



COMPLETE BBQ SUMMER MEAL WITH RECIPES



Are you ready to BBQ?

Almond Chips with Fresh Salsa
Kaleslaw with Apple Cider Vinaigrettes
Grilled Chili & Spice Beef Burger
Sun-Kissed Raspberry Yogurt
Tropical Fruit Punch

Almond Chips

PREP TIME: 20 MINUTES

COOKING TIME: 10 MINUTES

YIELD: 6 SERVINGS

Blanched almond flour has 4 times the **fibre** content compared to the regular all-purpose flour. Make sure to roll the dough very thinly to Achieve the right crunch! Enjoy the chips with the salsa in the next two pages!

Ingredients

- * 1 $\frac{3}{4}$ blanchd almond flour
- * 2 tsp egg whites
- * 2 tsp cold water
- * 1 $\frac{1}{2}$ tsp coconut oil, melted
- * 1 tsp chopped fresh cilantro
- * $\frac{1}{2}$ tsp fresh lime juice
- * $\frac{1}{4}$ tsp sea salt
- * Coarse sea salt for sparkling on top (optional)

Method

- * Preheat the oven to 350 °F.
- * Place all ingredients except for coarse salt in the bowl of a stand mixer or food processor and mix until a loose ball of dough forms.
- * Form to dough into 8 small balls and roll them out into thin circles between two pieces of parchment paper, about 1/16 inch thick. Remove the top sheet of parchment.
- * Use a pizza cutter to cut the circles into triangles. Trim off the jagged edges if desired. Sprinkle the chips with coarse salt, if desired.
- * Carefully transfer the parchment paper to a baking sheet.



* Bake for 5 minutes. Flip the chips and gently separate them. Bake for an additional 4 minutes, or until browned. Cool on a wire rack before serving.

Nutritional Information (per serving)

Calories: 216kcal

Carbs: 7g

Fibre: 3g (12% of DV)

Sugar: 1g

Fat: 18g

Protein: 8g

Sodium: 100mg

Calcium: 168mg (8.4% of DV)

Iron: 0.6mg (8% of DV)

For more information, refer to p.80 of Against All Grain by Danielle Walker.

Fresh Salsa

Making salsa is a breeze, and the flavour is better when you whip it up fresh at home. Although they are packed with flavours, they are low in calories so don't be afraid to Use liberally for the almond chips, to spice up scrambled eggs, or to spoon on top of your burger!

Pineapple Salsa

PREP TIME: 10 MINUTES

YIELD: 2 CUPS

Ingredients

- * 4 cups diced fresh pineapple
- * 1 cup red bell pepper, seeded and chopped
- * ½ small serrano pepper, seeded and chopped
- * 2 tbsp chopped green onions
- * 2 tbsp chopped fresh cilantro
- * 1 tbsp fresh lime juice
- * 2 tsp apple cider vinegar
- * 1 tsp minced garlic.
- * ¼ tsp sea salt
- * ¼ tsp chilli powder

Method

- * Place all the ingredients in a food processor. Pulse until fruits and vegetables are finally chopped.
- * Chill one hour before serving.



Nutritional Information (per ¼ cup - 60 mL)

Calories: 37kcal

Carbs: 8g

Fibre: 0.2g

Sugar: 0.1g

Fat: 0g

Protein: 0.2g

Sodium: 22mg

Calcium: 80mg (0.4% of DV)

Iron: 0.1mg (0.5% of DV)

For more information, refer to p.320 of Against All Grain by Danielle Walker.

Roasted-Tomatilla Salsa

PREP TIME: 20 MINUTES

COOKING TIME: 10 MINUTES

YIELD: 2 CUPS

Ingredients

- * ½ lbs tomatillos, husked and rinsed
- * 1 or 2 Serrano chilies, stemmed
- * 1 large clove garlic
- * ¼ cup chopped fresh cilantro
- * ¼ cup diced white onion
- * 2 tsp fresh lime juice
- * ¼ tsp sea salt
- * ¼ tsp cumin

Method

- * Preheat the oven to 425°F.
- * Place the tomatillos, chilies, and garlic on a rimmed baking sheet in the top third of the oven, about 6 inches away from the heating element. Roast until black spots bubble up and the vegetables softened, about 5 minutes. Flip them over and roast for an additional 5 minutes.
- * Cool for 5 minutes, then transfer everything to a blender, including all the pan juices. Add the remaining ingredients and blend until smooth. Chill before serving.



