



*Great Food*  
*from the*  
*Grill*

A vibrant collage of various grilled foods, including oysters, lobster, skewers, and salmon, presented on a grill. The text "Great Food from the Grill" is overlaid in a stylized, white, outlined font.

**Techniques & Recipes  
for the  
Most Memorable Outdoor  
Get-togethers,  
Pool Parties,  
& Tailgating Fun**

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## Introduction

If you are truly serious about mastering the art of the Grill, then this guide will spare you the embarrassment and headaches of learning from needless mistakes (pun intended).

### **Gas Grill or Charcoal?**

Easy answer: Charcoal

You'll never get that distinctly oh-so-wonderful flavor that the Grill was invented for in the first place by using a Gas Grill. Another advantage of the Charcoal Grill is that you can enhance the flavor by adding wood chips.

The ideal set-up is the combination Griller-Smoker.

If your wallet or purse can swing it, you'll never be sorry!

This is an investment in your future. Your entire reputation: as the only Cook on the block worth his or her weight in Prime Angus Beef, is on the line here. Buy the best Grill you can: one that is high-quality, sturdy, and with stout cast iron slabs that will stand the test of time; none of that flimsy throwaway stuff from the Dollar store.

## **Seasoning Your New Grill**

### **First step**

take that wire brush out of the Grilling Tool Kit you got from the family last June and toss it into your regular toolbox. It comes in handy later on for cleaning battery posts and such. You'll surely hear otherwise, but scrubbing your grill with a harsh abrasive will take away the layer of carbon that you really want to keep.

### **On the other hand...**

**You certainly don't want to just cook, eat, and store away your grill as-is until the next cookout.**

**Pay close attention to the health note on the following page.**

**Sam and Ella\* are never welcome guests!**

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**\*An easy way to remember to be on guard against Salmonella  
...a dangerous microscopic bacterium that is the leading cause of food poisoning.**

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## Important Health Note!

Once the grill has cooled down some: still warm, but not hot enough to risk a burn, wipe down all surfaces with a Scotch-Brite™ Dobie® Pad to remove the food particles left behind. Just as with a cast-iron skillet, a thorough yet gentle cleaning will do.

A *sparkling* clean grill however, or one covered in foil, is a sure giveaway that an amateur will soon be making mincemeat of the entire meal. Burgers sticking and falling apart, dry chewy chicken, and other such culinary catastrophes that no amount of oil-in-a-spray-can is able to prevent.

If you plan to have guests over for a Backyard Barbecue, or are hosting a Tailgate Party, then this is *not* the time to assemble a brand new grill. Use it a few times first. Whatever sticks and falls down into the coals during this break-in period will help you to make friends with the neighbor's dog. Then, maybe he won't growl at you anymore when you walk by.

What you want for such an occasion is a nice, even coating of carbon. This is the secret to a non-stick Grill as well as the starting point for serving up tender, juicy meats that fall right off the bone.

Furthermore, you have no need to fear that sparing yourself some scraped knuckles and elbow grease is unhealthy. If you properly clean up after each use as outlined above, then by the time your coals are evenly white-hot as they should be the cooking surface will be sterile enough for a Surgeon's seal of approval.

# The Grill Master's Toolbox Inventory

No Master of the Grill would dare call him or her self such without having an impressive variety of tools . There's certainly no shortage of variety!

The truth here is: you don't *really* have to put a lot of money into it, but there are a few that are simply, absolutely necessary for safety's sake.

Anything listed here as long-handled is pretty much a must-have.

*That is, unless you don't mind singed eyebrows.*

## **Long Handled Utensils**

This includes at least...

- \* Two spatulas
- \* Two sets of tongs,
- \* Two long handled forks, and
- \* A long handled spoon (for moistening meat or pouring sauces over meats).

***Why two? One for raw meat and one for cooked meat; to prevent cross-contamination.***

## **Oven Mitts**

'Long Sleeved' oven mitts are definitely needed

*...and the thicker they are, the better!*

Get high-quality mitts that will truly protect your hands and lower arms from the heat and fire.

## **Long Handled Hooks**

These are used to open the lid of the grill or, to adjust the racks/grates when the grill is hot.

*Absolutely essential safety tools!*

## **Long Handled Brush**

This is used for brushing meat & vegetables with sauce or oil.

*If you brush raw meat with the brush, you will need an extra brush for brushing cooked meat.*

### **Basting Mop**

This is much like a brush, but the end is made of cloth.

*Again, if you use it on raw meat, you will need two basting mops.*

### **Skewers**

These are needed for vegetables and kabobs, and come in a wide variety of sizes. You should get a good selection, with at least ten of each size.

You have your choice of metal, wooden, or bamboo skewers. Just remember to soak the latter two for about 30 minutes prior to grilling so that they won't burn.

### **Aprons**

All serious Grill Masters need at least one apron with their name on it; or one with your Grilling Hero's name and logo. And don't forget the matching chef's hat.

### **Grilling Basket**

These are used for small vegetables or pieces of meat that are likely to fall through the grate during cooking. This takes the place of chicken wire or metal type mesh.

### **Grill Press**

These are used to hold meat closer to the grill and to help keep heat in.

These should be made of cast iron.

### **Grill Covers**

Although this may not seem like an essential, if your grill is subject to weather, you will definitely want a cover for it. Keeping the grill covered when it isn't in use will extend its life.

### **Injectors**

These are basically large (or small) injectors for injecting juices back into the meat as it is being cooked. Get several, and remember to not touch cooked meat with anything that has touched raw meat and not been washed thoroughly.

### **Chicken Sitters**

These are used for barbecuing whole chickens. The chicken essentially 'sits' on the metal holder to keep it from sitting directly on the grate, and for more even smoking.



### **Cutting Board**

Most kitchens are already equipped with a cutting board, but some barbeque masters like their own cutting board, close to the pit. They will also want a set of professional knives to go along with the cutting board.

### **Smoker Box**

These are mostly used on gas grills, but can be used on charcoal grills as well. They are essentially boxes that are filled with wood chips and placed on the grill, for the purpose of smoking the food.

### **Rotisseries**

This is different from a chicken stand. Rotisseries are easy to turn, so that the chicken can be cooked evenly on all sides.

### **Rib Racks**

If you plan to cook ribs often, you will find that while these aren't necessary, they definitely make the job much easier – especially when those ribs are getting so tender that they are falling apart!

### **Meat Markers**

These are metal markers that are marked with words such as 'rare', 'medium', and 'well-done' among others, so that you can determine which meats are which when they are done.

### **Grill Toppers**

These are similar to grill baskets, but they are open. These also take the place of chicken wire or metal type mesh.

### **Grill Lifters**

while hooks can be used to move hot grates around, grill lifters were specifically designed for this purpose, offering greater control - but they do cost more than the hooks.

### **Chili Grill**

These handy little devices hold chili peppers so they can be cooked on the grill without falling through the grates.

### **Meat Tenderizers**

This doesn't refer to spices that are called meat tenderizers. This refers to devices called meat tenderizers. Most kitchens are equipped with these – but some barbeque masters like to have their own...they not only want to master the fire, they also want to lord it over the meat!

### **Griddles**

These are similar to grill toppers, but work more like a pan than a basket. This makes it easy to cook anything you want to cook on the grill, without worrying about anything falling through.

### **Smoke Glasses**

These glasses are actually considered an essential by many. When you open the top of the barbeque, you get inundated with smoke and come away with tears running down your face. These special glasses prevent that.

### **Sauce Pots**

These are used for heating sauces on the barbeque. They are made to withstand fire and heat, more so than the ones that you would use in your kitchen.

### **Popcorn Poppers**

Have you ever had popcorn popped on the barbeque? If not, you are really missing something great! These are excellent to have on camping trips.

