



SUMMER ENTERTAINING

QUICK & HEALTHY RECIPES TO MAKE
THIS SUMMER



A glass bowl filled with a green dip, likely guacamole, topped with tortilla chips, lime slices, and fresh green tomatoes. The dip is made of finely chopped green tomatoes, onions, and herbs. The bowl is set on a wooden surface.

DIPS



Salsa Verde & Crackers

6 servings

20 minutes

Ingredients

- 1 1/4 lbs Tomatillo
- 1 Jalapeno Pepper
- 1/2 White Onion (small, chopped)
- 1/4 cup Cilantro
- 1 Garlic (clove)
- 1 tbsp Lime Juice
- 1/2 tsp Sea Salt
- 6 1/3 ozs Whole Grain Crackers

Nutrition

Amount per serving	
Calories	180
Fat	7g
Carbs	27g
Fiber	3g
Sugar	8g
Protein	3g
Cholesterol	0mg
Sodium	463mg
Vitamin A	181IU
Vitamin C	16mg
Calcium	15mg
Iron	1mg

Directions

- 1 Set your oven to broil and move the rack to the top rung. Line a baking sheet with aluminum foil.
- 2 Place the tomatillos and jalapeno on the baking sheet and broil for six to seven minutes. Be sure to monitor closely as broilers vary greatly between ovens. Remove the seeds from the jalapeno once they are cool enough to touch.
- 3 Add the tomatillo, jalapeno, onion, cilantro, garlic, lime juice, and salt to a food processor. Pulse several times to purée. Adjust the salt and lime juice to your taste.
- 4 Pour the mixture into a serving bowl. Serve with crackers and enjoy.

Notes

Leftovers: Refrigerate the salsa verde in an airtight container for up to four days.

Serving Size: One serving is equal to approximately 1/4 cup salsa verde.

Gluten-Free: Serve the salsa verde with tortillas, tortilla chips, or corn chips.

Less Spicy: Use half of the amount of jalapeno called for.

Serve it With: Serve the salsa verde with tacos, tostadas, and/or burritos.



Cilantro Lentil Dip

4 servings

30 minutes

Ingredients

- 1 cup Dry Yellow Lentils
- 3 cups Water
- 1 Yellow Onion (small, chopped)
- 2 Garlic (cloves, chopped)
- 1/2 tsp Cumin
- 1/2 tsp Sea Salt
- 1 cup Cilantro
- 1 tbsp Lime Juice
- 1/4 cup Extra Virgin Olive Oil
- 2 cups Corn Tortilla Chips

Nutrition

Amount per serving	
Calories	391
Fat	17g
Carbs	46g
Fiber	9g
Sugar	3g
Protein	15g
Cholesterol	0mg
Sodium	305mg
Vitamin A	286IU
Vitamin C	3mg
Calcium	70mg
Iron	6mg

Directions

- 1 In a medium-sized pot, over medium heat, bring the lentils and water to a boil. Once boiling, reduce the heat to a simmer. Add the onion, garlic, cumin and salt. Stir to combine. Simmer until the lentils are cooked through, about 20 to 24 minutes. Drain and set aside to let cool.
- 2 In a blender or food processor, add the drained lentils, cilantro, lime juice and oil. Process until smooth and creamy, adding water if needed to smooth.
- 3 Serve with tortilla chips and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 1/4 to 1/3 cup of dip with 1/2 cup of tortilla chips.

No Tortilla Chips: Use as a dip for crackers, vegetables or pita bread. Use it as a spread on sandwiches.

No Cilantro: Use another fresh herb instead.

No Yellow Lentils: Use red instead.



Mango Salsa

4 servings

10 minutes

Ingredients

- 2 Mango (peeled and cubed)
- 2 cups Corn (cooked)
- 2 tbsps Red Onion (finely chopped)
- 1 Red Bell Pepper (finely chopped)
- 1/2 cup Cilantro (chopped)
- 1 Lime (juiced)

Nutrition

Amount per serving	
Calories	185
Fat	2g
Carbs	44g
Fiber	5g
Sugar	28g
Protein	4g
Cholesterol	0mg
Sodium	5mg
Vitamin A	3086IU
Vitamin C	107mg
Calcium	27mg
Iron	1mg

Directions

- 1 Combine all ingredients in a large bowl. Refrigerate until ready to serve. Enjoy!

Notes

Serving Size: One serving equals approximately 1 1/2 cups of mango salsa.

Leftovers: Refrigerate in an airtight container for up to five days.

More Flavor: Add paprika, minced garlic and/or sea salt.

Additional Toppings: Top with green onions, chopped chicken breast, grilled tofu or roasted chickpeas.

Serve it With: Tacos, brown rice tortilla chips or baked plantain chips.



Guacamole & Plantain Chips

2 servings

10 minutes

Ingredients

- 1 Avocado (medium, ripe)
- 2 tbsps Nutritional Yeast
- 1 tbsp Lemon Juice
- 1/4 tsp Sea Salt
- 1/2 cup Plantain Chips (store-bought or homemade)

Nutrition

Amount per serving	
Calories	247
Fat	18g
Carbs	18g
Fiber	9g
Sugar	1g
Protein	7g
Cholesterol	0mg
Sodium	346mg
Vitamin A	147IU
Vitamin C	16mg
Calcium	18mg
Iron	2mg

Directions

- 1 In a bowl, mash together the avocado, nutritional yeast, lemon juice, and sea salt with a fork.
- 2 Place the guacamole in a bowl and serve with plantain chips. Enjoy!

Notes

Leftovers: Best enjoyed immediately but the guacamole can be stored in a resealable container in the fridge for up to one to two days.

Serving Size: One serving is equal to approximately 1/4 cup of guacamole and 1/4 cup of plantain chips.

More Flavor: Add chopped cilantro to the guacamole for a fresh twist.



