

SUMMMER FUN

MINI COOKBOOK



CRISTY **"CODE RED"** NICKEL

CODE RED SUMMER FUN MINI COOKBOOK

Hey, congratulations on getting your copy of the Code Red Summer Fun Mini Cookbook! This cookbook is packed with over 50 Code Red-approved recipes, submitted by Code Red team members, to help you enjoy all your summer adventures and still lose weight.

We've got main dishes you can bring to picnics, potlucks, and barbecues, a huge variety of delicious salads, cool summertime desserts, easy mini meals, more delicious ways to use broccoli and cauliflower than you ever thought possible, kebabs, and even some dressings, dips, and marinades.

Make sure you also check out the last page, where I show you where to get my favorite ingredients used in several recipes.

Enjoy!

- Cristy "Code Red" Nickel



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SUMMER PICNIC, POTLUCK & BBQ FAVORITES



SQUASH CHILI

INGREDIENTS

- » 2 lbs ground meat
- » 1 chopped onion
- » 2 minced garlic cloves
- » 1 chopped green bell pepper
- » 3 Tbsp chili powder
- » 1 Tbsp ground cumin
- » 1 Tbsp ground coriander
- » 1 tsp ground cinnamon
- » 1 tsp salt or to taste
- » 1 tsp pepper or to taste
- » 1 large bay leaf
- » 28 oz can diced tomatoes with juice
- » 28 oz can crushed tomatoes
- » 1 lb chopped butternut squash
- » 1/4 cup minced cilantro (optional)
- » Garnish with additional minced cilantro on top (optional)

DIRECTIONS

1. Slightly cook ground meat with onions, garlic, and bell peppers.
2. Add chili powder, cumin, coriander, cinnamon, salt, and pepper. Stir well and continue to cook ground meat.
3. Add tomatoes, squash, and bay leaf
4. Cover and simmer for 30 minutes or until squash is tender but not mushy.
5. Stir in cilantro immediately after turning heat off.



Submitted by Awilda Taveras

QUICK & EASY VEGGIE SIDE DISH

INGREDIENTS

- » 14 grams of avocado oil
- » Onion
- » Bell pepper
- » Mushroom
- » Green beans
- » Zucchini
- » Salt and pepper

DIRECTIONS

1. Measure 14 grams of avocado oil into a cast iron skillet (or skillet of your choice).
2. Cut up veggies, add to pan and mix well.
3. Add salt and pepper to taste. Sauté on high until veggies reach desired tenderness (about 10 minutes).

 Submitted by Abbie Acuff

RATATOUILLE

INGREDIENTS

Veggies

- » 2 eggplants
- » 6 roma tomatoes
- » 2 yellow squashes
- » 2 zucchinis

Sauce

- » 2 Tbsp Code Red Olive Oil
- » 1 onion, diced
- » 4 cloves garlic, minced
- » 1 red bell pepper, diced
- » 1 yellow bell pepper, diced
- » Redmond Real Salt, to taste
- » pepper, to taste
- » 28 oz can of crushed tomatoes
- » 2 Tbsp chopped fresh basil, from 8-10 leaves

Seasoning

- » 2 Tbsp chopped fresh basil, from 8-10 leaves
- » 1 tsp garlic, minced
- » 2 Tbsp chopped fresh parsley

- » 2 tsp fresh thyme
- » salt, to taste
- » pepper, to taste
- » 4 Tbsp Code Red Olive Oil

DIRECTIONS

1. Preheat oven to 375° F.
2. Slice the eggplant, tomatoes, squash, and zucchini into approximately 1/16-inch (1-mm) rounds, then set aside.
3. Make the sauce: Heat the olive oil in a 12-inch (30-cm) oven-safe pan over medium-high heat. Sauté the onion, garlic, and bell peppers until soft, about 10 minutes. Season with salt and pepper, then add the crushed tomatoes. Stir until the ingredients are fully incorporated. Remove from heat, then add the basil. Stir once more, then smooth the surface of the sauce with a spatula.
4. Arrange the sliced veggies in alternating patterns, (for example, eggplant, tomato, squash, zucchini) on top of the sauce from the outer edge to the middle of the pan. Season with salt and pepper.
5. Make the seasoning: Mix together the basil, garlic, parsley, thyme, salt, pepper, and Code Red Olive Oil. Spoon seasoning over the vegetables.
6. Cover the pan with foil and bake for 40 minutes. Uncover, then bake for another 20 minutes, until the vegetables are softened.
7. Serve while hot as a main dish or side. Enjoy!
8. Makes 8 servings.

 Submitted by Marie Williamson

RAINY DAY INSTANT POT RIBS

INGREDIENTS

- » 2 slabs of pork ribs – raw (spareribs or baby back are both fine with the membrane removed - Google this if you don't know what the membrane is)
- » 1 Tbsp Liquid Smoke
- » 3-4 Tbsp Bragg Apple Cider Vinegar
- » Redmond Real Salt
- » Pepper
- » Granulated garlic
- » 1 cup of water
- » Electric pressure cooker, like an Instant Pot
- » Sugar-free barbecue sauce (like G. Hughes)

DIRECTIONS

1. Prep ribs by removing the membrane and patting dry with a paper towel. Sprinkle both sides with salt, pepper and garlic.
2. Place the Instant Pot steamer tray in the bottom of the pot. (It is usually silver and looks like a grate; if you don't have one, it's not a big deal. The recipe will still work.)
3. Add water, Liquid Smoke and apple cider vinegar to Instant Pot. Curl slabs of ribs in a circle inside of the Instant Pot.
4. Place lid on Instant Pot. Close the top vent for pressure cooking. Use the manual function to set pressure cooker to high pressure and 45-47 minutes, natural release.

5. When ribs finish cooking, carefully remove them from the Instant Pot and discard used cooking liquid.
6. From here, you can crisp them up under the broiler for a rainy-day cookout, or you can carefully crisp them on the outdoor grill. They will be fall-off-the-bone tender.
7. Slice into individual ribs and place on serving tray. Guests can add their own barbeque sauce. I like G. Hughes sugar free original.

NOTE: I usually make two slabs of ribs because these make great leftovers. I reheat the ribs in single servings using my air fryer.

Also, this is a great one to make the day or morning ahead. The ribs will keep nicely in the refrigerator overnight. Heat them up and crisp them under your oven broiler, or on the grill as noted above. Cooking them ahead will allow you to better enjoy the time with company rather than worrying about getting all the food ready!

 Submitted by Christine Romero

ZUPPA TOSCANA - CODE RED STYLE

INGREDIENTS

- » 1 lb ground Italian sausage
- » 4 Tbsp butter
- » ½ white onion, diced
- » 1 Tbsp minced garlic
- » 5 cups chicken broth
- » 2 medium size turnips, cubed
- » 1 – 1 ½ cups daikon radish, cubed
- » 3 tsp Redmond Real Salt to taste
- » 1 ½ cups heavy whipping cream
- » 3 cups chopped spinach (frozen or fresh)
- » 1 lb chopped bacon bits for topping

DIRECTIONS

1. Sauté sausage until cooked. Once complete, put in crockpot.
2. In the same pan, melt butter, add onion until translucent, add garlic until fragrant, then add to crockpot.
3. Add chicken broth, turnips, radish, spinach, heavy cream, half of the bacon.
4. Cook in crockpot on high for 4-6 hours, until turnips and radish are tender. Garnish with bacon.