### **Long Handled Seasoning Shakers**

These aren't essential if you season the meat before cooking – but if you season the meat during cooking, you definitely want at least two of these.

### **Grill Wipes**

These are heavy duty disposable wipes that are designed specifically for cleaning grills. They aren't essential, but they sure make the job easier.

### **Hot Dog Rotisseries**

These aren't necessary, but they make cooking hot dogs and sausages a great deal easier.

# Meat Selection & Cooking Techniques

Obviously, you want to start with the highest quality meats available. Selecting top-grade cuts of meat is an art form in and of itself.

## **Ground Beef**

Choose the lean mix, around 93/7 (93% lean and 7% fat). Greasy burgers will cause your grill to "flame up" and burn the burgers. Plus, even though you've made large-diameter patties, fatty ground beef will shrink considerably leaving you with something that resembles more of a big meatball than a nice, bun-sized burger.

## **Beef Steaks, Roasts, and Briskets**

Choose reasonably lean, yet well-marbled cuts. Too little fat, and the meat will wind up dry and tough. Avoid cuts with excessive fat around the perimeter of the cut. It's just waste that will have to be trimmed off before cooking.

You want the included fat distributed evenly throughout the meat (marbled). This will give you juicy and tender masterpieces to place before your guests.

## **Chicken and Turkey**

Most people think that grilling poultry is easy, that is until they try it. The fact is though; it's one of the most difficult meats to serve up with good results. Unlike beef, poultry has to be "romanced" to come out just right.

To be safe and prevent illness, you must cook it long enough to reach an internal temperature of 165° - 170° at the core. Yet, if cooked for too long it will be dry, burnt on the outside and pretty much tasteless.

**Low and slow is the rule of thumb for great-tasting chicken or turkey every time.**

# Cooking Vegetables on the Grill

Many people never even consider barbequing vegetables – but once you’ve had barbequed vegetables, you will never barbeque again without throwing some veggies on the grill.

*Here are some tips for great results with various vegetables...*

### **Vegetable Kabobs**

Any vegetable that you want to include on a vegetable kabob will be fine, although larger vegetables that must be sliced and are naturally crisp work best. Because the vegetables on the kabob are thinly sliced, they don’t take long at all to cook. Lay them down on the grate, and turn them after about ten minutes. Allow them to cook for an additional five minutes, and they are ready to eat.

### **Potatoes**

Once you’ve had a baked potato, cooked on the barbeque, you will throw sticks at those baked in the oven. Wash the potatoes well, dry them, rub with cooking oil lightly, poke several holes in them, and then wrap the potatoes in foil, and place them on top of the coals. They should be perfectly done in about 45 minutes.

### **Corn on the Cob**

There are two ways to cook corn on the cob on the barbeque. If the corn still has its husk, pull the husk back, but don’t break it away. Instead, remove the silk, cut the tip off of the cob, wash the corn, or allow it to soak for about half an hour (soaking is best, as it makes removing the silk easier). Dry the corn and brush it with butter. Simply enclose the corn in its husk, and use a twist tie to seal the end (don’t use a rubber band – they melt). If you’ve soaked the corn for 30 minutes, it only takes about ten minutes to cook it on the grill.

If the corn doesn’t have its husk, repeat this process, but wrap it in foil. This may require additional cook time – about fifteen minutes. Either way, the corn is placed on the grate, not on the coals.

### **Asparagus**

Season the asparagus however you wish. Slice it however you like. Cover the grate of the grill with foil, and place the asparagus on the grill. It doesn’t take long for asparagus to cook. When it is done, it will be a slightly brighter shade of green than it was when it was raw – if it turns more of a gray color, it has cooked too long.

## **Onions**

Peel the onion and cut it in half or in quarters. Onions will stick to the grill, so use a non-stick cooking spray on the grate before you get it hot. Place the onions directly on the grill for about four minutes. If you don't want to spray the grill, you can coat the onions with oil as well to prevent sticking. Many people prefer to spray the grate because onions need no added flavors, and the oil can detract from the natural flavor of the onion. You can choose red onions, yellow onions, or white onions.

## **Garlic**

Use whole bulbs of garlic. Cut the root from the end, and peel away the paper covering of the bulb. Brush the bulb with your favorite oil (olive oil is great). Place the bulb on the grill, with the cut portion facing the fire. Grill for about ten minutes – expect the outer portion of the bulb to turn a light brown.

## **Mushrooms**

Wash the mushrooms well. Brush with your favorite oil, and place on the grill for four to five minutes. If the mushrooms are large, they may require a longer cook time – up to about eight minutes. If the mushrooms are too small, you can place small chicken wire or metal type mesh over the grate to keep them from falling through.

## **Eggplant**

You can slice the eggplant anyway you like. Some barbeque masters slice them in circles. Do not peel the eggplant! You can coat the eggplant with your favorite cooking oil or salad oil and season them however you like. Eggplant should be grilled for four to five minutes.

## **Bell Peppers**

Red peppers, yellow peppers, orange peppers, and green peppers are very easy to barbeque. Cut the pepper in half and remove the stem and the core. Wash away all of the seeds. You can leave the peppers in halves, or cut them in quarters, but if the pieces are too small, you will need chicken wire or metal type mesh to keep the pieces from falling through the grate.

Lightly brush some olive oil over the peppers and sprinkle with a hint of Thyme and grill for 2 to 3 minutes.

Chili Peppers are smaller and should be cooked whole for two or three minutes on each side. You can leave them as they are, or coat them with your favorite cooking or salad oil before grilling as well.

## **Squash and Zucchini**

Cut the Squash or Zucchini in half from the top to the bottom. Coat it with olive oil, and season it to taste. You can use any seasons that you like. It should be cooked for about two minutes on each side, but you will have to really watch it when the open side – or the side that has the seeds showing – is facing the fire, as it will burn easily.

### **Tomatoes**

You can grill regular tomatoes and cherry tomatoes. For regular tomatoes, cut the tomato in half from the top. Coat the tomato with your favorite cooking oil. Place on the grill with the cut side facing down, and allow it to cook for two or three minutes.

For cherry tomatoes, you may need to use some chicken wire or small metal type mesh to keep them from falling through. Another option is a skewer. You can coat these with your choice of cooking oil or salad oil, and season them to taste, or grill them without oil or seasoning. Two to three minutes of cook time is fine – but it will be closer to two minutes, because they are so small.

# Baked & Grilled Cajun Taters

These will bake in the oven at 425° for 20 minutes. Then finish up on the grill.

## Ingredients

- 6 large russet potatoes
- 4 cup apple or mesquite wood chips
- 1 1/2 cup olive oil
- 8 cloves minced garlic

### Dry Spice Mixture

- 2 Tbs salt
- 1/2 Tbs black pepper
- 3/4 tsp ground red pepper
- 1 Tbs dried thyme leaves, crushed
- 1 Tbs dried oregano leaves, crushed
- 2 Tbs paprika

## Directions

- \* Pre-heat oven to 425°
- \* Thoroughly wash potatoes & dry; but leave the skin on.
- \* Cut lengthwise into 8 equal wedges.
- \* In a large bowl, coat the potatoes well with olive oil & garlic. Then, finish coating the potatoes with the Dry Spice Mixture.
- \* Bake in the oven for 20 minutes in a shallow pan, saving the leftover coating mixture.
- \* While the potatoes are baking, soak some mesquite or apple wood chips in water.
- \* Remove the potatoes from oven, drain the wood chips, and distribute evenly over coals.
- \* Grill for 10 minutes, turn, brush with additional oil, and finish grilling another 10 minutes.

