

CODE RED SUMMER EATS

— C O O K B O O K —



CRISTY "CODE RED" NICKEL

INTRO

Congratulations on grabbing your copy of the Code Red Summer Eats cookbook! This cookbook is filled with just over FIFTY summer-themed recipes to give you delicious, healthy options for all your summer adventures.

There are mains, sides, salads, drinks, and desserts, so you're sure to find several options that work for you.

At the end of the cookbook, I've added a list of websites where you can get some of the ingredients mentioned in several of the recipes, along with promo codes (where applicable) to get a discount on them.

Congratulations again!

- Cristy Code Red



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MAIN DISHES



CHILLIN CHOCOLATE NOATMEAL

INGREDIENTS

- » 2 Tbsp ground flax meal
- » 1 Tbsp ground chia seeds
- » 1 Tbsp cocoa powder, unsweetened
- » ½ cup full fat Greek yogurt
- » ½ cup flax milk
- » ½ tsp Lakanto Monk Fruit Sweetener
- » ¼ tsp stevia
- » Dash of Redmond Real Salt

DIRECTIONS

1. Mix ingredients well and store in a mason jar with lid.
2. Chill in refrigerator (serve cold).

TIP: You can make several of these and store in a mason jar with a lid on in the refrigerator for several days. Kids love it, too!

 Submitted by Nancy Nosari

AVOCADO TACO

INGREDIENTS

- » 1 avocado
- » Beef or chicken taco meat
- » Lettuce
- » Onion
- » Tomatoes
- » Optional: Sour cream and salsa

DIRECTIONS

1. Halve your avocado and take the pit out.
2. Fill each half with taco meat, lettuce, onion, and tomatoes.
3. Top off with sour cream and your favorite salsa.
4. Enjoy!

 Submitted by Lisa Parkman

CHICKEN SALAD

CUCUMBER BOATS

INGREDIENTS

- » 1 cup rotisserie chicken
- » 3 Tbsp Primal Kitchen mayo
- » Chopped celery
- » 1 Tbsp chopped almonds (optional)
- » Everything But the Bagel seasoning
- » English cucumber, sliced lengthwise and seeds removed

DIRECTIONS

1. Mix all the chicken salad ingredients together.
2. Fill the cucumber boat.
3. Serve.

 Submitted by Andrea Scott

MEDITERRANEAN CHICKEN PATTIES

INGREDIENTS

- » 3 Tbsp Code Red Olive Oil, divided
- » 1 Medium onion, diced
- » 1 Tbsp garlic, minced
- » 1 cup baby spinach, chopped
- » 1 lb ground chicken
- » ½ cup ground pork rinds (or ground flaxseed meal)
- » ¼ cup full fat Greek yogurt
- » 2 Tbsp fresh dill, finely chopped or 1 tsp ground dill
- » 1 Tbsp lemon juice
- » 1 tsp dried oregano (or basil)
- » ½ tsp paprika
- » ½ tsp ground cumin
- » ½ tsp Redmond Real Salt
- » ¼ tsp ground black pepper

DIRECTIONS

1. In a large skillet, heat 2 Tbsp Code Red Olive Oil over medium-high heat for 2 minutes until sizzling hot. Sauté onions and garlic until tender and nicely browned, about 2-3 minutes.
2. Add spinach and sauté for 1 minute until soft. Set aside on a plate to cool for 5 minutes.
3. In a large mixing bowl, add ground chicken, sautéed onion-spinach mixture, ground pork rinds, Greek yogurt, dill, lemon juice, oregano, paprika, cumin, Redmond Real Salt, and pepper. Stir well to combine everything (or use your hands to press the ingredients together to evenly combine).
4. Shape ground chicken mixture into a firm ball so it holds together. Cover the bowl with plastic wrap and refrigerate 30 minutes (or overnight).
5. Take ½ cup chicken mixture at a time and shape into about 12 patties.
6. Heat the remaining 1 Tbsp Code Red Olive Oil in a cast-iron skillet over medium-high heat for 2 minutes until sizzling hot.
7. Place patties on the skillet in batches that will fit. Cook 3-5 minutes until nicely seared and starting to brown up the sides. Flip the patties over and cook for another 3-5 minutes until done on the inside (165°F).
8. Serve warm with your favorite sides.

GRILLED BASIL CHICKEN & TOMATOES

INGREDIENTS

- » ¾ cup balsamic vinegar
- » ¼ cup tightly packed fresh basil leaves or 2 tsp dry basil
- » 2 Tbsp Code Red Olive Oil
- » 1 garlic clove, minced
- » ½ tsp Redmond Real Salt
- » 8 plum or cherry tomatoes
- » 4 boneless skinless chicken breast halves (4 oz each)

DIRECTIONS

1. For marinade: place first 5 ingredients in a blender. Cut 4 tomatoes into quarters and add to blender. Cover and process until blended.
2. Halve remaining tomatoes for grilling.
3. In a bowl, combine chicken and 2/3 cup marinade; refrigerate, covered, 1 hour, turning occasionally. Reserve remaining marinade for serving.
4. Drain chicken, discarding marinade. Place chicken on an oiled grill rack over medium heat. Grill chicken, covered, until a thermometer reads 165°F, 4-6 minutes per side.
5. Grill tomatoes, covered, over medium heat until lightly browned, 2-4 minutes per side. Serve chicken and tomatoes with reserved marinade.

GRILLIN' BURGERS

INGREDIENTS

- » 3 lbs ground beef
- » 2 eggs
- » 1 cup ground flax meal
- » ¼ cup heavy whipping cream
- » 1 Tbsp Redmond Garlic Salt
- » 1 Tbsp smoked paprika
- » ½ Tbsp black pepper

DIRECTIONS

1. Mix ingredients well.
2. Form into burger patties.
3. Grill (or air fry).
4. Top with mayonnaise and serve with a side of pickles!

