

ON THE GRILL

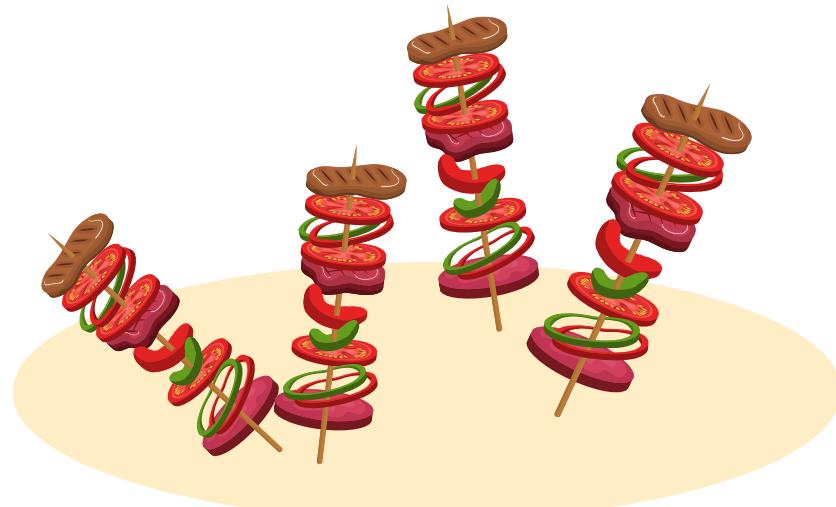
Kabobs (2 servings)

8oz sirloin
Cherry tomatoes
Bell peppers, cut into 1" pieces
Mushrooms
Zucchini, cut into 3/8" slices

Marinade

1 Tbsp Worcestershire sauce
1 Tbsp soy sauce
2 tsp olive oil
1 tsp Dijon mustard
1 tsp minced garlic
2 tsp lemon juice
1/4 tsp dried basil
1/4 tsp dried parsley
1/8 tsp black pepper

flavors of SUMMER



Cut sirloin into 1" pieces; place in bag with marinade sauce. Let marinade from 1-4 hours. If using wooden skewers, this is a good time to soak them, too, to keep them from drying out or burning on the grill. Alternated marinated meat with vegetables. Grill until steak is well-browned and medium to medium-well done on the inside.



Brat Seasoning Mix

Get the flavor of brats without the added fat!

1 Tbsp ground coriander	1 Tbsp ground sage
1 tsp paprika	1 tsp cayenne pepper
2 tsp dried rosemary	1 Tbsp dry mustard
1 tsp pepper	1 tsp nutmeg
4 tsp salt	

Blend; cover to store. Knead into ground meat. Makes enough for 4 pounds ground meat (beef, turkey, chicken).

Grilled Cabbage Steaks

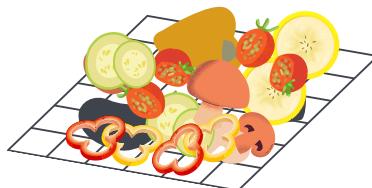
1 small head green cabbage
olive oil
garlic powder, salt and pepper

Remove outer leaves of cabbage, rinse, and trim core
Slice cabbage into 1 - 1 1/2 inch slices
Brush and season both sides with oil, garlic, salt and pepper
Place on grill and cook until tender, about 5 minutes per side



Easy Grilled Vegetable Blend

1 small zucchini
1 small yellow Squash
8-10 baby bella mushrooms
8-10 cherry Tomatoes
1 bell pepper, any color



Cut raw vegetables into 1" chunks. Toss with a olive oil (just enough to coat), salt and pepper. Place in grill basket, stir occasionally and cook until tender and lightly browned.

HOT DAYS ~ COOL CUISINE

Chef Verati's Jicama Slaw (2 servings)

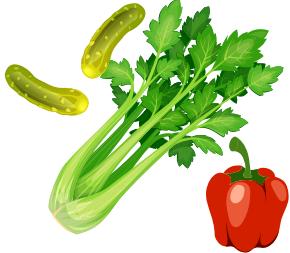
1 jicama, thinly sliced
 1/2 cup red onions, thinly sliced
 1/2 cup cabbage, shredded
 cilantro, chopped to taste



Dressing

2 tsp olive oil
 1 Tbsp lime juice
 1 tsp apple cider vinegar
 red hot sauce, to taste

Add all ingredients to a large mixing bowl and toss them together to ensure the dressing is fully incorporated.
 Chill and serve!



Chicken Salad (One Serving)

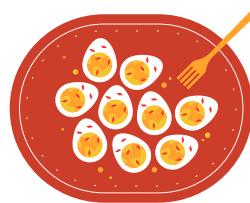
4-6 oz chicken (tuna or eggs can be substituted)
 1 C celery
 1/4 C chopped green onions
 1/4 C chopped cauliflower
 1/2 C chopped peppers
 1 T Walden Farms mayo
 2 T dill pickle relish
 Salt & pepper to taste



Combine ingredients and serve in romaine lettuce leaves or on a bed of greens.

Deviled Eggs

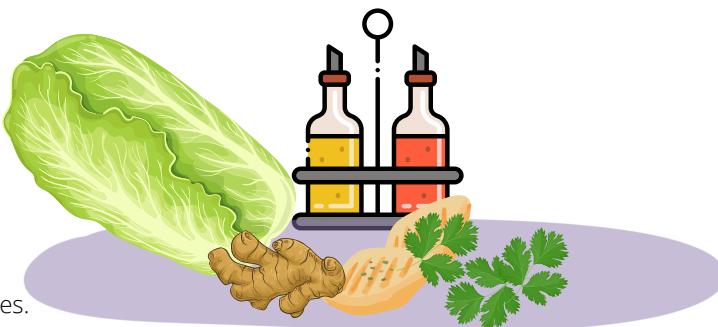
8 hard-boiled eggs
 1 Tbsp spicy mustard
 2 Tbsp Walden Farms Mayo
 1 Tbsp dill pickle juice



Shell hard-boiled eggs and cut lengthwise. Pop the yolks out into a separate bowl. Mash the yolks and add the mustard, mayo, pickle juice, and salt and pepper. Blend well and place a small dollop in each white. Sprinkle with paprika for color, chill and serve!

Asian Cabbage Salad

4 cups cabbage, sliced thin
 1 Tbsp Olive Oil
 1 Tbsp Vinegar
 1 tsp Soy Sauce
 1 Tbsp Ginger, minced
 1 clove garlic, pressed
 2 Tbsp fresh cilantro, chopped
 4oz Cooked Chicken Breast, Shredded or cut into cubes.



In a large mixing bowl, blend the liquids, ginger, garlic and cilantro. Toss in the cabbage and stir until well coated. Fold in chicken, chill and serve.