Oven Temperature: 225°	Cooking Time: 40 minutes	Servings: 6
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Serving size: 1/6 of a recipe (13 ounces).  
Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Amount Per Serving	
Calories	784.86
Calories From Fat (62%)	484.54
% Daily Value	
Total Fat 54.83g	84%
Saturated Fat 7.65g	38%
Cholesterol 0mg	0%
Sodium 2371.33mg	99%
Potassium 1735.38mg	50%
Total Carbohydrates 67.87g	23%
Fiber 8.44g	34%
Sugar 3.57g	
Protein 8.62g	17%
Calcium 94.86mg	9%
Iron 5.27mg	29%
Folate 82.98mcg	21%
Vitamin A 1281.26IU	26%
Vitamin E 8.9mg	89%
Vitamin K 57.79mcg	72%
Vitamin C 26.63mg	44%
Niacin 4.38mg	22%
Riboflavin 0.19mg	11%
Thiamin 0.22mg	15%
Vitamin B6 1.17mg	59%
Vitamin B12 0mcg	0%
Pantothenic Acid 1.23mg	12%
Copper 0.36mg	18%
Zinc 1.27mg	8%
Magnesium 99.04mg	25%

# Baked Kansas City Burnt Ends & Beans

## Ingredients

1 lb	navy beans, (dry)	2 Tbs	apple cider vinegar
1 cup	chopped or shredded burnt ends	1/4 cup	mustard
4	slices bacon, crisp, chopped	1 cup	K C Masterpiece sauce
1	chopped medium yellow onion	1/3 cup	dark molasses, unsulfured
2	chopped green bell pepper	1 tsp	salt
6 cups	water	*	black pepper to taste
1 cup	apple cider		

## Directions

- \* Soak the beans overnight, or at least 4 hours.
- \* Put the beans and 6 cups water in a large heavy-weight sauce pan. Heat to boiling, then reduce heat to simmer for 2 - 3 hours stirring occasionally. Add more water in small amounts if needed.
- \* When the beans are soft, add the salt & pepper.
- \* Preheat oven to 325°
- \* While the oven is pre-heating, fry up the bacon until crisp and reddish-brown. Drain well but keep the bacon drippings.
- \* Sauté the green peppers and onions in the bacon drippings until soft.
- \* Mix all of the ingredients together in a deep baking dish or Dutch Oven
- \* Cover and bake for 1 hour.
- \* Remove the cover and bake for an additional 20 - 30 minutes.

Oven Temperature: 325°

Preparation Time: 8 hours

Servings: 8

Cooking Time: 1 ½ hours

Serving size: 1/8 of a recipe (17.8 ounces).

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Amount Per Serving	
Calories	648.95
Calories From Fat (24%)	154.48
% Daily Value	
<b>Total Fat</b> 17.29g	27%
Saturated Fat 4.7g	24%
<b>Cholesterol</b> 51.49mg	17%
<b>Sodium</b> 1479.77mg	62%
<b>Potassium</b> 1384.49mg	40%
<b>Total Carbohydrates</b> 91.72g	31%
Fiber 15.81g	63%
Sugar 26.96g	
<b>Protein</b> 33.34g	67%
Calcium 252.12mg	25%
Iron 5.8mg	32%
Folate 250.72mcg	63%
Vitamin A 1680IU	34%
Vitamin E 1.5mg	15%
Vitamin K 15.22mcg	19%
Vitamin C 53.23mg	89%
Niacin 8.3mg	42%
Riboflavin 0.37mg	22%
Thiamin 0.71mg	47%
Vitamin B6 0.84mg	42%
Vitamin B12 0.62mcg	10%
Pantothenic Acid 1.9mg	19%
Copper 0.69mg	35%
Zinc 3.74mg	25%
Magnesium 182.37mg	46%



# Cry Baby Wings with Zing

Be forewarned: These fiery-hot wings will have you shedding tears like a new bride's mama at a wedding!  
Hint: It's milk, rather than beer that will cool you down.

## Ingredients

10 lb	chicken wings, separated	1 tsp	garlic powder
1 cup	Franks Louisiana hot sauce	1 cup	melted butter or margarine
1 tsp	cayenne pepper powder	4 Packet	ranch style salad dressing, mix

## Directions

- \* Thoroughly combine garlic powder, cayenne pepper, and ranch dressing mix. Divide and set aside half of the mixture for the table.
- \* Using a small wire whisk, slowly pour in the melted butter and mix thoroughly until it's no longer lumpy.
- \* Grill wings until done turning half-way through. Then baste both sides with the other half of the sauce and grill for another 2 - 3 minutes.
- \* Have some fun! See who can eat the most before looking around for a cow.

Oven Temperature: 225°

Preparation Time:

Servings: 8

Cooking Time: 25 minutes

Serving size: 1/8 of a recipe (21.3 ounces).

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Amount Per Serving	
Calories	2025.85
Calories From Fat (66%)	1337.05
% Daily Value	
<b>Total Fat</b> 148.67g	<b>229%</b>
Saturated Fat 48.94g	245%
<b>Cholesterol</b> 520.28mg	<b>173%</b>
<b>Sodium</b> 440.02mg	<b>18%</b>
<b>Potassium</b> 1022.52mg	<b>29%</b>
<b>Total Carbohydrates</b> 14.29g	<b>5%</b>
Fiber 0.6g	2%
Sugar 0.03g	
<b>Protein</b> 148.35g	<b>297%</b>
Calcium 92.62mg	9%
Iron 7.16mg	40%
Folate 35.05mcg	9%
Vitamin A 1417.84IU	28%
Vitamin E 0.66mg	7%
Vitamin K 1.99mcg	2%
Vitamin C 0mg	<1%
Niacin 37.99mg	190%
Riboflavin 0.79mg	46%
Thiamin 0.33mg	22%
Vitamin B6 2.33mg	117%
Vitamin B12 1.64mcg	27%
Pantothenic Acid 4.99mg	50%
Copper 0.35mg	18%
Zinc 10.02mg	67%
Magnesium 108.6mg	27%

# Dripping Roast Beef Sandwiches with Melted Provolone

## Ingredients

1 pound	thinly sliced deli roast beef	2	cans	French onion soup
8 whole	French or Kaiser Rolls	2	tablespoons	Worcestershire sauce
8 slices	provolone cheese	1/2	cup	pickled banana pepper rings - drained

## Directions

- \* Preheat oven to 400°
- \* In a medium saucepan, combine the soup and Worcestershire sauce. Bring to a light boil over medium-high heat.
- \* Add the beef slices, lower the temperature to simmer. Stir occasionally until heated thoroughly.
- \* Cut the rolls in half horizontally and place the bottom halves on a heavy cookie sheet.
- \* Top each with an equal portion of the beef and a slice of cheese.
- \* Replace the tops and bake 3 - 4 minutes: just until the cheese melts and the buns are lightly toasted.
- \* If eating right away: Drizzle each sandwich with the remaining au jus & top with a few of the pepper rings.
- \* If you'll be taking these with you for a tailgate party or picnic: Wrap the sandwiches in foil and pack in an insulated carrier & pour the remaining soup into a thermos. Then when you're ready to eat, drizzle with soup and top with peppers.