 Submitted by Nancy Nosari

RANCH GRILLED BURGERS WITH HOT MAYO

INGREDIENTS

- » 1 lb ground beef
- » Chopped onion – to taste
- » Chopped garlic – to taste
- » 1 egg
- » 1 packet of dry ranch dressing

DIRECTIONS

1. Mix ingredients.
2. Form into hamburger patties and grill. Serve with hot mayo.
3. For the hot mayo, mix ¼ cup Primal Kitchen mayonnaise with 1 Tbsp your choice of hot sauce.

 Submitted by Andrea Scott

BEEF KABOBS WITH A MOROCCAN TWIST

INGREDIENTS

- » 8 metal skewers or soaked wooden skewers
- » 1 cup chopped fresh parsley
- » 1 cup chopped fresh cilantro
- » ¼ cup grated onion
- » 3 Tbsp lemon juice
- » 2 Tbsp Code Red Olive Oil
- » 1 Tbsp ground cumin
- » 1 Tbsp ground coriander
- » 1 Tbsp paprika
- » 1 Tbsp apple cider vinegar
- » 1 Tbsp ketchup (no sugar added)
- » 2 garlic cloves, minced
- » 1 tsp minced fresh ginger root
- » 1 tsp Thai red chili paste
- » A dash each of Redmond Real Salt and pepper
- » 2 lbs beef (I like top sirloin steak) cut into 1-inch pieces

DIRECTIONS

1. In a large resealable plastic bag, combine parsley, cilantro, onion, lemon juice, oil, cumin, coriander, paprika, apple cider vinegar, ketchup, garlic, ginger, chili paste, Redmond Real Salt and pepper.
2. Add beef.
3. Seal bag and turn to coat.
4. Refrigerate for 8 hours or overnight.
5. Drain and discard marinade.
6. On eight metal or soaked wooden skewers, thread beef cubes.
7. Moisten a paper towel with Code Red Olive Oil and, using long-handled tongs, lightly coat the grill rack.
8. Grill beef, covered, over medium-high heat or broil 4 inches from heat for 8-12 minutes or until meat reaches desired doneness, turning occasionally.

 Submitted by Darla Wiltse

MEATBALL VEGGIE KABOBS

INGREDIENTS

- » 6 metal skewers or soaked wooden skewers
- » 30 frozen, fully cooked Italian meatballs (1.2 ounces each), thawed
- » 2 medium zucchini, cut into ½ inch slices
- » 2 medium yellow summer squash, cut into ½ inch slices
- » 12 cherry tomatoes
- » 12 pearl onions
- » 1 cup sugar-free BBQ sauce
- » Hot cooked cauliflower rice

DIRECTIONS

1. On metal or soaked wooden skewers, alternate meatballs, zucchini, summer squash, tomatoes and onions.
2. Grill, uncovered, over medium heat for 6 minutes, turning once.
3. Baste with BBQ sauce.
4. Grill 8-10 minutes longer or until meatballs are heated through and veggies are tender, turning and basting frequently.
5. Serve over cauliflower rice.

 Submitted by Darla Wiltse

STEAK NO-SHELL FAJITAS

INGREDIENTS

- » 2 large tomatoes, seeded and chopped
- » ½ cup diced red onion
- » ¼ cup lime juice
- » 1 jalapeño pepper, seeded and minced
- » 3 Tbsp minced fresh cilantro
- » 2 tsp ground cumin, divided
- » ¾ tsp Redmond Real Salt, divided
- » 1 beef flank steak (about 1-1/2 lb)
- » 1 Tbsp Code Red Olive Oil
- » 1 large onion, halved and sliced
- » Sliced avocado wedges and (optional) lime wedges

DIRECTIONS

1. For salsa: place first 5 ingredients in a small bowl. Stir in 1 tsp cumin and ¼ tsp salt. Let stand until serving.
2. Sprinkle steak with remaining 1 tsp cumin and ½ tsp salt. Grill, covered, over medium heat, or broil 4 inches from heat until meat reaches desired doneness (for medium-rare, a thermometer should read 135°F), 6-8 minutes. Let stand 5 minutes.
3. Meanwhile, in a skillet, heat oil over medium-high heat; saute onion until crisp-tender.
4. Slice steak thinly across the grain; garnish with onion and salsa, and add avocado and lime wedges to the side.

GRILLED FLANK STEAK

INGREDIENTS

- » ¼ cup Code Red Olive Oil
- » ¼ cup Worcestershire sauce
- » 2 Tbsp red wine vinegar
- » 2 Tbsp Lakanto Monk Fruit Sweetener
- » 2 lbs flank steak (or top round, skirt, or flat iron)
- » ½ tsp Redmond Real Salt
- » ½ tsp ground black pepper

DIRECTIONS

1. Whisk together Code Red Olive Oil, Worcestershire sauce, red wine vinegar, and sweetener in a large baking dish. Place the steak in the baking dish and turn a few times to coat. Cover and refrigerate for 30 minutes.
2. Heat a grill or grill pan over medium-high heat (about 400°F to 450F).
3. Remove the steak from the marinade and pat dry. Sprinkle all over with salt and pepper.
4. Place the steak directly over the flame and cook until a thermometer reads 135° in the thickest part (for medium rare), 3 to 5 minutes on each side.
5. Remove from the heat and transfer to a cutting board. Let rest for 5 minutes, then slice against the grain. Serve immediately.

