DIABETIC BBQ RECIPES FOR SUMMER COOKOUTS

DIABETIC CONNECT’S BEST LOW-CARB RECIPES FOR THE GRILL!
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GRILLED MEATS
Grilled Halibut and Leeks with Mustard Vinaigrette

- 1-1/4 lbs. halibut steaks, cut 1 in. thick
- 2 Tbsp. white balsamic vinegar
- 2 Tbsp. coarse-grain mustard
- 1 Tbsp. water
- 4 tsp. olive oil
- 1 clove garlic, minced
- 4 small leeks
- 3 cloves garlic, minced
- 1/4 tsp. salt
- 1/4 tsp. ground black pepper
- yellow pear-shaped tomatoes, halved (optional)
- fresh chives (optional)

**Directions**
Rinse fish & pat dry. Cut into 4 serving-size pieces. Refrigerate fish until needed. In a small bowl, whisk together white balsamic vinegar, mustard, the water, 2 tsp. of the olive oil, and the 1 clove garlic. Set aside.

Trim roots and cut off green tops of leeks; remove 1 or 2 outer white layers. Wash well & drain. In a medium saucepan, combine leeks and a small amount of water. Bring to boiling; reduce heat. Cover and simmer for 3 minutes. Drain. Brush with 1 tsp. of the remaining olive oil. In a small bowl, stir together the remaining 1 tsp. olive oil, the 3 cloves garlic, the salt, and pepper. Spread evenly over fish; rub in with your fingers. Grill for 8 to 12 minutes or until fish flakes easily when tested with a fork, gently turning fish and leeks once. Slice leeks into 1/2 inch pieces. Divide fish and leeks among four shallow bowls. Drizzle with vinegar mixture. Garnish with tomato halves and chives.

**Nutritional Facts (Per Serving)**
- Calories: 231
- Total Fat: 8g
- Saturated Fat: 1g
- Cholesterol: 45mg
- Sodium: 331mg
- Carbohydrate: 7g
- Fiber: 1g
- Protein: 30g

**Servings: 4**

Orange Marinated Grilled Chicken

- 2 whole roasting chicken, skinless, cut into 6 pieces
- 6 medium garlic cloves
- 1 tsp. black pepper, 1 tsp. salt & 1 tsp. paprika
- 1 small onion, 4 oz., cut in half and thinly sliced
- 1/2 cup orange juice
- 1 tsp. grated orange peel
- 1/3 cup chopped parsley, minced
- 3 Tbsp. olive oil

**Directions**
Remove skin & trim away any visible fat from the chicken. Rinse the chicken & pat dry with paper towels. Place the chicken pieces in a baking pan, sprinkle with the garlic, toss to coat. Season with salt (optional), pepper, & paprika. Top the chicken with onions. Drizzle orange juice over the chicken and sprinkle on the zest. Drizzle with olive oil & parsley and toss again. Grill for about 12 minutes per side, turning once, until juices run clear when pierced. Serve hot off the grill or grill ahead and serve cold.

**Nutritional Facts (Per Serving)**
- Calories: 223
- Total Carbs: 2g
- Sugars: 1g
- Total Fat: 8g
- Saturated Fat: 2g
- Protein: 33g
- Sodium: 131mg

**Servings: 6**
**Grilled Cheesy Ham-Stuffed Chicken**

- 8 large boneless, skinless chicken breast halves
- 1/2 cup herb-and-garlic spreadable cheese
- 4 oz. thinly sliced prosciutto or cooked ham
- 1/2 cup zesty Italian dressing

**Directions**

Heat coals or gas grill to proper heating temperature. Carefully cut a horizontal slit in each chicken breast half, making a pocket when top of chicken is lifted back. Do not cut through. Spread 1 tbsp. cheese inside of each pocket. Top with folded slices of prosciutto.

Close chicken around filling, being sure that most of the filling is enclosed. Brush the Italian dressing on the chicken. Cover and grill chicken 4-5 inches from medium-high heat for 10-12 minutes, brushing occasionally with dressing and turning once, until juice of chicken is no longer pink when centers of the thickest pieces are cut.

**Nutritional Facts (Per Serving)**

- Calories: 285
- Total Fat: 15g
- Cholesterol: 110mg
- Sodium: 400mg
- Total Carbohydrate: 2g
- Protein: 35g

**Servings:** 8

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**Savory Italian Grilled Chicken**

- 6 chicken breasts
- 1/4 cup olive oil
- 3 cloves garlic, crushed
- fresh ground black pepper
- 1/4 cup fresh basil leaf, chopped
- 1/4 cup melted butter
- 3 sprigs fresh rosemary
- 1 Tbsp. parmesan cheese

**Directions**

To grill, skin chicken breasts and rub in pepper to taste. Blend basil, olive oil, butter, garlic and parmesan cheese at low speed using an electric blender, chopper or processor till smooth. Baste chicken lightly with mixture. Grill over medium coals basting during cooking time with basil sauce. During this time add the rosemary branches to coals for added smoke flavor. Do this 2 or 3 times. Grill 10 minutes each side depending on barbecue temperature. Garnish with fresh basil and serve this grilled chicken recipe with rice or Italian pasta.

**Nutritional Facts (Per Serving)**

- Calories: 403
- Total Fat: 30g
- Saturated Fat: 10g
- Cholesterol: 113mg
- Sodium: 159mg
- Total Carbohydrate: 0.6g
- Protein: 31g

**Servings:** 4
Grilled Turkey Breast with Basil & Mozzarella

- olive oil for coating
- 1 package Honeysuckle white turkey breast
- 4 slice mozzarella cheese
- 1 small bunch fresh basil leaves
- salt and freshly ground pepper
- 1/4 cup salted butter, at room temperature
- 1 large clove garlic, minced
- 1/8 tsp. cayenne pepper

**Directions**

Preheat grill to medium-high. Oil the grill rack. Butterfly the turkey breasts by cutting each tenderloin horizontally to within 1/2 in. of the other side, then cut each in two. Open each tenderloin like a book and place between sheets of plastic wrap. Pound lightly to even out the thickness. Remove the top sheet of wrap. Place 1 slice of cheese and a few basil leaves on one half of the breast. Sprinkle with salt and pepper and close the breast. Coat with a little olive oil, and sprinkle both sides with salt and pepper. In a small bowl, combine the butter, garlic and cayenne pepper with a fork and mix well. Form into a log in waxed paper and refrigerate until ready for use. Grill turkey breasts for 3 to 5 minutes on each side, or until no longer pink in the center. Top each breast with a pat of the garlic butter.

**Nutritional Facts (Per Serving)**
- Total fat: 18g
- Saturated fat: 12g
- Cholesterol: 146mg
- Sodium: 200mg
- Carbohydrates: 1g
- Protein: 42g

**Servings:** 6

Grilled Salmon with Mustard & Herbs

- 2 lemons, thinly sliced, plus 1 lemon, sliced for garnish
- 20-30 sprigs fresh herbs plus 2 tbsp. chopped, divided
- 1 clove garlic
- 1/4 tsp. salt
- 1 tsp. Dijon mustard
- 1 lb. center-cut salmon, skinned

**Directions**

Preheat grill to medium-high. Lay two pieces of heavy-duty foil on top of each other and place on a rimless baking sheet. Arrange lemon slices in two layers in the center of the foil. Spread herb sprigs over the lemons. Mash garlic with salt to form a paste. Transfer to a small dish and stir in mustard and the remaining 2 Tbsp. chopped herbs. Spread the mixture over both sides of the salmon. Place the salmon on the herb sprigs. Slide the foil and salmon off the baking sheet onto the grill without disturbing the salmon-lemon stack. Cover the grill; cook until the salmon is opaque in the center, 18 to 24 minutes. Wearing oven mitts, carefully transfer foil and salmon back onto the baking sheet. Cut the salmon into 4 portions and serve with lemon wedges (discard herb sprigs and lemon slices).