Nutritional Information (per ¼ cup - 60 mL)

Calories: 77kcal

Carbs: 11g

Fibre: 2.6g (0.1% of DV)

Sugar: 1g

Fat: 2g

Protein: 3.2g

Sodium: 170mg

Calcium: 160mg (8% of DV)

Iron: 0.6mg (7% of DV)

For more information, please refer to p.320 of Against All Grain by Danielle Walker.

Kaleslaw with Apple Cider Vinaigrettes

PREP TIME: 15 MINUTES

YIELD: 8 CUPS

Our dietetic intern can't take this salad anywhere without someone demanding or begging for the recipe. Kale is packed with fibre, **calcium**, **iron**, and **phytonutrients**. She makes this salad more than any other salads. We also love the colour and we're pretty sure you will too!

Ingredients

Salad

- * 4 cups packed chopped kale (ribs removed)
- * 2 cups finely sliced or grated red cabbage
- * 2 cups grated carrots,
- * 1 cup dried cranberries
- * $\frac{3}{4}$ cup pumpkin seeds
- * $\frac{1}{2}$ cup chopped green onions (with white part)
- * $\frac{1}{3}$ cup chopped fresh parsley

Apple Cider Vinaigrette Dressing

- * $\frac{1}{3}$ cup olive oil
- * 3 tbsp apple cider vinegar
- * 2 tbsp freshly squeezed lemon juice
- * 2 tbsp Dijon mustard
- * 2 tbsp pure maple syrup
- * $\frac{1}{4}$ tsp sea salt
- * Freshly ground black pepper to taste



Method

- * Whisk together all dressing ingredients in a small bowl. Set aside until ready to use. You might not use all of it.
- * Place chopped kale in a large bowl. Add a quarter cup vinaigrette and massage kale for 5 minutes using your hands.
- * Add all remaining salad ingredients and at least 6 tablespoons of dressing (or more, if desired). Mix well.
- * Cover and refrigerate for at least an hour before serving.

Nutritional Information (per cup - 250 mL)

Calories: 181kcal

Carbs: 24g

Fibre: 3g (12% of DV)

Sugar: 16g

Fat: 8.4g

Protein: 6g

Sodium: 26mg

Calcium: 140mg (7% of DV)

Iron: 1.1mg (13% of DV)

For more information, refer to p.62 of Yum and Yummer by Greta Podlaski.

Grilled Chili & Spice Beef Burger

PREP TIME: 25 MINUTES

COOKING TIME: 30 MINUTES

YIELD: 4 BURGERS

Lettuce-wrapped burgers are wonderful when you want a lighter meal, but there are just certain times when you want to be able to pick up your burger and feel the heft of it. They will crumble a bit more than their gluten counterparts but still do the trick! They are best eaten within a day but can be frozen and toasted for later use. Oh, did we mention the buns are high in fibre, calcium, and iron? The beef patties are also a good source of iron and protein.

Ingredients

Buns

- * 1 ½ cup raw cashews
- * 3 eggs
- * ¾ tsp apple cider vinegar
- * ¼ cup unsweetened almond milk
- * ¼ cup palm shortening or ghee, softened
- * ⅓ cup coconut flour
- * ⅓ cup blanched almond flour
- * 1 tsp sea salt
- * 1 tsp baking soda
- * 1 egg yolk
- * 2 tsp coconut milk
- * 1tsp sesame seeds (optional)



Method

- * Preheat the oven to 325°F.
- * Place cashews in a food processor and process for 10 seconds, until ground into coarse flour.
- * Add the eggs, vinegar, milk, and shortening. Process until very smooth, about 30 seconds.
- * Add flours, salt, and baking soda. Process again until smooth and sticky dough has formed.
- * Using wet hands, shape the dough into four buns. Rewet hands as needed to keep the dough from sticking and to achieve a smooth surface.
- * Place the egg yolk and coconut milk in a small bowl and whisk. Brush the dough tops with the egg wash and sprinkle with sesame seeds.
- * Place the buns on a baking sheet lined with parchment paper, place in the oven, and bake for 25 minutes.