 Submitted by Amy Beth Main

SAUTEED PORK & VEGGIE MEDLEY

INGREDIENTS

- » 1 package precooked sausage (such as hot dogs or kielbasa)
- » 3 Tbsp bacon grease
- » 1 large onion
- » 3 Tbsp minced garlic
- » 1 package mushrooms
- » 3 medium yellow squash
- » 3 medium zucchini squash
- » Salt, pepper, and Italian herbs to taste
- » Optional spices: Lemon pepper, and cumin

DIRECTIONS

1. Cut up sausage and vegetables in bite-size chunks.
2. Brown sausage in bacon grease over medium heat.
3. Add onions and minced garlic. Cook and stir for a couple minutes.
4. Add mushrooms. Cook and stir a couple more minutes.
5. Add zucchini and yellow squash. Cook until tender, but not mushy, for about 15 minutes, stirring occasionally and making sure not to overcook.

 Submitted by Awilda Taveras

BACON-WRAPPED ASPARAGUS

INGREDIENTS

- » Asparagus
- » Bacon
- » Optional: Salt and pepper to taste

DIRECTIONS

1. Preheat oven to 400° F.
2. Trim the end of the asparagus where the white starts to turn green.
3. Lay bacon slice lengthwise on top of 1-3 asparagus spears, with thicker side of bacon towards the tip of the asparagus.
4. Spiral wrap the bacon around making sure to cover the entire spears.
5. Place on baking pan or wire rack and bake at 400° for 20-25 minutes.
6. OR, place in frying pan and cook covered over medium heat, turning them after each side is browned.

 Submitted by Awilda Taveras

EASY SAUSAGE & VEGGIES

INGREDIENTS

- » 1 pound Conecuh sausage
- » 2 squash
- » 2 zucchini
- » Orange, red, and green bell peppers
- » Roma tomatoes
- » 1 tsp Code Red Olive Oil or avocado oil
- » Everything But The Bagel seasoning (to taste)

DIRECTIONS

1. Preheat oven to 375° F.
2. Cut up sausage and vegetables and place in a large bowl. Add oil and seasoning and toss.
3. Put in oven for 40 minutes.

You can add any vegetables or seasoning that you like!

 Submitted by Lisa Spencer Clardy

CHICKEN TENDERS BAKE

INGREDIENTS

- » 2 lbs chicken breast tenderloins
- » 2 lbs turnip root cut in big chunks
- » 1/4 cup Code Red Olive Oil
- » 2 Tbsp garlic powder
- » 2 Tbsp onion powder
- » 2 Tbsp paprika
- » 1 Tbsp salt
- » 1 Tbsp pepper
- » 1 tsp lemon pepper
- » 1 tsp Italian herbs seasoning

DIRECTIONS

1. Preheat oven to 400° F.
2. Mix olive oil and all spices together.
3. Coat chicken and turnips with mixture.
4. Place in baking pan and cover with aluminum foil.
5. Bake for about 40 minutes or until chicken is fully cooked.

 Submitted by Awilda Taveras

INSTANT POT ASIAN WINGS

INGREDIENTS

- » Frozen or fresh chicken wings (I usually get frozen from Costco)
- » Bragg Liquid Aminos (or coconut aminos)
- » Garlic
- » Ginger
- » Lime juice OR natural rice vinegar (which is sugar free; seasoned rice vinegar contains sugar)
- » Sriracha
- » Sesame oil
- » Fish sauce if desired
- » Electric pressure cooker like Instant Pot
- » 1 cup water
- » 1 Tbsp coconut oil

DIRECTIONS

1. Place water and pressure cooker steamer grate on the bottom of the Instant Pot. Place desired number of wings in the pot. If frozen, cook wings on high pressure for 15 minutes, natural release. If fresh, cook wings on high pressure for 10 minutes, natural release. Carefully remove cooked wings with tongs.
2. In a large non-stick frying pan on the stove, add a few tablespoons of liquid aminos (or coconut aminos), 1-3 cloves of minced garlic, 2 Tbsp or more of ginger, 2 Tbsp lime OR vinegar. Then place wings in pan.

3. Over medium heat, begin to coat the wings in the sauce while gently cooking the garlic and ginger. Once the sauce is covering the wings, add 1 tsp to 1 Tbsp of sesame oil and ½ tsp of fish sauce (if using).
4. Serve with Sriracha and/or Huy Fong chili garlic sauce (which is a sugar free option made by the same company as Sriracha). You can also serve with a small amount of finely diced cilantro.

The same cooking method works for buffalo wings with Frank's Red Hot, but these are a nice flavor twist on a typical classic.

NOTE: The amount of sauce, garlic and ginger needed will vary based on how many wings you make. The more you make, the more sauce and ingredients you'll need to upwardly adjust.

 Submitted by Christine Romero

SPICY CHICKEN BACON BITES

INGREDIENTS

- » 2 chicken breasts
- » 1 lb bacon strips
- » 2/3 cup sugar-free barbecue sauce
- » 2 tsp Frank's Hot Sauce (to taste)

DIRECTIONS

1. Preheat oven to 375° F.
2. Mix BBQ sauce and Frank's Hot Sauce together.
3. Cut chicken into 2 inch pieces, 1/2 inch thick. Place in sauce, stir, and let sit for 15 minutes.
4. Wrap each piece of chicken with 1/2 a strip of bacon (hold with toothpick). Place on cookie sheet with parchment paper.
5. Bake at 375 degrees for 20 minutes, turn over and broil on low for five minutes. Serve hot or cold with sauce!

 Submitted by Lorna Loveland

GRILLED FLANK STEAK

INGREDIENTS

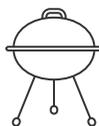
- » 2-3 pounds extra thin cut top round steak, no more than 1/2 inch thick
- » 2 Tbsp Code Red Olive Oil or avocado oil
- » 1/4 cup Liquid Aminos
- » 2 Tbsp lemon juice
- » 4-5 garlic cloves finely diced
- » 1 Tbsp Liquid Smoke
- » 1 T Worcestershire sauce
- » 1/4 cup of water

DIRECTIONS

1. Mix marinade in Ziploc bag.
2. Add meat and coat with marinade. Allow it to marinate for a few hours to overnight.
3. Cook on a very hot grill. It will cook fast because it is so thin.
4. Slice meat against the grain; this cutting method produces a more tender bite.

 Submitted by Christine Romero

SUMMER SALADS



CARI'S "NOW I GET INVITED TO EVERY BBQ" BACON COLESLAW

INGREDIENTS

Coleslaw:

- » 8 slices of bacon
- » 3/4 cup fennel, finely sliced (optional - if you don't like fennel just add more cabbage)
- » 2 cups red cabbage, shredded
- » 2 cups white cabbage
- » 1/2 cup carrot, shredded
- » 1 green onion chopped
- » 1 tbsp chopped dill (fresh is great!)
- » 1/4 cup fresh parsley, finely chopped
- » 1/4 cup fresh cilantro, finely chopped
- » 1 tbsp sesame seeds

Dressing:

- » 1/4 cup Code Red Olive Oil
- » 1 Tbsp lemon or lime juice
- » 1 Tbsp toasted sesame oil (this is a pain to buy but really helps the flavor)

- » 1/2 tsp dijon mustard
- » 1 tsp red wine vinegar
- » 1/4 tsp Redmond Real Salt
- » 1/4 tsp black pepper

DIRECTIONS

1. Bacon: Cook bacon and cut into small strips
2. Vegetables and herbs: Slice and chop and get everything ready! Place in larger bowl.
3. Dressing: In a small bowl, mixing together all dressing ingredients.
4. Final steps: In a large mixing bowl, toss the vegetables, herbs, and dressing together. Top with crispy bacon and sesame seeds.

This should be stored in the fridge in an airtight container. TOSS before eating.

 Submitted by Cari Thompson

DEBBIE'S

ORANGESICLE SALAD

INGREDIENTS

- » 1 24 oz container full fat cottage cheese
- » 1/2 scoop (more or less to taste) - Orange Mango HydraCharge

DIRECTIONS

1. Stir HydraCharge into cottage cheese.
2. Chill and serve.
3. Makes 12 1/2 cup servings.

My grandma made an orange Jell-o salad with cottage cheese in it. I was craving it one day and this was my rendition. My grandchildren love it!