Layered Hummus Dip

4 servings

30 minutes

Ingredients

- 8 ozs Extra Lean Ground Beef
- 1/2 Green Bell Pepper (seeds removed, minced)
- 1 tsp Ground Allspice
- 1/2 tsp Ground Sumac
- 1/4 tsp Cinnamon
- Sea Salt & Black Pepper (to taste)
- 2 cups Hummus
- 1 Tomato (medium, diced)
- 1/4 cup Red Onion (diced)
- 2 tbsps Parsley (chopped)

Directions

- 1 Heat a nonstick pan over medium-high heat. Add the beef, green bell pepper, allspice, sumac, cinnamon, salt, and pepper. Stir for eight to 10 minutes or until the beef is cooked through.
- 2 Spread the hummus evenly onto a plate. Top with the beef mixture, tomatoes, onions, and parsley. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Drizzle olive oil overtop. Add garlic to the beef mixture.

Additional Toppings: Add olives or chili peppers.

Nutrition

Amount per serving	
Calories	406
Fat	28g
Carbs	22g
Fiber	8g
Sugar	2g
Protein	22g
Cholesterol	37mg
Sodium	575mg
Vitamin A	670IU
Vitamin C	20mg
Calcium	78mg
Iron	5mg



Creamy Pesto Dip & Carrots

1 serving

5 minutes

Ingredients

2 tbsps Unsweetened Coconut Yogurt
2 tbsps Pesto
2 Carrot (medium, peeled and cut into sticks)

Nutrition

Amount per serving	
Calories	195
Fat	13g
Carbs	16g
Fiber	4g
Sugar	8g
Protein	4g
Cholesterol	0mg
Sodium	280mg
Vitamin A	20868IU
Vitamin C	7mg
Calcium	199mg
Iron	1mg

Directions

- 1 In a small bowl combine the yogurt and pesto. Serve with carrot sticks. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Pesto: Use store-bought or homemade pesto.

No Carrots: Use bell pepper, cucumber, or celery instead.



Edamame Hummus & Veggies

3 servings

5 minutes

Ingredients

- 2 cups Frozen Edamame (thawed, plus extra for garnish)
- 1/2 cup Hummus
- 3 tbsps Water
- 1 tbsp Extra Virgin Olive Oil (optional, for garnish)
- 1 tsp Sesame Seeds (optional, for garnish)
- 1 1/2 cups Broccoli (cut into small florets)
- 1 1/2 cups Radishes (quartered)

Nutrition

Amount per serving	
Calories	292
Fat	18g
Carbs	21g
Fiber	10g
Sugar	4g
Protein	17g
Cholesterol	0mg
Sodium	219mg
Vitamin A	605IU
Vitamin C	55mg
Calcium	132mg
Iron	4mg

Directions

- 1 In a food processor, add the edamame, hummus, and water. Blend until a creamy consistency forms. Add more water if necessary.
- 2 Transfer the edamame hummus to a serving bowl. Top with oil, sesame seeds, and extra edamame, if using. Serve with broccoli and radishes. Enjoy!

Notes

- Leftovers:** Refrigerate the edamame hummus in an airtight container for up to four days.
- Serving Size:** One serving is equal to approximately 2/3 cup edamame hummus and one cup veggies.
- More Flavor:** Add fresh herbs like mint or dill.
- Make it Spicy:** Add chili flakes or cayenne powder.



Basil Radish Dip with Cucumber Slices

4 servings
10 minutes

Ingredients

- 1 cup Plain Greek Yogurt
- 1/4 cup Feta Cheese
- 1 cup Basil Leaves (chopped)
- 1 cup Radishes (chopped)
- 1/4 Lemon (juiced)
- 1 Cucumber (sliced into rounds or sticks)

Nutrition

Amount per serving	
Calories	89
Fat	3g
Carbs	8g
Fiber	1g
Sugar	3g
Protein	8g
Cholesterol	17mg
Sodium	155mg
Vitamin A	992IU
Vitamin C	13mg
Calcium	209mg
Iron	1mg

Directions

- 1 Combine all ingredients except cucumber in a food processor. Blend until you reach a dip-like consistency.
- 2 Scoop into a bowl and dip with cucumber slices. Enjoy!

Notes

No Cucumber: Dip with tortilla chips, sliced radishes, celery sticks or baby carrots instead.

Dairy-Free: Omit Greek yogurt and feta, use mashed chickpeas and salt to taste instead.



Cucumber & Herbed Yogurt Dip

1 serving
5 minutes

Ingredients

- 1/3 cup Unsweetened Coconut Yogurt
- 1 tbsp Fresh Dill (finely chopped)
- 1 tbsp Parsley (finely chopped)
- 1/4 tsp Sea Salt (to taste)
- 1/2 Cucumber (large, sliced)

Nutrition

Amount per serving	
Calories	61
Fat	3g
Carbs	10g
Fiber	2g
Sugar	3g
Protein	1g
Cholesterol	0mg
Sodium	612mg
Vitamin A	521IU
Vitamin C	10mg
Calcium	197mg
Iron	1mg

Directions

- 1 In a bowl, combine the coconut yogurt, dill, parsley, and salt. Serve alongside the cucumber slices. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

More Flavor: Add fresh chives, basil, and green onion to the yogurt dip.

Additional Toppings: Add pita bread, crackers, cherry tomatoes, carrots, celery, or radishes.



Peanut Butter Fruit Dip

8 servings
10 minutes

Ingredients

1/2 cup All Natural Peanut Butter
1 cup Unsweetened Coconut Yogurt
1 tbsp Maple Syrup

Nutrition

Amount per serving	
Calories	117
Fat	9g
Carbs	7g
Fiber	1g
Sugar	3g
Protein	4g
Cholesterol	0mg
Sodium	9mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	73mg
Iron	0mg

Directions

- 1 Combine all ingredients together in a bowl or a food processor and mix well. Enjoy!