Oven Temperature: 400°

Preparation Time: 5 minutes

Servings: 8

Cooking Time: 4 minutes

Total Time: 13 minutes

Serving size: 1/8 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Amount Per Serving	
Calories	277
% Daily Value	
<b>Total Fat</b> 4.3g	<b>7%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 609mg	<b>25%</b>
<b>Potassium</b> 114mg	<b>3%</b>
<b>Total Carbohydrates</b> 50.2g	<b>17%</b>
Fiber 3.2g	13%
Sugar 0.31g	
<b>Protein</b> 8.6g	<b>17%</b>
Calcium 91mg	9%
Iron 2.71mg	15%
Folate 33mcg	8%
Vitamin A 0IU	0%
Vitamin C 0mg	0%
Niacin 4.35mg	22%
Riboflavin 0.3mg	18%
Thiamin 0.52mg	35%
Vitamin B6 0.04mg	2%
Vitamin B12 0mcg	0%
Pantothenic Acid 0.45mg	5%
Copper 0.14mg	7%
Zinc 0.9mg	6%
Magnesium 20mg	5%

# Fresh as Springtime Apple Salad

## Ingredients

3	diced red apples, un-peeled	1/4	cup	dried cranberries	
1/2	cup	chopped celery	1/4	cup	marshmallow minis
1/4	cup	chopped pecans	3/4	cup	whipped cream or whipped topping
1/4	cup	chopped red seedless grapes	1/4	cup	sour cream
2	Tbs	raisins			

## Directions

- \* Place the apples, celery, pecans, cranberries, marshmallows and raisins into a large mixing bowl and toss to combine.
- \* Whisk together the whipped topping and sour cream until blended well.
- \* Spoon the whipped topping mixture into the mixing bowl.
- \* Stir until all the ingredients are covered well.
- \* Cover the bowl and refrigerate between 1 and 4 hours to chill through.

Servings: 8

Serving size: 1/8 of a recipe (3.7 ounces).

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Amount Per Serving	
Calories	159.53
Calories From Fat (30%)	47.61
% Daily Value	
<b>Total Fat</b> 5.53g	9%
Saturated Fat 1.84g	9%
Cholesterol 8.01mg	3%
Sodium 21.89mg	<1%
Potassium 144.78mg	4%
<b>Total Carbohydrates</b> 28.17g	9%
Fiber 3.04g	12%
Sugar 9.55g	
<b>Protein</b> 0.97g	2%
Calcium 26.04mg	3%
Iron 0.36mg	2%
Folate 5.92mcg	1%
Vitamin A 150.14IU	3%
Vitamin E 0.24mg	2%
Vitamin K 4.51mcg	6%
Vitamin C 3.31mg	6%
Niacin 0.15mg	<1%
Riboflavin 0.04mg	2%
Thiamin 0.04mg	3%
Vitamin B6 0.05mg	3%
Vitamin B12 0.04mcg	<1%
Pantothenic Acid 0.13mg	1%
Copper 0.08mg	4%
Zinc 0.24mg	2%
Magnesium 10.08mg	3%

# Grilled, Stuffed Zucchini

## Ingredients

4	medium	zucchini	3/4	cup	shredded sharp cheddar cheese
1	cup	Italian-style bread crumbs	1/8	teaspoon	garlic powder
1/2	cup	bacon bits	1/8	teaspoon	dried basil
2	Tbsp	minced black olives	1	pinch	cayenne pepper
1/4	cup	diced green chili peppers	1	pinch	paprika
2	whole	minced jalapeño peppers			salt to taste
1/2	cup	minced onion			ground black pepper to taste
1/2	cup	chopped tomato			

## Directions

- \* Wash the zucchinis, place them in a large sauce pan, and add just enough water to cover. Bring the water to a boil on high heat, then reduce heat to medium and cook for 5 minutes.
- \* Drain and allow to cool on a plate.
- \* After the zucchinis are cool to the touch, cut in half lengthwise.
- \* With a spoon scoop out the pulp, but leave the skin intact with about 1/4" remaining.
- \* Mash the pulp in a medium-sized bowl. Add the rest of the ingredients and mix well.
- \* Place each of the hollowed-out skins on a piece of foil large enough to wrap it completely. Fill each with an equal portion of the stuffing.
- \* Grill on the cold side (not directly over the coals) for 15 - 20 minutes

Oven Temperature: 225°

Preparation Time: 20 minutes

Servings: 8

Cooking Time: 15 minutes

Total Time: 45 minutes

Serving size: 1/8 of a recipe (5.8 ounces).

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Amount Per Serving	
Calories	117.97
Calories From Fat (52%)	61.1
% Daily Value	
<b>Total Fat</b> 6.82g	<b>10%</b>
Saturated Fat 2.14g	11%
Cholesterol 8.51mg	3%
Sodium 414.54mg	17%
Potassium 335.59mg	10%
<b>Total Carbohydrates</b> 9.18g	<b>3%</b>
Fiber 2.6g	10%
Sugar 3.53g	
<b>Protein</b> 6.02g	<b>12%</b>
Calcium 86.96mg	9%
Iron 0.85mg	5%
Folate 44.42mcg	11%
Vitamin A 415IU	8%
Vitamin E 0.86mg	9%
Vitamin K 5.64mcg	7%
Vitamin C 26.05mg	43%
Niacin 0.86mg	4%
Riboflavin 0.15mg	9%
Thiamin 0.11mg	7%
Vitamin B6 0.22mg	11%
Vitamin B12 0.12mcg	2%
Pantothenic Acid 0.29mg	3%
Copper 0.12mg	6%
Zinc 0.76mg	5%
Magnesium 31.01mg	8%

# Hawaiian Colada Coolers

## Ingredients

1 can	pineapple chunks or rings	1 cup	club soda
1 cup	cream of coconut	5 cups	crushed ice
3 cups	chilled pineapple juice		

## Directions

- \* Place the cream of coconut and pineapple juice into the blender.
- \* Pour in the club soda.
- \* Blend until the ingredients are just combined.
- \* Add the crushed ice a little at a time, blending just until slushy.
- \* Pour into 8 glasses and garnish with a pineapple chunk.
- \* Alternate: Instead of individual servings pour the slushy mixture into a small punch bowl and garnish the top with pineapple rings .

Servings: 8

Serving size: 1/8 of a recipe (10.9 ounces).

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Amount Per Serving	
Calories	206.79
Calories From Fat (25%)	51.32
% Daily Value	
<b>Total Fat</b> 6.13g	<b>9%</b>
Saturated Fat 5.73g	<b>29%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 19.01mg	<b>&lt;1%</b>
Potassium 190.74mg	<b>5%</b>
<b>Total Carbohydrates</b> 39.23g	<b>13%</b>
Fiber 1.07g	<b>4%</b>
Sugar 37.05g	
<b>Protein</b> 0.96g	<b>2%</b>
Calcium 23.35mg	<b>2%</b>
Iron 0.4mg	<b>2%</b>
Folate 11.41mcg	<b>3%</b>
Vitamin A 47.31IU	<b>&lt;1%</b>
Vitamin E 0.06mg	<b>&lt;1%</b>
Vitamin K 0.41mcg	<b>&lt;1%</b>
Vitamin C 11.83mg	<b>20%</b>
Niacin 0.37mg	<b>2%</b>
Riboflavin 0.04mg	<b>2%</b>
Thiamin 0.13mg	<b>9%</b>
Vitamin B6 0.1mg	<b>5%</b>
Vitamin B12 0mcg	<b>0%</b>
Pantothenic Acid 0.18mg	<b>2%</b>
Copper 0.21mg	<b>11%</b>
Zinc 0.35mg	<b>2%</b>
Magnesium 25.2mg	<b>6%</b>

# Italian Sausage Wonton Nibblers

## Ingredients

1/2 lb	Italian sausage	1 Tbs	olive oil
3	chopped green onions	1 cup	Pepper Jack cheese, shredded
16	wonton wrappers		

## Directions

- \* Preheat Oven to 350°
- \* Put a good, even coating of shortening or non-stick cooking spray to the interior of a tray of miniature muffin cups.
- \* Crumble and cook the sausage over medium heat for 6 minutes, or until brown.
- \* Drain the sausage completely, place in a medium-sized bowl, add the onions, and mix well.
- \* Put the wonton wrappers into the muffin cups. Work them up to cover the sides.
- \* Brush a light, even coating of Olive Oil onto each wrapper and bake until golden brown -- about 6 minutes.
- \* Remove from oven and fill each cup with about a tablespoon of the sausage & onion mixture.
- \* Sprinkle the shredded cheese over the tops, return to oven, and bake until the cheese is completely melted - about 3 - 4 minutes.

