



## Smoking Hot & Healthy Memorial Day BBQ Recipes

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Happy Memorial Day! A BIG thank you to all of those that have served our nation!

Enjoy these recipes,

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## Potato & Egg Salad

8 servings

25 minutes

### Ingredients

6 cups Mini Potatoes (chopped)  
 4 Egg  
 1/2 cup Extra Virgin Olive Oil  
 3 tbsps Apple Cider Vinegar  
 1 tbsp Dijon Mustard  
 1 tsp Sea Salt  
 1 cup Parsley (finely chopped)  
 4 stalks Green Onion (green part only, chopped)

### Nutrition

Amount per serving	
Calories	251
Fat	16g
Carbs	21g
Fiber	3g
Protein	6g

### Directions

- 1 Bring a pot of salted water to a boil. Add the potatoes and cook for about 8 minutes until tender. Drain and let them cool slightly.
- 2 Meanwhile, bring a second pot of water to a boil. Hard boil the eggs. Cool, peel and separate the yolks from the egg whites. Finely chop the cooked egg whites.
- 3 In a large mixing bowl whisk together olive oil, vinegar, dijon mustard, salt, and cooked egg yolk. Fold in parsley, cooked potatoes, chopped egg whites, and green onion. Season with additional salt if needed. Serve chilled and enjoy!

### Notes

**Leftovers,** Refrigerate in an airtight container for up to 3 days.

**More Flavor,** Add garlic, lemon juice, freshly ground black pepper, mint, basil or cilantro.

**Additional Toppings,** Top the salad with arugula, diced avocado, sunflower seeds or hemp seeds.

**Make it Vegan,** Omit the egg.



## Grilled Fruit Medley

8 servings

10 minutes

### Ingredients

4 cups Pineapple (diced and cored)  
 2 cups Strawberries (halved and stems removed)  
 2 Nectarine (sliced and pit removed)  
 24 Barbecue Skewers  
 2 cups Blueberries  
 1/2 Lime (juiced)

### Nutrition

Amount per serving	
Calories	90
Fat	0g
Carbs	23g
Fiber	3g
Protein	1g

### Directions

- 1 Preheat grill to high heat. Slide the pineapple, strawberries and nectarine onto skewers. (Note: If using wooden skewers, they should be soaked in water beforehand.)
- 2 Grill fruit skewers for 1 to 2 minutes per side, or until grill marks appear.
- 3 Slide the grilled fruit off the skewers and into a bowl. Add the blueberries, top with lime juice and enjoy!

### Notes

**Other Grilled Fruit Ideas,** Use watermelon, peach, apricot, cantaloupe, or mango.

**No Grill,** Use a grill pan on the stovetop instead, or broil in the oven.

**Serve it With,** Yogurt, ice cream, whipped coconut cream, oatmeal, granola or a bit of honey.

**Serve it as a Salad,** Add arugula, spinach, basil, goat cheese, feta cheese, walnuts and/or pecans, with a dressing of your choice.

**Storage,** This recipe is best enjoyed immediately but can be refrigerated in an airtight container up to 2 to 3 days.



## Healthy Grilled Shrimp Skewers with Honey Chili Peach

4 servings

45 minutes

### Ingredients

1 tbsp Extra Virgin Olive Oil  
 1 1/2 cups Lime Juice  
 1 tbsp Honey  
 1 lb Shrimp (large- shelled and deveined)  
 2 Peaches (cut into 8 pieces each)  
 1 1/2 tsps Lime Zest  
 Sea Salt And Chili Powder (generous pinch)  
 Lime Wedges (for serving)  
 Cilantro (for serving)

### Nutrition

Amount per serving	
Calories	207
Fat	4g
Carbs	18g
Fiber	1g
Protein	28g

### Directions

- 1 Soak skewers in cold water for at least 30 minutes to prevent burning. Prepare outdoor grill for direct grilling on high.
- 2 In a medium bowl, combine the oil, lime juice and honey. Add the shrimp and peaches, and toss to coat fully.
- 3 Thread shrimp and peach pieces onto 8 skewers.
- 4 Grill for 3-4 minutes, turning once, or until browned and the shrimp become opaque throughout.
- 5 Pile onto a serving platter and sprinkle with the lime zest, the sea salt and chili powder. Serve with lime wedges and cilantro.

### Notes

**No grill?** Cook in a large skillet a few minutes on each side. You know they are done when they've turned completely opaque with a pearly pink color and bright-red tails.