Notes

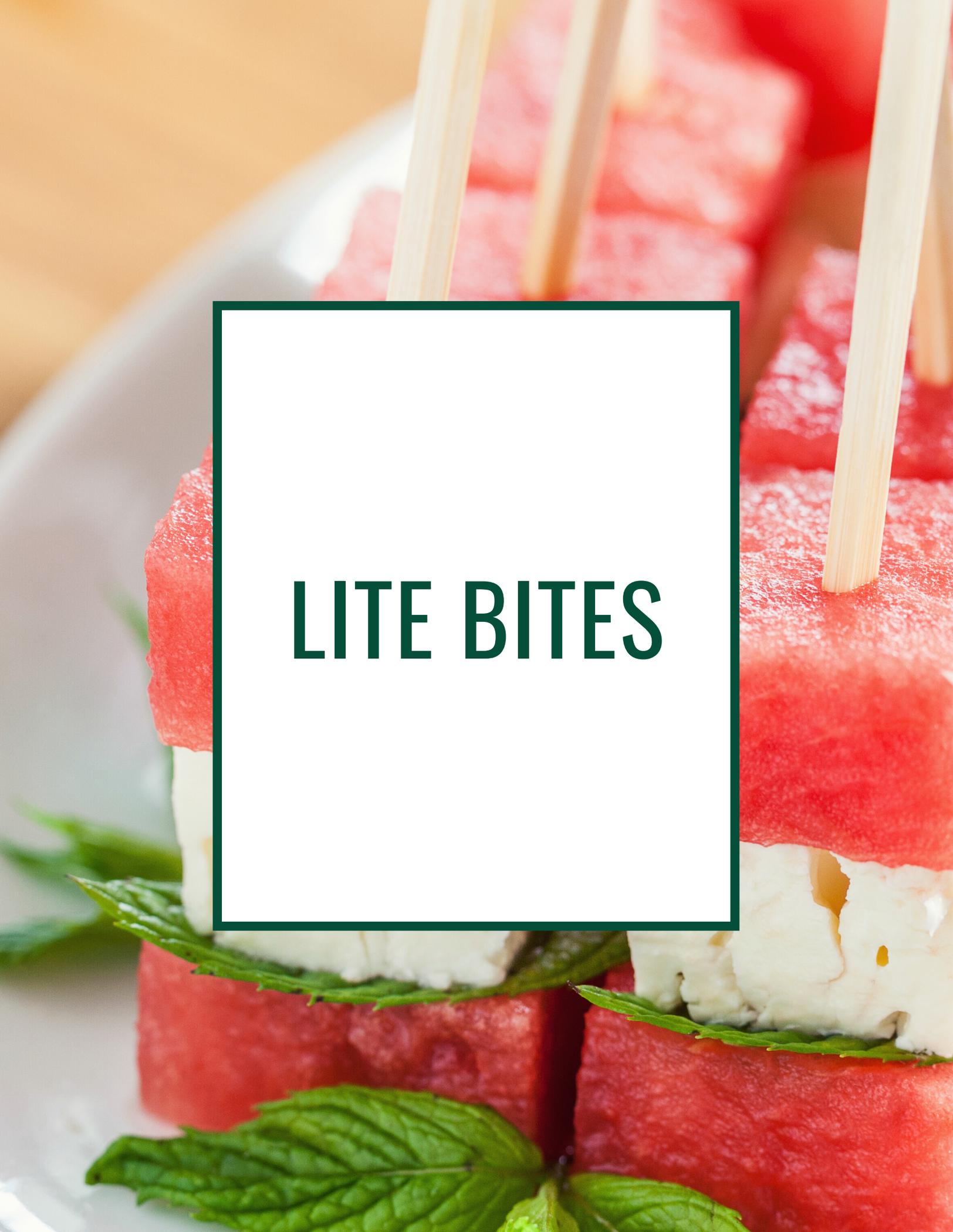
Serving Size: One serving is equal to approximately 3 tbsp of dip.

Leftovers: Keeps well in the fridge up to 3 to 4 days. Stir well before serving.

Serve it With: Sliced fruit such as strawberries, bananas, apples, pears or pineapple.

Nut-Free: Make it with sunflower seed butter instead of peanut butter.

No Coconut Yogurt: Use Greek yogurt or almond yogurt instead.

A close-up photograph of several skewers of watermelon cubes, each with a piece of white cheese and a fresh mint leaf. The skewers are arranged on a white plate. The background is a soft, out-of-focus orange color.

LITE BITES



Mint & Goat Cheese Stuffed Tomatoes

2 servings

15 minutes

Ingredients

- 1/3 cup Goat Cheese (crumbled)
- 1/4 cup Mint Leaves (chopped, divided)
- 1 1/2 cups Cherry Tomatoes (halved, seeds removed)

Nutrition

Amount per serving	
Calories	69
Fat	4g
Carbs	5g
Fiber	2g
Sugar	4g
Protein	4g
Cholesterol	7mg
Sodium	93mg
Vitamin A	1067IU
Vitamin C	16mg
Calcium	32mg
Iron	0mg

Directions

- 1 In a bowl, mix together the goat cheese and half the mint until well combined.
;
- 2 Stuff each cherry tomato half with the cheese mixture and transfer to a plate.
;
- 3 Garnish with the remaining mint and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving equals approximately 3/4 cup of stuffed cherry tomatoes.

More Flavor: Drizzle extra virgin olive oil otop.

No Mint: Use parsley or basil instead.

Make it Vegan: Use cashew cream cheese instead.