 Submitted by Debbie Toavs

CUCUMBER STRAWBERRY SALAD

INGREDIENTS

- » 3 cups strawberries, hulled and diced
- » 1 cucumber, chopped
- » 1/2 red onion, sliced
- » Handful of chopped fresh mint leaves
- » 2 Tbsp Code Red Olive Oil
- » Juice of 1 fresh lime
- » 1/4 teaspoon kosher salt and fresh ground black pepper, to taste

DIRECTIONS

1. Add your strawberries and cucumber into a large serving bowl, along with red onion and mint.
2. Add salt, pepper, lime juice, and olive oil, and toss to combine. Taste test, and adjust seasoning if desired.

 Submitted by Lori Hawryluk

COLESLAW SALAD

INGREDIENTS

- » 1/2 cup mayo
- » 1/2 cup heavy whipping cream
- » 2 Tbsp white vinegar
- » 4 Tbsp monk fruit sweetener
- » 1/2 tsp celery seed
- » 1/2 tsp salt
- » 1/8 tsp pepper
- » 1-2 bags of coleslaw

DIRECTIONS

1. Whisk together all ingredients except coleslaw.
2. Add in coleslaw and mix well.

NOTE: I don't use all the dressing if it's just one bag. I like 1 1/2 bags with this recipe. Enjoy!

 Submitted by Angi Johnson

EASY ASIAN CUCUMBER SALAD

INGREDIENTS

- » 1-2 large cucumbers (peeled, seeded and sliced thinly)
- » Natural rice vinegar (NOT seasoned, which contains sugar)
- » 1-3 green scallions, sliced thinly
- » 1 Tbsp avocado oil or Code Red Olive Oil
- » Optional – fresh basil or fresh cilantro and/or sriracha, or red chili flakes and/or 1 teaspoon fish sauce

DIRECTIONS

1. Place prepared cucumbers, scallions and oil in a large glass bowl or mason jar.
2. Cover with natural rice vinegar until the liquid just barely covers the cucumbers. If desired, add optional herbs and/or sriracha/red chili flakes to your desired level of spice. Generally, I would do 1 tablespoon sriracha or ¼ to ½ teaspoon of chili flakes. Add fish sauce if using. (Note: I would omit spices in the salad if kids were eating it and allow adults to add their own.)
3. Allow the veggie mixture to sit for one hour to overnight. Serve with grilled meats at your next barbeque.

Save the leftover liquid. It makes a lovely salad dressing on green salads. You can also use the leftover liquid to redo the recipe with more cucumbers and scallions.

 Submitted by Christine Romero

ITALIAN “ANTI” PASTA SALAD

INGREDIENTS

- » 2 cups chopped zucchini
- » 1 cup chopped carrots
- » 1 cup chopped celery
- » 1 cup chopped sweet peppers
- » 2 cups chopped ham
- » 1 cup chopped pepperoni
- » 1/2 cup to 1 cup full fat Italian dressing, depending on how wet you want your salad

DIRECTIONS

1. Mix all ingredients together and let sit for about an hour. Enjoy!
2. This recipe feeds about 4 people.

 Submitted by Laurie Hopper

RED CABBAGE, RADISH, AND STRAWBERRY SALAD

INGREDIENTS

- » 1 small head red cabbage, coarsely chopped
- » 10 radishes, sliced
- » 3 cups strawberries, sliced and stems removed
- » 1 stalk celery, chopped
- » ¼ cup walnuts, chopped
- » 1-2 Tbsp lemon juice
- » 2 Tbsp Code Red Olive Oil
- » 2 Tbsp balsamic or apple cider vinegar
- » 1 dash garlic powder

DIRECTIONS

Mix everything in a serving bowl. Let sit for an hour, stirring once or twice.

 Submitted by Kathryn Hilker

COOL AS A CUCUMBER SALAD

INGREDIENTS

- » 1 lb cucumbers
- » 1 Tbsp Redmond Real Salt
- » 1 cup sour cream
- » 3 Tbsp apple cider vinegar
- » 1 Tbsp heavy whipping cream
- » 1 Tbsp dill
- » 1/4 tsp minced garlic
- » 1/8 tsp stevia
- » 1/2 tsp Redmond Season Salt
- » 1/4 tsp Redmond Garlic Salt
- » 1/4 tsp Redmond Onion Salt

DIRECTIONS

1. Peel and slice cucumbers and place in a colander. Sprinkle with Redmond Real Salt. Set aside to drain for 10-15 minutes.
2. Mix sour cream, apple cider vinegar, heavy whipping cream, garlic, stevia and spices.
3. Mix cucumbers into sauce and refrigerate overnight.

 Submitted by Lisa Cain

TOMATO AVOCADO SALAD

INGREDIENTS

- » 2 cups chopped red tomatoes, fresh
- » 2 ripe avocados, cubed
- » 1/4 small red onion, chopped
- » 1 small cucumber, diced
- » 1/4 cup minced cilantro, fresh
- » Juice of one lime
- » 2 Tbsp Code Red Olive Oil
- » Redmond Real Salt and black pepper to taste

DIRECTIONS

1. In a large bowl combine tomatoes, avocado, onion, cucumber, and cilantro.
2. Add lime, olive oil, and salt and black pepper.
3. Best served fresh, but can be refrigerated up to 2 hours.

You can add cooked shrimp, if desired, to change up the recipe

 Submitted by Lisa Parkman

CUCUMBER TOMATO SALAD

INGREDIENTS

- » 1 long English cucumber, sliced
- » 2-3 large tomatoes, diced (I prefer cherry or grape tomatoes halved or quartered)
- » ½ red onion, sliced
- » 1 Tbsp fresh parsley, basil, and/or dill (optional)
- » 2 Tbsp Code Red Olive Oil
- » 1 Tbsp red wine vinegar
- » Salt & pepper to taste

DIRECTIONS

1. Combine all ingredients in a bowl and toss well.
2. Refrigerate at least 20 minutes before serving.

 Submitted by Mary Kempf

LEMON GARLIC KALE SALAD

INGREDIENTS

- » 10 cups of kale removed from the stems
- » 5 Tbsp Code Red Olive Oil
- » 2 Tbsp plus 2 tsp lemon juice
- » 2 tsp white wine vinegar
- » 2 minced garlic cloves
- » 1 tsp monk fruit
- » Redmond Real Salt
- » 2/3 cup pine nuts

DIRECTIONS

1. Prepare a minimum of 2 hours in advance of serving or 24 hours before. Lasts for 3-5 days without a problem.
2. Cut kale leaves off stalks; discard stalks. Chop leaves into smaller pieces. Place in large bowl and set aside.
3. In a small bowl add olive oil, lemon juice, monk fruit, white wine vinegar, pinch of salt, garlic, and whisk together until well combined.
4. Pour dressing over kale and toss to make sure it distributes throughout. The dressing helps to soften the raw kale leaves.
5. If desired, toast pine nuts in a small skillet over low heat, but not required. Prior to serving, toss in pine nuts.

 Submitted by Amy Beth Main

BACON, EGG & CUCUMBER SALAD

INGREDIENTS

Chop the following and combine in a large bowl:

- » 6 hard boiled eggs
- » 1 cucumber
- » 4 mini sweet peppers
- » 1/3 red onion
- » 3 slices bacon
- » 4 slices deli ham (optional)
- » 3 green onions

In a small bowl, mix together:

- » 1/3 cup avocado oil mayo
- » Mustard to taste (optional)
- » 1/8 tsp Redmond Real Salt
- » 1/8 tsp pepper

Additional Ingredients:

- » 1/4 cup hulled sunflower seeds

DIRECTIONS

1. Add the dressing to the large bowl and mix.
2. Add sunflower seeds and mix. (This is best served directly after combining dressing with diced ingredients.)