LEMON PEPPER GRILLED RIB-EYES

INGREDIENTS

For The Lemon-Pepper Seasoning:

- » 3 Tbsp pepper
- » 2 Tbsp Redmond Real Salt
- » 2 Tbsp grated lemon zest, dried
- » 2 tsp garlic powder
- » 2 tsp mustard powder
- » 2 tsp onion powder
- » 1 tsp Lakanto Monk Fruit Sweetener

For The Steaks:

- » 8 boneless rib-eye steaks (about 1 inch thick)
- » Redmond Real Salt to taste
- » 1 stick salted butter, melted

DIRECTIONS

1. For the lemon-pepper seasoning: Stir together the pepper, salt, lemon zest, garlic powder, mustard powder, onion powder, and sweetener in a small bowl.
2. Preheat a grill to medium high. Season the steaks lightly with salt and rub the lemon-pepper seasoning on both sides. Brush the steaks with melted butter.

3. Grill the steaks 1 minute 45 seconds, then rotate the steaks 90 degrees.
4. Cook 2 minutes, then go ahead and flip the steak over to the other side.
5. After 1 minute 45 seconds on the second side, rotate 90 degrees and finish for a medium rare steak. Return to grill if a more done steak is desired.

LEMONY SHRIMP KABOBS WITH TOMATOES

INGREDIENTS

- » 1/3 cup lemon juice
- » 2 Tbsp Code Red Olive Oil
- » 2 garlic cloves, minced
- » ½ tsp grated lemon zest
- » 1 lb uncooked jumbo shrimp, peeled and deveined
- » 2/3 cup fresh arugula
- » 2 green onions, sliced
- » 12 cherry tomatoes
- » ¼ cup plain Greek yogurt
- » 1 tsp apple cider vinegar
- » 1 tsp Dijon mustard
- » ½ tsp Lakanto Monk Fruit Sweetener
- » ½ tsp Redmond Real Salt, divided
- » ¼ tsp pepper

DIRECTIONS

1. In a large bowl, whisk lemon juice, oil, garlic and lemon zest until blended.
2. Add shrimp. Toss to coat.

3. Let stand 10 minutes.
4. Sauce: Place arugula, green onions, yogurt, vinegar, mustard, monk fruit and ¼ tsp Redmond Real Salt in a food processor. Process until smooth.
5. On 4 metal or soaked wooden skewers, alternately thread shrimp and tomatoes. Sprinkle with pepper and remaining Redmond Real Salt.
6. Grill, covered, over medium-high heat or broil 3-4 inches from heat 2-3 minutes on each side or until shrimp are no longer pink.
7. Serve with sauce.

 Submitted by Darla Wiltse

SALMON FILETS WITH VEGETABLE SALAD

INGREDIENTS

- » ½ lb fresh green beans
- » 1 lb fresh asparagus (1 or 2 bunches)
- » 4 salmon filets (6 oz each)
- » 1 Tbsp plus 1/3 cup red wine vinaigrette, divided
- » ¼ tsp Redmond Real Salt
- » ¼ tsp pepper
- » 4 cups fresh arugula or baby spinach
- » 2 cups cherry tomatoes, halved
- » 1 Tbsp minced fresh chives

DIRECTIONS

1. Trim and cut green beans and asparagus into 2-inch pieces. Place in 6-quart stockpot; add water to cover. Bring to a boil. Reduce heat; cook, uncovered, 4 to 8 minutes. Drain.
2. Meanwhile, brush salmon with 1 Tbsp vinaigrette; sprinkle with salt and pepper.
3. Place fish on oiled grill rack, skin side down. Grill, covered, over medium-high heat or broil 4 inches from heat until fish just begins to flake easily with a fork, 6-8 minutes.
4. In a large bowl, combine arugula or baby spinach, tomatoes, and chives. Drizzle with remaining vinaigrette; toss to coat. Serve with salmon.

SIDES



GAZPACHO (COLD SOUP)

INGREDIENTS

- » 32 oz ripe roma tomatoes, halved and cored
- » 1 small cucumber, peeled and seeded
- » 1 medium green bell pepper, cored
- » ½ small red onion, peeled
- » 2 small garlic cloves, peeled
- » 3 Tbsp Code Red Olive Oil
- » 2 Tbsp lemon juice
- » ½ tsp ground cumin
- » 1 tsp Redmond Real Salt
- » ¼ tsp black pepper

DIRECTIONS

1. Combine all ingredients into a blender or food processor, and puree for 1 minute or until the gazpacho reaches your desired consistency.
2. Taste and season with extra Redmond Real Salt, pepper and/or cumin if needed.
3. Transfer the soup to a sealed container and refrigerate for 4 hours or until completely chilled.
4. Serve cold, garnished with your favorite nuts and/or seeds.

 Submitted by Lory Stobart

ARKANSAS STYLE GREEN BEANS

INGREDIENTS

- » 3 cans green beans, drained
- » 4 slices bacon, cooked
- » ½ cup Lakanto Golden Monk Fruit
- » 1/3 cup butter, melted
- » 4 tsp liquid coconut aminos
- » 1 tsp garlic powder

DIRECTIONS

1. Preheat oven to 350°F.
2. Place drained green beans in 2 qt casserole dish.
3. Lay cooked bacon over green beans.
4. In a small bowl, mix together Lakanto Golden Monk Fruit, melted butter, aminos and garlic powder, then pour over bacon and beans.
5. Bake uncovered for 40 minutes.

