



## Healthy 4th of July Recipes!!!

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Happy 4th of July!!

Each of these recipes are simple, nutritious and delicious. They can all be made dairy, gluten and soy free too!

Enjoy these recipes,  
Carmen Ohling

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Questions?

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Breakfast



Creamy Artichoke Salad with Cauliflower Rice

Snack 1



Grilled Fruit Medley

Lunch



Grilled Mediterranean Chicken Kabobs

Snack 2



Beet and Brussels Sprout Salad Recipe (Paleo,...

Dinner



Zucchini Bread Cookies

Snack 3



BBQ Seasoning





## Fruits

- ☐ 2 Avocado
- ☐ 1 1/2 cups Blueberries
- ☐ 2 Lemon
- ☐ 1/3 Lime
- ☐ 1 1/2 Nectarine
- ☐ 3 cups Pineapple
- ☐ 1 1/2 cups Strawberries

## Breakfast

- ☐ 1 tbs Maple Syrup

## Seeds, Nuts & Spices

- ☐ 1/2 tsp Allspice
- ☐ 2 1/2 tsps Black Pepper
- ☐ 2 tsps Cinnamon
- ☐ 2 tbsps Dried Thyme
- ☐ 1 tsp Garlic Powder
- ☐ 1 tsp Ground Mustard
- ☐ 1 tsp Ground Sage
- ☐ 1/2 tsp Nutmeg
- ☐ 2 tbsps Oregano
- ☐ 1 cup Pistachios
- ☐ 1 2/3 tbsps Sea Salt
- ☐ 2 tbsps Smoked Paprika
- ☐ 1 cup Sunflower Seeds

## Frozen

- ☐ 4 cups Frozen Corn

## Vegetables

- ☐ 6 Beet
- ☐ 16 cups Brussels Sprouts
- ☐ 2 heads Cauliflower
- ☐ 4 cups Cherry Tomatoes
- ☐ 8 Garlic Cloves
- ☐ 2 1/2 cups Red Onion
- ☐ 2 Yellow Bell Pepper
- ☐ 3 Zucchini

## Baking

- ☐ 4 cups Oats
- ☐ 1 cup Organic Dark Chocolate Chips
- ☐ 1 cup Raisins
- ☐ 2 cups Unsweetened Applesauce

## Bread, Fish, Meat & Cheese

- ☐ 2 lbs Chicken Breast
- ☐ 12 slices Organic Bacon

## Condiments & Oils

- ☐ 2 tbsps Apple Cider Vinegar
- ☐ 6 cups Artichoke Hearts
- ☐ 2 tbsps Dijon Mustard
- ☐ 1/2 cup Extra Virgin Olive Oil
- ☐ 2 tbsps Red Wine Vinegar

## Cold

- ☐ 2 Egg

## Other

- ☐ 34 Barbecue Skewers





## Creamy Artichoke Salad with Cauliflower Rice

8 servings

15 minutes

### Ingredients

6 cups Artichoke Hearts (roughly chopped and divided)  
1/4 cup Extra Virgin Olive Oil  
2 tbsps Apple Cider Vinegar  
1 tbsp Maple Syrup  
2 tbsps Dijon Mustard  
2 tsps Sea Salt  
2 heads Cauliflower (chopped into florets)  
2 Avocado (cubed)  
4 cups Frozen Corn (thawed)  
1/2 cup Red Onion (finely chopped)

### Directions

- 1 In a food processor or blender, blend half the artichoke hearts, oil, vinegar, maple syrup, dijon and salt until smooth. Transfer the dressing to a salad bowl and set aside.
- 2 Pulse the cauliflower florets in the same food processor or blender in small batches until the mixture becomes a rice-like consistency.
- 3 Add the cauliflower rice, remaining artichoke hearts, avocado, corn and red onion to the salad bowl and toss with the dressing until well coated. Enjoy!

### Notes

No Artichoke Hearts, Use cooked asparagus instead.

Serve it Warm, Lightly saute the cauliflower rice, artichoke hearts and corn before combining with the remaining ingredients.



