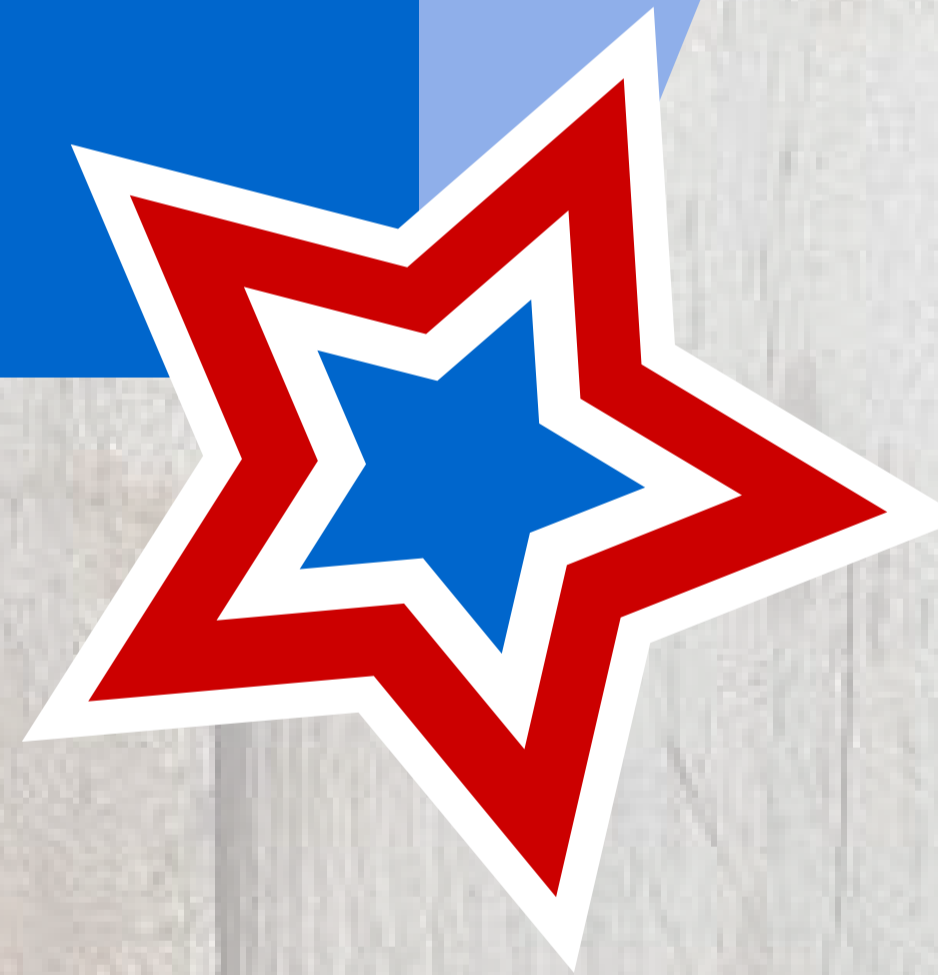


**THE PERFECT**

**4TH OF JULY**

**RECIPES**



# Southwest Black Bean Salad

## Ingredients -

- \* 15.5 oz can of black beans; drained & rinsed
- \* 9 oz frozen corn
- \* 1 medium tomato, chopped
- \* 1/3 cup red onion, chopped
- \* 1 scallion, chopped
- \* 1.5 - 2 limes, juiced
- \* 1 tbsp olive oil
- \* 2 tbsp fresh minced cilantro
- \* salt & pepper to taste
- \* 1 medium avocado, diced
- \* 1 diced jalapeno

## Directions -

In a large bowl, combine beans, corn, tomato, onion, scallion, cilantro, salt and pepper. Squeeze fresh lime juice to taste and stir in olive oil. Marinate in the refrigerator 30 minutes. Add avocado just before serving.