 Submitted by Kristin Small

EASY EGG SALAD

INGREDIENTS

- » 6 hard boiled eggs
- » 2 Tbsp mayonnaise
- » 1 Tbsp dijon mustard
- » 1 tsp lemon juice
- » 1/4 tsp salt
- » Added salt and pepper to taste

DIRECTIONS

1. Place cooled hard boiled eggs in food processor or blender and pulse until chopped.
2. In a bowl, stir together all ingredients except eggs. Taste and make any adjustments
3. After it is mixed well, add the eggs.
4. You can eat this as is, or add it to a lettuce leaf wrap with strips of bacon. Serves 3.

 Submitted by Angi Johnson

FUN WITH BROCCOLI & CAULIFLOWER



TRICIA'S CONFETTI COLORFUL SUMMER SALAD

INGREDIENTS

- » 3 cups cauliflower or cauliflower/broccoli combo
- » ¼ cup scallions, chopped
- » ½ cup of each red and yellow bell pepper
- » 1 cup red cabbage, finely chopped
- » ½ cup celery, finely chopped
- » ¼ cup fresh basil

Dressing

- » ¼ cup avocado oil or Code Red Olive Oil
- » 2 tsp fresh lime juice
- » 2 Tbsp apple cider vinegar
- » 1 ½ Tbsp minced fresh ginger
- » 2 Tbsp granulated monk fruit sweetener
- » ½ tsp Redmond Real Salt

DIRECTIONS

1. Combine all of the chopped veggies in a large bowl and toss together.
2. Combine the dressing ingredients in a blender or Magic Bullet and blend until emulsified. I do it for about 30 seconds.
3. Pour the dressing over the salad and toss well.

I love making this. It's so fresh, colorful and crunchy. It's always a hit whenever I go. Be creative and add other things. I like walnuts, chia and hemp seeds.

 Submitted by Tricia Toews

EGG SQUARES

INGREDIENTS

- » 10 oz riced broccoli or cauliflower
- » 8 eggs
- » 1/4 cup diced onions
- » 2 Tbsp diced bell peppers
- » 2 Tbsp unsweetened almond milk or heavy whipping cream
- » 1/2 tsp salt
- » 1/2 tsp pepper
- » 1/2 tsp garlic powder
- » 1/2 tsp parsley

DIRECTIONS

1. Preheat oven to 375° F.
2. Grease 13x9 or similarly-sized baking pan.
3. Spread onions and bell peppers on the pan.
4. Top with riced broccoli or cauliflower.
5. Whisk eggs, milk or cream, and seasonings together.
6. Pour over top of vegetables.
7. Bake for 15 minutes or until eggs are cooked.
8. Let it cool, then cut into squares or rectangles for an easy grab and go meal.

 Submitted by Awilda Taveras

COPYCAT “CHIPOTLE” CAULIFLOWER RICE

INGREDIENTS

- » Frozen riced cauliflower, heated through
- » 3-4 Tbsp lime juice
- » Redmond Real Salt to taste
- » Cilantro, a handful, cleaned and finely diced
- » 1 Tbsp avocado oil

DIRECTIONS

1. Heat the frozen riced cauliflower until hot, on stovetop or in microwave. Drain off any excess water.
2. Add lime juice, cilantro and oil. Mix well. Add salt to taste.

This is great for taco bars and as a base for “taco bowls.” Top with grilled meats, avocado, pico de gallo and salsa for a fiesta!

 Submitted by Christine Romero

SCRAMBLED CAULIFLOWER

INGREDIENTS

- » 10-12 oz riced cauliflower
- » 1 Tbsp avocado oil
- » 1/4 cup diced onions
- » 1/4 cup diced bell peppers
- » 1/4 cup diced tomatoes
- » 6 eggs
- » Salt and pepper to taste

DIRECTIONS

1. Pan fry all the veggies in avocado oil over medium heat.
2. Whisk the eggs in a bowl with the salt and pepper.
3. Pour eggs in the pan and scramble with the veggies until desired consistency.

 Submitted by Awilda Taveras

SUMMERTIME PICNIC

FAUX-TATO SALAD

INGREDIENTS

- » One head cauliflower, steamed to preferred liking (usually a little more al dente)
- » 1 cup mayo
- » ½ Tbsp pickle juice
- » Two or three chopped dill pickles
- » Three to four hard boiled eggs, chopped
- » One to two stalks celery, chopped
- » Mustard to taste
- » Salt and pepper
- » Dash of monk fruit sweetener

DIRECTIONS

1. Mix all ingredients together and serve cold.
2. Amount of mayo can be adjusted depending on creaminess desired and size of cauliflower head.

 Submitted by Whitney Smith

BROCCOLI SUNFLOWER SEEDS SALAD

INGREDIENTS

- » 6-8 broccoli crowns
- » 1 cup mayonnaise
- » 3 Tbsp prosecco vinegar (or other vinegar)
- » 1 tsp monk fruit sweetener
- » 1 small red onion
- » ½ cup sunflower seeds (no shells)
- » 1 lb bacon, cooked crispy and cut up into bits, or pre-purchased bacon bits

DIRECTIONS

1. Best made night prior, but at a minimum a few hours.
2. In a small bowl mix mayonnaise, vinegar, and monk fruit, set aside.
3. In a larger bowl, cut up broccoli crowns (roughly 4-5 cups of broccoli), chop red onion, add bacon bits and sunflower seeds. Top with dressing from small bowl, mix until everything is covered well.
4. Refrigerate for 3-24 hours prior to serving. Stir prior to serving.

 Submitted by Amy Beth Main

BROCCOLI BACON ONION SALAD

INGREDIENTS

- » 2 lbs fresh broccoli florets
- » 1 lb cooked bacon, minced
- » 1/2 cup red onion, minced
- » 1/2 cup sunflower seeds

Dressing

- » 1 1/2 cup mayonnaise
- » 1/3 cup monk fruit
- » 3 Tbsp lemon juice
- » 3 Tbsp apple cider vinegar
- » 1/2 tsp Redmond Real Salt

DIRECTIONS

1. In a small bowl mix together mayonnaise, monk fruit, lemon juice, apple cider vinegar and salt. Whisk until smooth.
2. In a large bowl toss together broccoli with bacon, onions, and sunflower seeds. Add dressing. Can be served immediately, but is best when chilled for an hour or more. Makes 8 servings.

 Submitted by Lisa Parkman

EASY CAULIFLOWER RICE BOWL

INGREDIENTS

- » Ground sausage
- » Cauliflower rice
- » Butter
- » Nutritional yeast
- » Himalayan pink salt

DIRECTIONS

1. Combine desired amount of sausage and cauliflower rice.
2. Melt in desired amount of butter
3. Sprinkle in nutritional yeast and Himalayan pink salt to taste

 Submitted by Julie Milligan

BROCCOLI-CAULIFLOWER SUMMER SALAD W/HOMEMADE DRESSING

INGREDIENTS

- » 1 bunch of fresh broccoli
- » 1/2 head of cauliflower
- » 1/2 lb bacon
- » 3 or 4 boiled eggs

Dressing

- » 2/3 cup mayo
- » 2 Tbsp monk fruit
- » 2 Tbsp heavy whipping cream
- » 1/2 tsp paprika
- » 1/4 tsp salt
- » Pinch of pepper

DIRECTIONS

1. Cut all salad ingredients into one bowl. Cut broccoli and cauliflower into bite size pieces. Chop eggs and add to bowl.
2. Cut bacon into little pieces and brown to crisp, drain and add to veggies.
3. In a separate bowl mix the dressing and pour over veggies, mix in. Keep in fridge until serving.