Veggie Skewers

4 servings

15 minutes

Ingredients

4 Cremini Mushrooms (halved)
1 cup Red Onion (chopped)
1 Red Bell Pepper (seeds removed, chopped)
2 tbsps Extra Virgin Olive Oil
4 Barbecue Skewers
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	87
Fat	7g
Carbs	6g
Fiber	1g
Sugar	3g
Protein	1g
Cholesterol	0mg
Sodium	4mg
Vitamin A	932IU
Vitamin C	41mg
Calcium	12mg
Iron	0mg

Directions

- 1 Toss the mushrooms, onion and bell pepper in a bowl with the oil until well coated.
- 2 Pierce the mushrooms, onion and bell pepper onto the barbecue skewers. Season with salt and pepper.
- 3 Grill over medium heat, turning frequently until slightly charred and cooked through, about 15 minutes. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving equals approximately one skewer with 7 to 8 pieces.

More Flavor: Add your choice of dried herbs or spices.



Cajun Spiced Salmon Skewers

3 servings
10 minutes

Ingredients

- 10 ozs Salmon Fillet (skinless, cut into cubes)
- 1 tbsp Cajun Seasoning
- 3 Barbecue Skewers (cut in half)
- 1 tsp Extra Virgin Olive Oil

Nutrition

Amount per serving	
Calories	147
Fat	7g
Carbs	0g
Fiber	0g
Sugar	0g
Protein	19g
Cholesterol	52mg
Sodium	1162mg
Vitamin A	38IU
Vitamin C	0mg
Calcium	11mg
Iron	1mg

Directions

- 1 In a medium-sized bowl, add the salmon and cajun seasoning. Toss well, ensuring each piece is well coated.
- 2 Pierce the salmon onto the barbecue skewers.
- 3 Heat a cast-iron pan over medium heat. Once hot, add the oil. Add the skewers and cook for two to three minutes per side, or until cooked to your preference. Season with additional cajun seasoning if needed and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one day.

Serving Size: One serving is equal to two skewers with three pieces of salmon on each.



Watermelon & Feta Skewers

6 servings
15 minutes

Ingredients

- 1/2 Seedless Watermelon (medium, cut into cubes)
- 1/4 cup Mint Leaves
- 1 1/2 cups Feta Cheese (cubed)

Nutrition

Amount per serving	
Calories	213
Fat	9g
Carbs	30g
Fiber	2g
Sugar	23g
Protein	8g
Cholesterol	33mg
Sodium	431mg
Vitamin A	2346IU
Vitamin C	31mg
Calcium	214mg
Iron	1mg

Directions

- 1 Take a toothpick and thread the watermelon, a mint leaf, and feta cheese one at a time. Repeat until each toothpick is full. Serve and enjoy!

Notes

- Leftovers:** Refrigerate in an airtight container for up to two days.
- Serving Size:** One serving equals approximately four toothpicks.
- More Flavor:** Drizzle balsamic glaze otop.
- Additional Toppings:** Add cucumber slices.



Bocconcini & Cucumber

2 servings

5 minutes

Ingredients

3 1/2 ozs Small Bocconcini

1/3 Cucumber (sliced)

1/4 cup Basil Leaves

Nutrition

Amount per serving	
Calories	150
Fat	11g
Carbs	2g
Fiber	0g
Sugar	1g
Protein	9g
Cholesterol	35mg
Sodium	98mg
Vitamin A	686IU
Vitamin C	2mg
Calcium	194mg
Iron	0mg

Directions

- 1 Take a toothpick and thread bocconcini, a cucumber slice, and a basil leaf one at a time. Repeat until each toothpick is full. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving equals approximately six small bocconcini, six cucumber slices, and six basil leaves.

Make it Vegan: Omit the cheese and replace it with a tomato or small boiled potato. Use vegan cheese instead of bocconcini.

More Flavor: Season with salt, pepper or fresh/dried herbs. Drizzle olive oil, pesto, or balsamic otop.



Fresh Salad Rolls

4 servings

15 minutes

Ingredients

- 3 ozs Rice Vermicelli Noodles
- 2 tbsps Tamari
- 1 1/2 tbsps Rice Vinegar
- 2 Garlic (cloves, minced)
- 1 1/2 tsps Ginger (minced)
- 1 tbsp Water
- 8 Rice Paper Wraps
- 1/4 head Iceberg Lettuce (leaves pulled apart)
- 1 Red Bell Pepper (medium, sliced)
- 1 Carrot (large, shredded)
- 2 cups Purple Cabbage (thinly sliced)

Nutrition

Amount per serving	
Calories	190
Fat	0g
Carbs	43g
Fiber	3g
Sugar	5g
Protein	2g
Cholesterol	0mg
Sodium	564mg
Vitamin A	4145IU
Vitamin C	66mg
Calcium	38mg
Iron	1mg

Directions

- 1 Cook the rice vermicelli noodles according to the directions on the package. Rinse under cold water and drain. Set aside.
- 2 In a bowl, whisk together the tamari, rice vinegar, garlic, ginger, and water. Adjust to taste as needed.
- 3 Soften a sheet of rice paper underwater by submerging it in a shallow dish for five seconds. Transfer to a plate. Arrange the lettuce, vermicelli, bell pepper, carrot, and cabbage near the bottom of the wrap. Fold the bottom over the filling, then fold the sides. Tightly roll the rice paper until it is completely wrapped. Transfer to a separate plate and repeat this process until all ingredients are used up.
- 4 Dip into the sauce and enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate in an airtight container for up to two days. Separate the rolls with a damp cloth or lettuce leaves to prevent sticking.

Serving Size: One serving equals approximately two rolls.

Additional Toppings: Add bean sprouts, crushed peanuts, cilantro, shrimp, Thai basil, mint, cucumbers, or sliced cooked pork.

Hoisin Lover: Instead of the tamari sauce, make a hoisin dipping sauce by mixing equal parts of peanut butter and hoisin sauce. Dilute with water to your preferred consistency.