\*\* Makes about 6.5 cups

# Southwest Grilled Chicken Spring Rolls

## Ingredients -

- \* 4 boneless, skinless chicken breast
- \* 2 tbsp olive oil
- \* 1 tsp salt
- \* 1/2 tsp pepper
- \* 2 tsp smoked paprika
- \* 1 tsp chipolte powder
- \* 1 tsp cumin
- \* 1/4 tsp onion powder
- \* 1/4 tsp garlic powder
- \* 1/2 tsp salt
- \* 1/4 tsp pepper
- \* 2 cups baby spinach
- \* 1 large cucumber
- \* 2 carrots
- \* 2 acovados
- \* 1/2 bunch of cilantro
- \* 1/2 lb angel hair pasta
- \* 2-4 tbsp chile oil
- \* 12 sheets large rice paper rounds

## Directions -

1. Trim chicken and drizzle with olive oil and then season both sides with salt & pepper. Combine all other spices to make a rub and sprinkle over all the chicken. Cover and set aside for 20 mins.
2. Rinse vegetables and peel carrots. Cut carrots and cucumber into julienne strips.
3. Grill chicken over medium heat for 4-5 minutes. Flip and grill until cooked through (another 4-5 minutes). Cut into strips.
4. Boil a large pot of salt water and add angel hair pasta. Remove from water just before you think it is finished. Immediately rinse in cold water. Drain. Then toss pasta with chile oil. Season with salt if necessary.
5. Rinse cilantro and remove leaves. Roughly chop. Slice avocado.
- 6f. Assemble each roll individually. Dip 1 rice paper into warm water for about 3 seconds and spread out on a large plate. Add ingredients in the following layer
  - spinach (make 1-2 inches wider on the edge of paper that is closest to you)
  - followed by chicken, avocado, cucumber & carrots.
8. Top with pasta and sprinkle with cilantro leaves
9. Starting with the edge closest to you, carefully roll the rice paper over the fillings. Tuck in edges like a burrito or leave edges open so veggies can be seen.
10. Wrap or cover in plastic & place in fridge for about 2 hours.

# Spinach & Feta Stuffed Chicken Breast

## Ingredients -

- \* 6 boneless, skinless chicken breast
- \* 3 cups fresh spinach
- \* 1 1/2 cups crumbled feta cheese
- \* 12 sun dried tomatoes; sliced
- \* 6 peices of twine or string; about 1-2' long

## Directions -

1. Preheat oven to 400 degrees.
2. Butterfly chicken breasts
3. In the middle of the chicken breast, towards one side layer
  - 1/2 cup fresh spinach
  - 1/4 cup feta cheese crumbles
  - 2 sliced sun dried tomatoes.
4. Fold or roll the chicken breasts and then tie up with twine or string.
5. Lightly season each side of the chicken breast with olive oil, salt, pepper, and any other herbs and spices that you desire.
6. Sear chicken for 1 1/2 - 2 minutes per side and then transfer the chicken to the preheated oven for 12-15 minutes or until the internal temperature reaches 165 degrees.
7. If you want the chicken to brown you can turn on the broiler and broil for 2-3 minutes but make sure you WATCH IT CAREFULLY!! It will easily overcook!

# Bacon-Wrapped Chicken & Pineapple Skewers

## Ingredients -

### BRINE -

- \* 7 cups cold water
- \* 1 1/2 cups liquid aminos
- \* 1/2 cup stevia (or other zero calorie sweetener)
- \* 2 tbsp kosher salt

### CHICKEN -

- \* 2 lbs boneless skinless chicken breast
- \* 1 lb turkey bacon
- \* 1 large pineapple, peeled, cored and cut into 1" cubes

### ADDITIONAL -

- \* 1 cup teriyaki sauce
- \* wooden skewers, soaked in water for at least 30 minutes before using

## Directions -

1. FOR BRINE - whisk together water, amino's, stevia, and salt in a large bowl until dissolved. Place chicken breast in brine and refrigerate for 45 minutes. Then remove chicken and pat dry with paper towels.
2. FOR CHICKEN - cut chicken into 1" cubes. Wrap each piece of chicken with 1/2 slice of turkey bacon. Then thread bacon wrapped chicken onto the skewers, placing pineapple in between each piece of chicken.
3. Place chicken skewers on preheat grill. Grill skewers until bacon has browned and started to crisp and chicken is thoroughly cooked - about 3-4 minutes per side.
4. Before pulling them off of the grill - brush each skewer with teriyaki sauce all over.
5. Remove from grill, let cook for 5 minutes, and then serve with remaining teriyaki sauce.