**Nutritional Facts (Per Serving)**
- Total fat: 12g (2g sat, 4g mono)
- Cholesterol: 67mg
- Carbohydrate: 1g
- Protein: 23g
- Fiber: 0g
- Sodium: 261mg

**Servings:** 10
Fireworks Grilled Chicken with Quick-Fix Orange Barbecue Glaze

2 small chickens, about 6 1/2 lbs. total canola oil, for the grill rack

FOR THE GLAZE
1 1/2 cups hickory smoke-flavored barbecue sauce
6 oz. can frozen orange juice concentrate, thawed
2 Tbsp. soy sauce
2 Tbsp. medium-dry sherry
1 Tbsp. whole-grain mustard
1 Tbsp. Worcestershire sauce
2 Tbsp. Tabasco sauce
2 garlic cloves, peeled, crushed through a press
1/2 tsp. dried thyme, crumbled

Directions
FOR THE GLAZE:
Mix all ingredients, except chicken, in a medium bowl. The glaze can be prepared up to 3 days in advance, if desired. Cover and chill. Return to room temperature before using.

FOR THE CHICKEN:
Set one of the chickens up on its tail end, with its back towards you. Cut downwards along both sides of the backbone and through the thigh joints. Cut off the wings, legs and separate the drumsticks from the thighs. Split the breasts along the breastbone, then cut each breast crosswise in half again. Repeat with the remaining chicken. You should have 20 smallish pieces of chicken, about equally assorted between light and dark meat. Preheat grill to medium and position grill rack about 6 inches above heat source. Lightly oil the rack. Lay chicken pieces on the rack, cover and grill 5 minutes. Turn, cover and grill for another 5 minutes. Brush the chicken with some of the glaze, turn and grill for 5 minutes. Continue brushing chicken with glaze and turning it every 5 minutes until the glaze is used up, and the chicken is cooked through while remaining moist, 25 to 30 minutes total grilling time for white meat, 30 to 35 minutes total grilling time for dark meat. Transfer to a platter and season lightly to taste with salt and pepper. Serve hot, warm or at room temperature.

Nutritional Facts (Per Serving)
- Calories: 334
- Fat total: 8g
- Fiber: 1g
- Carbohydrates: 20g
- Sodium: 1029mg

Servings: 6

Grilled Lemon-Herb Halibut Recipe

12 oz. fish, halibut steaks, 2 steaks
2 Tbsp. lemon juice
1 Tbsp. oregano, fresh, or 1/2 tsp. dried
2 tsp. oil, olive
2 cloves garlic, minced
1 tsp. lemon-pepper seasoning
oregano, fresh
lemon, wedges

Directions
Thaw fish, if frozen. Rinse fish; pat dry with paper towels. For marinade, in a shallow dish, combine lemon juice, crushed oregano or thyme, oil, garlic, and lemon-pepper seasoning. Add fish; turn to coat with marinade. Cover and marinate in refrigerator for at least 30 minutes or up to 1 1/2 hours, turning fish steaks occasionally.

Drain fish, reserving marinade. Place fish on the greased unheated rack of a broiler pan. Broil 4 inches from the heat for 8 to 12 minutes or until fish flakes easily when tested with a fork, turning once and brushing once with reserved marinade halfway through broiling. Discard any remaining marinade. If desired, serve with lemon wedges and garnish with fresh oregano or thyme leaves.

Nutritional Facts (Per Serving)
- Calories: 238
- Saturated Fat: 1g
- Sodium: 636mg
- Total Fat: 8g
- Carbs: 3g
- Cholesterol: 54mg
- Protein: 36g

Servings: 2
Asian Grilled Chicken Breasts

1/4 cup olive oil
1 Tbsp. soy sauce
2 cloves garlic, crushed
1 Tbsp. minced ginger
1 Tbsp. Dijon mustard salt, to taste
freshly ground black pepper
6 skinless, boneless chicken breasts

Directions
Mix the oil, soy sauce, garlic, ginger, mustard, salt and pepper, and brush on the chicken breasts. Refrigerate for at least 30 minutes or overnight. Preheat the grill.

Grill the breasts for 5 to 6 minutes on each side, depending on the thickness. Let the chicken rest on a plate for 1 or 2 minutes before serving.

Nutritional Facts (Per Serving)
- Calories: 166
- Carbohydrate: 0g
- Fat: 6g
- Fiber: 0g
- Protein: 26g
- Sodium: 243mg

Servings: 6

Halibut Steaks with Lemon & Garlic

vegetable oil for grilling
1/4 cup lemon juice
1 Tbsp. olive or vegetable oil
1/4 tsp. salt
1/4 tsp. pepper
2 cloves garlic, finely chopped
4 halibut or tuna steaks, about 1 inch thick (about 2 lbs.)
1/4 cup chopped fresh parsley
1 Tbsp. grated lemon peel

Directions
Brush grill rack with vegetable oil. Heat coals or gas grill for direct heat. In shallow glass or plastic dish or resealable plastic food-storage bag, mix lemon juice, oil, salt, pepper and garlic. Add fish; turn several times to coat. Cover dish or seal bag and refrigerate 10 minutes. Remove fish from marinade; reserve marinade. Cover and grill fish over medium heat 10 to 15 minutes, turning once and brushing with marinade, until fish flakes easily with a fork. Discard any remaining marinade. Sprinkle fish with parsley and lemon peel.

Nutritional Facts (Per Serving)
- Calories: 240
- Fat: 6g
- Carbs: 2g
- Sodium: 340mg
- Fiber: 0g

Servings: 4
Lemon-Soy Marinated Flank Steak

1 lb. beef, flank steak
2 scallions (green onions)
1/4 cup water
1/4 cup wine, dry red
1/4 cup soy sauce, reduced-sodium
3 Tbsp. lemon juice
2 Tbsp. oil, cooking
2 cloves garlic, minced
1/2 tsp. celery seeds
1/2 tsp. pepper, black
1/8 tsp. salt

Recipe Tip: Marinate 6 to 24 hours.

Directions
Score both sides of steak in a diamond pattern by making shallow diagonal cuts at 1 inch intervals. Place steak in a resealable plastic bag set in a shallow dish. For marinade, in a small bowl combine green onions, the water, wine, soy sauce, lemon juice, oil, garlic, celery seeds, pepper, and salt. Pour over meat. Seal bag; turn to coat meat. Marinate in the refrigerator for at least 6 hours or up to 24 hours, turning bag occasionally.

Drain steak discarding marinade. Place steak on the rack of an uncovered grill directly over medium coals. Grill for 17 to 21 minutes or until medium doneness (160°F), turning once halfway through grilling time. Thinly slice steak diagonally across the grain.

