Grilled Asparagus

Crisp-tender grilled asparagus spears seasoned with garlic, soy sauce and pepper
Yield:

4 servings
Ingredients:

1 pound fresh asparagus spears
2 tablespoons oil
1 tablespoon soy sauce*
1 teaspoon garlic salt
8-10 cranks of black pepper
Instructions:

1.
In clean water, soak 4 long bamboo skewers for at least 20-30 minutes.
If using shorter skewers, use 8 – or however many it takes. Even sturdy
toothpicks will work, thought not ideal.

2. Wash asparagus and trim the hard bottoms, leaving only the tender spears.

3. Whisk oil and soy sauce together. Put oil mixture into a ziplock
bag with the asparagus spears and shake to coat. Or, if you have a small
cookie sheet or tray of some sort, whisk the marinade in that and then
roll the spears in the oil mixture to coat.

4. Put skewers through asparagus spears as pictured, making long flat “rafts” so the asparagus is easy to evenly turn and grill.

5. Pre-heat grill to medium. Sprinkle both sides of the asparagus flats with garlic salt and black pepper.

6. Grill for 3-4 minutes on each side. Grill temperatures and grilling times will vary, so just keep an eye on it and be sure to not
over-cook! Asparagus should still be crisp-tender. Remove from skewers
and enjoy!

Additional Notes:

*I've also substituted Bragg's Liquid Aminos and thought it was just as delicious.



Grilled Asparagus

This recipe is from Tammy's Recipes.

Spiced Cranberry Applesauce

A festive homemade applesauce spiced with cinnamon, cloves, and allspice, with a handful of cranberries and lightly

sweetened
Yield:

6 cups (12 servings)
Ingredients:

5 large cooking apples (not Red Delicious), peeled, cored, and diced (~1-inch chunks)
1 cup fresh cranberries, rinsed
1 teaspoon ground cinnamon
1/4 teaspoon ground cloves*
1/4 teaspoon ground allspice*
2 tablespoons water
~1/2 cup sugar
Instructions:

1.
In a large stock pot, combine the apples, cranberries, cinnamon,
cloves, allspice, and water. Cover and bring to a boil over medium heat.
Stir and continue simmering over low heat, covered, until apples are
soft and mushy, and cranberries are all popped (about 20-30 minutes,
depending on the kind of apples you used).

2. Remove from heat and stir in sugar to taste. We like at least 1/4
cup of sugar, which makes a tart applesauce, but you can add up to a
half cup or even more, depending on your tastes and the kind of apples
you used.

3. You now have a chunky homemade applesauce, which you can serve hot/warm or chilled.

To make a smooth applesauce, blend the hot applesauce until

smooth and then press through a colander or sieve to remove any remaining bits of cranberry peeling.



Spiced Cranberry Applesauce

This recipe is from Tammy’s Recipes.

Grilled Broccoli and Cauliflower

Broccoli and cauliflower florets tossed with olive oil, garlic, salt and pepper and grilled
Yield:

4-6 servings
Ingredients:

2 medium-large red onions, cut into halves and thickly sliced
4 cups broccoli florets (bite-size)
1 medium head cauliflower, washed, trimmed and cut into florets (bite-size)

2 teaspoons salt
1/2 teaspoon black pepper
1-2 tablespoons minced garlic (I like a lot!)
1/3 cup oil
Instructions:

1.
Pre-heat grill, along with a grill grid/pan* on HIGH for 10 minutes.
Toss all ingredients together in a large mixing bowl. (When adding the
salt, sprinkle it rather than dumping it all in one spot.)

2. Pour vegetables onto pre-heated grill pan and spread out evenly.
Turn heat to LOW and grill with lid closed for 20-30 minutes. (Smaller
florets will cook more quickly.)

Stir and check for doneness every 10 minutes; vegetables are done
when crisp-tender and browned on some sides. Serve hot and enjoy!

I like to serve these grilled veggies with grilled fish, beef, or chicken.



Grilled Broccoli and Cauliflower

This recipe is from Tammy’s Recipes.