Cumin Chicken Skewers

4 servings

20 minutes

Ingredients

- 2 tbsps Cumin Seed
- 2 tsps Fennel Seed
- 1 tsp Sea Salt
- 1 1/4 lbs Chicken Breast (skinless, boneless, cut into one-inch cubes)
- 1 1/2 tbsps Coconut Oil (melted)
- 2 Red Bell Pepper (medium, chopped)
- 8 Barbecue Skewers

Nutrition

Amount per serving	
Calories	246
Fat	10g
Carbs	6g
Fiber	2g
Sugar	3g
Protein	33g
Cholesterol	103mg
Sodium	662mg
Vitamin A	1947IU
Vitamin C	76mg
Calcium	53mg
Iron	3mg

Directions

- 1 Coarsely grind the cumin and fennel seeds in a spice grinder or with a mortar and pestle. Combine with sea salt and set aside.
- 2 In a large bowl, toss the chicken in coconut oil. Add the spices and mix until well coated. Pierce the chicken and red bell peppers onto the barbecue skewers.
- 3 Grill over medium heat for about five to seven minutes per side, or until browned and cooked through. Sprinkle additional cumin just before serving (optional). Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving equals two skewers.

More Flavor: Add chili powder and garlic to your spice mix. Use a charcoal grill.

Additional Toppings: Serve with tabbouleh, pita, plain yogurt, brown rice, lettuce wraps, pickled or grilled vegetables.

Barbecue Skewers: If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.

No Coconut Oil: Use olive oil, butter, or ghee instead.



Spiced Halloumi Kabobs

6 servings
10 minutes

Ingredients

- 9 ozs Halloumi
- 3 Barbecue Skewers (cut in half)
- 1 1/2 tsps Avocado Oil
- 1 1/2 tsps Za'atar Spice
- 1/4 tsp Cayenne Pepper

Nutrition

Amount per serving	
Calories	178
Fat	15g
Carbs	0g
Fiber	0g
Sugar	0g
Protein	11g
Cholesterol	38mg
Sodium	562mg
Vitamin A	31IU
Vitamin C	2mg
Calcium	380mg
Iron	0mg

Directions

- 1 Cut the halloumi into thick squares. Thread onto skewers and brush with oil. Sprinkle the za'atar and cayenne over the skewers, using your hands to ensure all pieces are coated.
- 2 Grill over medium-high heat for two to three minutes per side, until charred. Remove and let cool slightly. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is one 6-inch skewer.

Serve it With: Over a salad, with rice and grilled vegetables, or with your favorite dipping sauce.



Grilled Lemon Dijon Tofu Skewers

2 servings

50 minutes

Ingredients

- 1/2 Lemon (juiced)
- 2 tbsps Avocado Oil
- 1 1/2 tbsps Dijon Mustard (divided)
- 2 tpsps Dried Chives
- 1/2 tsp Sea Salt
- 7 1/16 ozs Tofu (extra-firm, pressed and cut into large cubes)
- 1 Red Bell Pepper (cut into large chunks)
- 1 Yellow Bell Pepper (cut into large chunks)
- 1 cup Cherry Tomatoes
- 6 Barbecue Skewers
- 1 tbsp Maple Syrup

Nutrition

Amount per serving	
Calories	301
Fat	20g
Carbs	21g
Fiber	4g
Sugar	12g
Protein	12g
Cholesterol	0mg
Sodium	727mg
Vitamin A	2716IU
Vitamin C	262mg
Calcium	315mg
Iron	3mg

Directions

- 1 Combine the lemon juice, oil, 1/3 of the Dijon mustard, chives, and sea salt in a zipper-lock bag or shallow bowl. Add the tofu and gently toss until evenly coated. Refrigerate for at least 30 minutes or overnight.
- 2 Pierce the tofu, bell peppers, and tomatoes onto barbecue skewers.
- 3 In a small bowl combine the remaining Dijon mustard with the maple syrup.
- 4 Grill over medium-high heat, rotating occasionally for about eight to 10 minutes until the vegetables are lightly charred or your desired doneness is reached. Brush with the Dijon maple sauce during the last few minutes of cooking. Divide skewers between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is approximately three 8-inch skewers.

More Flavor: Add garlic or other fresh or dried herbs.

Serve it With: Rice, quinoa, salad, pita bread, or other roasted or grilled vegetables.

Barbecue Skewers: If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.



BBQ Maple Brussels Sprouts

4 servings

20 minutes

Ingredients

- 4 cups Brussels Sprouts (trimmed, outer leaves removed, halved)
- 3 tbsps Maple Syrup
- 2 tbsps Extra Virgin Olive Oil
- 1 1/2 tbsps Dijon Mustard
- 1/2 tsp Sea Salt
- 8 Barbecue Skewers

Nutrition

Amount per serving	
Calories	142
Fat	7g
Carbs	18g
Fiber	3g
Sugar	11g
Protein	3g
Cholesterol	0mg
Sodium	381mg
Vitamin A	664IU
Vitamin C	75mg
Calcium	52mg
Iron	1mg

Directions

- 1 Bring a pot of water to a boil. Blanch the Brussels sprouts for two to five minutes. Drain the water.
- 2 In a large bowl, add the Brussels sprouts along with the maple syrup, oil, dijon mustard, and salt. Toss until well coated.
- 3 Pierce the Brussels sprouts onto the skewers.
- 4 Grill over medium-high heat for about four minutes per side, until tender and slightly charred. Serve onto plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving equals approximately two 12-inch skewers.

More Flavor: Marinate the Brussels sprouts for longer. Add black pepper and minced garlic to the marinade. Drizzle any leftover marinade over top of the cooked skewers.

Barbecue Skewers: If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.