Nutritional Facts (Per Serving)
- Calories: 207
- Saturated Fat: 4g
- Sodium: 281mg
- Total Fat: 10g
- Carbs: 1g
- Cholesterol: 46mg
- Protein: 25g

Servings: 4

Sweet and Spicy Salmon

2 tsp. paprika
1 tsp. chili powder
1 tsp. ground chili powder
1/2 tsp. ground cumin
1/2 tsp. brown sugar
1 tsp. sea or kosher salt
4 (6 oz.) salmon fillets
Cooking spray

Directions
Prepare grill, heating to medium. Combine first 5 ingredients. Sprinkle fish with salt; rub with paprika mixture. Place fish on grill rack coated with cooking spray; grill 7 minutes until fish flakes easily when tested with a fork.

Nutritional Facts (Per Serving)
- Calories: 286 (42% from fat)
- Fat: 14g
- Protein: 37g
- Cholesterol: 87mg
- Calcium: 30mg
- Sodium: 670mg
- Fiber: 0.6g
- Iron: 1mg
- Carbohydrate: 3g

Servings: 4
Grilled Garden Burgers

1 egg white, lightly beaten
1/2 cup shredded carrot
1/4 cup thinly sliced green onions
1/4 cup shredded zucchini
2 cloves garlic, minced
12 oz. lean ground beef
8, 1/2 inch-thick slices whole wheat baguette, toasted
3/4 cup fresh spinach
1 small tomato, thinly sliced
1/2 cup thinly shaved zucchini*

Directions
In lg. bowl, combine egg white, carrot, green onions, shredded zucchini, garlic, and 1/8 tsp black pepper. Add beef; mix well. Shape the mixture into four 3/4 inch thick patties. Place patties on the rack of an uncovered grill directly over med. coals. Grill 12-14 min. or until an instant-read thermometer inserted into the side of each patty registers 160°F, turning once halfway through grilling. (For a gas grill, preheat grill. Reduce heat to medium. Place patties on grill rack over heat. Cover and grill as above.) Serve each patty between two baguette slices with spinach, tomato, and shaved zucchini.

*Test Kitchen Tip: Use a vegetable peeler to thinly shave the zucchini.

Nutritional Facts (Per Serving)
- Total fat: 10g
- Cholesterol: 55mg
- Sodium: 229mg
- Carbohydrates: 9g
- Fiber: 3g
- Protein: 21g

Servings: 4

Curried Fish and Watermelon Kabobs

1 lb. watermelon
1-1/2 lbs mahi mahi, swordfish, tuna or other firm fish
4 garlic cloves, chopped
2 Tbsp. olive oil
1 pinch turmeric powder
1 tsp. cumin
1 tsp. coriander
1 tsp. chili powder 1/2 tsp. salt
lime wedges

Directions
Prepare grill. Soak wooden skewers in water 5 minutes. Seed watermelon, cut into 2" chunks. Cut fish into 2" chunks. Thread fish and watermelon alternately onto skewer. Combine garlic and oil; brush on fish and watermelon. Combine spices; sprinkle on fish and watermelon, turning skewer to cover evenly. Place skewers on grill rack. Grill 2 minutes on each side. Serve with lime wedges.

Nutritional Facts (Per Serving)
- Calories: 10
- Fat: 6g
- Cholesterol: 85mg
- Protein: 21g
- Carbohydrates: 8g
- Fiber: 0
- Sodium: 330mg

Servings: 5
Five Spice Salmon

1-1/2 tsp. finely grated lime peel
3 Tbsp. fresh lime juice
2 tsp. extra virgin olive oil
4 tsp. finely chopped fresh ginger
1 tsp. Chinese five-spice powder
1/2 tsp. sugar substitute
1 lb. salmon steaks cut into 4 equal-size pieces
8 cups fresh baby spinach leaves
2 cloves garlic, pressed

**Directions**
In a 2-quart dish, combine the lime peel, lime juice, 1 tsp. of the oil, the ginger, five-spice powder, and sugar substitute. Add the salmon and turn to coat. Cover and refrigerate for 30 minutes. In a 3-quart microwaveable dish, combine the spinach, garlic, and the remaining 1 tsp. oil, tossing gently. Cover with plastic wrap and microwave for 2 minutes, or until the spinach has wilted. Drain and keep warm.

Lightly oil a grill rack. Preheat the grill to medium-high. Remove the salmon from the marinade and place on the grill rack. Brush the salmon with additional marinade. Close the grill cover and cook for 4 minutes. Open the grill cover, turn the salmon, and brush with marinade. Close the cover and cook for 4 minutes longer, or until the salmon flakes easily. Discard any remaining marinade. To serve, evenly divide the spinach among 4 serving plates and center the salmon on the spinach beds.

**Nutritional Facts (Per Serving)**
- Calories: 250
- Total fat: 11g
- Saturated fat: 5g
- Cholesterol: 50mg
- Sodium: 640mg
- Carbohydrate: 9g
- Dietary fiber: 2g
- Sugars: 5g
- Protein: 27g

**Servings: 4**

Quick & Easy Steak Salad

5 cups torn romaine lettuce
2 small plum tomatoes, sliced
1 yellow pepper, halved, grilled and cut into strips
1 lb. beef flank steak, grilled, sliced
1/2 cup colby & monterey jack cheese crumbles
1/2 cup light zesty Italian dressing

**Directions**
COVER four salad plates with lettuce. TOP with tomatoes, peppers, meat and cheese. DRIZZLE with dressing just before serving.

**Nutritional Facts (Per Serving)**
- Calories: 250
- Total fat: 11g
- Saturated fat: 5g
- Cholesterol: 50mg
- Sodium: 640mg
- Carbohydrate: 9g
- Dietary fiber: 2g
- Sugars: 5g
- Protein: 27g

**Servings: 4**
Teriyaki Kabobs

1/3 cup soy sauce  
2 Tbsp. vegetable oil  
1 Tbsp. brown sugar  
1 garlic clove, minced  
1 tsp. ground ginger  
1 tsp. seasoned salt  
1 1/2 lb. boneless sirloin steak, cut into 1 1/4-inch cubes  
12 whole mushrooms  
1 large green pepper, cut into 1 1/2-inch pieces  
1 large onion, cut into wedges  
12 cherry tomatoes

Directions
In a bowl, combine soy sauce, oil, brown sugar, garlic, ginger and salt; mix well. Pour half of the marinade into a large resealable plastic bag or shallow glass container; add beef and turn to coat. Seal or cover; refrigerate for 4 to 8 hours, turning occasionally. Cover and refrigerate remaining marinade. Drain meat; discard marinade. On metal or soaked bamboo skewers, alternate meat, mushrooms, green pepper, onion and cherry tomatoes; leaving 1/4 inch between each. Grill, uncovered, over medium heat for 3 minutes on each side.

Baste with reserved marinade. Continue turning and basting for 8 to 10 minutes or until meat is cooked thoroughly.

Nutritional Facts (Per Serving)
• Calories: 244  
• Sodium: 690mg  
• Cholesterol: 77mg  
• Carbohydrates: 10g  
• Protein: 29g  
• Fat: 10g

Servings: 6

Grilled Shrimp Salad

1/3 cup olive oil  
2-1/2 Tbsp. lemon juice  
2 tsp. Dijon mustard  
2 tsp. sugar  
2 cloves garlic, minced  
1 tsp. Greek seasoning blend  
1/2 tsp. salt  
1/4 tsp. pepper  
1 lb. large shrimp, peeled and deveined  
1 can (15 oz.) garbanzo beans, rinsed and drained  
2 bags (5 to 6 oz. each) baby spinach leaves  
1 cup cherry tomatoes, halved  
1 cup peeled, diced cucumber  
1/3 cup pitted kalamata olives  
1/2 cup crumbled feta cheese

Directions
Heat grill. In a small jar with a tightly fitting lid, combine olive oil, lemon juice, mustard, sugar, garlic, Greek seasoning, salt, and pepper. Shake to blend. Transfer 1-1/2 Tbsp. to bowl, add shrimp, and toss. Combine remaining dressing with garbanzo beans. Grill shrimp, turning once, until cooked through, about 3 minutes per side. In a large bowl, toss together spinach, tomatoes, cucumber, olives, and grilled shrimp. Toss with marinated garbanzo beans and dressing. Sprinkle with cheese.

