

Summer BBQ Makeover Recipes

These are the featured recipes from our summer BBQ makeover seminar which took place June 6, 2006.

Tri-Colored Slaw

Ingredients:

- 1 small head green cabbage
- 1/2 small head red cabbage
- 1 cup shredded carrots (about 2 medium)
- 3/4 cup apple cider vinegar
- 1/3 cup water
- 1/3 cup sugar
- 1 tsp. celery salt
- 3 Tbsp. vegetable oil
- Freshly ground black pepper, to taste

Directions:

1. Coarsely shred cabbage. Combine shredded cabbage and carrots in large bowl with tight-fitting lid.
2. Combine vinegar, water, sugar, and celery salt in a small saucepan. Bring to a boil, stirring until sugar dissolves completely. Remove from heat.
3. Blend oil into hot sugar mixture. Add to cabbage mixture; mix well. Add freshly ground black pepper and mix. Cover tightly.
4. Chill slaw until serving time, turning and shaking bowl occasionally to coat slaw with dressing.

Fresh Fruit Kebobs

Ingredients

Any fresh fruits of your choice will work for this recipe, washed and precut as needed. Great choices include:

- Strawberries
- Grapes
- Apples
- Pineapple
- Blueberries
- Cantaloupe

More color variety = more nutrients and antioxidants!

Directions

1. Cut fruits as needed.
2. Arrange fresh fruit pieces onto skewers.

Yogurt Dip

Ingredients

- 1 8-oz carton low-fat vanilla yogurt
- 1 3-oz package reduced-fat cream cheese, softened
- 1 Tbsp. honey
- ¼ tsp. cinnamon
- 2 Tbsp. fresh lemon juice
- ½ tsp. grated fresh lemon rind

Directions

1. Mix all ingredients together using a hand-held blender or regular blender until thoroughly mixed.

Vinaigrette Pasta Salad

Ingredients

8 oz uncooked whole wheat fettuccine

1 cucumber, thinly sliced

1 cup sliced mushrooms or 1 (6-oz) can sliced mushrooms, drained

¼ cup sliced green onions

1 tomato, seeded, chopped

Dressing

3 Tbsp. vegetable oil

3 Tbsp. white wine vinegar

1 tsp. dried parsley

½ tsp. salt

¼ tsp. dried oregano

Directions

1. For dressing, combine oil, vinegar, parsley, salt, and oregano in a small bowl; whisk until well blended. Bring water to a boil in a large pot for pasta.
2. Cook pasta according to package directions. Drain and rinse with cold water, drain again. Place pasta in a large salad bowl.
3. Add cucumber, mushrooms, green onions and tomato to pasta; toss lightly to mix.
4. Pour dressing over pasta mixture; toss lightly. Serve pasta salad at room temperature or chill, covered, in refrigerator until serving time.