 Submitted by Terri Baker

GRILLED GREEN BEANS

INGREDIENTS

- » 1 lb fresh green beans, trimmed
- » 2 Tbsp butter or ghee
- » 1 small shallot, minced (or green onion, chopped)
- » 1 garlic clove, minced
- » 2 tsp Redmond Real Salt
- » ½ cup grated Parmesan cheese (optional, omit in weight loss mode)

DIRECTIONS

1. In a 6-qt. stockpot, bring 4 quarts water to a boil. Add fresh green beans; cook, uncovered, just until crisp-tender, 2-3 minutes. Drain and set aside.
2. In a small skillet, melt butter over medium-high heat. Add shallot or green onion. Cook and stir until lightly browned, 2-3 minutes. Add garlic; cook 30 seconds longer. Remove from heat.
3. In a large bowl, combine beans, salt, shallot mixture, and Parmesan; toss to coat.
4. Transfer to a piece of heavy-duty foil (about 18 in. square) coated with cooking spray. Fold foil around beans, sealing tightly.
5. Grill, covered, over medium heat or broil 4 in. from heat 7-9 minutes. Open foil carefully to allow steam to escape.

DEVILED EGGS

INGREDIENTS

- » 6 hard boiled eggs, peeled and halved
- » 2 Tbsp mayonnaise
- » 1 tsp Lakanto Monk Fruit Sweetener
- » 1 tsp white vinegar
- » 1 tsp yellow mustard
- » ½ tsp Redmond Real Salt

DIRECTIONS

1. Remove egg yolks.
2. Mix yolks with the rest of the ingredients.
3. Put back in the white halves.
4. Sprinkle with paprika.

 Submitted by Terri Baker

JICAMA HASH BROWNS

INGREDIENTS

- » 1½ lbs Jicama, grated, rinsed and patted dry

Spice Blend:

- » 1 tsp Parsley
- » ½ tsp onion powder
- » ½ tsp cayenne pepper
- » Redmond Real Salt and pepper to taste

DIRECTIONS

1. Melt 3 Tbsp butter or ghee in pan at medium heat.
2. Coat jicama with spice blend and flatten in pan.
3. Cook 8 minutes.
4. Flip and cook 4 minutes.

 Submitted by Terri Baker

ITALIAN GRILLED GARLIC

INGREDIENTS

- » 2 tsp dried Italian seasoning
- » 2 Tbsp Code Red Olive Oil
- » 2 whole garlic heads, tops trimmed off

DIRECTIONS

1. Preheat grill to medium heat. I've also used the oven, set at medium-high heat.
2. On a 12 inch square piece of heavy-duty aluminum foil, sprinkle Italian seasoning evenly over garlic heads.
3. Drizzle with olive oil.
4. Wrap tightly in the foil, making a packet.
5. Place foil packet on a grill; cover with grill lid.
6. Cook over medium heat, 15-20 minutes or until softened.
7. Serve with fresh vegetables.

 Submitted by Darla Wiltse

AIR-FRIED RADISHES

INGREDIENTS

- » 2¼ lbs radishes, trimmed and quartered (about 6 cups)
- » 3 Tbsp Code Red Olive Oil
- » 1 Tbsp minced fresh oregano or 1 tsp dried oregano
- » ¼ tsp Redmond Real Salt
- » 1/8 tsp pepper

DIRECTIONS

1. Preheat air fryer to 375°F.
2. Toss radishes with remaining ingredients.
3. Place radishes on greased tray in air-fryer basket.
4. Cook until crisp-tender, 12-15 minutes, stirring occasionally.
5. If you don't have an air-fryer, put oil on baking pan, add radishes, and bake in oven until crisp, but still tender.

GRILLED VEGETABLE PLATTER

INGREDIENTS

- » ¼ cup Code Red Olive Oil
- » 2 Tbsp Lakanto Monk Fruit Sweetener
- » 4 tsp balsamic vinegar
- » 1 tsp dried oregano
- » ½ tsp garlic powder
- » 1/8 tsp pepper
- » Dash Redmond Real Salt
- » 1 lb fresh asparagus, trimmed
- » 3 small carrots, cut in half lengthwise
- » 1 large sweet red pepper, cut into 1-inch strips
- » 1 medium yellow summer squash, cut into 1/2-inch slices
- » 1 medium red onion, cut into wedges

DIRECTIONS

1. In a small bowl, whisk oil, sweetener, vinegar, oregano, garlic powder, pepper, and salt.
2. Place 3 Tbsp of this marinade in a large bowl. Add vegetables; turn to coat. Cover; marinate 1-1/2 hours at room temperature.

3. Transfer vegetables to a grilling grid; place grid on grill rack. Grill vegetables, covered, over medium heat until crisp-tender, 8-12 minutes, turning occasionally.
4. Place vegetables on a large serving plate. Drizzle with remaining marinade.

MARINATED CUCUMBERS

INGREDIENTS

- » 6 medium cucumbers, thinly sliced
- » 1 medium onion, sliced
- » 1 cup white vinegar
- » ¼ cup Lakanto Monk Fruit Sweetener
- » ¼ cup Code Red Olive Oil
- » 1 tsp Redmond Real Salt
- » 1 tsp dried oregano
- » ½ tsp garlic powder
- » ½ tsp dried marjoram (optional)
- » ½ tsp Redmond lemon-pepper seasoning (or plain pepper)
- » ½ tsp ground mustard

DIRECTIONS

1. In a large bowl, combine the cucumbers and onion.
2. In a jar with a tight-fitting lid, combine the remaining ingredients.
3. Cover and shake well.
4. Pour over cucumber mixture; toss to coat.
5. Cover and refrigerate at least 4 hours.

TARRAGON ASPARAGUS

INGREDIENTS

- » 2 lbs fresh asparagus, trimmed
- » 2 Tbsp Code Red Olive Oil
- » 1 tsp Redmond Real Salt
- » ½ tsp pepper
- » 1 Tbsp Lakanto Monk Fruit Sweetener
- » 2 to 4 Tbsp minced fresh tarragon

DIRECTIONS

1. On a large plate, toss asparagus with oil, salt, pepper, and sweetener.
2. Grill, covered, over medium heat for 6-8 minutes or until crisp-tender, turning occasionally.
3. Sprinkle with tarragon.