Nutritional Facts (Per Serving)
• Total Fat: 29g  
• Sodium: 1288mg  
• Total Carbohydrates: 21g  
• Fiber: 6g  
• Protein: 29g

Servings: 4
Grilled Chicken with Spicy Brazilian Tomato and Coconut Sauce

- 4 Tbsp. cooking oil
- 3 cloves garlic, minced
- 1 chicken (3 to 3 1/2 lbs.), quartered
- 3/4 tsp. salt
- fresh-ground black pepper
- 1 onion, chopped
- 1 Tbsp. minced fresh ginger
- 2 jalapeno peppers, seeds and ribs removed, minced
- 1 1/4 cups canned crushed tomatoes in thick puree
- 1 cup canned unsweetened coconut milk
- 2 Tbsp. chopped cilantro or parsley

**Directions**

Light the grill. In a shallow dish, combine 3 tbsp. of the oil with two-thirds of the minced garlic. Coat the chicken with half of the garlic oil and season with 1/4 tsp. of the salt and 1/8 tsp. pepper. Grill the chicken over moderately high heat, basting with the remaining garlic oil, until just done, about 10 minutes per side for the breasts, 13 minutes for the legs.

Meanwhile, in a medium saucepan, heat the remaining 1 tbsp. oil over moderately low heat. Add the onion and cook, stirring occasionally, until translucent, about 5 minutes. Add the remaining garlic, the ginger, and the jalapenos, and cook, stirring, for 1 minute longer. Add the tomatoes, the coconut milk, the remaining 1/2 tsp. salt, and a pinch of pepper. Bring to a simmer and cook, stirring occasionally, until thickened, about 5 minutes. Stir in the cilantro and serve with the chicken.

**Nutritional Facts (Per Serving)**
- Calories: 634
- Fat Total: 30g
- Fiber: 2g
- Carbohydrates: 8g
- Sodium: 709mg
- Cholesterol: 197mg
- Protein: 81g

**Servings: 4**

Grilled Chicken over Spinach

- 1 to 2 Tbsp. olive or canola oil
- 1 Tbsp. cider vinegar
- 1 garlic clove, minced
- 1 tsp. dried thyme
- 1/2 tsp. dried oregano
- 1/2 tsp. cayenne pepper
- 1/4 tsp. salt
- dash pepper
- 4 boneless skinless chicken breast halves (1 lb.)

**SAUTEED SPINACH:**
- 1 green onion, finely chopped
- 1-2 garlic cloves, minced
- 1-2 Tbsp. olive or canola oil
- 1/2 lb. fresh mushrooms, sliced
- 1 package (10 oz.) fresh spinach, torn

**Directions**

In a bowl combine the first eight ingredients: mix well. Spoon on chicken. Grill uncovered over medium heat for 7 minutes on each side until juices run clear. In a large skillet, sauté onions and garlic in oil for 1 minute. Stir in mushrooms; sauté for 3-4 minutes or until tender. Add spinach; sauté for 2 minutes or until wilted. Transfer to a serving platter; top with chicken.

**Nutritional Facts (Per Serving)**
- Calories: 237
- Fat: 10g (2 sat fat)
- Cholesterol: 73mg
- Sodium: 268mg
- Carbohydrates: 6g
- Fiber: 3g
- Protein: 31g

**Servings: 4**
Grilled Asian Cornish Game Hens

- 6 Tbsp. soy sauce
- 1/4 cup lime juice (from about 2 limes)
- 1/4 cup cooking oil
- 4 cloves garlic, minced
- 1 tsp. ground ginger
- 1/2 tsp. fresh-ground black pepper
- 1/4 tsp. salt
- 2 cornish game hens (about 1 1/4 lbs. each), halved
- 1 lb. asparagus
- 2/3 lb. portobello mushrooms, stems removed, caps cut into 1/4 in. slices, or 6 oz. sliced portobello mushrooms

**Directions**

Light the grill. In a small bowl, combine the soy sauce, lime juice, oil, garlic, ginger, pepper, and salt. Put the hens into two large glass dishes. Pour 1/2 cup of the marinade over them and turn to coat. Let marinate, turning once, for 10 minutes. Cook the hens over moderate heat for 12 minutes. Turn and cook until just done, about 12 minutes longer. Meanwhile, snap off and discard the tough ends of the asparagus. Toss the asparagus spears with 2 tbsp. of the remaining marinade and grill for about 12 minutes, turning once. Toss the mushrooms with the remaining 2 tbsp. marinade and grill for about 5 minutes per side. Serve the hens with the asparagus and mushrooms alongside.

**Nutritional Facts (Per Serving)**

- Calories: 505
- Fat Total: 24g
- Fiber: 4g
- Carbohydrates: 12g
- Sodium: 1694mg
- Cholesterol: 258mg
- Protein: 61g

**Servings:** 4

Grilled Pork Chops with Orange-Rosemary Relish

- 3 oranges, peeled & sectioned (remove all membranes)
- juice of 1 lemon
- 1 tsp. chopped, fresh rosemary
- 1 Tbsp. canola oil
- 6 center-cut, boneless pork loin chops, about 1 in. thick
- salt to taste
- freshly ground black pepper

**Directions**

Preheat the grill. To make the orange relish, combine the orange sections in a mixing bowl with the lemon juice and rosemary and set aside. Brush the pork chops with oil and season generously with salt and pepper. Grill the pork chops for 5 to 8 minutes on each side, turning only once. Place the chops on warmed plates, top with orange relish and serve immediately.

**Nutritional Facts (Per Serving)**

- Calories: 251
- Carbohydrates: 10g
- Fat: 11g
- Fiber: 2g
- Protein: 27g
- Sodium: 60mg

**Servings:** 6
GRILLED VEGGIES
Grilled Portabella with Mozzarella Salad

2 cups grape tomatoes, halved
3 oz. fresh mozzarella cheese, cubes
3 fresh basil leaves, thinly sliced
2 tsp. olive oil
2 garlic cloves, minced
1/4 tsp. salt
1/4 tsp. pepper
4 large portabella mushrooms (4-4.5 in.) stems removed
cooking spray

Directions
In a small bowl combine the first seven ingredients; cover and chill until serving. Coat grill rack with cooking spray before starting the grill. Spritz mushrooms with cooking spray. Grill mushrooms, covered, over medium heat for 6-8 minutes on each side or until tender. Spoon 1/2 cup tomato mixture into each mushroom cap.

Nutritional Facts (Per Serving)
- Calories: 133
- Total fat: 8g (3g Sat.)
- Cholesterol: 17mg
- Carbohydrates: 9mg
- Sodium: 190mg
- Fiber: 2g
- Protein: 7g

Servings: 6

Zesty Grilled Veggies

4 zucchini cut diagonally into 1/2 inch slices.
3 each red and yellow peppers, cut into 1/2 inch strips
1/4 cup light zesty Italian dressing
1/4 cup grated parmesan cheese

Directions
Heat grill to medium. Place vegetables in grill basket. Grill 10 minutes or until crisp-tender, turning occasionally. Place in bowl. Add dressing; toss to coat. Sprinkle with cheese.