# All-American Fruit skewers

## Ingredients -

### SKEWERS -

- \* 14 oz angel food cake, cut into 1" cubes
- \* About 3.5 lbs of medium strawberries with stems removed
- \* 1 pint of blueberries
- \* 24-28 skewers

### CREAM CHEESE DIPPING SAUCE -

- \* 4 oz fat free cream cheese, softened
- \* 1 cup Dannon Light & Fit Vanilla Greek Yogurt
- \* 1 tsp vanilla
- \* 1/4 cup raw sugar

## Directions -

1. FOR CREAM CHEESE DIPPING SAUCE - in a medium bowl combine the cream cheese, yogurt, vanilla, and sugar. Mix well until sugar is dissolved; set aside.
2. FOR SKEWERS - Thread 3 strawberries and 2 cubes of cake onto each skewer, alternating between strawberries and cake. Finish each skewers with 3 blueberries.
3. Place skewers and dip in fridge until ready to serve.

# All-American Fruit Pizza

## Ingredients -

- \* 1 box Honey Graham Sticks
- \* 1 medium banana
- \* 1 TBSP honey or agave
- \* 6 ounces Light & Fit Vanilla Greek Yogurt
- \* 2 cups of fat free cool whip
- \* 2 TBSP unsweetened shredded coconut
- \* diced strawberries
- \* blueberries

## Directions -

1. Preheat oven to 350 degrees.
2. Place graham cracker sticks in a large bowl and crush. Can use a food processor or blender but you still want them to be a little chunky!
3. Add the banana to the bowl of crushed graham cracker sticks. Using your hands combine the banana and crushed graham crackers together.
4. When they are thoroughly combined, add the ball of "dough" to a greased baking sheet. Flatten it out with your hands; rolling it out from the center going outward. Fold the outer edges in and pinch the sides to form more of a "crust". Drizzle honey over the crust and spread it around with a spoon. It will make the crust more crispy once baked.
6. Place the crust in the oven and bake for approximately 20 minutes, keeping your eye on it to be sure not to let the edges burn. Remove from oven and let it cook on the baking sheet (the center will harden as it cools). Don't remove it before it is completely cooled - or it will BREAK!!
7. While the cookie cools, combine cool whip and Greek yogurt together and place in fridge to thicken (about 20 minutes).
8. Once the crust has cooled, add the whipped topping to the center and spread around evenly; covering the crust. Decorate the pizza with strawberries & blueberries (you can pick any fruits you please!). Sprinkle with coconut and store in the fridge!



# Mango Bellini

## Ingredients -

- \* 1 TBSP fresh mango puree
- \* 4 oz chilled Prosecco or Champagne

## Directions -

1. Combine mango puree & chilled Prosecco in a champagne glass and serve.

# Watermelon Margarita

## Ingredients -

- \* 2 tsp sugar
- \* 1 lime wedge
- \* 3 1/2 cups cubed seedless watermelon
- \* 1/2 cup tequila
- \* 2 TBSP sugar
- \* 3 TBSP fresh lime juice
- \* 1 TBSP Triple Sec
- \* Additional lime wedges or watermelon balls to garnish

## Directions -

1. Place 2 tsp sugar in a saucer. Rub the rims of 6 glasses with 1 lime wedge and spin rim of each glass to coat with sugar.
2. Combine watermelon, tequila, sugar, lime juice, and triple sec in a blender and process until smooth.
3. Fill each prepared glass with 1/2 cup crushed ice and then add 1/2 cup margarita mix to each glass.
4. Garnish with lime wedges or melon balls, if desired.