Oven Temperature: 350°

Total Time: 15 minutes

Servings: 8

Serving size: 1/8 of a recipe (3.5 ounces).

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Amount Per Serving	
Calories	301.12
Calories From Fat (35%)	103.98
% Daily Value	
<b>Total Fat</b> 11.54g	<b>18%</b>
Saturated Fat 3.6g	18%
Cholesterol 27.31mg	9%
Sodium 574.29mg	24%
Potassium 140.39mg	4%
<b>Total Carbohydrates</b> 37.67g	<b>13%</b>
Fiber 1.3g	5%
Sugar 0.14g	
<b>Protein</b> 10.42g	<b>21%</b>
Calcium 39.42mg	4%
Iron 2.58mg	14%
Folate 61.06mcg	15%
Vitamin A 67.38IU	1%
Vitamin E 0.27mg	3%
Vitamin K 13.14mcg	16%
Vitamin C 1.67mg	3%
Niacin 4.42mg	22%
Riboflavin 0.29mg	17%
Thiamin 0.5mg	33%
Vitamin B6 0.11mg	6%
Vitamin B12 0.27mcg	5%
Pantothenic Acid 0.16mg	2%
Copper 0.12mg	6%
Zinc 0.98mg	7%
Magnesium 17.94mg	4%

# Jerk-Style Fajita Fiesta

## Ingredients

2 lb boneless chicken breast cut into thin strips  
1 lb medium shrimp, peeled and de-veined  
16 flour tortillas  
3 cups black beans - cooked, drained, & mashed  
2 1/2 Tbs jerk seasoning  
2 cups sour cream

## Papaya Pineapple Salsa

1 1/2 cups diced ripe papaya  
1 1/2 cups diced fresh pineapple  
1 cup diced jicama  
6 Tbs chopped red onion  
2 Tbs minced cilantro  
2 serrano chilies, seeded and minced  
2 clove minced garlic  
1/4 cup fresh lime juice  
1 1/3 Tbs lime zest

## Directions

- \* Coat the chicken strips and shrimp well with the jerk seasoning. Place in refrigerator for at least 1 -2 hours.
- \* Grill the chicken and shrimp for 7 minutes, turn and grill for another 7 - 8 minutes.
- \* Fill each tortilla with an equal portion of the black beans, shrimp, chicken strips, sour cream and salsa. Form a fajita pocket by folding in one edge of the tortilla and wrapping it around the filling.
- \* Prepare the Papaya Pineapple Salsa FRESH and chill for 1 - 2 hours just before serving. Note: The salsa will become mushy if made too far in advance.

Oven Temperature: 225°

Preparation Time: 2 hours

Servings: 8

Cooking Time: 15 minutes

Serving size: 1/8 of a recipe (13.8 ounces).

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Amount Per Serving	
Calories	514.96
Calories From Fat (31%)	157.34
% Daily Value	
<b>Total Fat</b> 17.91g	<b>28%</b>
Saturated Fat 8.15g	41%
<b>Cholesterol</b> 112.39mg	<b>37%</b>
<b>Sodium</b> 1053.35mg	<b>44%</b>
<b>Potassium</b> 685.45mg	<b>20%</b>
<b>Total Carbohydrates</b> 64.8g	<b>22%</b>
Fiber 9.94g	40%
Sugar 12.45g	
<b>Protein</b> 24.79g	<b>50%</b>
Calcium 225.49mg	23%
Iron 4.57mg	25%
Folate 208.96mcg	52%
Vitamin A 850.78IU	17%
Vitamin E 1.35mg	14%
Vitamin K 4.35mcg	5%
Vitamin C 37.88mg	63%
Niacin 5.93mg	30%
Riboflavin 0.36mg	21%
Thiamin 0.6mg	40%
Vitamin B6 0.38mg	19%
Vitamin B12 0.83mcg	14%
Pantothenic Acid 0.92mg	9%
Copper 0.41mg	21%
Zinc 2.1mg	14%
Magnesium 97.31mg	24%

# Kolorful Kabobs

## Ingredients

3	lbs	sirloin steak - cut into 1" cubes
32	large - whole	fresh mushrooms - rinsed & stemmed
3	medium	green bell peppers cut into chunks
3	medium	red bell peppers cut into chunks
4	medium	onions cut into chunks

## Marinade

1/2	cup	vegetable oil
1-1/3	cups	lemon juice
3	Tbs	Worcestershire sauce
1/2	tsp	Frank's Original Hot Sauce
4	cloves	minced garlic
4	tsp	paprika
2	tsp	sugar
2	tsp	salt
1	tsp	black pepper

## Directions

### Marinade

- \* Combine all marinade ingredients and divide: pouring 1/4 into a food bag & add the steak cubes. Twist or zip the bag and shake gently to coat the meat well. Open the bag and remove as much air as possible without spilling. Reseal the bag and refrigerate at least 2 - 3 hours (overnight for best flavor).
- \* Put the remaining marinade mixture in a seal-top bowl and refrigerate.
- \* When you're ready to grill, alternate the meat & vegetable on skewers (wooden skewers should be soaked in water for half an hour before grilling to prevent them from burning).
- \* Grill over coals, basting with marinade & turning every 5 minutes or so.

Oven Temperature: 225°	Preparation Time: 15 minutes	Servings: 8
	Cooking Time: 20 minutes	

Serving size: 1/8 of a recipe (16.7 ounces).  
Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Amount Per Serving	
Calories	667.16
Calories From Fat (54%)	362.65
% Daily Value	
<b>Total Fat</b> 40.54g	<b>62%</b>
Saturated Fat 10.91g	55%
<b>Cholesterol</b> 115.67mg	<b>39%</b>
<b>Sodium</b> 786.68mg	<b>33%</b>
<b>Potassium</b> 1437.77mg	<b>41%</b>
<b>Total Carbohydrates</b> 20.94g	<b>7%</b>
Fiber 5.05g	20%
Sugar 10.32g	
<b>Protein</b> 55.6g	<b>111%</b>
Calcium 66.58mg	7%
Iron 8.21mg	46%
Folate 77.59mcg	19%
Vitamin A 3283.95IU	66%
Vitamin E 4.68mg	47%
Vitamin K 19.43mcg	24%
Vitamin C 124.1mg	207%
Niacin 11.06mg	55%
Riboflavin 0.91mg	54%
Thiamin 0.39mg	26%
Vitamin B6 1.27mg	64%
Vitamin B12 4.84mcg	81%
Pantothenic Acid 1.54mg	15%
Copper 0.62mg	31%
Zinc 12.87mg	86%
Magnesium 77.97mg	19%



# Minty Ginger Ale Julep

This sweet concoction tastes just like a mint julep, but without the alcohol.

Add fresh lemon or lime slices as a garnish.

Hint: The longer the mint leaves are allowed to stay in the pitcher the more mint taste your julep will have.

## Ingredients

2 cup of cold water  
2 liters Ginger Ale  
1 tsp lemon juice

1 cup of sugar  
8 whole mint leaves

## Directions

- \* Pour the cold water into a pitcher.
- \* Add the lemon juice and whisk until blended in well.
- \* Dump in the sugar and whisk until the sugar is completely dissolved.
- \* Add the mint leaves to the pitcher.
- \* Pour in enough ginger ale to fill the pitcher to the top.
- \* Serve over ice or chill for at least 2 hours before serving.

Servings: 8

Serving size: 1/8 of a recipe (10 ounces).