Nutritional Facts (Per Serving)
- Calories: 80
- Total fat: 4g
- Carbohydrates: 10g
- Protein: 4g

Servings: 8
Garlic Grilled Zucchini and Squash

- 2 large potatoes
- 1 medium zucchini
- 1 medium yellow squash
- 1 small red onion
- 1 small white onion
- 2 Tbsp. crushed garlic
- 1 tsp. pepper
- 1/2 tsp. white pepper
- 1 Tbsp. fresh basil leaves
- 3 Tbsp. oil

**Directions**
Slice potatoes paper thin. Slice zucchini and squash 1/4” thick. Slice onion. Combine all ingredients in a large mixing bowl. Cut a piece of heavy duty foil large enough to hold all ingredients. Spoon vegetables into center of foil. Close tightly. Place on preheated grill. Grill over medium heat for 20 to 40 minutes, turning every 5 minutes. Open and test potatoes after 20 minutes to see if the vegetables are done to your liking. Close up and continue grilling if you want them more tender, checking again after 10 minutes. Continue until they are as tender as you want them.

**Nutritional Facts (Per Serving)**
- Calories: 155 (Calories from Fat 65)
- Total Fat: 7g (Saturated Fat 0.6g Trans fat 0g)
- Cholesterol: 0mg
- Sodium: 8mg
- Carbohydrates: 21g
- Dietary fiber: 3g
- Sugars: 4g
- Protein: 3g

**Servings:** 8

Marinated Grilled Vegetables

- 6 small onions, halved
- 4 medium carrots cut into 1 1/2 inch chunks
- 1/3 cup olive oil
- 1/2 tsp. dried rosemary, crushed
- 1/4 tsp. dried marjoram
- dash pepper
- 6 pattypan or sunburst squash
- 1 medium zucchini, cut into 1 inch chunks
- 1 medium green pepper, cut into 1 inch pieces
- 1 medium sweet red pepper, cut into 1 inch pieces

**Directions**
In a large saucepan, cook onions and carrots in water for 10 minutes or until tender; drain. In a large bowl, combine oil and seasonings. Add the vegetables; stir to coat. Cover and refrigerate for at least 1 hour. Drain, reserving marinade. Place vegetables on a grill rack or thread vegetables alternately onto skewers. Cover and grill over medium heat for 15-20 minutes or until tender. Turn and baste with reserved marinade three times.

**Nutritional Facts (Per Serving)**
- Calories: 97
- Fat: 6g (0 saturated fat)
- Cholesterol: 0g
- Sodium: 28mg
- Carbohydrates: 11g
- Fiber: 0g
- Protein: 2g

**Servings:** 6
Grilled Vegetable Salad

- 8 oz. uncooked rotini
- 2 Chinese eggplant, trimmed & sliced 1/2" thick
- 1 red bell pepper, cut into quarters and seeded
- 1 medium zucchini, sliced 1/2" thick lengthwise
- 2 Roma tomatoes, cut in half
- 2 medium shallots, quartered
- 2 cloves garlic, minced
- 1 tsp. dried basil
- 4 Tbsp. olive oil, divided
- 1 Tbsp. balsamic or red wine vinegar

**Directions**

Preheat grill to medium. Cook rotini according to package directions. Rinse in cold water; drain. Meanwhile, in large bowl combine eggplant, red pepper, zucchini, tomatoes, shallots, garlic and basil; mix lightly. Drizzle with 2 Tbsp. of the olive oil; toss to coat. Arrange vegetables on grill. Grill vegetables, turning frequently, 5-10 minutes or until vegetables are slightly charred.

Remove vegetables to cutting board and coarsely dice. In a large bowl, combine the rotini, grilled vegetables, remaining 2 Tbsp. olive oil and vinegar, and toss to mix. Season with salt and pepper to taste. Serve at room temperature.

**Nutritional Facts (Per Serving)**
- Calories: 108
- Carbohydrates: 15g
- Protein: 3g
- Fat: 4g
- Fiber: 1g
- Cholesterol: 0mg
- Sodium: 3mg

**Servings:** 14

Grilled Tomatoes

- 2 slices of a medium tomato, about 1/4" thick
- salt and pepper, to taste
- sprinkling of garlic powder
- 1 oz. cheddar cheese, shredded

**Directions**

Place the tomato slices on a foil-lined baking pan that will fit in your toaster oven. Top with seasonings, then the cheese. Broil in the toaster oven until the cheese is melted and bubbly. Good served with eggs.

**Nutritional Facts (Per Serving)**
- Calories: 123
- Fat: 10g
- Protein: 7g
- Carbohydrates: 2g
- Trace Dietary Fiber
- Net carbs: 2g

**Servings:** 1
Char-grilled Vegetable Slices

1/2 cup extra virgin olive oil
1 clove garlic, crushed
1 large eggplant, cut lengthwise into thick slices
3 large zucchini, cut lengthwise into thick slices
2 red peppers, cut into quarters, seeded
3 large firm tomatoes cut into thick slices
freshly ground black pepper

Directions
Preheat barbecue to medium heat. Place oil and garlic in a small bowl and whisk to combine. Brush eggplant, zucchini, red peppers, and tomato slices with oil mixture. Cook eggplant, zucchini and red pepper slices on lightly oiled barbecue, turning frequently, for 4 to 5 minutes or until almost cooked. Add tomato slices to barbecue and cook all vegetables for 2 to 3 minutes longer. Season with black pepper to taste. Serve.

Grilled Veggie Melt

1 small zucchini thinly sliced
1/4 medium red bell pepper, cut into thin slices
2 tsp. olive oil
salt and pepper
1/8 tsp. dried oregano
2 slices low-carb rye bread lightly toasted
1 tsp. Dijon mustard
2 oz. cheddar cheese, grated (1/2 cup)

Directions
Heat broiler. Line a small roasting pan or jellyroll pan with foil. Combine zucchini and red pepper in pan. Add oil, salt, pepper, and oregano and toss to coat. Broil, tossing vegetables once or twice, until vegetables have softened and are lightly browned, 7 to 10 minutes. Remove from oven, leaving broiler on. Spread toast with mustard. Divide vegetables evenly on top of toast, top with cheese. Remove foil from baking sheet and set sandwiches on pan. Return to broiler and cook until cheese has melted. 1 to 2 minutes. watch closely so cheese and toast do not burn.

Nutritional Facts (Per Serving)
- Calories: 220
- Carbohydrates: 7g
- Total fat: 21g
- Sat. fat: 3g
- Sodium: 2mg
- Fiber: 1g

Servings: 6

Nutritional Facts (Per Serving)
- Calories: 470
- Carbohydrates: 21g
- Fiber: 12g
- Protein: 30g
- Fat: 31g

Servings: 4
**Grilled Zucchini**

- 1 medium zucchini
- 2 Tbsp. olive oil
- 1 tsp. oregano leaves
- 1 pinch black pepper (to taste)
- 2 Tbsp. fresh lime juice
- 1 pinch salt (to taste)

**Directions**
Slice zucchini in half lengthwise; rub with olive oil, sprinkle with oregano and pepper. Grill directly over medium hot coals, cut side down, until well browned. Sprinkle with lime juice and season with salt.