 Submitted by Lorna Loveland

BROCCOLI BACON BLUEBERRY SALAD

INGREDIENTS

- » 4-5 cups broccoli florets, about two heads (blanched)
- » 8 oz bacon, cooked and chopped
- » 1/2 cup blueberries
- » 1/2 cup roasted and unsalted sunflower seeds (hulled)
- » 1/2 red onion

DIRECTIONS

1. Chop and blanch broccoli (bite size pieces).
2. Thinly slice the red onion.
3. Cook and chop bacon.
4. Mix all salad ingredients together and toss with dressing (just before serving).

 Submitted by Kristin Small

BROCCOLI SLAW SALAD

INGREDIENTS

- » 1 Tbsp Code Red Olive Oil
- » 1/3 cup mayonnaise
- » 1 1/2 Tbsp apple cider vinegar
- » 1 Tbsp dijon mustard
- » 2 Tbsp Monk fruit
- » 1 tsp celery seeds
- » 1/2 tsp Redmond Real Salt
- » 1/4 tsp black pepper
- » 4 cups bagged broccoli slaw

DIRECTIONS

1. In a large bowl whisk together everything but the broccoli slaw.
2. Add the slaw and toss well to coat. Serve cold. Enjoy!

 Submitted by Angi Johnson

KRISTIN'S COLORFUL COLESLAW

INGREDIENTS

- » 1 cup avocado mayo
- » 2 Tbsp HWC
- » 2 Tbsp monk fruit
- » 1/2 tsp Redmond Real Salt
- » 1/2 tsp celery salt
- » 1/4 tsp pepper
- » 16 oz bag of tri-color coleslaw mix

DIRECTIONS

1. Mix together all ingredients except tri color coleslaw.
2. Then combine coleslaw dressing with tri-color coleslaw.

 Submitted by Kristin Small

ANGI'S BROCCOLI- CAULI SALAD

INGREDIENTS

- » 8 oz broccoli cut into bite-sized pieces
- » 8 oz cauliflower cut into bite-sized pieces
- » 2 oz red bell pepper, diced small (about 1/2 a pepper)
- » 1/3 lb bacon, cooked crisp and crumbled
- » 2 Tbsp purple onion (can use green onion)

Dressing

- » 3/4 cup mayonnaise
- » 3/4 cup sour cream (or full-fat Greek yogurt)
- » 2 Tbsp powdered monk fruit (you can put granulated in a blender to make into powder)
- » 1 Tbsp fresh lemon juice

DIRECTIONS

1. Chop bacon and cook in a frying pan over medium heat until crisp, drain. (I like to cut off chunks with kitchen scissors.)
2. While bacon is cooking, wash and chop the vegetables and place into a large bowl.
3. Mix the ingredients for the dressing in a medium bowl. Toss all ingredients together and serve chilled.

NOTE: You may not need to use all of the dressing. Enjoy!

 Submitted by Angi Johnson

CAULIFLOWER TABBOULEH SALAD

INGREDIENTS

- » 2 cups cauliflower rice
- » 1/2 cup flat-leaf parsley, finely chopped
- » 1/4 cup of mint, finely chopped
- » 1 cup cucumber, chopped
- » 1 cup cherry tomatoes, quartered
- » 1/2 cup scallions, chopped
- » 2 Tbsp Code Red Olive Oil
- » 3 Tbsp lemon juice
- » 1/8 tsp salt
- » 1/4 tsp black pepper
- » 1/4 tsp cumin

DIRECTIONS

1. For the cauliflower rice: Cook cauliflower in the microwave for 2 1/2 minutes. This leaves the cauliflower rice with a little crunch, which we love for tabbouleh salad! If you want the cauliflower rice to taste more like actual rice, microwave for 3 minutes. Use cheese cloth/towel to squeeze excess water out.
2. For the salad, literally just add everything to a bowl and mix.

For a more authentic tabbouleh salad:

- Tabbouleh tip #1: It's all about the parsley. Parsley should be the main ingredient in the salad, so get some fresh parsley!
- Tabbouleh tip #2: Make sure the parsley and mint are dry before adding to the salad. Use paper towels or a spin dryer device. Any extra water in the salad is bad.

 Submitted by Dana Bourland

NO PASTA ANTI-PASTA SUMMER SALAD

INGREDIENTS

- » 1 head of cauliflower
- » 1 cup of grape tomatoes
- » 1 cup of spinach
- » 1/2 cup red onion
- » 1/2 cup sliced pepperoncinis
- » 1/2 cup black olives (optional)
- » 4 oz Genoa salami
- » 4 oz pepperoni

Dressing

- » 1/2 cup Code Red Olive Oil
- » Juice of one lemon plus 1 tsp lemon zest
- » 1 tsp Redmond Real Salt
- » 1 tsp Oregano
- » 1 tsp Basil
- » 1 tsp Rosemary
- » 2-4 garlic cloves, minced
- » Cracked pepper to taste

DIRECTIONS

1. Start with a big microwave safe bowl. Chop cauliflower into bite size pieces.
2. Add 2 Tbps water to bowl and microwave for 2 minutes. Drain water. You just want to soften/blanch the cauliflower slightly, not fully cook it. Let cauliflower cool.
3. Add to cauliflower: Spinach (roughly chopped), tomatoes halved or quartered depending upon size, chopped salami and pepperoni, chopped onion, sliced olives, and sliced pepperoncinis.
4. Prepare the dressing, whisk well, and pour over salad. I used an electric whisk to emulsify the dressing. Mix gently and let marinate in the refrigerator before serving.

 Submitted by Dana Bourland

GERMAN NOT-POTATO SALAD

This is a unique and delicious twist on cauliflower potato salad.

INGREDIENTS

- » 1 head cauliflower cut up into small pieces
- » 6 slices bacon, fat reserved
- » ¼ cup diced red onion
- » 1 Tbsp Bragg Apple Cider Vinegar
- » 1 Tbsp spicy brown mustard
- » 2 Tbsp Code Red Olive Oil
- » 4 green onions, chopped
- » 2 Tbsp chopped parsley
- » Salt and pepper to taste

DIRECTIONS

1. Cook the bacon in a large skillet until crispy and then remove bacon.
2. Add the cauliflower to the bacon grease. Add in onion and cook over medium heat until soft, about 10 minutes.
3. Add in the vinegar, mustard, oil, and green onion, and cook for about 5 minutes.
4. Season to taste and toss with parsley. Serve warm to room temp.

 Submitted by Christine Romero

BROCCOLI CRUNCH SALAD

INGREDIENTS

- » One raw large head of broccoli, chopped including stem and florettes
- » 1/2 cup crumbled bacon or real bacon bits
- » 1/4 to 1/2 cup mayonnaise. (I start with 1/4 and see how it incorporates. Because broccoli crowns vary in size your amount of mayo may change. I like everything to be lightly coated.)
- » 2 Tbsp sunflower seeds or sliced almonds (any seed or nut would work; these are just my preference)
- » Pink Himalayan or Redmond Real Salt and pepper to taste

DIRECTIONS

1. Mix all ingredients in a bowl and serve chilled.

 Submitted by Whitney Smith

ANTI-PASTA SALAD W/RICE VINEGAR DRESSING

INGREDIENTS

- » 3 cups broccoli florets
- » 1/3 cup chopped pecans or walnuts
- » 1/3 cup red onion
- » Bacon to taste
- » 1 red bell pepper
- » 1 English cucumber
- » 1 can sliced olives
- » Redmond Real Salt to taste
- » Optional: fresh mint or fresh basil, artichoke hearts or peperoncini, cubed ham or pepperoni

Dressing

- » 1 cup mayo
- » 1/3 cup monk fruit
- » 2 Tbsp rice vinegar

DIRECTIONS

1. Cut all veggies to desired size and combine in large bowl. Top with dressing and stir.

 Submitted by Charlene DeSalme

COOL MINI MEALS



PICKLE SUB SANDWICHES

INGREDIENTS

- » 4 large dill pickles
- » 4 Tbsp mayonnaise avocado or olive oil mayo
- » 1 1/2 tsp mustard
- » 2 ounces deli ham, turkey, or roast beef
- » 2 ounces dry salami or pepperoni
- » 1 medium tomato, sliced
- » 2 ounces baby spinach
- » 1/4 medium red onion, sliced
- » Redmond Real Salt and pepper to taste

DIRECTIONS

1. Prepare/measure all ingredients. Mix the mayo and mustard together, then cut each pickle in half lengthwise. Scoop out the middle of the pickle so it makes a boat.
2. Put mustard/mayo mix into one side of the pickle. On the other, put meats and veggies, then add half of pickle with mustard/mayo.
3. Stick a toothpick through the pickle sandwich, and enjoy!