## The Make At Home Burger Bar Recipe

6 servings

45 minutes

### Ingredients

2 lbs 95% Lean Ground Beef (95%)  
 1/2 Medium Red Onion (minced)  
 2 tbsps Dijon Mustard  
 2 tsps Granulated Garlic  
 Salt And Pepper (to taste)  
 4 Medium Parsnips (peeled)  
 2 tbsps Coconut Oil (melted)  
 1 cup Red Onion (Sliced)  
 6 ozs Avocado  
 1 head Romaine Hearts  
 6 servings Cleaned Up Bbq Sauce (see additional recipe)

### Nutrition

Amount per serving	
Calories	422
Fat	17g
Carbs	31g
Fiber	5g
Protein	34g

### Directions

- 1 In a medium mixing bowl, mix together all of the ingredients for the burgers without overworking the meat.
- 2 Divide meat into 3 equal portions and form into ½-inch thick patties. Use your thumb to make an indentation in the center of each burger. Set aside.
- 3 Using a spiral slicer or julienne slicer, cut the parsnips into strings.
- 4 Preheat a grill to medium-high heat, and preheat a medium saucepan over medium-high heat.
- 5 Once grill is hot, place the burgers on the grill and close the lid. Cook 6 minutes.
- 6 While the burgers are cooking, add the coconut oil to the saucepan. Test the oil by placing one parsnip shoestring in the oil to ensure the oil bubbles. Add the parsnips to the oil and cook for 1 to 2 minutes until golden brown. When the parsnips finish cooking, place them on a paper towel-lined plate to drain.
- 7 Flip the burgers and cook for 2 to 3 minutes for medium-rare, or until desired doneness. Remove the burgers from grill and let rest for 5 to 7 minutes.
- 8 To assemble the burgers, place each on a bed of lettuce and top with sliced red onions, 1oz avocado, and parsnip fries.



## Cleaned Up BBQ Sauce

6 servings

25 minutes

### Ingredients

1/2 cup Tomato Paste  
1 cup Water  
1/3 cup Maple Syrup  
2 tbsps Fancy Molasses  
3 tbsps Apple Cider Vinegar  
1/2 tsp Cinnamon  
1 tbsp Cumin  
2 tps Paprika  
1 tsp Onion Powder  
1 tsp Garlic Powder  
1 tsp Black Pepper  
1 tsp Sea Salt  
1/2 tsp Ground Mustard  
1/4 tsp Cayenne Pepper

### Directions

- 1 In a saucepan over medium-high heat, stir together all ingredients and bring to a boil. Reduce heat and let simmer for 20 minutes, stirring occasionally.
- 2 Transfer to a jar and let cool. Enjoy!

### Notes

**Serving Size,** A 6-serving recipe yields about 1.5 cups of sauce.

**Thinner Sauce,** Add water (1 tbsp at a time) until desired consistency reached.

**Likes it Spicy,** Add chili powder.

**Storage,** Refrigerate in a mason jar up to 7 days. If freezing, leave about 1-inch of head space from the top.

**Use it As,** Dipping sauce or as a marinade (see BBQ Pork and Peach Salsa recipe).

### Nutrition

Amount per serving	
Calories	104
Fat	1g
Carbs	25g
Fiber	2g
Protein	1g



## Chocolate Cupcakes

12 servings

3 hours

### Ingredients

2 Sweet Potato (large)  
 2 tbsps Ground Flax Seed  
 1/3 cup Water  
 3/4 cup Unsweetened Almond Milk  
 1 tbsp Apple Cider Vinegar  
 1 1/2 tsps Baking Soda  
 1/4 cup Maple Syrup  
 1/4 cup Coconut Sugar  
 1/2 tsp Sea Salt  
 1/4 cup Coconut Oil (melted)  
 1/2 cup Almond Flour  
 1/2 cup Oat Flour  
 3/4 cup All Purpose Gluten-Free Flour  
 1 cup Cocoa Powder (divided)  
 1 1/2 cups Organic Dark Chocolate Chips

### Nutrition

Amount per serving	
Calories	373
Fat	19g
Carbs	45g
Fiber	6g
Protein	6g

### Directions

- 1 Preheat oven to 350°F (177°C) and line a muffin pan with liners. Brush the liners with coconut oil to prevent the cupcakes from sticking.
- 2 Peel the sweet potato and dice into small cubes. Fill a saucepan with two inches of water and bring to a boil. Drop the sweet potato in and steam for 7 minutes or until tender when pierced with a fork. Drain off the liquid and transfer the steamed sweet potato to a bowl. Mash with a fork to make a smooth puree. Divide the sweet potato puree. For 12 cupcakes 1 cup will be used for the batter and 1.5 cups for the frosting.
- 3 In a large mixing bowl, combine the ground flax, water, almond milk, apple cider vinegar and baking soda. Whisk and let stand for 5 minutes to thicken slightly. Add the maple syrup, coconut sugar, sea salt, coconut oil, almond flour, oat flour, all-purpose gluten-free flour, and half of the cocoa powder. Mix the batter until thoroughly combined.
- 4 Divide the batter between cupcake liners and bake for 35 to 40 minutes or until a toothpick comes out clean. Remove from the oven. Let sit in the pan for 20 minutes before transferring to a rack to cool completely.
- 5 Make the frosting by adding the remaining sweet potato puree to a small saucepan with the chocolate chips. Heat over medium heat until the chocolate chips are completely melted. Transfer to a food processor, add the remaining cocoa powder and process until very smooth.
- 6 Let the frosting and cupcakes completely cool to room temperature before frosting. Frost using a piping bag or a spatula then let chill for an hour in the fridge. Enjoy!

### Notes

Save Time, Purchase canned sweet potato puree instead of making your own.





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**Leftovers,** Store leftover cupcakes in an airtight container in the fridge. Try to eat within a day or two for best texture.