CLASSIC COLESLAW

INGREDIENTS

- » 1 cup mayonnaise
- » 1½ Tbsp apple cider vinegar or white vinegar
- » 2 tsp Lakanto Monk Fruit Sweetener
- » ¾ tsp celery seeds (optional)
- » 1 tsp Redmond Real Salt
- » ½ tsp black pepper
- » ½ medium green cabbage, very thinly sliced (about 4 cups)
- » ½ medium red cabbage, very thinly sliced (about 4 cups)
- » 2 medium carrots, peeled and grated
- » (May substitute pre packaged coleslaw bags that contain cabbages and carrots.)

DIRECTIONS

1. Whisk mayonnaise, apple cider or white vinegar, sweetener, celery seeds, Redmond Real Salt, and black pepper in a large bowl to combine.
2. Add green cabbage, red cabbage, and carrots to dressing and toss to coat.
3. Cover and chill until ready to serve.
4. Keep leftovers chilled.

SQUASH & ZUCCHINI CASSEROLE

INGREDIENTS

- » 3 lbs zucchini and squash (about 2 medium zucchini and 2 medium squash)
- » 1 tsp garlic powder
- » 1 tsp onion powder
- » 2 tsp oregano
- » 1¾ tsp Redmond Real Salt, divided
- » 2 Tbsp Code Red Olive Oil or butter
- » ¾ cup + 2 Tbsp shredded Parmesan cheese (optional - not for weight loss)
- » ½ cup + 2 Tbsp nut milk (like almond or cashew milk)
- » ½ cup ground pork rinds

INSTRUCTIONS

1. Preheat the oven to 450°F.
2. Slice the zucchini and squash into ¼-inch thick rounds. Place them in a bowl and stir them together with the garlic powder, onion powder, oregano, and 1 tsp Redmond Real Salt.
3. In your largest skillet, heat the olive oil or butter over medium high heat. Add the zucchini and squash. Cover the skillet and cook for 2 minutes, then uncover and stir. Cover again for 2 minutes and uncover and stir, moving slices to the bottom layer as necessary so that they can get browned. Cook 2 minutes again, flipping the pieces carefully, until they are crisp tender.

4. Reduce the heat to low. Add another $\frac{3}{4}$ tsp Redmond Real Salt, $\frac{1}{2}$ cup nut milk, and $\frac{1}{2}$ cup Parmesan cheese (if in maintenance; omit in weight loss mode). Cook 2 to 3 minutes until slightly thickened.
5. Pour the zucchini and squash into a small baking dish (2 quart or 11" x 8"). Top with the ground pork rinds, sprinkle with oregano, and add 1 Tbsp parmesan cheese (or omit if in weight loss mode).
6. Bake for 10 minutes until golden brown. Allow to stand for at least 10 minutes so the sauce thickens slightly.

ZUCCHINI & CREAM CHEESE ROULADES

INGREDIENTS

- » 8 oz cream cheese, softened
- » 1 cup full-fat cottage cheese
- » 2 Tbsp minced fresh basil or 2 teaspoons dried basil
- » 1 Tbsp chopped olives
- » 1 Tbsp lemon juice
- » ¼ tsp Redmond Real Salt
- » ¼ tsp onion salt
- » 1/8 tsp pepper
- » 4 medium zucchini

DIRECTIONS

1. In a small bowl, mix the first 8 ingredients.
2. Slice zucchini lengthwise into twenty-four 1/8-inch-thick slices. On a greased grill rack, cook zucchini in batches, covered, over medium heat. Grill until tender, 2-3 minutes on each side.
3. Place 1 Tbsp of mixture on one end of each lengthwise zucchini slice.
4. Roll up each slice and secure with a toothpick.

SALADS



SUMMER CHICKEN SALAD

INGREDIENTS

- » 2 cans chunk chicken breast packed in water (drained)
- » ½ cup chopped dill pickles
- » 2 Tbsp real mayonnaise
- » Everything Bagel seasoning (to taste)

DIRECTIONS

1. Mix all ingredients in a large bowl until well blended.
2. Top with sliced almonds if desired.
3. Enjoy!

 Submitted by Nancy Nosari

CUCUMBER SALAD

INGREDIENTS

- » 2 English Cucumbers, sliced
- » 2 Tbsp Primal Kitchen Mayonnaise
- » 2 Tbsp sour cream
- » 2 Tbsp Bragg Apple Cider Vinegar
- » ½ tsp garlic
- » 1 tsp dill
- » Redmond Real Salt/pepper to taste

DIRECTIONS

1. Mix all ingredients.
2. Optional: Sprinkle with paprika.
3. Serve and enjoy!

 Submitted by Andrea Scott

SHRIMP & AVOCADO SALAD

INGREDIENTS

- » Cooked shrimp
- » Hearts of Palm noodles
- » Artichoke hearts
- » Avocado
- » Juice of one lemon
- » Green onions
- » 1 Tbsp Code Red Olive Oil
- » Oregano
- » Dill weed
- » Salt and pepper to taste

DIRECTIONS

1. Mix all ingredients together and serve.
2. If in maintenance you may add some feta cheese.

 Submitted by Andrea Scott

ZUCCHINI SALAD

INGREDIENTS

Salad:

- » 3 small zucchini cut into half moon slices
- » ½ cup sliced black olives
- » 1 small jar marinated artichoke hearts (water packed)
- » 1 red pepper, diced
- » ½ red onion, diced
- » 1 tsp dried basil
- » 1 tsp dried oregano

Dressing:

- » Lemon juice
- » Code Red Olive Oil

DIRECTIONS

1. Mix salad ingredients and toss with dressing.
2. Add chicken or shrimp if desired.

 Submitted by Andrea Scott

BERRY SALAD WITH BALSAMIC VINEGAR

INGREDIENTS

- » 1 cup strawberries
- » 1 cup blueberries
- » 1 cup blackberries
- » 1 cup raspberries
- » 2 Tbsp balsamic vinegar

DIRECTIONS

1. Mix all ingredients.
2. Serve.

 Submitted by Andrea Scott

BROCCOLI BACON SALAD

INGREDIENTS

Dressing:

- » 1½ cups mayonnaise
- » ¼ cup Lakanto Monk Fruit Sweetener
- » 3 Tbsp apple cider vinegar
- » 3 Tbsp lemon juice
- » 1 tsp Redmond Real Salt

Salad:

- » 8 cups of broccoli florets cut into bite-sized pieces
- » 10 slices of bacon, cooked and crumbled
- » ½ cup finely chopped red onion
- » ½ cup sunflower seeds
- » ½ cup pecans or almonds

DIRECTIONS

1. First, combine all dressing ingredients and whisk together until smooth.
2. Toss in all the salad ingredients and toss until all covered with the dressing.
3. Cover and refrigerate for at least 60 minutes before serving.

 Submitted by Melanie Wyman

GREEK SALAD

INGREDIENTS

- » 4 large ripe tomatoes, chopped
- » ½ large red onion
- » 2 large cucumbers
- » 1 cup olives
- » 4 oz feta cheese: crumbled (optional; remove in weight loss mode)
- » 2 Tbsp Code Red Olive Oil
- » 1 Tbsp red wine vinegar
- » 1 tsp dried oregano
- » Redmond Real Salt

DIRECTIONS

1. Place the chopped tomatoes in a large bowl and add a few pinches of Redmond Real Salt.
2. Thinly slice the red onion.
3. Peel alternating strips from the cucumbers, making a striped pattern with the peel (alternatively, remove the peel entirely). Cut the cucumbers in half and use a spoon to remove the seeds; then, cut them into ½-inch pieces.
4. In a large bowl, combine the tomatoes, red onion, and cucumbers with the olives, feta cheese crumbles (optional; remove in weight loss mode), olive oil, and red wine vinegar. If desired, add the dried oregano and gently mix to combine.
5. Serve immediately or let sit at room temperature for several minutes to allow the flavors to meld.

BERRY CASHEW SALAD

INGREDIENTS

- » 1 head romaine lettuce
- » 1 bag baby spinach
- » ¾ cup cashews
- » 1 cup fresh strawberries
- » 1 cup fresh raspberries
- » 1 cup fresh blueberries
- » 4-5 slices cooked bacon, crumbled

DRESSING

- » ¾ cup Code Red Olive Oil
- » 1/3 cup Lakanto Powdered Monk Fruit Sweetener
- » 1/3 cup apple cider vinegar
- » 1 tsp garlic powder
- » 1 tsp celery salt
- » Poppy Seeds

DIRECTIONS

1. Cut up lettuce and mix with other ingredients.
2. Mix dressing ingredients together and shake well.
3. Pour dressing over salad and mix well.

 Submitted by Terri Baker

EASY LAYERED SALAD

INGREDIENTS

- » 3½ cups shredded iceberg lettuce
- » 1 cup chopped celery
- » 1 cup chopped red onion
- » 1 cup chopped green pepper
- » 1½ cups chopped cooked ham
- » ¾ cup cashews
- » 1 cup chopped roma tomatoes
- » 3 hard-boiled eggs, chopped
- » Paprika
- » Red onion rings for garnish
- » Parmesan cheese (omit if in weight loss mode)

Dressing:

- » 1 cup avocado mayonnaise
- » 1 cup sour cream
- » 1 Tbsp prepared mustard
- » Dash of paprika

DIRECTIONS

1. In a straight-sided 3-quart clear bowl, layer lettuce, celery, onion, pepper, ham, cashews and tomatoes.
2. To make dressing, combine all ingredients.
3. Arrange chopped eggs around edge of dish.
4. Sprinkle with parmesan (if in maintenance; omit in weight loss mode) and paprika.
5. Spoon dressing over top of salad.
6. To serve, “dig” all the way to the bottom of the bowl.

 Submitted by Darla Wiltse

GRILLED STEAK SALAD WITH TOMATOES & AVOCADO

INGREDIENTS

- » 1 beef top sirloin steak (1-1/4 inches thick and 1-1/2 pounds)
- » 1 Tbsp Code Red Olive Oil
- » 3 tsp Creole seasoning (or other spicy seasoning)
- » 2 large tomatoes, chopped
- » 3 green onions, chopped
- » 1/4 cup minced fresh cilantro
- » 2 tsp grated lemon zest (optional)
- » 2 Tbsp lemon juice
- » 1/4 tsp Redmond Real Salt
- » 1 medium ripe avocado, peeled and cubed (1/2 inch)

DIRECTIONS

1. Rub both sides of steak with oil; sprinkle with Creole or spicy seasoning.
2. Grill, covered, over medium heat (or broil 4 inches from heat) 5-8 minutes on each side or until meat reaches desired doneness (for medium-rare, a thermometer should read 135°; medium, 140°; medium-well, 145°). Let stand 5 minutes.
3. In a large bowl, combine tomatoes, green onions, cilantro, lemon zest, lemon juice and salt; gently stir in avocado. Cut steak into slices and serve.