Steak Bites with Chimichurri

4 servings

40 minutes

Ingredients

- 3 tbsps Lime Juice
- 2 tbsps Coconut Aminos
- 3 Garlic (clove, minced, divided)
- 1 lb Top Sirloin Steak (cut into cubes)
- 1 cup Cilantro (packed, tough-stems removed)
- 1/4 tsp Sea Salt
- 1/4 cup Extra Virgin Olive Oil
- 2 tbsps Red Wine Vinegar
- 1 1/2 tsps Avocado Oil

Nutrition

Amount per serving	
Calories	394
Fat	31g
Carbs	3g
Fiber	0g
Sugar	2g
Protein	23g
Cholesterol	88mg
Sodium	344mg
Vitamin A	276IU
Vitamin C	5mg
Calcium	37mg
Iron	2mg

Directions

- 1 In a zipper-lock bag or shallow bowl, combine the lime juice, coconut aminos, and 2/3 of the garlic. Add the steak and marinate for at least 30 minutes.
- 2 Meanwhile, add the cilantro, salt, and the remaining garlic to the bowl of a food processor. Pulse to finely chop the cilantro. With the food processor running, stream in the olive oil and red wine vinegar. Blend for about a minute, scraping down the sides of the bowl as needed. Transfer to a bowl and set aside.
- 3 Heat the avocado oil in a cast-iron skillet over medium-high heat. Shake off any excess marinade then add the steak cubes to the pan. Cook for four to six minutes flipping once or until the steak is seared and cooked to your liking.
- 4 Transfer the steak bites to a plate to rest for about five minutes before serving the chimichurri sauce. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Store steak and sauce separately.

Serve it With: Over salad greens or with roasted vegetables and rice or cauliflower rice.

No Avocado Oil: Use extra virgin olive oil or coconut oil.



Peach & Prosciutto Skewers

4 servings

10 minutes

Ingredients

- 8 Barbecue Skewers (small)
- 1 Peach (medium, pitted, chopped)
- 3 ozs Prosciutto (thinly sliced, folded)
- 4 ozs Small Bocconcini
- 1/4 cup Basil Leaves

Nutrition

Amount per serving	
Calories	142
Fat	9g
Carbs	4g
Fiber	1g
Sugar	3g
Protein	11g
Cholesterol	35mg
Sodium	451mg
Vitamin A	464IU
Vitamin C	3mg
Calcium	108mg
Iron	0mg

Directions

- 1 Take a barbecue skewer and thread a piece of peach, prosciutto, bocconcini, and a basil leaf one at a time. Repeat with each barbecue skewer. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one day. Best enjoyed immediately.

Serving Size: One serving is equal to two six-inch skewers.

Additional Toppings: Flakey sea salt and drizzle with balsamic glaze.



Grilled Cilantro Lime Pesto Shrimp

4 servings

30 minutes

Ingredients

- 1 cup Cilantro (tough stems removed)
- 1 cup Parsley (tough stems removed)
- 1 Garlic (clove, minced)
- 3 tbsps Lime Juice
- 2 tbsps Hemp Seeds
- Sea Salt & Black Pepper (to taste)
- 1/3 cup Extra Virgin Olive Oil
- 1 lb Shrimp (peeled, deveined, tails removed)
- 4 Barbecue Skewers

Nutrition

Amount per serving	
Calories	313
Fat	23g
Carbs	3g
Fiber	1g
Sugar	0g
Protein	25g
Cholesterol	183mg
Sodium	146mg
Vitamin A	1557IU
Vitamin C	25mg
Calcium	103mg
Iron	2mg

Directions

- 1 Add the cilantro, parsley, garlic, lime juice, hemp seeds, salt, and pepper to the food processor. Pulse to finely chop the cilantro and parsley. With the food processor running, stream in the olive oil. Blend for about a minute, scraping down the sides of the bowl as needed.
- 2 Add half of the sauce to a zipper-lock bag then add the shrimp. Marinate the shrimp for at least 15 minutes.
- 3 Shake off any excess marinade and pierce the shrimp onto the barbecue skewers. Discard the leftover marinade that was touching the shrimp.
- 4 Grill over medium-high heat for four to five minutes, flipping halfway through or until the shrimp are cooked through. Divide the shrimp skewers between plates and serve with the remaining sauce. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to one 12-inch skewer.

More Flavor: Add cumin or red pepper flakes to the pesto sauce.

No Parsley: Use more cilantro instead.

No Hemp Seeds: Omit or use walnuts or pine nuts instead.

Barbecue Skewers: If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.



Charred Sesame Salmon Bites

2 servings

15 minutes

Ingredients

- 6 ozs Salmon Fillet
- 1 tsp Honey
- 1 tsp Sesame Seeds
- 1 tsp Sesame Oil
- 1 tsp Soy Sauce
- 1 Garlic (clove, minced)
- 1/4 head Iceberg Lettuce (small, leaves pulled apart)
- 1/3 Cucumber (large, sliced)
- 2 stalks Green Onion (sliced)

Nutrition

Amount per serving	
Calories	183
Fat	9g
Carbs	8g
Fiber	2g
Sugar	5g
Protein	18g
Cholesterol	47mg
Sodium	193mg
Vitamin A	905IU
Vitamin C	5mg
Calcium	55mg
Iron	1mg

Directions

- 1 Cut the salmon fillet into 1/2-inch thick strips. In a medium bowl, combine the honey, sesame seeds, sesame oil, soy sauce, and minced garlic. Add the salmon strips to the bowl and mix well.
- 2 Line a baking sheet with parchment paper and arrange the salmon pieces on top.
- 3 Place the salmon under the broiler and broil for seven to 10 minutes until cooked through and lightly charred on the surface. Remove and allow to cool slightly.
- 4 Top the lettuce leaves with salmon, cucumber, and green onion. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Serving Size: One serving is equal to approximately five to six salmon bites.

Additional Toppings: Kimchi, sesame seeds, wasabi and/or sriracha mayo.

Make it Spicy: Add chili flakes or gochujang to the marinade.