 Submitted by Andrea Dell

TASTY TURKEY ROLLS

INGREDIENTS

- » Turkey deli meat: No sugar added
- » Tillamook cream cheese: Very Veggie flavor
- » Pickles, thinly sliced

DIRECTIONS

1. Spread cream cheese on deli meat.
2. Roll with pickles inside.

 Submitted by Charlene DeSalme

ROAST BEEF ROLLS

INGREDIENTS

- » Roast beef deli meat
- » Cream cheese
- » Cucumber
- » Black olives
- » Redmond Real Salt

DIRECTIONS

1. Spread cream cheese over deli meat.
2. Chop cucumber and black olives and place in a line on one edge of meat.
3. Salt, roll, and enjoy!

 Submitted by Charlene DeSalme

CREAM CHEESE PIZZA BITES

INGREDIENTS

- » 4 ounces cream cheese
- » 14 slices pepperoni
- » 8 pitted black olives
- » 2 Tbsp tomato pesto or low-sugar pizza sauce
- » Fresh basil (2 tablespoons worth)
- » Redmond Real Salt and pepper to taste
- » Toothpicks

Optional: Additional pepperoni slices to go under these “bites”

DIRECTIONS

1. Chop pepperoni, basil, and olives into small pieces.
2. Mix together cream cheese, chopped basil, and pizza sauce (or tomato pesto). Then add pepperoni and olives and stir until combined.
3. Roll mixture into balls and serve on a slice of pepperoni. Secure with a toothpick.
4. Add half an olive and a fresh basil leaf for garnish.

 Submitted by Andrea Dell

CUCUMBER CREAM CHEESE BOAT

INGREDIENTS

- » Whole cucumber
- » Cream cheese, softened
- » Tuna fish
- » Everything But The Bagel seasoning
- » Hot sauce
- » Coconut aminos

DIRECTIONS

1. Take a cucumber and cut it in half lengthwise.
2. Using a spoon, scoop out the seeds.
3. Pat the cucumber dry using a paper towel.
4. Spread on some softened cream cheese in the scooped out cucumber.
5. Fill up each side with tuna.
6. Sprinkle on Everything But The Bagel.
7. Pour on some coconut aminos.
8. Sprinkle with hot sauce.

 Submitted by Tricia Toews

CUCUMBER ROLL UPS

INGREDIENTS

- » Large cucumbers
- » Cream cheese
- » Lunch meat of choice

DIRECTIONS

1. Peel cucumber lengthwise in thin slices.
2. Pat dry cucumber slices.
3. Spread a thin layer of cream cheese onto cucumber slice.
4. Top with lunch meat, trimmed to fit.
5. Start at one end and carefully roll up cucumber slice, making sure not to squeeze out the filling.

Other filling combinations:

- » Mayo, pickle chips, and tuna seasoned to taste
- » Cream cheese and matchstick pieces of carrots, celery, and bell peppers
- » Smashed avocado and smoked salmon

Have fun creating your own filling combinations!

 Submitted by Awilda Taveras

HOT DOG & SAUERKRAUT WRAPS

INGREDIENTS

- » Hot dogs
- » Large romaine lettuce leaves
- » Sauerkraut
- » Red onion slices
- » Mustard

DIRECTIONS

1. Cook hot dogs as desired.
2. Scoop sauerkraut onto lettuce leaf.
3. Add red onion slices.
4. Place a hot dog on top.
5. Squeeze some mustard over hot dog.
6. Fold lettuce lengthwise as a taco or roll as a tortilla.

 Submitted by Awilda Taveras

SUMMER CREAM CHEESE TOMATOES

INGREDIENTS

- » Roma tomatoes
- » Cream cheese: Tillamook Very Veggie
- » Fresh mint
- » Kosher salt
- » Garlic powder
- » Code Red Olive Oil

DIRECTIONS

1. Slice tomatoes. Spread or dollop (½ tsp) cream cheese onto the tomato.
2. Top with mint, sprinkle LIGHTLY with garlic powder, drizzle with olive oil and salt to taste. Variation: Add rosemary and/or cilantro.

 Submitted by Charlene DeSalme

CREAM CUCUMBERS

INGREDIENTS

- » 2 large cucumbers
- » 3/4 cup heavy whipping cream
- » 1/8 cup vinegar
- » 1/4 cup monk fruit
- » Dill to taste
- » Redmond Real Salt

DIRECTIONS

1. Slice cucumbers and set aside.
2. In a large bowl add remaining ingredients and stir. Add cucumbers and stir. Salt to taste. Variation: Omit heavy whipping cream, vinegar and monk fruit and replace with 1 cup sour cream.

 Submitted by Charlene DeSalme

SKEWERS & KEBABS



GRILLED MUSHROOM SKEWERS

INGREDIENTS

- » 2 pounds cremini mushrooms (preferred) or any mushroom thick enough to put on the skewer sliced lengthwise
- » 2 Tbsp Code Red Olive Oil
- » 1 Tbsp coconut aminos
- » 3 cloves of garlic, chopped
- » 1/2 teaspoon thyme, chopped
- » 1 tablespoon chopped parsley
- » 1/4 teaspoon salt and pepper, or to taste
- » 1/2 teaspoon red chili pepper flakes, optional

DIRECTIONS

1. To make the grilled mushroom skewers: Marinate the sliced mushrooms in the mixture of remaining ingredients for 30 minutes. In the meantime, soak wooden skewers in water to prevent burning.
2. Skewer the mushrooms (it's easier when you twist instead of just pick through the mushroom) and grill until just tender and slightly charred, about 2-3 minutes per side.
3. Transfer the grilled mushroom skewers to a serving platter, sprinkle on some chopped parsley and serve.