**Nutritional Facts (Per Serving)**
- Calories: 98
- Carbohydrates: 8g
- Dietary Fiber: 3g
- Sugars: 4g
- Total Fat: 7g
- Saturated Fat: 1g
- Unsatuated Fat: 6g
- Potassium: 596mg
- Protein: 3g
- Sodium: 49mg

**Servings: 2**

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**Grilled Glazed Peaches**

- 1/4 cup light, soft tub margarine
- 2 Tbsp. orange juice
- 3 large peaches, pitted and halved, unpeeled

**Directions**
Prepare a hot grill. In a separate pan, melt the margarine and orange juice until syrupy. Place the peaches, cut side down, on an oiled rack 6 inches from the heat source.

Brush the syrup over the peaches. Grill the peaches about 10 minutes, turning and basting frequently, until the peaches are hot and glazed. Remove from the grill and serve.

**Nutritional Facts (Per Serving)**
- Calories: 60
- Calories from fat: 29
- Total fat: 3g
- Sat. fat: 0.3g
- Sodium: 60mg
- Carbohydrates: 8g
- Dietary fiber: 1g
- Sugars: 7g
- Protein: 1g

**Servings: 6**
Spicy Southern BBQ Sauce

1 Tbsp. Tabasco sauce
1 Tbsp. Worcestershire sauce
2 Tbsp. steak sauce
1/4 tsp. tenderizer, seasoned
1/4 tsp. onion powder
1/4 tsp. hot red pepper flakes, crushed
2 Tbsp. minced garlic

Directions
In a small bowl, combine the hot pepper sauce, Worcestershire sauce, steak sauce, meat tenderizer, onion powder, crushed red pepper flakes, and minced garlic. Mix well and refrigerate until just before use.

Nutritional Facts (Per Serving)
- Calories: 30
- Carbohydrates: 3g
- Dietary Fiber: 0.1g
- Sugars: 0.4g
- Total Fat: 0.8g
- Saturated Fat: 0g
- Unsaturated Fat: 0.8g
- Potassium: 41mg
- Protein: 0.1g
- Sodium: 239mg

Servings: 4

Barbecue-Cranberry Dip

1/2 cup cranberry sauce
1/2 cup barbecue sauce

Directions
In medium bowl, stir together cranberry sauce and barbecue sauce; cover loosely and heat in microwave on 50% power for 2 minutes.

Nutritional Facts (Per Serving)
- Calories: 5
- Protein: 0g
- Sodium: 20mg
- Cholesterol: 0mg
- Carbohydrates: 1g

Servings: 48

Fruit Dip

granulated sugar substitute equal to 1/4 cup sugar
3 Tbsp. ground cinnamon
2 Tbsp. dried lemon or orange peel (ground)
1 tsp. ground allspice
1 tsp. ground cloves
1/2 tsp. freshly grated or ground cloves

Directions
Combine all ingredients in a small bowl, store tightly covered; up to two months (1 serving is a heaping Tbsp.).

Nutritional Facts (Per Serving)
- Calories: 12
- Protein: 0g
- Carbohydrates: 9g
- Total fat: trace
- Cholesterol: 0mg
- Fiber: 2g
- Sugars: 0g

Servings: 10
Chipotle Pepper BBQ Sauce

- 4 cups tomato puree
- 5 chipotle chilies, stems removed
- 4 Tbsp. SPLENDA® brown sugar blend
- 1 Tbsp. minced garlic
- ½ cup red wine vinegar
- 3 cups chicken stock
- 2 Tbsp. whole grain mustard
- 1 Tbsp. smoked salt

**Directions**

Add all ingredients to a saucepan and simmer for 20 minutes. When chilies are tender transfer them to a blender with 1 cup of the tomato sauce, blend until smooth. Pour the blender contents back into the saucepan and continue to simmer for 30 minutes.

Strain the sauce through a china cap or other mesh sieve and adjust seasoning. Serve at room temperature or hot.

**Nutritional Facts (Per Serving)**
- Calories: 15
- Calories from fat: 0
- Fat: 0g (Saturated 0g)
- Cholesterol: 0mg
- Sodium: 240mg
- Carbohydrates: 3g
- Fiber: 0g
- Sugars: 2g
- Protein: 0g

**Servings:** 25

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Jerk Marinade for Grilling Meats

- 1 or 2 Scotch Bonnet peppers (Remove seeds & membranes)
- 1/4 cup sweet onion
- 3 Tbsp. olive oil
- 1 Tbsp. Allspice, ground
- 2 Tbsp. fresh ginger
- 1 Tbsp. soy sauce
- 1 tsp. dried thyme
- 1 bay leaf, crumbled
- 1/4 tsp. cinnamon
- 1 Tbsp. Xyletol
- 2 cloves garlic, crushed

**Directions**

Toss all ingredients into a blender and puree until smooth. It is going to look like mud, but one sniff and you will want to breathe deep. YUM...only taste test if you are brave! WASH YOUR HANDS AFTER YOU CREATE THIS, OR YOUR EYES COULD PAY. Use this paste on pork, chicken, and even veggies. A little goes a long way depending on your “heat” tolerance. If you want to tame it a little, replace the Scotch Bonnets with Jalapeño peppers. Make sure you remove seeds and membrane. But remember, this is intended to be quite warm.

**Nutritional Facts (Per Serving)**
- Carbohydrates: 4g
- Protein: 1g

**Servings:** 48
SALADS
**Vegetable Salad Vinaigrette**

1/2 medium cucumber, peeled and diced  
1 medium rib of celery, sliced crosswise  
3 oz. button mushrooms, coarsely chopped  
1/4 cup chopped red onion  
1/4 cup snipped fresh parsley  
1 Tbsp. olive oil (extra-virgin preferred)  
1 Tbsp. red wine vinegar  
1 tsp. sugar  
1/2 tsp. Dijon mustard (stone-ground preferred)  
1/4 tsp. salt  
1/8 tsp. crushed red pepper flakes

**Directions**  
In a medium bowl, toss together all the ingredients. Serve immediately for peak flavors. To prepare this salad in advance, combine the cucumber, celery, mushrooms, onion, and parsley in a medium bowl. In a small bowl, combine the remaining ingredients. Cover with plastic wrap and refrigerate for up to 8 hours.

When ready to serve, stir the dressing. Pour it over the vegetable mixture. Toss.

**Nutritional Facts (Per Serving)**  
- Calories: 49  
- Total Fat: 4g  
- Saturated Fat: 0.5g  
- Sodium: 170mg  
- Carbohydrates: 4g  
- Fiber: 1g  
- Sugar: 2g  
- Protein: 1g

**Servings:** 4

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**Fruited Pasta Salad**

1-1/2 cups uncooked spiral pasta  
1 can (8 oz.) unsweetened pineapple chunks  
1 carton (8 oz.) nonfat peach yogurt  
2 Tbsp. nonfat sour cream  
1-1/2 cups cubed cantaloupe  
1/2 cup halved seedless grapes  
1-1/2 cups sliced fresh strawberries

**Directions**  
Cook pasta according to package directions; rinse in cold water and drain. Cool completely. Drain pineapple, reserving 2 Tbsp. of juice, set pineapple aside. In a small bowl, combine the yogurt, sour cream and reserved pineapple juice until smooth; cover and refrigerate. In a large bowl combine the past, pineapple, cantaloupe and grapes. Just before serving stir in the strawberries and drizzle with the yogurt mixture.

