ sauce.
- Make it Keto: Use Brown Swerve and a keto BBQ sauce.



GRILLED MANGO

YIELD: 4 SERVINGS | TIME: 10 MINUTES

INGREDIENTS

For the Grilled Mangoes

- 2 medium ripe mangoes
- spray cooking oil
- 1 lime, juiced

For the Chili-Lime Salt

- 2 teaspoons salt
- 1 teaspoon lime zest
- ½ teaspoon chili powder

INSTRUCTIONS

1. Prepare grill and bring heat to medium-high temperature, roughly 375° to 450° Fahrenheit.
2. Cut each mango in half by standing fruit upright and slicing lengthwise down mango to cut around pit.
3. Score flesh of mango halves in diamond pattern. Be very careful not to cut completely through skin.
4. Lightly spray scored mango flesh with spray oil. Place mangoes cut-side down on preheated grill and cook approximately 1 minute until mangoes are lightly charred. Remove charred mangoes immediately and drizzle fresh lime juice over mango flesh. Set aside.
5. Quickly mix together ingredients for chili-lime salt in small bowl, then sprinkle mixture over mangoes to taste. Serve immediately with additional lime juice and chili-lime salt as desired.



GRILLED PEACHES

YIELD: 6 SERVINGS | TIME: 30 MINUTES

INGREDIENTS

- 3-4 medium peaches, uniform in size
- 4 tablespoons honey or maple syrup
- ⅛ teaspoon cinnamon, more or less to taste
- ⅛ teaspoon salt, more or less to taste

Serving Suggestions (All Optional)

- vanilla yogurt or plain Greek yogurt
- vanilla ice cream
- additional honey
- chopped fresh mint
- chopped pistachios

INSTRUCTIONS

1. Preheat grill on high heat at least 15 minutes or until temperature reaches 450° Fahrenheit. While grill preheats, halve peaches, cutting along natural lines on each peach. Remove peach pits and discard.
2. In shallow bowl, whisk together honey, cinnamon, and salt, until ingredients are fully incorporated.
3. One by one, dip each peach half in honey mixture, stopping to whisk mixture again as needed. Repeat process until all peach halves have been coated in honey.
4. Keep grill heat on high. Place peach halves honey-side down directly on grill grate. Grill peaches 3 to 4 minutes or until grill marks are as dark as desired.
5. Flip peaches over and grill skin-side down for 1 minute, until rounded side of peaches has softened. Carefully remove peaches from grill and serve immediately over yogurt or ice cream with extra honey, mint, or chopped pistachios as desired.



GRILLED SCALLOPS

YIELD: 6 SERVINGS | TIME: 10 MINUTES

INGREDIENTS

- ¼ cup olive oil
- 2 cloves garlic, minced
- 2 tablespoons lemon juice
- 1 teaspoon salt
- ½ teaspoon black pepper
- 2-3 pounds sea scallops

INSTRUCTIONS

1. Mix olive oil, garlic, lemon juice, salt and pepper in a bowl until thoroughly combined. Add scallops to mixture and toss to coat.
2. Preheat grill to medium-high heat, approximately 375°-450° Fahrenheit. While grill preheats, remove scallops from marinade and slide 4 to 5 scallops onto each skewer.
3. Place skewered scallops on preheated grill over indirect heat. Cook 2 to 3 minutes, then flip and cook another 2 to 3 minutes, until scallops are opaque and fully cooked. Remove from grill and serve immediately with desired sides.

NOTES

- Fully cooked scallops will read at an internal temperature of 145° Fahrenheit.



INSTANT POT BBQ CHICKEN

YIELD: 4 SERVINGS | TIME: 25 MINUTES

INGREDIENTS

- 2 large boneless, skinless chicken breasts, approximately 1-1 ½ pounds
- ¾ cup BBQ sauce
- 2 tablespoons Italian dressing
- salt, to taste

INSTRUCTIONS

1. Add all ingredients to Instant Pot and stir to distribute. Secure lid on Instant Pot with vent in "Sealing" position, and set Instant Pot to Manual High Pressure for 10 minutes.
2. After 10 minute cook-time is up, carefully Quick Release pressure and remove lid.
3. Shred chicken using method of choice and return shredded chicken to Instant Pot (if you removed it to shred it).
4. Set Instant Pot to Sauté mode, stir to coat shredded chicken in sauce, then heat 5 minutes. Serve shredded chicken warm.