Pineapple Salmon Skewers

2 servings

15 minutes

Ingredients

- 10 1/2 ozs Salmon Fillet (cut into 1-inch cubes)
- 2 cups Pineapple (cut into 1-inch cubes)
- 4 Barbecue Skewers
- 2 tbsps Extra Virgin Olive Oil
- 1 tbsp Honey
- 1 tbsp Lemon Juice
- 2 Garlic (cloves, minced)
- 1 tsp Ginger (fresh, grated)
- 1/2 tsp Red Pepper Flakes
- Sea Salt & Black Pepper (to taste)
- 1 stalk Green Onion (optional, garnish)

Nutrition

Amount per serving	
Calories	453
Fat	23g
Carbs	32g
Fiber	3g
Sugar	25g
Protein	31g
Cholesterol	82mg
Sodium	69mg
Vitamin A	583IU
Vitamin C	84mg
Calcium	49mg
Iron	2mg

Directions

- 1 Thread the salmon and pineapple onto the skewers.
- 2 In a small bowl, whisk together the oil, honey, lemon juice, garlic, ginger, red pepper flakes, sea salt, and pepper. Brush the marinade onto the skewers.
- 3 Grill the skewers for eight to ten minutes, or until the salmon is cooked through. Garnish with sliced green onion and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is equal to two 10-inch skewers.

More Flavor: Add paprika and garlic powder to the marinade.

Barbecue Skewers: If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.

No Grill: Bake the skewers in the oven at 400°F (205°C) for ten minutes or until the salmon is cooked through.



Pan Seared Peaches with Dukkah

2 servings

10 minutes

Ingredients

2 tbsps Hazelnuts (roasted, unsalted)
 1 1/3 tbsps Almonds (roasted, unsalted)
 1 1/2 tbsps Sesame Seeds (white and/or black, toasted)
 1 1/2 tbsps Coriander Seed
 1/4 tsp Fennel Seed
 1/4 tsp Cumin (ground)
 Sea Salt & Black Pepper (to taste)
 1/2 tsp Coconut Oil
 2 Peach (halved, pit removed)
 1/2 cup Unsweetened Coconut Yogurt
 1/4 cup Mint Leaves (optional, lightly torn)

Nutrition

Amount per serving	
Calories	204
Fat	13g
Carbs	22g
Fiber	6g
Sugar	13g
Protein	5g
Cholesterol	0mg
Sodium	15mg
Vitamin A	631IU
Vitamin C	12mg
Calcium	204mg
Iron	2mg

Directions

- 1 Combine the hazelnuts, almonds, sesame seeds, coriander seeds, fennel seeds, cumin, salt and pepper into a food processor or blender. Process until you reach a coarse grainy texture. Set aside.
- 2 Heat a cast iron skillet over medium-high heat. Once hot, add the coconut oil. Place the peaches on the skillet cut side down. Sear for 4 to 5 minutes, until charred.
- 3 Divide the yogurt evenly between bowls. Add the peaches and top with dukkah and mint leaves, if using. Enjoy!

Notes

Leftovers: Best served right away. Otherwise, refrigerate in an airtight container for up to two days.

Serving Size: One serving is one peach and 1/4 cup yogurt.

Likes it Sweet : Add a drizzle of honey or maple syrup.

Barbecue: To prepare on the grill, brush the peaches with oil. Grill the peaches, cut side down, for 5 minutes, without turning.

No Coconut Yogurt: Use Greek yogurt or another yogurt alternative.



Fruit Skewers

4 servings

10 minutes

Ingredients

- 12 Barbecue Skewers
- 1/2 cup Strawberries (sliced)
- 1 Kiwi (chopped)
- 1/2 cup Grapes

Nutrition

Amount per serving	
Calories	24
Fat	0g
Carbs	6g
Fiber	1g
Sugar	4g
Protein	0g
Cholesterol	0mg
Sodium	1mg
Vitamin A	29IU
Vitamin C	27mg
Calcium	10mg
Iron	0mg

Directions

- 1 Take the wooden skewers and thread a chopped strawberry, kiwi and grape one at a time. Repeat until each skewer is full. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to three skewers.

More Flavor: Add a chopped banana or apple. Sprinkle the skewers with cinnamon.

No Wooden Skewers: Make it into a fruit salad instead.



Chocolate Dipped Watermelon Slices

4 servings

15 minutes

Ingredients

- 1/2 Seedless Watermelon (medium size)
- 3 1/2 ozs Dark Chocolate (at least 70% cacao)
- 1/2 tsp Sea Salt (optional)

Nutrition

Amount per serving	
Calories	319
Fat	12g
Carbs	54g
Fiber	5g
Sugar	41g
Protein	5g
Cholesterol	1mg
Sodium	306mg
Vitamin A	3223IU
Vitamin C	46mg
Calcium	58mg
Iron	4mg

Directions

- 1 Slice your watermelon into rounds and then into quarters. Pat as dry as possible with a cloth or paper towel.
- 2 Spread a large piece of parchment paper across a large baking sheet.
- 3 Fill one large pot with water and place a smaller pot inside. Bring to a boil then reduce to lowest heat. Ensure no water is able to escape into the smaller pot. Add the dark chocolate to the smaller pot and stir continuously until melted. Remove from stovetop.
- 4 Tilt the pot with the melted chocolate to one side so that all the chocolate pools. Hold the watermelon by the rind and dip them into the melted chocolate one-by-one. Place on parchment paper. Sprinkle with sea salt immediately (optional).
- 5 Transfer the chocolate dipped watermelon slices to the fridge for 20 minutes or until chocolate is completely set. Remove from parchment paper and store in an airtight container in the fridge until ready to eat. Enjoy!

Notes

No Sea Salt: Eat as is or sprinkle chocolate with crushed nuts or coconut flakes.

A vibrant photograph of watermelon juice drinks. In the foreground, a glass of bright red watermelon juice sits on a light blue surface, garnished with a slice of watermelon and a red and white striped straw. To its left, another glass of watermelon juice is partially visible. In the background, a large slice of watermelon with its green rind is prominently displayed. In the lower-left foreground, there are fresh green mint leaves and several clear ice cubes. The entire scene is set against a soft, out-of-focus background.