BARBECUE CHICKEN SALAD

INGREDIENTS

For The Chicken:

- » 1½ cups sugar-free barbecue sauce
- » 1 garlic clove
- » 6 skin-on, bone-in chicken breasts
- » 1 Tbsp Redmond Real Salt

For The Salad:

- » 1 tsp lime juice or juice of 1 lime
- » 3 cups or 1 bunch romaine lettuce chopped
- » 1 cup fresh cilantro leaves
- » 1 cup cherry tomatoes, halved
- » 1 avocado, chopped
- » ¾ cup of your favorite ranch dressing

DIRECTIONS

1. Preheat the oven to 400°F.
2. Pour the barbecue sauce into a medium saucepan and grate in the garlic. Heat the mixture over medium heat until piping hot. Remove 1/3 cup sauce to a bowl and set aside for when the chicken is done.
3. Line a baking sheet with foil and add the chicken breasts skin-side up. Brush 1 Tbsp sauce over each breast, then sprinkle each with ½ tsp Redmond Real Salt.

4. Roast the chicken in the oven for about 35 minutes, brushing each breast with sauce a couple of times. When the chicken is done, a thermometer inserted into the center will reach 165°. Let cool.
5. Slice the chicken off the bone.
6. Toss the lettuce, cilantro, tomatoes, avocado and lime in a large bowl; toss with the ranch dressing.
7. Divide the salad among bowls and top with the chicken.

EASY TACO SALAD

INGREDIENTS

- » ½ lb hamburger, chopped up
- » 3 Tbsp chopped onion
- » 2 cups chopped lettuce (or spinach, or a mix)
- » ½ cup chopped or cherry tomatoes (halved)
- » ½ cup broken up pork rinds for the base
- » ½ tsp chili powder
- » ½ tsp cumin
- » 1 tsp Redmond Real Salt
- » 1 tsp Redmond Garlic Salt
- » Sour cream to taste
- » Salsa to taste
- » Ranch dressing to taste
- » Guacamole if desired

DIRECTIONS

1. Place hamburger and onion in a medium heat skillet and chop as it heats.
2. Sprinkle on salts and seasonings, mix, and heat, turning over as needed.
3. Place pork rinds in a bowl broken into smaller chunks.

4. Add lettuce and tomatoes.
5. Top with meat mixture from the skillet (it's best if still warm or hot).
6. Top with salsa, sour cream, ranch, or guacamole.

 Submitted by Pam Apfelbeck

STRAWBERRY MIXED GREENS WITH WALNUTS SALAD

INGREDIENTS

- » 3 cups lettuce/spinach mixed greens
- » 1 pint fresh strawberries
- » ½ cup grape tomatoes
- » ½ cup walnut halves and pieces
- » 2 ounces feta cheese, crumbled (optional; remove in weight loss mode)

DIRECTIONS

1. Prepare ingredients by rinsing and draining the tomatoes, strawberries and greens. Slice or halve the strawberries as preferred.
2. Arrange the greens on a plate or bowl. Layer with strawberries, walnuts, tomatoes and cheese.
3. Serve with balsamic vinaigrette or salad dressing of your choice.

DRINKS



CODE RED STRAWBERRY LEMONADE

INGREDIENTS

- » Cold water
- » Strawberry Yuzu-flavored Hydra-Charge
- » Unsweetened lemon juice

DIRECTIONS

1. Add Strawberry Yuzu-flavored Hydra-Charge and unsweetened lemon juice to a bottle of cold water.
2. How much you use will depend on the size of the water bottle, so start with less (especially less of the unsweetened lemon juice, since it's very tart) and add more if needed. I do a 40-oz bottle with 1 scoop of Hydra-Charge and 2-4 Tbsp of lemon juice (depending on how much lemon I want to taste).
3. Carefully shake or stir water and enjoy!

 Submitted by Andrea Dell

LEMON-GINGERADE

INGREDIENTS

- » 6 lemons
- » Small piece of fresh ginger
- » ½ tsp stevia
- » 128 oz water

DIRECTIONS

1. Juice the lemons.
2. Peel and finely grate the ginger with a lemon zester
3. Add lemon juice, ginger and stevia to the water.
4. Chill and enjoy.

 Submitted by Andrea Scott

QUICK BERRY LEMONADE FOR ONE

INGREDIENTS

- » ¼ cup lemon juice (juice of 1 lemon or fresh lemon juice)
- » 1 cup water
- » 1 Tbsp Lakanto Monk Fruit Sweetener
- » 1 thin slice of cucumber
- » A few frozen strawberries or blueberries
- » 4 ice cubes

DIRECTIONS

1. Squeeze the lemon through a sieve into a glass or add lemon juice.
2. Add water and stir in sweetener.
3. Drop in a few frozen berries of your choice.
4. Taste and add additional sweetener or lemon juice.
5. Add cucumber on top.
6. Add ice and stir. (Modify for size of glass or dilute with water if desired.)

 Submitted by Pam Apfelbeck

MOJITO ICED GREEN TEA

INGREDIENTS

- » 6 green tea bags
- » 2 lemons, sliced
- » 2 limes, sliced
- » 1 small bunch fresh basil leaves
- » 1 small bunch mint leaves
- » Lakanto Monk Fruit Sweetener to taste

DIRECTIONS

1. Bring 6 cups of water to a boil. Once boiling, remove the pot from the heat and add the tea bags. Let steep for 5 minutes (more or less depending on the strength of tea desired) and then remove the tea bags from the water.
2. Gently crush the basil and mint leaves in a mortar and pestle or a small ceramic bowl with the back of a wooden spoon to release the fresh oils. Set aside.
3. Pour the green tea into a pitcher, refrigerate until chilled, and then add lemon slices, lime slices, and the fresh herbs. Serve chilled.