## Grilled Fruit Medley

6 servings

10 minutes

### Ingredients

3 cups Pineapple (diced and cored)  
1 1/2 cups Strawberries (halved and stems removed)  
1 1/2 Nectarine (sliced and pit removed)  
18 Barbecue Skewers  
1 1/2 cups Blueberries  
1/3 Lime (juiced)

### 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.



## Grilled Mediterranean Chicken Kabobs

8 servings

30 minutes

### Ingredients

2 Lemon (juiced)  
2 tbsps Red Wine Vinegar  
2 tbsps Oregano (dried)  
1/4 cup Extra Virgin Olive Oil (divided)  
2 lbs Chicken Breast (boneless, skinless, diced into cubes)  
2 Zucchini (large)  
2 Yellow Bell Pepper  
2 cups Red Onion  
4 cups Cherry Tomatoes  
16 Barbecue Skewers

### Directions

- 1 Combine the lemon juice, red wine vinegar, oregano and 1/2 of the olive oil in a mixing bowl. Add in the cubed chicken breast and mix well. Place in the fridge and let marinate while you prep the vegetables.
- 2 Dice the zucchini, yellow bell pepper, and red onion into large chunks. Toss in the remaining olive oil.
- 3 Slide the marinated cubed chicken, zucchini, yellow bell pepper, red onion and cherry tomatoes onto the skewers.
- 4 Preheat the grill to medium heat.
- 5 Grill the kabobs for 8 to 10 minutes per side or until chicken is cooked through.
- 6 Remove the kabobs from the grill and divide onto plates. Enjoy!

### Notes

**Serve Them With,** Rice, quinoa, grilled potatoes and/or tzatziki sauce.

**Leftovers,** Store covered in an airtight container in the fridge up to three days.

**Serving Size,** One serving is equal to approximately two kabobs.

**Vegan & Vegetarian,** Omit the chicken and use marinated tofu or whole mushrooms instead.

**Wooden Skewers,** If grilling with wooden skewers, be sure to soak them in water before using to avoid them catching fire on the grill.

**Turn Them Into a Salad,** Slide the chicken and vegetables off the skewers after grilling and toss them with leafy greens like arugula, kale or spinach. Add extra toppings if desired like tzatziki sauce, sunflower seeds or feta cheese.





## Beet and Brussels Sprout Salad Recipe (Paleo, Whole30)

8 servings

1 hour

### Ingredients

12 slices Organic Bacon  
6 Beet (small, cubed into small pieces)  
16 cups Brussels Sprouts  
8 Garlic Cloves (quartered)  
2 tbsps Dried Thyme  
1 tsp Sea Salt  
1/2 tsp Black Pepper  
1 cup Pistachios (toasted)

### Directions

- 1 Preheat oven to 350°F.
- 2 Arrange slices of bacon on a baking sheet lined with aluminum foil and bake for about 20 minutes in the oven until crispy. When done, remove with tongs and set aside on a plate to cool. Reserve the bacon fat for cooking the vegetables.
- 3 In a large roasting pan, add in the beets, Brussels sprouts and garlic. Drizzle with leftover bacon fat. Sprinkle with dried thyme, salt and pepper. Mix thoroughly using the tongs. Roast in the oven on the middle rack for about 45 minutes until everything has caramelized slightly.
- 4 In the meantime, toast pistachios in a small pan over medium heat on the stovetop. Transfer contents of the roasting pan to a large bowl and top with pistachios. Crumble the cooled bacon and add it to the veggies. Use tongs to toss it all together.





## Zucchini Bread Cookies

20 servings

20 minutes

### Ingredients

4 cups Oats (organic, gluten free)  
1 tsp Cinnamon  
1 Zucchini (large, shredded)  
1 cup Raisins  
1 cup Sunflower Seeds  
1 cup Organic Dark Chocolate Chips  
2 cups Unsweetened Applesauce  
2 Egg (sub flax egg for vegan option, beaten)

### Directions

- 1 Preheat oven to 350 degrees.
- 2 Combine all ingredients in a large bowl, mixing well and scraping the sides of the bowl each time.
- 3 Spray cooking spray on a cooking sheet and spoon batter equally into 20 cookies.
- 4 Bake for about 15 minutes, or until cookies are done. A serving is 1 cookie, recipe makes 20 total cookies.
- 5 Enjoy!

### Notes

**Storage,** Store in the fridge for up to a week or the freezer for up to two months.



## BBQ Seasoning

8 servings

5 minutes

### Ingredients

- 2 tbsps Smoked Paprika
- 2 tps Sea Salt
- 2 tps Black Pepper
- 1 tsp Ground Mustard
- 1 tsp Garlic Powder
- 1 tsp Ground Sage
- 1 tsp Cinnamon
- 1/2 tsp Allspice
- 1/2 tsp Nutmeg

### Directions

- 1 Mix all ingredients in a small bowl. Store in an airtight container until usage.
- 2 \*\*2. For paleo BBQ sauce: mix 1 tsp BBQ seasoning with ¼ c. homemade (no sugar added) ketchup from Mark's Daily Apple.