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Amount Per Serving	
Calories	185.11
Calories From Fat (0%)	0.04
% Daily Value	
<b>Total Fat</b> 0.01g	<1%
Saturated Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 18.49mg	<1%
<b>Potassium</b> 6.02mg	<1%
<b>Total Carbohydrates</b> 47.78g	16%
Fiber 0.03g	<1%
Sugar 47.47g	
<b>Protein</b> 0.02g	<1%
Calcium 9.02mg	<1%
Iron 0.5mg	3%
Folate 0.58mcg	<1%
Vitamin A 17.03IU	<1%
Vitamin E 0mg	0%
Vitamin K 0mcg	0%
Vitamin C 0.37mg	<1%
Niacin 0.01mg	<1%
Riboflavin 0.01mg	<1%
Thiamin 0mg	0%
Vitamin B6 0mg	0%
Vitamin B12 0mcg	0%
Pantothenic Acid 0mg	0%
Copper 0.05mg	3%
Zinc 0.14mg	<1%
Magnesium 2.94mg	<1%

# Nutty Chicken Salad

## Ingredients

2 cups	chicken breast meat - chopped	2 cups	chopped celery
4 whole	hard-boiled eggs - peeled and chopped	2 cups	sliced almonds
1 cup	cheddar cheese - shredded	2 cups	crushed seasoned croutons
2 cups	Miracle Whip		

## Directions

- \* Boil the eggs and cool completely.  
Hint: Arrange eggs in a single layer and fill with just enough water to cover eggs. Begin timer to cook for 10 minutes just when the water begins to boil. Pour off the boiling water & rinse with cold a few times. Add ice water & continually refresh with ice to cool the eggs quicker.
- \* Mix all of the ingredients in a large bowl and stir well.
- \* Refrigerate at least 4 hours.

Cooking Time: 10 minutes

Servings: 8

Serving size: 1/8 of a recipe (8.2 ounces).

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Amount Per Serving	
Calories	556.89
Calories From Fat (64%)	354.4
% Daily Value	
<b>Total Fat</b> 40.43g	<b>62%</b>
Saturated Fat 6.94g	35%
Cholesterol 163.8mg	55%
Sodium 901.35mg	38%
Potassium 485.77mg	14%
<b>Total Carbohydrates</b> 24.2g	<b>8%</b>
Fiber 5.02g	20%
Sugar 9.09g	
<b>Protein</b> 25.92g	<b>52%</b>
Calcium 200.92mg	20%
Iron 2.57mg	14%
Folate 54.83mcg	14%
Vitamin A 467.72IU	9%
Vitamin E 8.68mg	87%
Vitamin K 62.78mcg	78%
Vitamin C 0.99mg	2%
Niacin 6.56mg	33%
Riboflavin 0.6mg	35%
Thiamin 0.13mg	9%
Vitamin B6 0.32mg	16%
Vitamin B12 0.48mcg	8%
Pantothenic Acid 1mg	10%
Copper 0.43mg	22%
Zinc 2.22mg	15%
Magnesium 118.82mg	30%

# Orange & Bourbon Chicken

## Ingredients

2 - 3 lbs	boneless skinless chicken breast	2	tsp	orange zest
1/2 cup	chopped onion	1/3	cup	orange juice
1/4 tsp	dry mustard	1	Tbs	balsamic vinegar
1 tsp	chili powder	1/3	cup	bourbon
2 cloves	garlic, minced	1/2	cup	molasses
1 pinch	cloves	1/2	cup	ketchup
1 Tbs	olive oil	1	Tbs	Heinz 57 or A-1 Steak Sauce
				salt to taste
				pepper to taste
				Franks or Texas Pete Hot Sauce, optional

## Directions

- \* Add all ingredients to a large bowl and mix well. Set aside a portion for basting.
- \* Add chicken to the Marinade Sauce and place in refrigerator - allow 4 hours marinating time before grilling.
- \* Continue to baste with leftover Marinade Sauce.

Grill Temperature: 225°

Preparation Time: 15 minutes

Servings: 8

Cooking Time: 30 minutes

Total Time: 4 hours and 45 minutes

Serving size: 1/8 of a recipe (6.5 ounces).

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Amount Per Serving	
Calories	312.6
Calories From Fat (17%)	53.09
% Daily Value	
<b>Total Fat</b> 5.92g	<b>9%</b>
Saturated Fat 1.41g	<b>7%</b>
<b>Cholesterol</b> 96.39mg	<b>32%</b>
<b>Sodium</b> 302.55mg	<b>13%</b>
<b>Potassium</b> 706.05mg	<b>20%</b>
<b>Total Carbohydrates</b> 22.48g	<b>7%</b>
Fiber 0.46g	<b>2%</b>
Sugar 16.73g	
<b>Protein</b> 35.75g	<b>72%</b>
Calcium 71.05mg	<b>7%</b>
Iron 2.41mg	<b>13%</b>
Folate 11.41mcg	<b>3%</b>
Vitamin A 288.59IU	<b>6%</b>
Vitamin E 0.91mg	<b>9%</b>
Vitamin K 2.35mcg	<b>3%</b>
Vitamin C 9.18mg	<b>15%</b>
Niacin 16.07mg	<b>80%</b>
Riboflavin 0.16mg	<b>9%</b>
Thiamin 0.11mg	<b>7%</b>
Vitamin B6 0.88mg	<b>44%</b>
Vitamin B12 0.39mcg	<b>7%</b>
Pantothenic Acid 1.31mg	<b>13%</b>
Copper 0.2mg	<b>10%</b>
Zinc 1.29mg	<b>9%</b>
Magnesium 90.18mg	<b>23%</b>

# Party Mix Parmesan

## Ingredients

7 cups of Crispix cereal	3 Tbs olive oil
1/2 cup grated parmesan cheese	1 tsp Italian seasoning
2 cups cheese flavored snack crackers	1/4 tsp fennel seed, crushed
1 cup pretzel sticks	1/8 tsp hot pepper sauce

## Directions

- \* Place the cereal, crackers and pretzel into a large sealable plastic bag.
- \* Place the oil into a small mixing bowl.
- \* Whisk in the Italian seasoning, fennel seed and hot pepper sauce until blended together well.
- \* Pour the mixture into the bag.
- \* Seal and shake to coat well.
- \* Sprinkle the Parmesan cheese into the bag and seal the bag again.
- \* Shake until well coated.

Servings: 8

Serving size: 1/8 of a recipe (2.6 ounces).

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Amount Per Serving	
Calories	311.59
Calories From Fat (25%)	78.4
% Daily Value	
<b>Total Fat</b> 8.88g	<b>14%</b>
Saturated Fat 2.22g	11%
<b>Cholesterol</b> 5.8mg	<b>2%</b>
<b>Sodium</b> 859.81mg	<b>36%</b>
<b>Potassium</b> 97.63mg	<b>3%</b>
<b>Total Carbohydrates</b> 51.1g	<b>17%</b>
Fiber 1.28g	5%
Sugar 3.76g	
<b>Protein</b> 7.32g	<b>15%</b>
Calcium 86.17mg	9%
Iron 8.13mg	45%
Folate 122.41mcg	31%
Vitamin A 518.48IU	10%
Vitamin E 0.78mg	8%
Vitamin K 3.17mcg	4%
Vitamin C 5.63mg	9%
Niacin 5.66mg	28%
Riboflavin 0.5mg	29%
Thiamin 0.45mg	30%
Vitamin B6 0.52mg	26%
Vitamin B12 1.56mcg	26%
Pantothenic Acid 0.17mg	2%
Copper 0.13mg	7%
Zinc 2.66mg	18%
Magnesium 20.53mg	5%

# Pork Steaks Spicy Style

## Ingredients

6 1/2" Thick Pork Steaks

### Dry Spicy Rub Mixture Ingredients

1/2 Tbs salt  
2 Tbs black pepper  
1 Tbs garlic powder

1/2 Tbs cayenne pepper  
3 Tbs paprika  
1/2 Tbs oregano  
1/2 Tbs thyme  
1/2 Tbs rosemary

## Directions

- \* Combine and mix well the ingredients for the Dry Spicy Rub Mix. If you'd like to have some at the table, then put a small portion of the mixture into a separate container to prevent cross-contamination.
- \* Thoroughly coat both sides of the steaks, working the rub into the meat.
- \* Set aside to stand for about 30 minutes before cooking.
- \* Grill over medium-heat coals (225° - 250°) for 15 - 20 minutes per side; longer for thicker steaks. Just be certain that the internal temperature of the thickest part of the meat reaches 160°.
- \* Sprinkle on some the remaining Rub Mixture after turning.