DESSERTS



“BETTER THAN ICE CREAM” BLUEBERRY SURPRISE

INGREDIENTS

- » 1/3 cup frozen blueberries
- » 2 Tbsp almond butter
- » 2 Tbsp whipped cream
- » Stevia or Lakanto Monk Fruit to taste

DIRECTIONS

1. Whip liquid heavy cream until it's light and fluffy.
2. Pour frozen blueberries into a small bowl or ramekin.
3. Add almond butter.
4. Add 2 Tbsp of the whipped cream.
5. Add stevia/monk fruit to taste.

NOTE: Other nut butters can be substituted in place of almond butter. For a dairy-free option, try whipped coconut cream.

 Submitted by Andrea Dell

STRAWBERRY DELIGHT

INGREDIENTS

- » ½ cup water
- » ½ cup frozen strawberries
- » ½ cup full fat Greek yogurt
- » 1 Tbsp heavy whipping cream
- » ¼ tsp stevia
- » Dash of Redmond Real Salt

DIRECTIONS

1. Place all ingredients into a high speed blender.
2. Mix until well blended.
3. Makes a single serving, but recipe can easily be doubled for guests or family members.

 Submitted by Nancy Nosari

STRAWBERRY SORBET

INGREDIENTS

- » 16 oz (approx 3 cups) fresh or frozen strawberries
- » 2-3 scoops of Strawberry Yuzu Kaged Hydra-Charge
- » ¼ cup of warm water

NOTE: can substitute blueberries or raspberries if desired

DIRECTIONS

1. If the strawberries are not yet frozen, freeze the strawberries until completely solid, which should take 1-2 hours, but I usually just leave them in the freezer overnight.
2. Place the frozen strawberries into the bowl of a food processor or heavy-duty blender.
3. Blend until smooth.
4. Add warm water and press with a spatula to help along, as needed.
5. Taste when smooth and add Strawberry Yuzu Kaged Hydra-Charge, as needed, for sweetness.
6. Eat immediately for a softer texture, or transfer into a freezer-safe container and freeze for 1-2 hours or until firm.

 Submitted by Lory Stobart

KEY LIME PIE JARS

INGREDIENTS

- » 8 oz full fat Greek yogurt
- » 4 scoops of Lemon Lime Kaged Hydra-Charge
- » ½ cup chopped pecans

DIRECTIONS

1. Divide chopped pecans into ½ pint jars.
2. Place yogurt and Kaged Hydra-Charge in a mixing bowl and whip until smooth and fluffy. Divide evenly into ½ pint jars.
3. Place lids on jars and refrigerate at least 2 hours or overnight.
4. Before serving you can add a dollop of whipped heavy cream and add a lime if desired.
5. Creates six ½ pint jars.

 Submitted by Lory Stobart

YOGURT PARFAIT

INGREDIENTS

- » 1 cup full-fat Greek yogurt
- » 1 scoop Kaged Hydra-Charge (Pink Lemonade and Strawberry Yuzu work well, but any flavor works)
- » ¼ cup cut up strawberries
- » ¼ cup cut up blueberries

DIRECTIONS

1. Put the scoop of Kaged Hydra-Charge in the yogurt and mix well.
2. Place 1/3 of the yogurt mixture in a dessert cup.
3. Next place a layer of fruit.
4. Then 1/3 of the yogurt.
5. Layer of fruit.
6. Last 1/3 of the yogurt.
7. And then top with the rest of the fruit.

This is a big hit with my kids as a yummy dessert that can also be eaten for breakfast!

 Submitted by Melanie Wyman

FROZEN BERRY & YOGURT SWIRLS

INGREDIENTS

- » 10 plastic or paper cups (3 ounces each)
- » 2¾ cups full fat Greek yogurt
- » 1 cup mixed strawberries, blueberries, raspberries
- » ¼ cup water
- » ¼ cup Lakanto Monk Fruit Sweetener
- » 10 wooden pop sticks

DIRECTIONS

1. Fill each cup with about ¼ cup yogurt.
2. Place berries, water, and sweetener in a food processor; pulse until berries are finely chopped.
3. Spoon 1½ Tbsp berry mixture into each cup. Stir gently with a pop stick to swirl.
4. Top cups with foil; insert pop sticks through foil.
5. Freeze until firm.

STRAWBERRY VANILLA SUNDAES

INGREDIENTS

- » 4 oz full fat cream cheese, softened
- » 1 cup full fat plain Greek yogurt
- » 2 cups heavy whipping cream
- » ¼ cup Nut milk (such as almond or cashew milk)
- » 1 tsp real vanilla extract
- » 1 cup Lakanto Monk Fruit Sweetener
- » 2½ cups sliced fresh strawberries, divided
- » 1 Tbsp water

DIRECTIONS

1. In a large bowl, beat cream cheese, heavy whipping cream, yogurt, and sweetener. Add the nut milk and vanilla and beat until smooth.
2. In a blender, process ½ cup strawberries and water until blended. Fill small bowls or ramekins 1/3 full with mixture.
3. Add a layer of chopped strawberries and some of the strawberry sauce. Repeat the cream mixture, strawberries, and any remaining strawberry sauce.
4. Cover and refrigerate for at least 2 hours. (Freeze a while if needed to thicken.) If desired, garnish with whipped heavy whipping cream.

 Submitted by Pam Apfelbeck

WHERE TO GET MY FAVORITE INGREDIENTS

REDMOND REAL SALT & SPICES

www.coderedlifestyle.com/realsalt

(Use CODERED15 for 15% off)

KAGED HYDRA-CHARGE

www.coderedlifestyle.com/km

(Use CODERED35 for 35% off)

LAKANTO MONK FRUIT SWEETENER & STEVIA

www.coderedlifestyle.com/amazon

(Look under “What To Eat”)

CODE RED OLIVE OIL

www.coderedoliveoil.com