NOTES

- If you don't have Italian dressing on hand, you can substitute 1 ½ tablespoons oil, ½ tablespoon vinegar, and a small pinch of Italian seasoning.



INSTANT POT BRATS

YIELD: 5 SERVINGS | TIME: 20 MINUTES

INGREDIENTS

- 2 tablespoons butter
- 5 bratwursts (1 package)
- 1 cup light beer or beef broth

INSTRUCTIONS

1. Add butter to Instant Pot and set to Sauté on High. Once butter melts and starts to bubble, add bratwurst and cook until browned, approximately 2 to 3 minutes. Turn brats over and brown other side, approximately 2 to 3 minutes more.
2. Remove brats and put trivet in Instant Pot. Place brats on trivet and pour beer or beef broth over and into bottom of pot.
3. Secure lid on Instant Pot and set valve to sealing position. Set to Manual High Pressure for 6 minutes - cook time will begin once pot is pressurized. After cook time ends, Natural Release for 10 minutes, then carefully Quick Release any remaining pressure and serve as desired.

NOTES

- This method was tested and perfected using regular-sized brats, not jumbo brats.
- Don't cut or poke holes in the bratwurst before you cook them.
- Use thawed bratwurst, not frozen.



KETO BBQ SAUCE

YIELD: 12 SERVINGS | TIME: 20 MINUTES

INGREDIENTS

- 6 ounces tomato paste (no sugar added)
- ½ cup apple cider vinegar
- ¾ cup water
- ½ cup Brown Swerve
- 2 teaspoons liquid smoke
- 1 teaspoon smoked paprika
- 1 teaspoon garlic powder
- ½ teaspoon black pepper
- ½ teaspoon onion powder
- ½ teaspoon fine sea salt
- 1-3 pinches cayenne (optional, for extra heat)
- hot sauce (optional, for spicy BBQ sauce)

INSTRUCTIONS

1. Combine all ingredients in medium saucepan and whisk thoroughly. Bring mixture to boil, then reduce heat to medium. Simmer, uncovered, 10 to 15 minutes, or until slightly thickened. If mixture simmers too violently, reduce heat to medium-low.
2. Remove sauce from heat and serve immediately.



SAUSAGE & CHEESE PLATE

YIELD: 8 SERVINGS | TIME: 45 MINUTES

INGREDIENTS

- 1 pound smoked sausage
- BBQ sauce, plus more for serving
- ranch dressing
- 12-16 ounces cubed cheese (pepperjack, cheddar, gouda, etc.)
- dill pickle spears
- whole pepperoncinis
- crackers
- BBQ dry rub, to taste

INSTRUCTIONS

For the Smoked Sausage

1. Heat grill to medium-high, between 375° and 400° Fahrenheit.
2. Place sausage directly on grill. Brush generously with BBQ sauce, then turn sausage over and brush other side with BBQ sauce. Repeat and cook 10 minutes, turning and basting constantly. When sausage casing splits (or just before), remove sausage from grill and slice 1-inch thick pieces.

For the Grazing Board

1. Arrange all components of cheese and sausage plate on grazing board, starting with small ramekins or bowls of BBQ sauce and ranch dressing. Place smoked sausage around ramekins and fill in any remaining spaces with cheese cubes, pickles, pepperoncinis, and crackers.
2. Once serving tray is arranged as desired, sprinkle BBQ dry rub over smoked sausage, cubed cheese, pickle spears, and pepperoncini, then serve immediately.



PINEAPPLE SMOOTHIES

YIELD: 2 SERVINGS | TIME: 10 MINUTES

INGREDIENTS

- 2 cups frozen pineapple
- ½ of one banana
- ½ cup yogurt
- ½ cup milk, plus another ½ cup if needed
- 1 date or 2 tablespoons honey
- 1 teaspoon pure vanilla extract

INSTRUCTIONS

1. Add all ingredients to blender in order listed. Blend on high speed until smooth. If needed, slowly blend in more milk to achieve ideal consistency, up to 1 cup total.
2. Divide smoothie mixture into glasses and serve cold.