**Nutritional Facts (Per Serving)**  
- Calories: 90  
- Sodium: 15mg  
- Cholesterol: 1mg  
- Carbohydrates: 19g  
- Protein: 3gm  
- Fat: trace

**Servings:** 4
**Avocado and Grapefruit Salad**

- 6 tsp. olive oil
- 1 small clove garlic, minced
- 1 tsp. ground cumin
- 6 tsp. tomato juice
- 8 small black olives, sliced
- 3/8 lbs. garden salad
- 2 Tbsp. lemon juice
- 1/4 tsp. pepper
- 1/8 tsp. salt (optional)
- 1 red onion, raw, thinly sliced
- 1 avocado, halved, pitted, peeled and sliced 1/4 in.
- 2 cups grapefruit segments
- 1/4 cups cilantro or parsley, chopped

**Directions**
Combine first 5 ingredients and the lemon juice in a mixing bowl. Arrange lettuce on individual salad plates. Top with avocado grapefruit salad and sprinkle with olives. Combine remaining ingredients, except cilantro, in a jar with a tight-fitting lid. Shake vigorously. Add cilantro and shake again. Pour dressing over salad and toss. You can substitute oranges or any other citrus fruit. for those who are on meds that caution against grapefruit consumption. We use 1 large orange, half a lemon and half a lime, sectioned as a substitute.

**Nutritional Facts (Per Serving)**
- Calories: 248
- Protein: 3g
- Dietary fiber: 5g
- Sugar: 14g
- Total fat: 18g
- Saturated fats: 3g
- Cholesterol: 0mg
- Sodium: 81mg

**Servings: 4**

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**Berry Delicious Salad**

**DRESSING:**
- 2 Tbsp. canola oil
- 1/4 cup sliced fresh strawberries
- 1 1/2 Tbsp. raspberry or red wine vinegar
- 1 1/2 tsp. sugar substitute or honey
- 1/4 tsp. fines herbs or dried thyme
- 1/4 tsp. salt
- 1/4 tsp. ground black pepper

**SALAD:**
- 6 cups mixed baby salad greens
- 1 cup sliced fresh strawberries
- 1/4 cup crumbled reduced-fat feta cheese or blue cheese
- 1/4 cup chopped toasted pecans

**Directions**
To make dressing: put all of the ingredients in a mini blender jar, and blend until smooth. Chill until ready to serve. To make salad: place 1/4 of the salad greens on each of four salad plates. Top the greens with 1/4 of the berries, cheese, and pecans. Drizzle 1 Tbsp. of dressing over each salad and serve immediately.

**Nutritional Facts (Per Serving)**
- Calories: 146
- Protein: 4g
- Total fat: 9g
- Saturated fat: 1.5g
- Carbohydrates: 7g
- Cholesterol: 3mg
- Sodium: 237mg
- Fiber: 3.7g

**Servings: 4**
Orange and Sprout Salad

SALAD INGREDIENTS:
- 2 cups baby spinach, coarsely chopped
- 1 cup fresh bean sprouts
- 1/2 cup fresh alfalfa sprouts
- 1 1/2 oranges, peeled and sectioned
- 2 stalks of celery, sliced
- 2 green onions, thinly sliced including the green
- 2 Tbsp. sliced almonds, toasted, for garnish

DRESSING INGREDIENTS:
- 2 Tbsp. fresh orange juice (use the half orange from above)
- 1 Tbsp. apple cider vinegar
- 1/2 tsp. celery seeds
- 1/2 tsp. cinnamon
- 1/4 tsp. salt (optional, but recommended)
- 1/4 tsp. freshly ground black pepper
- 1 Tbsp. agave nectar

Directions
Wash and pat dry your bean sprouts. Cut into 2-3 inch pieces. Combine in a Medium bowl the salad ingredients and toss. In a small bowl, combine the dressing ingredients and whisk. Pour over the salad and toss again.

You can refrigerate the salad for up to 24 hours or serve immediately. Add the toasted almonds just before serving to keep them crisp. The salad is a little flat if you leave out the salt, so we recommend keeping it in the recipe. Use sea salt for a little texture. You could add some thinly sliced carrots to the salad for some additional color.

Nutritional Facts (Per Serving)
- Calories: 107
- Carbohydrates: 11g
- Protein: 2g
- Fiber: 4g
- Sodium: 156mg

Servings: 4

Crab Salad with Pimento Mayonnaise

1/4 cup non fat plain yogurt
2 Tbsp. reduce fat mayonnaise
2 Tbsp. pimentos, rinsed and patted dry
1 small clove garlic, minced
1/8 tsp. salt or to taste
1/8 tsp. cayenne pepper or to taste
2 2/3 cups cooked crab or lobster meat, picked over (*see ingredient note)
6 cups mixed salad greens
lemon wedges for garnish

Directions
Combine yogurt, pimentos, garlic, salt and cayenne in a blender. Blend until smooth. Scrape into a bowl and mix in crab (or lobster). Adjust seasoning with salt and cayenne. Divide greens among 4 large plates and spoon salad on top. Serve with lemon wedges.

*Ingredient note: - Four 1 1/4 lb. lobsters yield 2 2/3 cups cooked meat.

Nutritional Facts (Per Serving)
- Calories: 107
- Carbohydrates: 5g
- Dietary fiber: 2g
- Fat: 2g
- Protein: 18g
- Potassium: 571mg
- Cholesterol: 71mg

Servings: 4
**Spring Salad**

- 1 cup spring mix salad
- .5 oz almonds, blanched, raw
- .5 oz sunflower seeds, no added salt, dry roasted
- 1 tomato - red, ripe, raw
- 1 oz. kidney beans, boiled, no added salt
- 2 oz. lima beans, baby, frozen
- 6 oz. blueberries, raw
- 1 Tbsp. vinegar, apple cider
- 1 oz. chicken breast, boneless, roasted
- 7 croutons - caesar croutons, whole grain
- .5 tsp garlic powder
- 1 tsp onion powder
- 3g Psyllium dietary fiber, sugar free, smooth texture

**Directions**

Combine the salad ingredients and toss. Make a dressing with 3 grams Psyllium husks, 1 Tbsp. vinegar, 1/2 cup water, 1/2 tsp. garlic powder, 1 tsp. onion powder. Pour the dressing over the salad and enjoy.

**Nutritional Facts (Per Serving)**
- Calories: 84
- Total Fat: 4g
- Cholesterol: 4mg
- Sodium: 27mg
- Carbohydrates: 11g
- Dietary fiber: 3g
- Sugars: 4g
- Protein: 4g

**Servings: 4**

**Raw Broccoli Salad**

- 4 cups broccoli florets
- 1/4 cup red onion minced
- 2 Tbsp. granulated Splenda
- 2 Tbsp. cider vinegar
- 2 Tbsp. light mayonnaise
- 3 Tbsp. raisins

**Directions**

Discard stems and finely chop florets and set aside. Place remaining ingredients in a medium bowl and mix well; add broccoli; toss until coated. Chill until ready to serve.