Grill Temperature: 225°

Cooking Time: 30 minutes

Servings: 6

Serving size: 1/6 of a recipe (16.4 ounces).

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Amount Per Serving	
Calories	1217.34
Calories From Fat (59%)	716.35
% Daily Value	
<b>Total Fat</b> 77.52g	<b>119%</b>
Saturated Fat 28.68g	143%
<b>Cholesterol</b> 439.99mg	<b>147%</b>
<b>Sodium</b> 1270.54mg	<b>53%</b>
<b>Potassium</b> 1821.86mg	<b>52%</b>
<b>Total Carbohydrates</b> 5.37g	<b>2%</b>
Fiber 2.4g	10%
Sugar 0.47g	
<b>Protein</b> 118.3g	<b>237%</b>
Calcium 158.26mg	16%
Iron 9.51mg	53%
Folate 6mcg	2%
Vitamin A 1902.43IU	38%
Vitamin E 1.82mg	18%
Vitamin K 14.87mcg	19%
Vitamin C 0.76mg	1%
Niacin 16.83mg	84%
Riboflavin 1.68mg	99%
Thiamin 1.87mg	125%
Vitamin B6 2.23mg	112%
Vitamin B12 4.45mcg	74%
Pantothenic Acid 6.16mg	62%
Copper 0.94mg	47%
Zinc 20.59mg	137%
Magnesium 104.7mg	26%

# Shredded BBQ Beef

## Ingredients

2	pounds	boneless chuck roast	6	ounces	chili sauce
1/2	medium	chopped onion	1	Tbsp	brown sugar
1	clove	minced garlic	1/8	teaspoon	ground cayenne pepper
1	Tbsp	butter or margarine	1/2	teaspoon	mustard powder
1	Tbsp	Worcestershire sauce	1/4	teaspoon	black pepper
1 1/2	Tbsp	distilled white vinegar	1/2	teaspoon	salt

## Directions

- \* Bake the roast in a large covered roasting pat at 325° for 2 hours.
- \* Lower the oven temperature to 225° and continue to bake (30 minutes to an hour) until the meat is tender and shred's easily.
- \* Melt the butter in a large skillet.
- \* Sauté the onions in the butter just until clear.
- \* Add the chili sauce, then pour the vinegar and into the empty bottle, add water to about 3/4 full, shake well, and pour into the skillet.
- \* Using a whisk, add in the brown sugar, spices, minced garlic, and Worcestershire sauce.
- \* Cook over low heat and stir often until the sauce thickens.
- \* Use a couple of forks to shred the beef, add it to the sauce, and simmer on low for 30 minutes.
- \* To Go: Put in a sealed crock and pack in an insulated container.

Oven Temperature: 325°

Cooking Time: 3 hours

Servings: 8

Serving size: 1/8 of a recipe (5.3 ounces).

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Amount Per Serving	
Calories	520.17
Calories From Fat (70%)	362.63
% Daily Value	
<b>Total Fat</b> 40.22g	<b>62%</b>
Saturated Fat 17.03g	85%
<b>Cholesterol</b> 120.62mg	<b>40%</b>
<b>Sodium</b> 242.96mg	<b>10%</b>
<b>Potassium</b> 368.21mg	<b>11%</b>
<b>Total Carbohydrates</b> 9.27g	<b>3%</b>
Fiber 0.27g	1%
Sugar 4.12g	
<b>Protein</b> 29.57g	<b>59%</b>
Calcium 26.15mg	3%
Iron 3.71mg	21%
Folate 9.54mcg	2%
Vitamin A 100.6IU	2%
Vitamin E 0.11mg	1%
Vitamin K 0.67mcg	<1%
Vitamin C 4.38mg	7%
Niacin 3.05mg	15%
Riboflavin 0.28mg	16%
Thiamin 0.1mg	7%
Vitamin B6 0.33mg	17%
Vitamin B12 2.53mcg	42%
Pantothenic Acid 0.35mg	4%
Copper 0.19mg	10%
Zinc 8.96mg	60%
Magnesium 24.45mg	6%

# Spicy Italian Tailgater Sausage Sandwiches

## Ingredients

6	cooked Italian sausages	6	hot dog buns - split Giardiniera*
1/2	tsp sugar		
6	slices of provolone cheese - cut into strips		

Preparation Time: 10 minutes

Servings: 6

Serving size: 1/6 of a recipe (12.7 ounces).

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Amount Per Serving	
Calories	883.07
Calories From Fat (72%)	633.46
% Daily Value	
<b>Total Fat</b> 71.47g	<b>110%</b>
Saturated Fat 21.35g	<b>107%</b>
<b>Cholesterol</b> 284.83mg	<b>95%</b>
<b>Sodium</b> 2460.7mg	<b>103%</b>
<b>Potassium</b> 26.09mg	<b>&lt;1%</b>
<b>Total Carbohydrates</b> 6.79g	<b>2%</b>
Fiber 0g	<b>0%</b>
Sugar 0.46g	
<b>Protein</b> 56.14g	<b>112%</b>
Calcium 142.89mg	<b>14%</b>
Iron 0.1mg	<b>&lt;1%</b>
Folate 1.89mcg	<b>&lt;1%</b>
Vitamin A 166.32IU	<b>3%</b>
Vitamin E 0.04mg	<b>&lt;1%</b>
Vitamin K 0.42mcg	<b>&lt;1%</b>
Vitamin C 0mg	<b>0%</b>
Niacin 0.03mg	<b>&lt;1%</b>
Riboflavin 0.06mg	<b>4%</b>
Thiamin 0mg	<b>0%</b>
Vitamin B6 0.01mg	<b>&lt;1%</b>
Vitamin B12 0.28mcg	<b>5%</b>
Pantothenic Acid 0.09mg	<b>&lt;1%</b>
Copper 0mg	<b>0%</b>
Zinc 0.61mg	<b>4%</b>
Magnesium 5.29mg	<b>1%</b>

# Summer Cool-down Salad

## Ingredients

1	cup	red wine vinegar	2	small	green bell peppers - julienned
2/3	cup	vegetable oil	2	Tbsp	chopped fresh basil
2	cups	cherry tomatoes -- halved	1	teaspoon	salt
2	small	cucumbers -- peeled and thinly sliced	1/4	teaspoon	pepper
2	small	red onions - sliced into rings	2	teaspoons	sugar
6	cloves	minced garlic			

## Directions

- \* In a large bowl, thoroughly combine the oil, vinegar, minced garlic, salt, pepper, and sugar.
- \* Add in the remaining ingredients and gently toss to coat well.
- \* Cover and refrigerate for at least 1 - 2 hours before serving.

Preparation Time: 15 minutes

Servings: 8

Total Time: 15 minutes

Serving size: 1/8 of a recipe (6 ounces).