DRINKS



Strawberry Basil Agua Fresca

2 servings

5 minutes

Ingredients

2 cups Strawberries (stems removed, plus more for garnish)
2 cups Water
1 Lime (juiced)
1 tbsp Maple Syrup
2 tbsps Basil Leaves
12 Ice Cubes

Nutrition

Amount per serving	
Calories	78
Fat	0g
Carbs	20g
Fiber	3g
Sugar	13g
Protein	1g
Cholesterol	0mg
Sodium	8mg
Vitamin A	168IU
Vitamin C	92mg
Calcium	65mg
Iron	1mg

Directions

- 1 Add the strawberries, water, lime juice, maple syrup, and basil to a blender and blend until smooth.
- 2 Divide the ice cubes into cups. Pour the blended beverage into cups and enjoy!

Notes

Leftovers: Refrigerate in a glass bottle or pitcher for up to three days.

No Maple Syrup: Use raw honey or coconut sugar.

Make it Sparkling: Use some sparkling water to top off your agua fresca.

Make it Smoother: Strain before serving.



Peach Raspberry Agua Fresca

2 servings

5 minutes

Ingredients

- 2 Peach (peeled and quartered)
- 1 cup Raspberries
- 2 tbsps Maple Syrup
- 2 cups Water
- 6 Ice Cubes (optional)

Nutrition

Amount per serving	
Calories	142
Fat	1g
Carbs	35g
Fiber	6g
Sugar	27g
Protein	2g
Cholesterol	0mg
Sodium	8mg
Vitamin A	509IU
Vitamin C	26mg
Calcium	68mg
Iron	1mg

Directions

- 1 Combine all ingredients except ice in a blender. Blend well until smooth.
- 2 Refrigerate until ready to serve. Divide into glasses with ice and enjoy!

Notes

Less Pulp: Strain your agua fresca after blending.

Extra Garnish: Add raspberries and sliced peaches to each glass.

Make it Fizzy: Use sparkling water instead of flat.

Add a Kick: Add a few pieces of sliced jalapeno to each glass.

No Maple Syrup: Use honey instead.



Cucumber & Lime Chia Fresca

2 servings

5 minutes

Ingredients

- 1/2 Cucumber (chopped)
- 3 cups Water
- 2 tbsps Lime Juice
- 1 tbsp Maple Syrup
- 1 tbsp Chia Seeds
- 8 Ice Cubes

Nutrition

Amount per serving	
Calories	71
Fat	2g
Carbs	13g
Fiber	2g
Sugar	8g
Protein	2g
Cholesterol	0mg
Sodium	10mg
Vitamin A	87IU
Vitamin C	7mg
Calcium	93mg
Iron	1mg

Directions

- 1 Blend the cucumber, water, lime juice, and maple syrup in a blender until smooth.
- 2 Pour the mixture into a pitcher. Optional: use a fine mesh strainer to strain the mixture. Stir in the chia seeds and allow them to sit for 10 minutes.
- 3 Add ice to glasses and pour the chia fresca over top. Enjoy!

Notes

Leftovers: Best served immediately. Refrigerate in an airtight container for up to two days.

Serving Size: One serving is equal to approximately 1 1/2 cups.

More Flavor: Add chopped mint.



Virgin Raspberry Mojito

2 servings

15 minutes

Ingredients

- 1/4 cup Raspberries
- 3/4 cup Water
- 1/4 cup Maple Syrup
- 1/4 cup Mint Leaves
- 1 Lime (sliced into wedges)
- 4 Ice Cubes
- 3 cups Sparkling Water

Nutrition

Amount per serving	
Calories	120
Fat	0g
Carbs	31g
Fiber	1g
Sugar	25g
Protein	0g
Cholesterol	0mg
Sodium	8mg
Vitamin A	152IU
Vitamin C	12mg
Calcium	64mg
Iron	0mg

Directions

- 1 In a small saucepan over medium heat, add the raspberries, water and maple syrup. Cook until thick, about 5 minutes. Use an immersion blender or add the mixture to your blender to puree until smooth. Chill in fridge at least 10 minutes.
- 2 Divide mint and 1/2 the lime wedges into drinking glasses. Use a muddler or the end of a wooden spoon to mash them together. Divide raspberry puree, ice cubes and sparkling water between the glasses. Stir to combine and garnish with remaining lime wedges. Sprinkle a pinch of sea salt if desired. Enjoy!

Notes

It's 5 O'Clock Somewhere: Add 2 oz of white rum to each serving.

No Maple Syrup: Use honey instead.

Make it Smooth: Strain your raspberry puree and use the juices only.



Watermelon Mint Agua Fresca

4 servings

10 minutes

Ingredients

- 1/2 Seedless Watermelon (large)
- 2 tbsps Maple Syrup
- 1 cup Water
- 1/4 cup Mint Leaves
- 1/2 Lime (sliced into wedges)

Nutrition

Amount per serving	
Calories	198
Fat	1g
Carbs	50g
Fiber	2g
Sugar	41g
Protein	4g
Cholesterol	0mg
Sodium	9mg
Vitamin A	3284IU
Vitamin C	48mg
Calcium	60mg
Iron	1mg

Directions

- 1 Slice your watermelon into rounds and then into quarters. Slice off the rind. Dice the watermelon and add to blender with maple syrup and water.
- 2 Divide mint and lime wedges into drinking glasses. Use a muddler or the end of a wooden spoon to mash them together.
- 3 Add ice (optional) and pour watermelon agua fresca into each glass. Stir to combine and enjoy!

Notes

Less Pulp: Strain your agua fresca after blending.

Garnish With: Lime wedge, mint leaves or coarse ground sea salt.

Likes it Fizzy: Use sparkling water instead of flat.

No Maple Syrup: Use honey instead.

Watermelon Size: This recipe was developed and tested using a 5 lb. watermelon.