NOTES

- **Milk:** For more tropical flavor, use coconut milk. Your smoothie will taste more like a piña colada! Start with just ½ cup of your milk of choice, and add more as needed to perfect the consistency.
- **Yogurt:** Use plain or flavored yogurt, whichever you prefer. Strawberry, vanilla, banana, or pineapple yogurt would all work well. Flavored yogurts will change the overall flavor slightly.
- **Make it Vegan:** Use vegan yogurt and plant-based milk. Use dates or maple syrup to sweeten.
- **Make it Paleo:** Use almond yogurt (like Kite Hill) or coconut cream instead of yogurt, and coconut milk instead of milk.



RED POTATO SALAD

YIELD: 12 SERVINGS | TIME: 45 MINUTES

INGREDIENTS

- 3 pounds small red potatoes
- 4 teaspoons salt
- 1 tablespoon white vinegar
- ½ cup green onions, roughly chopped
- 2 tablespoons capers, optional
- 4 hard boiled egg yolks
- 1 cup sour cream
- ½ cup mayonnaise
- 2 teaspoons Dijon mustard
- ¼ cup dill fresh, chopped
- ½ teaspoon freshly ground black pepper

INSTRUCTIONS

1. In large pot of salted water, boil potatoes 20-30 minutes. Potatoes should be soft enough to slide off the tines of a fork, and the skins will begin to break away from the potato when cut.
2. Drain, then cut potatoes into halves, then quarters. Place in bowl and toss with vinegar.
3. Add green onions and capers (optional) to food processor. Process until finely chopped.
4. Add hard boiled yolks, sour cream, mayonnaise, mustard, dill, pepper, and 1 teaspoon of salt. Process until creamy.
5. Pour egg yolk mixture over the potatoes. Stir and mash potatoes with back of spoon or potato masher. Note: I prefer some mashed potatoes with some large chunks of potatoes mixed in.
6. Cover and refrigerate for at least two hours or overnight, then serve.



ROASTED OKRA

YIELD: 4 SERVINGS | TIME: 40 MINUTES

INGREDIENTS

- 1 pound fresh okra (stems removed, okra sliced in half lengthwise or sliced into $\frac{3}{4}$ -inch long pieces)
- 1 tablespoon olive oil or other neutral oil
- $\frac{1}{2}$ -1 teaspoon salt, to taste
- $\frac{1}{4}$ teaspoon black pepper
- seasonings of choice

INSTRUCTIONS

1. Preheat oven to 425° Fahrenheit.
2. Arrange okra on baking sheet in one even layer. Careful not to overcrowd pan or overlap okra.
3. Drizzle olive oil over okra and season with salt, pepper, and desired seasonings. Toss or stir to coat.
4. Place baking sheet in preheated oven. Bake according to okra style and preferences (see Notes). When cooked as desired, remove from oven and serve.

SUGGESTED COOK TIMES

Note: cook times will vary depending on a number of factors. Adjust as needed! If cooking frozen okra, add roughly 5 minutes to cook times.

For Okra Slices (Okra Cut in Half)

- Approximately 15 minutes for lightly roasted okra
- Approximately 20 minutes for nice and dark okra

For $\frac{3}{4}$ -inch Okra Pieces

- Approximately 10 minutes for lightly roasted okra
- Approximately 15 minutes for nice and dark okra



STUFFED TOMATOES

YIELD: 4 SERVINGS | TIME: 45 MINUTES

INGREDIENTS

- 4 large tomatoes
- ½ teaspoon salt, plus more for inside of tomatoes
- ½ cup breadcrumbs
- 2 cloves garlic, minced
- ¼ cup finely chopped fresh basil leaves, plus more for garnish
- freshly ground black pepper, to taste
- ½ cup grated parmesan
- 1 cup shredded mozzarella
- ¼ cup olive oil, plus 1-2 tablespoons more as needed

INSTRUCTIONS

1. Preheat oven to 400° Fahrenheit. Line baking sheet with paper towels.
2. Place tomatoes on cutting board and slice in half horizontally. Scoop out pulp and seeds, then lightly salt insides and place cut-side-down on baking sheet. Let juices drain, approximately 15 minutes.
3. Mix together breadcrumbs, garlic, chopped basil, ½ teaspoon salt, black pepper, parmesan, mozzarella, and oil to create filling. Stir until thoroughly combined.
4. Turn tomatoes over, with open-side facing up. Portion equal amounts of filling into tomatoes. Fill each tomato to brim, then press down on filling to gently compress. Pile remaining filling on top of each tomato and form into small mound.
5. Place filled tomatoes in baking dish. Transfer to oven and bake approximately 15 minutes, until tomatoes are cooked through. Tops of filling should be golden brown. Note: be careful not to over-bake.
6. Remove tomatoes from oven. Garnish with small amount of extra fresh basil and serve.



