



# Summer Countdown - Week 3

## recipes

### salad

#### cucumber and onion salad

- 4 large cucumbers
- 1 Tbsp salt
- 1 extra large vidalia onion

#### dressing ingredients

- 2/3 c white vinegar
- 3 tsp granulated sweetener (ie Splenda)
- 1/4 tsp cracked black pepper
- 1/4 tsp celery seed, optional

#### instructions

- 1 - peel cucumbers and slice about 1/2 inch thick. Add to a colander placed on a rimmed dish; toss with salt and let rest for at least 30 minutes, stirring occasionally. The salting will help to draw out some of the water, enhance the texture and help remove bitterness.
- 2 - for the dressing, whisk together the vinegar, sweetener, pepper and celery seed.
- 3 - halve and slice the onions into thick slices, adding these and cucumbers to dressing.
- 4 - toss, cover tightly and store in refrigerator until well chilled, stirring occasionally. Toss again before serving.

Tip: add a handful of halved grape tomatoes just before serving. vary ingredients according to your own taste.

source: [deepsouthdish.com](http://deepsouthdish.com)

### grilling faves

#### brat seasoning mix

- 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
- 5 tsp salt



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

### dessert

#### raspberry gelatin

- 1 IP raspberry gelatin mix
- 5 oz hot water
- 1 cup finely chopped celery and/or cucumbers



#### instructions

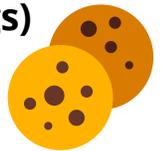
Pour hot water into a bowl. Add contents of packet; stir until dissolved. Add chopped vegetables and chill 30-45 minutes. (consider doubling the recipe for extra on hand.)

#### choc chip protein balls (1 svg)

- 1 IP Chocolate Caramel Mug Cake Mix
- 2 Tbsp Water

#### pb choc chip protein balls (2 svgs)

- 1 IP Chocolate Caramel Mug Cake
- 1 IP Peanut Butter Bar, crushed
- 3 Tbsp water



#### instructions for no bake protein balls

mix protein packet(s) and water together; wet hands and roll into balls and place on wax or parchment paper. Refrigerate to set. Store covered in refrigerator.

### beverages ~ apps

#### pretty in peach

- 1 IP Peach & Mango Drink Mix
- 1 IP Lemon Water Enhancer
- 1½ c cold water



In a shaker, add dry powders to cold water. Shake and pour over ice. Garnish with a lemon slice.

#### buffalo chicken veggie topper

- 2 c chicken
- 1/4 c WF mayo
- 1/2 tsp garlic powder
- 1/4 tsp salt
- 1/4 tsp pepper
- 3 Tbsp buffalo sauce
- celery stalks, cut into 1" pieces



Mix first 6 ingredients; spoon into celery. Chill and serve.