 Submitted by Lisa Parkman

JUICY STEAK KEBABS

INGREDIENTS

Marinade

- » 1/4 cup Code Red Olive Oil
- » 1/4 cup coconut aminos
- » 1 1/2 Tbsp fresh lemon juice
- » 1 1/2 Tbsp red wine vinegar
- » 2 tsp Dijon
- » 1 Tbsp minced garlic
- » 1 tsp freshly ground black pepper

Kebabs

- » 1 3/4 lbs sirloin steak (look for thicker steaks), cut into 1 1/4 inch pieces
- » 8 oz button or cremini mushrooms, halved (unless small, then keep whole)
- » 3 bell peppers (1 red, 1 green, 1 yellow) cut into 1 1/4-inch pieces
- » 1 large red onion diced into chunks (about 1 1/4-inch)
- » 1 Tbsp Code Red Olive Oil, plus more for brushing grill grates
- » Salt and freshly ground black pepper
- » 1/2 tsp garlic powder
- » 10 wooden skewer sticks soaked in water for at least 30 minutes

DIRECTIONS

1. For the marinade: In a mixing bowl whisk together all marinade ingredients.
2. For the kebabs: place steak into a gallon size resealable bag. Pour marinade over steak then seal bag while pressing out excess air and massage marinade over steak. Transfer to refrigerator and allow to marinate 3 - 6 hours.
3. Preheat a grill over medium-high heat to about 425 degrees (partway through preheating clean grill grates if they aren't already clean).
4. With veggies on cutting board, drizzle with oil and lightly toss to coat (I actually don't toss the onion because I like it to stay in chunks, when you thread the onion on, layer in chunks about 2 - 3 slices so they don't burn up).
5. Sprinkle veggies evenly with garlic powder and season with salt and pepper. To assemble kebabs layer steak and veggies onto kebabs in desired order, work to fit 4 steak pieces onto each kebab (I like to layer 2 onion slices together).
6. Brush grill grates lightly with oil. Place kebabs on grill and grill until center of steak registers about 140 - 145 degrees for medium doneness, turning kebabs occasionally, about 8 - 9 minutes. Serve warm.

 Submitted by Caitlin Madison

GARLIC LOVER KEBABS

INGREDIENTS

- » Meat—chicken, shrimp, steak
- » Veggies of choice—zucchini, onion, bell peppers, mushrooms, brussel sprouts

Marinade:

- » Code Red Olive Oil
- » Garlic-crushed (if you think you have enough add an extra or 2 cloves)
- » Redmond Real Salt/pepper

DIRECTIONS

1. Cut meat and veggies in about 1 1/2" pieces.
2. Place all marinade ingredients in a Ziploc bag. Add meat and veggies to bag. Marinate for 30 minutes or even overnight.
3. When ready to assemble: If using wooden skewers, soak skewers in water for at least 30 minutes. Preheat grill to medium-low heat, about 325 to 350° F.
4. Place meat and veggies on skewers by alternating meat and veggies.
5. Grill for 15-20 minutes, rotating them every 3-5 minutes.

 Submitted by Marie Williamson

DRESSINGS, DIPS & MARINADES



AVOCADO HUMMUS

INGREDIENTS

- » 1 ripe medium avocado
- » 2 cups steamed cauliflower
- » 1/2 cup cilantro
- » 2 heaping Tbsp of tahini
- » ¼ cup Code Red Olive Oil
- » ½ tsp cumin
- » 1 clove of garlic
- » Redmond Real Salt and pepper to taste
- » ½ lemon, squeezed
- » Dash of paprika on top

DIRECTIONS

1. Place all ingredients into a food processor, using the pulse function. Mix all ingredients.
2. Scrape the food processor a few times to make sure there are no chunks.
3. Store in an airtight container in the fridge. It's normal for your avocado to turn brown after a couple of days.

STORAGE TIP: I keep the avocado seed and place it in the hummus. It keeps the hummus from turning brown too quickly.

 Submitted by Tricia Toews

SOUTHWEST RANCH

INGREDIENTS

- » 1 cup avocado mayo (or mayo of choice)
- » 1 Tbsp water (add 1 Tbsp more for a thinner ranch)
- » 2 tsp lime juice
- » 2 tsp apple cider vinegar
- » 2 tsp chili powder
- » 1 tsp onion powder
- » 1 tsp garlic powder
- » 1 tsp cumin
- » 1/2 tsp dried dill
- » 1/4 tsp paprika
- » Optional: 1/4 tsp cayenne (or to taste)

DIRECTIONS

1. Add all ingredients to a food processor or blender.
2. Blend until smooth and combined.
3. Or, whisk all ingredients together into a bowl until combined well.

 Submitted by Kristin Small

LEMON GARLIC DRESSING

INGREDIENTS

- » 1/2 cup avocado mayo (or mayo of choice)
- » 2/3 tsp mustard
- » 1 clove garlic
- » 2 tsp apple cider vinegar
- » 1/2 lemon, juiced
- » Salt and pepper, to taste

DIRECTIONS

1. Grate or finely mince the garlic, then whisk together all the salad dressing ingredients in a small bowl.
2. Season with salt and pepper to taste.

 Submitted by Kristin Small

PICO DE GALLO (FRESH SALSA)

INGREDIENTS

- » 2 to 3 medium fresh tomatoes (1 to 1 1/2 pounds), stems removed
- » 1/2 medium red onion
- » 2 serrano or 1 jalapeño pepper (stems, ribs, and seeds removed - less or more to taste)
- » Juice of 1 lime
- » 1/2 cup chopped cilantro
- » Salt and pepper to taste
- » 1 pinch dried oregano (crumble in your fingers before adding), or more to taste
- » 1 pinch ground cumin, or more to taste

DIRECTIONS

1. To prep the ingredients, roughly chop the tomatoes, chili peppers, and onions. Be careful while handling the chili peppers. Use a plastic baggie or disposable gloves to handle them, or wash your hands thoroughly with soap and hot water after handling and avoid touching your eyes for several hours.
2. Set aside some of the seeds from the peppers. If the salsa isn't hot enough, you can add a few for more heat.
3. To make the salsa, place all ingredients in the bowl of a food processor fitted with the blade. Pulse only a few times, just enough to finely dice the ingredients and not enough to purée. If you don't have a food processor, you can finely dice by hand.

4. To adjust seasonings, place in a serving bowl. Add salt and pepper to taste. If the chilis make the salsa too hot, add some more chopped tomato. If it's not hot enough, carefully add a few of the seeds from the chilis, or add a little more ground cumin.
5. If you like, let the salsa sit for an hour (room temperature or chilled) for the flavors to combine.

 Submitted by Caitlin Madison

SUGAR-FREE KETCHUP

INGREDIENTS

- » 12 oz can tomato paste
- » 12 oz water
- » 6 oz apple cider vinegar
- » 1 tsp onion powder
- » 1 Tbsp salt
- » ¼ tsp garlic powder
- » 1 tsp paprika
- » ½ tsp black pepper
- » 1/8 tsp allspice
- » 1/16 tsp cloves
- » 1/16 tsp cinnamon
- » Stevia to taste

DIRECTIONS

1. Mix all ingredients in a saucepan and heat until flavors are blended and sauce is smooth. Makes 4 cups.

 Submitted by Kathryn Hilker

QUICK & DELICIOUS BLT DIP

INGREDIENTS

- » 1 lb bacon, fried and crumbled
- » 1 cup mayo
- » 1 cup sour cream
- » 1 medium tomato, chopped

DIRECTIONS

1. Mix together and put in the fridge for a few hours minimum. (We usually double the recipe!)
2. Serve with veggies or pork rinds.

 Submitted by Lori Hawryluk

BBQ MEAT MARINADE

INGREDIENTS

- » Steak or chicken strips
- » Bragg Liquid Aminos

DIRECTIONS

1. I love to marinate my meat or chicken in Bragg Liquid Aminos for at least 2 hours in the fridge, or overnight.
2. Heat up your BBQ grill on high and after it is warmed up, and cook until the internal temperature is to your liking. Rotate meat every three minutes. Throw out any extra marinade. ENJOY!

 Submitted by Angi Johnson

COOL DESSERTS



BERRY ICE CREAM

INGREDIENTS

- » 2/3 cup heavy whipping cream
- » 10-ounce bag of mixed frozen strawberries, blueberries and raspberries.
- » 2 Tbsp monk fruit (optional)

DIRECTIONS

1. Pour frozen fruit into blender. If using monk fruit, sprinkle it on top of the berries inside the blender.
2. Process/pulse just until the fruit is roughly chopped.
3. Pour in heavy cream, and continue to process just until everything is incorporated. Scrape down the sides with a spatula, as needed.
4. Eat right away or freeze for later.