Nutritional Information (per bun)

Calories: 632kcal

Carbs: 45g

Fibre: 6g (24% of DV)

Sugar: 4g

Fat: 44g

Protein: 18g

Sodium: 94mg

Calcium: 520mg (26% of DV)

Iron: 2.3mg (28% of DV)

For more information, please refer to p.242 of Against All Grain by Danielle Walker.

Seasoning

- * 2 tbsp chilli powder
- * 1 ½ to 2 tsp Herbamare or salt
- * 1 ½ tsp garlic powder
- * 1 tsp black pepper
- * 1 tbsp ground cumin
- * 1 tsp oregano
- * 1 tsp crushed red pepper flakes

Patty

- * 1 lb ground beef
- * 1 ½ cup grated zucchini

Method

- * Combine 1 ½ tbsp of seasoning with 1 lb of ground beef.
- * Add up to 1 ½ cups of grated zucchini to the burger mix.
- * Form 4 thick burgers. Once formed, make an indent in the middle of each burger. This will help it keep its shape while cooking.
- * Grill slowly over low heat for about 10 minutes, turning over after 5 minutes.



Nutritional Information (per patty)

Calories: 208kcal

Carbs: 1.5g

Fibre: 0.5g (2% of DV)

Sugar: 1g

Fat: 8g

Protein: 24g

Sodium: 97mg

Calcium: 20mg (1% of DV)

Iron: 1.7mg (21% of DV)

For more information, please refer to p.66 of Share Goodness by Janet Jacks.

Sun-Kissed Raspberry Yogurt

PREP TIME: 10 MINUTES

YIELD: 4 CUPS

Flowers add colour and aroma to plain yogurt beautifully and effortlessly. Greek yogurt is high in **protein** and **calcium**, whereas raspberries contain a lot of **fibre** and little calories. This dessert can be served buffet-style so both adults and kids will have fun mixing and matching all the different toppings!

Ingredients

- * 1 ⅓ cup black or regular raspberries
- * 20 fresh peppermints or spearmints leaves
- * 4 fresh lavender flowers
- * 8 fresh beebalm flowers
- * 3 cups plain greek yogurt
- * 4 tsp Maple syrup

Method

- * **Mise en place:** Wash and prepare all the ingredients and put them in bowls
- * Put yogurt and maple syrup in your bowl first
- * Top it with your choice of toppings



Nutritional Information (per serving - 1 cup)

Calories: 5kcal
Carbs: 64g
Fibre: 4g (16% of DV)
Sugar: 7g
Fat: 1.2g
Protein: 5g
Sodium: 3mg
Calcium: 200mg (20% of DV)
Iron: 0.11mg (1.4% of DV)

Tropical Fruit Punch

PREP TIME: 5 MINUTES

YIELD: 10 CUPS

This punch is festive and fun for parties. You can also make ice pops with the punch for a refreshing frozen snack. Choose a brand of orange juice that is fortified with **calcium** is another seamless way to boost your calcium intake!

Ingredients

- * 2 cups calcium fortified orange juice, chilled
- * 2 cups pineapple juice, chilled
- * 2 cups cranberry juice, chilled
- * 4 cups Club Soda, chilled
- * Ice cubes
- * 10 orange slices (optional)
- * 20 fresh peppermints or spearmints leaves (optional)

Method

- * Combine all the juices in a pitcher. Stir in club soda just before serving. Serve over ice cubes.
- * Garnish each serving with 1 orange slice and a few mint leaves, if desired.



Nutritional Information (per cup - 250 mL)

Calories: 66kcal
Carbs: 15.2g
Fibre: 0g
Sugar: 13g
Fat: 0.1g
Protein: 0.4g
Sodium: 22mg
Calcium: 120mg (6% of DV)
Iron: 2.4mg (3% of DV)