WATERMELON FETA SALAD

YIELD: 8 SERVINGS | TIME: 15 MINUTES

INGREDIENTS

- 8 cups watermelon, cubed
- ½ cup crumbled feta
- ¼ loose cup mint leaves, chopped
- 2 tablespoons olive oil
- ¼ teaspoon salt
- 1 tablespoon lime juice

INSTRUCTIONS

1. Whisk together olive oil, salt, and lime juice.
2. Place watermelon in large bowl and toss with dressing right before serving, then gently fold in feta and mint. Serve immediately.

NOTES

- Make salad immediately prior to serving so that it doesn't become too juicy.



WATERMELON JUICE

YIELD: 2 SERVINGS | TIME: 10 MINUTES

INGREDIENTS

- 6 cups ripe, seedless watermelon, cubed
- 1 cup water (optional)

INSTRUCTIONS

1. Place cubed watermelon in blender.
2. Blend at medium speed, increasing speed slowly until watermelon is completely smooth. If desired, add water and blend again to achieve thinner consistency.
3. Serve immediately over ice or refrigerate until chilled. Note: if you'd prefer a no-pulp juice, you can strain the liquid through a sieve before serving.

NOTES

- I personally prefer the watermelon juice without extra water added, but you can add water--as much or as little--as you like!
- If you have any leftover watermelon juice, refrigerate it in an airtight container up to 2 days max.



WHOLE30 BBQ SAUCE

YIELD: 6 SERVINGS | TIME: 30 MINUTES

INGREDIENTS

- 1 tablespoon ghee
- 1 cup diced yellow onion or Vidalia onion
- ½ cup chopped dates
- 3-4 cloves garlic, minced
- 1 teaspoon mustard powder
- 1 tablespoon smoked paprika (plus more to taste)
- 1 6-ounce can compliant tomato paste
- ½ cup coconut aminos
- 1 cup water or chicken stock
- 4 tablespoons apple cider vinegar
- salt, to taste

INSTRUCTIONS

1. Heat ghee in medium saucepan over medium heat. Once melted, add diced onion. Sauté 3 to 5 minutes or until translucent.
2. Add remaining ingredients to saucepan and stir to combine. Bring sauce to gentle boil, then reduce the heat to low. Simmer 15 to 20 minutes.
3. Carefully transfer sauce mixture to blender. Let cool slightly, then blend on high speed until smooth. Taste and season with salt as needed, then serve.

NOTES

- Refrigerate leftovers in an airtight container up to 2 weeks.
- Be sure your tomato paste doesn't contain any added sugars or other unnecessary, non-compliant ingredients.



WHOLE30 BURGERS

YIELD: 4 SERVINGS | TIME: 30 MINUTES

INGREDIENTS

For the Spicy Mayo

- 1 cup compliant mayo
- 1 teaspoon chipotle chili powder

For the Burgers

- 1 pound ground beef
- 2 strips compliant bacon, uncooked, finely diced
- ½ teaspoon sea salt
- 1 tablespoon caramelized onions
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ½ teaspoon black pepper

To Serve (All Optional)

- tomato slices
- lettuce
- thinly sliced red onion
- portobello mushroom "buns"

INSTRUCTIONS

1. Add mayo and chipotle powder to small bowl. Whisk until ingredients are fully combined. Set aside or refrigerate until ready to use.
2. Add ground beef, diced bacon, sea salt, dried onion flakes, garlic powder, onion powder, and black pepper to large bowl. Using hands, mix well only until mixture is smooth and even.
3. Press ground beef mixture into bottom of bowl, creating one large, flat disc. Use knife to quarter mixture, creating 4 quarter-pound sections. Remove each section and shape mixture into hamburger patties.
4. Heat large skillet over medium heat. Once pan is hot, add hamburger patties, working in batches as needed to avoid overcrowding.
5. Cook 3 to 4 minutes, then flip and cook another 3 to 4 minutes, until burgers reach desired doneness. Transfer cooked burger patties to plate or cutting board and repeat until all patties have been cooked.
6. Sandwich burger patties between leaves of lettuce or portobello mushroom "buns" with spicy mayo and desired toppings. Serve warm.