**Nutritional Facts (Per Serving)**
- Calories: 60 (from fat 15)
- Total fat: 2g
- Sat fat: 0g
- Cholesterol: 0g
- Sodium: 85mg
- Carbohydrates: 10g
- Dietary fiber: 2g
- Sugars: 6g

**Servings: 4**
Apple-Spinach Salad with Thyme-Dijon Vinaigrette

- 4 cups baby spinach
- 1 medium apple, Granny Smith, cored and sliced
- 1/4 cup onions, red, thin wedges
- 2 Tbsp. cherries, dried, snipped
- 1/2 cup cheese, feta, crumbled, (optional)
- 1/4 cup olive oil
- 1/4 cup balsamic vinegar
- 2 tsp. fresh thyme
- 1 tsp. mustard, Dijon-style
- 1/4 tsp. salt

Directions
APPLE-SPINACH SALAD:
In a large bowl, toss together spinach, apple, onion, and cherries. Shake Thyme-Dijon Vinaigrette; drizzle onto salad. Toss to coat. If desired, top each serving with cheese. Makes 4 (1 cup) servings.

THYME-DIJON VINAIGRETTE:
In a screw-top jar, combine 1/4 cup olive oil, 1/4 cup white or regular balsamic vinegar, 2 tsp. snipped fresh thyme or 1/2 tsp. crushed dried thyme, 1 tsp. Dijon-style mustard, and 1/4 tsp. salt. Cover and shake well to mix. Chill until ready to serve. Makes 2/3 cup.

Nutritional Facts (Per Serving)
- Calories: 93
- Saturated Fat: 1g
- Sodium: 96mg
- Dietary Fiber: 2g
- Total Fat: 6g
- Carbohydrates: 11g
- Protein: 1g

Servings: 4

Confetti Garden Salad

- 3 Tbsp. nonfat or low-fat mayonnaise dressing
- 1/2 tsp. dried dill, crumbled
- 1/2 tsp. Dijon mustard
- 1/2 tsp. sugar
- 1/4 tsp. salt
- 1 large red bell pepper, chopped
- 1 medium cucumber, peeled, seeded, and chopped
- 1 medium celery stalk, chopped
- 1/2 cup frozen green peas
- 1/2 cup frozen corn kernels

Directions
In a medium bowl, whisk together the first 5 ingredients. Add the remaining ingredients. Using a rubber scraper so you can incorporate all the dressing, stir together gently. Let stand for 15 minutes to absorb flavors. Serve within another 15 minutes for the best texture and flavor (the dressing begins to break down if it stands too long).

Nutritional Facts (Per Serving)
- Calories: 44
- Fat: 0g
- Carbohydrates: 9g
- Protein: 2g

Servings: 6
**Mixed Pepper Medley**

- 1 1/2 (16 oz.) jars sliced pepperoncini peppers, drained
- 1 (32 oz.) jar sweet pepper rings, drained
- 1 (4 oz.) jar diced pimento peppers, drained
- 1 lb. pepperoni sausage, cubed
- 1 lb. provolone cheese, cubed
- 1/2 lb. Swiss cheese, cubed
- 1/2 lb. sharp cheddar cheese, cubed
- 1 (6 oz.) can mushrooms, drained and thinly sliced
- 2 (6 oz.) cans black olives, drained and thinly sliced
- 4 cloves garlic
- 4 1/2 Tbsp. dried oregano
- 1 cup canola oil
- 1/4 cup olive oil

**Directions**

In a large bowl with a lid, stir together the pepperoncini peppers, sweet pepper rings, pimentos, pepperoni, provolone, Swiss, cheddar, mushrooms, olives, garlic, oregano, canola oil and olive oil until evenly coated. Cover tightly with the lid and let stand in fridge for 3 days. Shake the bowl often. This can be served cold, but is better when you let it come to room temperature!

**Nutritional Facts (Per Serving)**

- Calories: 759
- Total Fat: 65g
- Cholesterol: 93mg
- Sodium: 2762mg
- Total Carbs: 16g
- Dietary Fiber: 4g
- Protein: 30g

**Servings:** 6

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**Calico-Colored Bean Salad**

- 1 can (14 1/2 oz.) cut green beans, rinsed & drained
- 1 can (15 oz.) dark kidney beans, rinsed and drained
- 1 cup frozen corn, partially thawed
- 1/2 cup thinly sliced red onion
- 1/4 cup sugar or sugar substitute
- 1/3 cup cider vinegar
- 1 Tbsp. canola oil
- 1/4 tsp. salt (optional)
- 1/4 tsp. red pepper flakes

**Directions**

Combine green beans, kidney beans, corn, onion, sugar, vinegar, oil, salt, and pepper flakes in gallon-size resealable food storage bag. Seal tightly. Knead to coat evenly. Let stand 10 minutes for a spicier flavor, turning occasionally. Serve within 24 hours.

**Nutritional Facts (Per Serving)**

- Calories: 115
- Total fat: 2g
- Sat. fat: <1g
- Protein: 4g
- Carbohydrates: 21g
- Cholesterol: 0mg
- Dietary fiber: 5g
- Sodium: 186mg

**Servings:** 4
**Fruity Mousse**

1 8 oz. pkg. fat-free cream cheese, softened  
1 tub Crystal Light pink lemonade soft drink mix, divided  
1 cup skim milk  
1 tub 8 oz. whipped topping, thawed

**Directions**
Beat cream cheese and 1 1/2 tsp. of the drink mix in a large bowl with an electric mixer on medium speed until well blended and smooth. Gradually add milk, mixing until well blended. Gently stir whipped topping until well blended. Pour into serving bowl or individual dishes. Refrigerate 3 hours or until firm. Serve with fresh fruit, if desired. Place remaining drink mix in a glass or plastic pitcher. Add 1 quart of water, stir to dissolve. Serve with ice.

**Nutritional Facts (Per Serving)**
- Calories: 80  
- Calories from fat: 30  
- Fat: 3g  
- Saturated fat: 3g  
- Cholesterol: 3mg  
- Sodium: 130mg  
- Carbohydrates: 9g  
- Dietary fiber: 0g  
- Sugars: 6g  
- Protein: 5g

**Servings: 10**

**Apricot Cloud**

1 1/2 cups heavy cream  
2 Tbsp. granular sugar substitute  
1 cup no-sugar-added apricot baby food  
1 cup no-sugar-added mixed-fruit baby food

**Directions**
With an electric mixer on medium, beat cream and sugar substitute until medium-firm peaks form. Fold in baby food. Divide among dessert glasses. Chill at least 1 hour before serving.

**Nutritional Facts (Per Serving)**
- Calories: 247  
- Carbohydrates: 12g  
- Fiber: 1.5g  
- Protein: 1.5g  
- Fat: 22g

**Servings: 6**

**Simple & Smooth Ambrosia**

1 cup buttermilk  
1 cup sugar substitute (Splenda or Equal)  
1 small can crushed unsweetened pineapple with juice  
1 small can mandarin oranges in juice, drained  
3 medium bananas, sliced thin  
1/2 cup shredded unsweetened coconut  
1 8 oz. tub light whipped topping (optional)

**Topping:**
2 Tbsp. chopped maraschino cherries  
1/4 cup toasted coconut  
1/4 chopped pecans, or any combination can be added for topping before freezing.

**Directions**
Mix all ingredients except the cool whip together, then gently fold in the whipped topping and pour into a 10x10 inch pan. Sprinkle on topping if using. Put in freezer for 3 hours or overnight. Take out a few minutes before serving.

**Nutritional Facts (Per Serving)**
- Calories: 57  
- Sat fat: 1g  
- Total fat: 1.75g  
- Cholesterol :<1mg  
- Sodium: 25mg  
- Potassium: 22mg  
- Carbohydrates: 12g  
- Fiber: <.5g  
- Sugar: 8g

**Servings: 12**