

# Summer BBQ's

*Delicious easy to make BBQ recipes*



Be Naturally Fit-Fit Club  
Recipes

Backyard BBQ's, park picnics and grilling on the beach are all part of what makes summer so special. I wanted to share some of my favourite tips and recipes to make your backyard bbq a success while focusing on our healthy habits!

First let's start with salads!

BBQ's don't have to be all about the grilled meat:) Here are 2 of my favourite summer salads that will always get finished.



### *Mango Curry Black Bean Quinoa Salad.*

#### **WHAT YOU NEED:**

- 1 Cup of quinoa, cooked in 2 cups of organic vegetable broth
- 1 can of black beans
- 2 small mangos
- 1/2 cucumber, chopped
- 1 red pepper, diced
- 3-4 great onions (or 1/2 red onion, chopped)
- 1 cup of diced cilantro
- 1/2 cup of chopped mint (optional)

**DRESSING:**

- 2 tbsp of freshly squeezed lemon juice
- 2 tbsp of olive oil
- 1 tbsp of maple syrup
- 1 tsp of curry
- 1 clove of garlic

**INSTRUCTIONS**

1. Cook your quinoa (can be done ahead of time) with vegetable broth.
2. Chop all your veggies, mangos and herbs.
3. Combine all the dressing ingredients in a mason jar and shake to combine.
4. Once the quinoa is cooked, combine all the chopped ingredients and dressing and toss.
5. Season with salt and pepper.
6. Serve immediately or store in the fridge! This salad travels well and makes great leftovers.

## ***GARDEN FRESH CHICKPEA AND AVOCADO SALAD***

**WHAT YOU NEED:**

- 2 ripe avocados
- 1 can of chickpeas
- 1/2 cucumber, chopped
- 2 large carrots, grated
- 2 cups of diced purple cabbage
- 1 bunch of kale, chopped and massaged in 1 tsp of olive oil and salt
- 1 red pepper, diced
- 3-4 green onions, diced

**MISO MUSTARD VINAIGRETTE DRESSING**



- 2 tbsp of white (or red) miso paste
- 2 tsp of dijon mustard
- 2 tbsp of freshly squeezed lemon juice
- 3 tbsp of olive oil (or any high quality oil)
- 1 tsp of freshly grated ginger
- 1 tsp of honey

## INSTRUCTIONS

1. Start by chopping the kale and massaging it with a little olive oil and salt, this will help make it more tender and digestible.
2. Next chop the rest of your veggies.
3. Combine the diced avocado, chickpeas and rest of your veggies and toss with the dressing.
4. NOTE\* if you are bringing this salad somewhere, its best to add the avocado right before serving:) No one likes brown avocado....

## *Grilled Maple Salmon Recipe*

A grilled salmon on the bbq that is juicy, flavourful and super easy!

### WHAT YOU NEED:

- 1 large fillet of fresh wild caught salmon
- 1/4 cup of maple syrup
- 2 tbsp of soy sauce
- 1 tbsp of Sesame oil
- 2 cloves of garlic
- 1 tbsp of grated ginger
- fresh herbs for garnish (I prefer cilantro, basil, or dill)

## INSTRUCTIONS



1. Stir together marinade and transfer to a large zip-lock bag.
2. Place the salmon fillet in the ziplock and seal the bag. Marinate in the fridge for an hour.
3. Grill salmon skin side down over medium for 10 minutes or until cooked to your liking. I am not a flipper and prefer a just done salmon over a well cooked salmon.
4. Season with a little freshly cracked pepper and your fresh herbs.

### *Smoked Paprika Yam Jewels*

- 4-5 Organic Yams, olive oil and Smoked Paprika!

Simply cut up your yams into chunks, toss in olive oil and season with 2-3 tsp of smoked paprika and salt and pepper! Grill on medium to high heat on the bbq for 45 minutes or roast in your oven at 400 degrees for 45 minutes.

### *Mint, Ginger, Lime Infused Water*



## WHAT YOU NEED

- Big chunk of fresh ginger
- 1/4 cucumber sliced
- 1 lime
- Fresh organic mint leaves
- 2 liters of water (can use sparkling water as well)

Slice up the cucumber, ginger, and mint and add to the water in a large pitcher. Squeeze in the lime juice and allow to infuse for at least an hour in the fridge.

## *Kombucha Pomegranate Sangria*

### WHAT YOU NEED

- 1-2 cups of fresh berries (raspberries, blueberries or cherries)
- 4 cups of organic unsweetened pomegranate juice
- 2 bottles of kombucha
- Red Wine (optional)

### INSTRUCTIONS

1. To infuse the pomegranate (and wine if you so choose) add the berries at least an hour before you plan on serving. Keep in fridge.
2. To serve, fill your cup with half the pomegranate drink and then add equal parts kombucha.
3. Add some ice and serve:)



## *Blueberry Crisp*



What BBQ would be complete without a summer fresh dessert?

### **WHAT YOU NEED**

- 3 cups of fresh blueberries
- 2 cups of oats
- 1 cup of almond meal (make your own in your blender!)
- 1/2 cup of chopped up pumpkin seeds
- 1/2 cup of coconut flakes
- 1/2 cup of chopped up cashews
- 1/2 cup of peanut butter
- 1/2 cup of coconut oil
- 1/4 cup of agave
- 1 tbsp of cinnamon
- lots of sea salt to taste

## **INSTRUCTIONS**

1. Soften the coconut oil and mix with the agave and peanut butter
2. Chop all the nuts and seeds
3. Combine all the dry ingredients.
4. Now mix in the wet peanut butter/coconut oil mixture with the dry ingredients.
5. Add the blueberries to the baking pan and cover with crumble.
6. Bake for 25-30 minutes at 400 degrees or until golden brown and berries are bubbly. Remove from oven and let cool for at least 10 minutes. Serve with ice cream or yogurt.