

The REAL Dish

GRILL & CHILL

MENU



GET THE PARTY STARTERS

SIPS AND BITES



**WATERMELON, JICAMA
AND CHERRY BITES**



BERRY BLISS MOCKTAIL



**FRUIT AND CITRUS SPARKLING
WATER MASON JARS**

**1 CUP STRAWBERRIES
1/2 CUP BLUEBERRIES
2 CUPS CRUSHED ICE
1 CUP ALOE VERA JUICE
BLEND AND SERVE**

CREAMY MEDMEX GUAC

SILKY YUMMY



Servings: 6

INGREDIENTS

- 1 cup plain Greek yogurt
- 2 avocados, flesh removed
- 1 tsp sea salt
- 1 tsp ground black pepper
- 1/4 cup red onion, chopped
- 1/4 cup fresh cilantro, chopped
- 1 clove garlic, crushed
- 1 lime, juiced plus 1 tsp zest, grated



Directions:

1. Blend avocado flesh and Greek yogurt with a fork until smooth; use a stick blender or regular blender for maximum creaminess.
2. Add remaining ingredients and blend. Adjust seasonings as desired. Serve with cut veggies or as a topping for GRILLED CHICKEN.



MELON & MINT JUBILEE

BALLS O' FUN!



Servings: 6

INGREDIENTS

- 4 cups honeydew melon
- 4 cups watermelon
- 4 cups cantaloupe
- 2 tbsp fresh mint
- 1/2 lime
- 1 mandarin orange

Directions:

1. Using a melon baller or a teaspoon, carve melons into bite size balls
2. Mince fresh mint
3. Add melons to a large bowl. Squeeze fresh lime and orange over melons. Add mint. Mix all ingredients, and refrigerate.

CRUNCHY MEDMEX SALAD

TEXTURE RULES



Serves 6

INGREDIENTS

2 cups romaine lettuce
2 cups baby spinach
1/2 cup grape tomatoes
1/2 seedless cucumber
4 tbsp fresh cilantro
1/8 large red onion
1 oz feta cheese
1/3 cup mixed olives

Dressing

3 Tablespoons Extra Virgin Olive Oil
1 Tablespoon Balsamic Vinegar
1 teaspoon ground oregano
1/2 teaspoon black pepper
1/3 cup crunchy chickpeas



Directions:

1. Chop and combine all salad ingredients in a large bowl.
3. Whisk together dressing ingredients and toss with salad. Top with Crunchy Cumin Chickpeas (see next recipe.) Serve chilled.



CRUNCHY CUMIN CHICKPEAS

BETTER THAN CROUTONS



Serves 6

INGREDIENTS

- 4 cups cooked garbanzo beans
- 2 tsp olive oil
- 1 tsp cumin seed
- 1 tsp chili powder
- 1/2 tsp red or cayenne pepper



Directions:

1. Pre-heat the oven to 400°F and arrange a rack in the middle.
2. Place the chickpeas in a large bowl and toss with the remaining ingredients until evenly coated.
3. Spread the chickpeas in an even layer on a rimmed baking sheet and bake until crisp, about 30 to 40 minutes. Cool and sprinkle over Crunchy MedMex Salad or as a great snack.

QUINOA BERRY ALMOND SALAD

SWEET & SUNNY



Serves 6

INGREDIENTS

- 1/2 cup dry quinoa
- 2 cups strawberries, sliced
- 2 cups fresh blueberries
- 1/2 cup chopped apricot or mango
- Stevia for taste
- 1 tsp balsamic vinegar
- 1 tbsp fresh lime juice
- Pinch o sea salt
- 1 cup raw almonds, chopped fine in a food processor
- 1 tbsp mint



Directions:

1. In a small sauce pan, bring 1 cup of water to a boil. Add quinoa and cook over medium heat for about 20 minutes or until quinoa is cooked tender. You can also cook in a rice cooker (one of my favorite hacks). Cool thoroughly.
2. Meanwhile, chop the fruit and mint and place in a large bowl.
3. Whisk the balsamic vinegar, lime juice, salt, stevia, and mint in a small bowl.
4. Fluff cooked quinoa with a fork; add to large bowl and toss gently with fruit.
5. Toss with dressing and chill in the fridge for at least 30 minutes before serving.

ROSEMARY GARLIC LEMON CHICKEN & VEGGIE SKEWERS

P O R T A B L E P R O T E I N



INGREDIENTS

- 2 Lbs. boneless chicken thighs, cubed
(SUBSTITUTE CHICKEN WITH SEAFOOD IF DESIRED)
- 4 bell peppers
- 1 fresh lemon
- 2 red onions
- 1/2 lb Cherry tomatoes
- 1 tbsp fresh rosemary, minced
- 3 cloves fresh garlic
- 1 tsp ground black pepper
- 2 tsp olive oil



Directions

1. Soak wooden skewers into water from 10 to 30 minutes
2. Cut the chicken into 1" cubes.
3. Dice bell peppers and onion into 2" chunks
4. Assemble skewers with chicken, onion, cherry tomato and bell pepper.
5. Marinate skewers for 30 minutes to overnight
6. Pre-heat a skillet or outdoor grill to medium-high heat. Cook skewers 8 minutes on each side or until chicken is thoroughly cooked (165F degrees internal temperature)



FROZEN FRUITY POPS

B E A K I D A L W A Y S



Serves 6

1 lbs. Mixed fruit, including strawberries, blueberries, kiwi and melons
4 cups Lemonade (no sugar added);
can also use sparkling lemonade

You'll also need: Popsicle Molds
If you don't have these, no prob!
Just use clear cups and a popsicle stick.



Directions

1. Wash and clean fruit with eatCleaner Fruit + Veggie Wash
2. Chop into thin slivers; blueberries can remain whole
3. Fill popsicle mold with several pieces of fruit; top with lemonade, leaving enough room for holder. Freeze until solid and lick away!



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NO PARTY POOPERS



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