Fresh Tomato Salsa

Easy and delicious fresh tomato salsa with onions, jalapenos, and cilantro
Yield:

8-10 servings
Ingredients:

6 medium-large ripe tomatoes
1 large sweet onion
a handful of fresh cilantro
juice of 1 fresh lime OR 1/2 fresh lemon
2-3 fresh jalapeno peppers
salt to taste, optional
Instructions:

1. Wash, core, and dice tomatoes. Chop onion and cilantro.

2. Finely chop the fresh jalapeno peppers. For less heat, you can
remove the seeds and ribs of the jalapenos. Jalapenos vary in heat so I
like to add smaller amounts and taste, to avoid making salsa that is too
hot for my tastes.

3. Combine the tomatoes, onions, jalapenos, cilantro, and lemon or lime juice. Allow to rest for 30-60 minutes for flavors to combine. Add salt if desired. Serve with corn tortilla chips or with your favorite Mexican foods (tacos, burritos, nachos, pinto beans, etc.).



Fresh Tomato Salsa

Cilantro Chicken with Avocado Salsa

Spicy grilled chicken breast served with a fresh salsa made with tomato, avocado, and green onions

Yield:

4 servings
Ingredients:

Chicken ingredients:

4 large (6-8 ounces each) boneless skinless chicken breasts
salt
black pepper
1/4 cup fresh finely chopped cilantro
oil, preferably in a spray bottle
Tapatio hot sauce

Avocado salsa ingredients:

2 cups chopped fresh tomato
4-5 green onions, chopped
1/2 cup fresh chopped cilantro (or more, to taste)
1 tablespoon fresh lemon or lime juice
1/4 teaspoon salt
dash black pepper
1 large avocado, finely chopped (about 3/4 cup) Instructions:

1.
Lay chicken breasts in a 9×13-inch dish. Sprinkle with salt, pepper,
and cilantro; spray with oil and splash with Tapatio. Turn chicken over
and repeat on other side. Set aside.

2. Combine salsa ingredients (except avocado) in a medium bowl and
stir to mix. Add avocado and stir gently to combine. Set aside.

3. Preheat grill.* Grill chicken until done (our Weber Q grill takes 10-12 minutes on medium, grilling with lid closed). Serve hot chicken with fresh salsa.



Cilantro Chicken with Avocado Salsa

This recipe is from Tammy’s Recipes.

Creamy Guacamole

A light creamy guacamole that even picky eaters will love!
Yield:

4-6 servings
Ingredients:

2 large ripe avocados*
2 tablespoons lime or lemon juice
3 tablespoons fresh chopped cilantro
1/4 cup minced red onion
1/2 teaspoon salt
Several shakes of Tapatio or your favorite hot sauce
1/2 cup sour cream

Instructions:

1. Slice open avocados, remove pits, and scoop out the meat

with a large spoon.

2. In a small-medium mixing bowl, mash avocados with lime/lemon juice. Then, stir in remaining ingredients.



Creamy Guacamole

This recipe is from Tammy’s Recipes.

Grilled Steak Stir Fry Salad

Thin-sliced
grilled steak and grilled stir-fry veggies, tossed together with
Romaine lettuce, fresh diced tomatoes, and feta cheese for a flavor-rich
and filling salad!
Yield:

4-6 servings (as a main dish)
Ingredients:

8 cups bite-size broccoli florets
1 large red onion
1 1/2 teaspoons salt
1/4 teaspoon ground black pepper
2 teaspoons (about 4 cloves) minced garlic
1/2 cup oil
1 red bell pepper, halved and sliced or chopped
3 cups thinly sliced grilled steak (freshly grilled or leftover)
2 heads of Romaine lettuce, washed and cut into bite-sized pieces (about 12-16 cups)
2 cups diced fresh tomatoes
1/2 cup crumbled feta cheese
Croutons, optional
Ranch salad dressing, optional* Instructions:

1.
Preheat grill (or prepare charcoal grill), including a grill plate/pan/grid for grilling vegetables.* In a large mixing bowl, toss together the broccoli, onion, salt, pepper, garlic, oil, and red pepper.

2. Spread vegetables on the hot grill pan. Grill on MEDIUM with lid closed for about 8 minutes. Leaving vegetables on grill, stir thoroughly and then sprinkle the steak on top of the veggies. Close lid again and grill for an additional 8 minutes or until vegetables are crisp-tender and steak is hot.