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Amount Per Serving	
Calories	198.13
Calories From Fat (82%)	162.99
% Daily Value	
<b>Total Fat</b> 18.46g	<b>28%</b>
Saturated Fat 1.38g	7%
Cholesterol 0mg	0%
Sodium 299.57mg	12%
Potassium 223.55mg	6%
<b>Total Carbohydrates</b> 7.1g	<b>2%</b>
Fiber 1.73g	7%
Sugar 2.08g	
<b>Protein</b> 1.29g	<b>3%</b>
Calcium 43.53mg	4%
Iron 1.53mg	9%
Folate 16.77mcg	4%
Vitamin A 347.85IU	7%
Vitamin E 3.38mg	34%
Vitamin K 36.6mcg	46%
Vitamin C 24.4mg	41%
Niacin 0.4mg	2%
Riboflavin 0.03mg	2%
Thiamin 0.05mg	3%
Vitamin B6 0.13mg	7%
Vitamin B12 0mcg	0%
Pantothenic Acid 0.14mg	1%
Copper 0.07mg	4%
Zinc 0.23mg	2%
Magnesium 16.47mg	4%



# Tailgate Mango Brats

These brats hit the spot whether at a tailgate party, race party or just a backyard party. Instead of mangos try a hot pepper or two to give these brats a little spice.

## Ingredients

8 links	pre-cooked smoked bratwurst	1 whole	onion - cut in 1/2 inch slices
8	hot dog buns	1/2 tsp	of Jamaican jerk seasoning
2 Tbs	canola oil, divided	1/2 tsp	salt to taste
1 whole	fresh mango - peeled, seeded and cut in half	1/2 tsp	pepper to taste

## Directions

- \* Preheat the grill to the medium heat temperature.
- \* Brush the mango and onion with the oil.
- \* Place the mango, onion and the brats on the grill rack.
- \* Grill uncovered for 8 minutes, turning once, until the brats and mango are browned and the onion is crisp & tender.
- \* Chop the mango and onion and place in a bowl.
- \* Add the remaining oil, salt, pepper and jerk seasoning to the bowl and toss to coat.
- \* To Go: Place the brats on the buns and wrap in foil. Put them in an insulated container.
- \* Top with the mango relish just before serving.

Oven Temperature: 225°

Cooking Time: 8 minutes

Servings: 8

Serving size: 1/8 of a recipe (2.2 ounces).

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Amount Per Serving	
Calories	157.35
Calories From Fat (30%)	47.5
% Daily Value	
<b>Total Fat</b> 5.38g	8%
Saturated Fat 0.74g	4%
Cholesterol 0mg	0%
Sodium 351.95mg	15%
Potassium 64.5mg	2%
<b>Total Carbohydrates</b> 22.77g	8%
Fiber 1.2g	5%
Sugar 3.34g	
<b>Protein</b> 4.27g	9%
Calcium 63.53mg	6%
Iron 1.47mg	8%
Folate 50.66mcg	13%
Vitamin A 1.02IU	<1%
Vitamin E 0.65mg	7%
Vitamin K 4.1mcg	5%
Vitamin C 1.13mg	2%
Niacin 1.81mg	9%
Riboflavin 0.14mg	8%
Thiamin 0.18mg	12%
Vitamin B6 0.05mg	3%
Vitamin B12 0.09mcg	2%
Pantothenic Acid 0.16mg	2%
Copper 0.1mg	5%
Zinc 0.31mg	2%
Magnesium 10.79mg	3%

# Warm & Creamy Mushroom Dip

Crackers, bread pieces, and fresh vegetables are all good choices for dipping.

## Ingredients

2 cup	of dry white wine	2 cup	mozzarella cheese - shredded
10 ounces	dried mushrooms	1 tsp	tarragon
16 ounces	cream cheese	1 tsp	salt
2 cans	cream of mushroom soup	1/2 tsp	pepper

## Directions

- \* Pour the wine into a microwave safe bowl and heat on high for 3 minutes.
- \* Place the dried mushrooms into the bowl with the wine and let stand 10 minutes.
- \* When the mushrooms have rehydrated transfer them with a slotted spoon to a food processor.
- \* Reserve the liquid and set aside.
- \* Process the mushrooms until they resemble a coarse paste.
- \* Transfer the mushrooms to a large mixing bowl.
- \* Pour the reserved liquid into the bowl.
- \* Add the cream cheese, mushroom soup and mozzarella cheese to the mixture.
- \* Sprinkle in the tarragon, salt and pepper and stir until all the ingredients are blended together well.
- \* Transfer the mixture to the crock pot or slow cooker.
- \* Place the heat setting on low, cover and cook 3 hours, stirring once half way through the cooking time.

Preparation Time: 15 minutes

Servings: 12

Cooking Time: 3 hours

Serving size: 1/12 of Dip Mixture.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Amount Per Serving	
Calories	257.79
Calories From Fat (62%)	159.95
% Daily Value	
<b>Total Fat</b> 18.17g	<b>28%</b>
Saturated Fat 10.16g	51%
Cholesterol 58.71mg	20%
Sodium 847.5mg	35%
Potassium 242.98mg	7%
<b>Total Carbohydrates</b> 7.83g	<b>3%</b>
Fiber 0.32g	1%
Sugar 3.47g	
<b>Protein</b> 9.65g	<b>19%</b>
Calcium 219.43mg	22%
Iron 0.81mg	5%
Folate 14.49mcg	4%
Vitamin A 718.17IU	14%
Vitamin E 0.6mg	6%
Vitamin K 2.92mcg	4%
Vitamin C 0.97mg	2%
Niacin 1.47mg	7%
Riboflavin 0.26mg	15%
Thiamin 0.05mg	3%
Vitamin B6 0.09mg	5%
Vitamin B12 0.28mcg	5%
Pantothenic Acid 0.7mg	7%
Copper 0.19mg	10%
Zinc 1.54mg	10%
Magnesium 18.7mg	5%

# Yahooie Cole Slaw

The fresh tang of the lemon pie filling sets this coleslaw out from all the rest.  
It's a refreshing addition to any party table and goes well with all types of grilled meats.

## Ingredients

- 6 cup of bagged, pre-made coleslaw mix
- 11/2 cup seedless red grapes
- 1 whole diced red delicious apple - skin on

## Slaw Dressing

- 11/2 cup mayonnaise or Miracle Whip (best)
- 2/3 cup lemon pie filling
- 2 tsp cider vinegar
- 1/2 tsp celery seed
- 1/4 tsp salt
- 1/4 tsp pepper

## Directions

- \* Place the coleslaw mix into a large mixing bowl.
- \* Add the grapes and apples and toss to combine.
- \* In a separate bowl, whisk together the mayonnaise, lemon pie filling and vinegar.
- \* Sprinkle in the celery salt, salt and pepper and whisk until well blended.
- \* Pour the Slaw Dressing over the coleslaw mix and toss until well coated.
- \* Cover and chill for 1 to 4 hours.
- \* Stir & serve.

Servings: 12

Serving size: 1/12 of a recipe (1.1 ounces).  
Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Amount Per Serving	
Calories	19.83
Calories From Fat (3%)	0.6
% Daily Value	
Total Fat 0.07g	<1%
Saturated Fat 0.02g	<1%
Cholesterol 0mg	0%
Sodium 49.14mg	2%
Potassium 51.71mg	1%
Total Carbohydrates 5.13g	2%
Fiber 0.45g	2%
Sugar 4.18g	
Protein 0.19g	<1%
Calcium 4.38mg	<1%
Iron 0.13mg	<1%
Folate 0.73mcg	<1%
Vitamin A 19.11IU	<1%
Vitamin E 0.06mg	<1%
Vitamin K 3.22mcg	4%
Vitamin C 2.65mg	4%
Niacin 0.05mg	<1%
Riboflavin 0.02mg	1%
Thiamin 0.02mg	1%
Vitamin B6 0.02mg	1%
Vitamin B12 0mcg	0%
Pantothenic Acid 0.02mg	<1%
Copper 0.03mg	2%
Zinc 0.02mg	<1%
Magnesium 2.41mg	<1%