 Submitted by Kristin Small

STRAWBERRY CHEESECAKE FROZEN YOGURT

INGREDIENTS

- » 3 cups frozen strawberries (if you use fresh strawberries, remove the stem and freeze overnight)
- » 3 Tbsp of monk fruit
- » ½ cup cream cheese
- » ½ cup full fat Greek yogurt
- » 1 Tbsp of freshly squeezed lime juice
- » Ice cubes

DIRECTIONS

1. Put the frozen strawberries, monk fruit, cream cheese and lime juice into a food processor. Process until smooth and creamy.
2. Serve the Strawberry Cheesecake Frozen Yogurt immediately and garnish with a slice of strawberry. Enjoy!

 Submitted by Tricia Toews

BLUEBERRY CHEESECAKE JARS

INGREDIENTS

- » 8 ounces cream cheese (room temp)
- » 1/2 cup monk fruit
- » 1/2 cup sour cream
- » 2 Tbsp lemon juice and 1 teaspoon lemon zest
- » 2 tsp vanilla extract

DIRECTIONS

1. Place all ingredients in mixing bowl and whip until smooth and fluffy. Divide evenly into 1/2 pint jars.
2. Mix (fresh or frozen that have been thawed) blueberries or other berries of choice with 1/4 teaspoon vanilla extract. Place on top of cheesecake mixtures.
3. Place lids on jars and refrigerate at least two hours or overnight.
4. Before serving you can add a dollop of whipped heavy cream and a sprinkle of nutmeg.

Creates 6 1/2 pint jars.

 Submitted by Whitney Smith

ANDREA'S 5-MINUTE SOFT SERVE

INGREDIENTS

- » 10 oz of ice (approx.)
- » 3 Tbsp of heavy whipping cream
- » 2 oz full-fat cream cheese, softened
- » Stevia or monk fruit to taste

DIRECTIONS

1. In a Ninja blender single-serve cup (or blender of choice), combine cream cheese, ice, heavy whipping cream, and sweetener. I recommend allowing the cream cheese to reach room temperature, or pop it into the microwave (covered!) for 20-30 seconds.
2. Blend all ingredients until creamy. You may need to do some pulse blending to dislodge the ice. (If you're using a Ninja blender single serve cup, put the cream cheese into the cup FIRST.)
3. If the soft serve is too runny, put it in the freezer for 30-60 minutes. You might also try it with a little less heavy whipping cream and/or a bit more ice.

For a non-dairy version, omit the cream cheese and use your favorite unsweetened non-dairy milk. Coconut cream works especially well as a non-dairy alternative.

 Submitted by Andrea Dell

STRAWBERRY/ BLUEBERRY DIP

INGREDIENTS

- » 1 cup heavy whipping cream
- » 1 tsp vanilla
- » ¼ cup monk fruit confectioners sugar

DIRECTIONS

1. Place mixing bowl and beaters in the freezer for 15 minutes to chill, then remove.
2. Add all ingredients to mixing bowl. Mix on low speed, then increase to medium-high speed until soft or stiff peaks form.
3. Serve with strawberries or blueberries.

 Submitted by Lisa Spencer Clardy

STRAWBERRY CHEESECAKE MOUSSE

INGREDIENTS

- » 12 oz cream cheese, softened to room temperature
- » 1 cup whipping cream
- » Natural sweetener (stevia or monk fruit), to taste
- » 1 teaspoon of grated lime zest (or a few drops of vanilla extract)
- » Strawberry slices, for garnish
- » Blueberries, for garnish

DIRECTIONS

1. In a large bowl using a hand mixer, whip cream cheese until light and fluffy. Add natural sweetener, lime zest (or vanilla extract) and beat until combined.
2. In a separate bowl, beat the whipped cream with a pinch of salt, until fluffy. Gently fold the whipped cream into the cream cheese mixture.
3. Pipe or spoon the cream cheese mixture into dessert cups to line the bottom. Add a layer of sliced strawberries on top. Repeat the process, alternating the layers until you fill the dessert cups.
4. Using blueberries and remaining strawberry slices, garnish the top of the strawberry cheesecake mousse.
5. Place in the refrigerator until thickened, for one hour up to overnight – until ready to serve. Enjoy!

PRESENTATION SUGGESTION

These strawberry cheesecake mousse desserts are a lot of fun to decorate with fruit, and you can create a range of unique designs for a Fourth of July patriotic look. For example, you can go for the classic American flag, with blueberries in the corner and strawberries cut in matchsticks for the stripes. You can also make a star on top of the dessert with a combination of blueberries and strawberries.

A great way to dress up your dessert and draw attention to it is to place sparklers on it when it's time to serve it up. Light the sparklers and sing Happy Birthday to the United States!

 Submitted by Lori Hawryluk

SUMMER CHEESECAKE DESSERT

INGREDIENTS

- » 1 pkg “cheesecake” sugar-free pudding
- » 8 oz cream cheese (room temp)
- » 1 cup heavy whipping cream
- » 1/4 cup monk fruit
- » 2 cups any CR-approved berry
- » 1/2 cup chopped nuts

DIRECTIONS

1. Whip heavy whipping cream with monk fruit to make whip cream.
2. In separate bowl blend cream cheese and pudding.
3. Fold the two bowls’ contents together. Add berries and nuts, and fold together. Store in fridge until ready to serve!

 Submitted by Lorna Loveland

STRAWBERRY NOCAKE

INGREDIENTS

- » 2 cups cold heavy whipping cream
- » 2 Tbsp powdered monk fruit
- » 1 tsp vanilla
- » Strawberries

DIRECTIONS

1. Slice strawberries and set aside.
2. In a large mixing bowl add heavy whipping cream, monk fruit, and vanilla.
3. Use a mixer to whip until light and fluffy.
4. Place strawberries in individual bowls and top with homemade whipped cream.

 Submitted by Charlene DeSalme

ULTIMA SLUSHY

INGREDIENTS

- » 1 scoop Ultima Electrolyte Replenishment Supplement
- » 6-8 oz. ice
- » 3 Tbsp cold water

DIRECTIONS

1. Combine a scoop of your favorite Ultima flavor with water and ice, and blend to desired level of “slush.”
2. Pour into a cup, glass, or bowl, and enjoy! For a touch of elegance, eat your Ultima slushy from a wine glass.

 Submitted by Andrea Dell

ULTIMA POPSICLES

INGREDIENTS

- » 1 scoop Ultima Electrolyte Replenishment Supplement
- » Cold water

DIRECTIONS

1. Combine a scoop of Ultima with 40 ounces of cold water (use more or less Ultima depending on how much flavor you want).
2. Shake or blend so the Ultima and water are thoroughly mixed, then pour the Ultima water into popsicle molds. Freeze and enjoy.

Make these for your kids or grandkids as an alternative to the sugary, chemical-filled popsicles you buy at the store.

You can also pour the Ultima-water mixture into ice cube trays, then add these Ultima ice cubes to your water on a hot day (or enjoy individually!).

 Submitted by Andrea Dell

WHERE TO GET MY FAVORITE INGREDIENTS

CODE RED OLIVE OIL

www.CodeRedOliveOil.com

REDMOND REAL SALT & SEASONINGS

www.CodeRedLifestyle.com/RealSalt, discount code, CodeRed15

ULTIMA

www.CodeRedLifestyle.com/Ultima

HYDRACHARGE

www.CodeRedLifestyle.com/km, discount code, CodeRed15

EVERYTHING BUT THE BAGEL SEASONING

LAKANTO MONK FRUIT SWEETENER

COCONUT AMINOS

BRAGG LIQUID AMINOS

BRAGG APPLE CIDER VINEGAR

www.CodeRedLifestyle.com/Amazon