3. Remove platter from grill and allow to cool for a few minutes. In a large mixing bowl, toss together the Romaine lettuce and fresh tomatoes. Stir in the still-hot/warm steak and veggie mixture. Gently toss in the feta cheese and croutons (if using). Serve immediately with your favorite

Ranch dressing.**



Grilled Steak Stir Fry Salad

This recipe is from Tammy’s Recipes.

Grilled Peppers with Chicken Santa Fe

Crisp-tender grilled bell pepper halves, stuffed with a delicious Chicken Santa Fe rice and shredded Mexican cheese blend
Yield:

8 stuffed pepper halves
Ingredients:

4 large bell peppers (any color), halved with stems and seeds removed
Olive oil
1 clove garlic, minced

1/2 cup diced onion
1/2 cup diced fresh tomato
1/4 cup chopped bell pepper (any color)
6 cups hot cooked rice*
2 grilled chicken breasts (freshly grilled or leftover), thinly sliced
1 teaspoon salt (or more to taste)
1/4 teaspoon black pepper
2 tablespoons chopped fresh cilantro

For serving:

Chopped fresh cilantro, optional
Sliced green onions, optional
Shredded Mexican cheese blend
Your favorite hot sauce (we like Cholula or Tapatio)
Instructions:

1.
Preheat grill or prepare charcoal grill. Brush oil on the rims of the
cut pepper halves (oil on the cut part). Grill peppers cut-side-down on
MEDIUM for about 6 minutes. Then flip and grill on LOW for an additional
5 minutes or so. You want the peppers to be crisp-tender and with some
dark grill marks (but not burnt).

2. Heat a large heavy skillet (I use cast iron) over medium heat. Put
a couple tablespoons of oil in the skillet, and then add the garlic,
onion, tomato, and bell pepper. Saute for a couple minutes. Add the
grilled chicken, rice, salt, and pepper, and toss everything together.
Saute until everything is hot. Toss in the fresh cilantro and

stir. Add
additional salt if needed (taste).

3. To serve, place the grilled pepper halves on plates and stuff with (or spoon in) the fried rice mixture. Top with fresh cilantro, green onions, shredded cheese, and hot sauce. Enjoy!



Grilled Peppers with Chicken Santa Fe

This recipe is from Tammy’s Recipes.

Strawberry Green Smoothie

A delicious and healthy strawberry smoothie with spinach!

Yield: 2 servings

Ingredients:

1 cup milk
1 large handful of fresh spinach leaves (about 3oz.)
1 tablespoon sugar or xylitol (optional)*

1 small banana (optional)**
6-8 frozen strawberries
Whipped cream, for serving (optional)
Instructions:

1. Whirl milk, spinach, and sweetener in blender on high until foamy and green.

2. Add banana if using; whirl until smooth.

3. Turn blender on high and add frozen strawberries, one at a time, until smoothie reaches desired thickness.

4. Pour smoothies into glasses. For a luxurious treat, add a dollop of whipped cream and stir before serving!



Strawberry Green Smoothie

This recipe is from Tammy’s Recipes.

Peach Mango Salsa

Yield:

7-8 cups of salsa

Ingredients:

1 large ripe peach
1 large ripe mango
3 medium-size tomatoes
1/2 sweet onion
1/2 green, red, or yellow bell pepper
1 clove garlic, minced
2 teaspoons (or more) minced fresh Jalapeno pepper
1/2 cup (or more) freshly chopped cilantro
1 tablespoon lemon or lime juice
1/2 teaspoon salt
1 tablespoon sugar
Instructions:

1.
Peel the mango (and peach, if desired) and chop both into small chunks
(remove pits). Dice the tomato, sweet onion, and bell pepper into small
chunks.

2. In a mixing bowl, stir together the peach, mango, tomato, onion,
bell pepper, garlic, Jalapeno pepper, and cilantro. Add the lemon juice,
salt, and sugar and stir well to coat. Let rest at room temperature for
15 minutes for flavors to combine, or refrigerate until needed.

This salsa keeps for 2-3 days in the fridge, or can be frozen for later use!

Serve with your favorite chips, grilled chicken, grilled fish, or taco fixings!



Peach Mango Salsa