



Summer Recipe Collection

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Hello Lovely,

Over the next pages, you will find a collection of delicious summer BBQ recipes. These recipes will keep you inspired and help you eat more nutrient-dense foods.

How to Use

All of these recipes have been selected to support a healthy and balanced diet, but you don't need to make them all at once. Start by adding a couple of new recipes into your normal meal rotation.

Recipe Tips

On each recipe, you'll see the total time, the number of servings, the ingredients and directions. Start by checking the ingredient list and prep anything in advance. It is also helpful to read through the directions before you start so you have an idea of what's coming up before you dive in.

Cook Once, Eat Multiple Times

Most leftovers can last about three days in the fridge, so maximise your time in the kitchen. Make enough for the next day or double a recipe to last for a few days. This is a great habit that will save you time and money.





Carrot & Beet Salsa

4 servings
35 minutes

Ingredients

- 1 Beet
- 1 Carrot (medium, roughly chopped)
- 1/2 Yellow Onion (small, roughly chopped)
- 1 cup Fresh Coriander (chopped)
- 1 tbsp Lime Juice
- 1/4 tsp Sea Salt (to taste)

Directions

- 1 Bring a pot of water to a boil. Place the beet in a steamer over the boiling water and steam for 30 minutes, or until fork tender. When cool enough to handle, rub the skins off and cut into cubes.
- 2 In a food processor, combine the beet, carrot, onion, coriander, lime juice, and salt and process until your desired consistency is reached, adding a tablespoon of water at a time, if needed. Season with more salt to taste.
- 3 Refrigerate until ready to serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving equals approximately 1/3 cup.

More Flavor: Add tomato, peppers, jalapeno, or allspice.

Additional Toppings: Serve it with crackers, pitta or veggie sticks.



Tofu Veggie Summer Rolls

4 servings
15 minutes

Ingredients

3 tbsps Honey
2 tbsps Fish Sauce
2 tbsps Water (hot)
2 tbsps Lime Juice
8 Rice Paper Wraps
2 cups Purple Cabbage (thinly sliced)
1 Red Bell Pepper (medium, sliced)
1/2 Cucumber (sliced)
680 grams Tofu (extra firm, pressed, sliced)

Directions

- 1 In a bowl, whisk together the honey, fish sauce, water, and lime juice. Adjust to taste as needed.
- 2 Soften a sheet of rice paper underwater by submerging it in a shallow dish for five seconds. Transfer to a plate. Arrange the cabbage, bell pepper, cucumber, and tofu near the bottom of the wrap. Fold the bottom over the filling, then fold the sides. Tightly roll the rice paper until it is completely wrapped. Transfer to a separate plate and repeat this process until all ingredients are used up.
- 3 Dip into the sauce and enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate in an airtight container for up to two days. Separate the rolls with a damp cloth or lettuce leaves to prevent sticking.

Serving Size: One serving equals approximately two rolls.

Additional Toppings: Add bean sprouts, crushed peanuts, vermicelli, coriander, Thai basil, mint or prawns.

No Honey: Use sugar, maple syrup, or your sweetener of choice instead.

Hoisin Lover: Instead of the fish sauce, make a hoisin dipping sauce by mixing equal parts of peanut butter and hoisin sauce. Dilute with water to your preferred consistency.



Veggie Skewers

4 servings
15 minutes

Ingredients

- 4 Mushrooms (halved)
- 1 Red Onion (chopped)
- 1 Red Bell Pepper (seeds removed, chopped)
- 2 tbsps Extra Virgin Olive Oil
- 4 Barbecue Skewers
- Sea Salt & Black Pepper (to taste)

Directions

- 1 Toss the mushrooms, onion and bell pepper in a bowl with the oil until well coated.
- 2 Pierce the mushrooms, onion and bell pepper onto the barbecue skewers. Season with salt and pepper.
- 3 Grill over medium heat, turning frequently until slightly charred and cooked through, about 15 minutes. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving equals approximately one skewer with 7 to 8 pieces.

More Flavour: Add your choice of dried herbs or spices.



Cajun Spiced Salmon Skewers

3 servings
10 minutes

Ingredients

283 grams Salmon Fillet (skinless, cut into cubes)
1 tbsp Cajun Seasoning
3 Barbecue Skewers (cut in half)
1 tsp Extra Virgin Olive Oil

Directions

- 1 In a medium-sized bowl, add the salmon and cajun seasoning. Toss well, ensuring each piece is well coated.
- 2 Pierce the salmon onto the barbecue skewers.
- 3 Heat a cast-iron pan over medium heat. Once hot, add the oil. Add the skewers and cook for two to three minutes per side, or until cooked to your preference. Season with additional cajun seasoning if needed and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one day.

Serving Size: One serving is equal to two skewers with three pieces of salmon on each.



Steak Skewers with Pitta & Hummus

4 servings
20 minutes

Ingredients

454 grams Top Sirloin Steak (cut into 1-inch pieces)
1 Green Bell Pepper (medium, chopped)
1 cup Cherry Tomatoes
8 Barbecue Skewers
Sea Salt & Black Pepper (to taste)
2 Whole Wheat Pitta (sliced in half)
1 cup Hummus

Directions

- 1 Pierce the steak, bell pepper, and tomatoes onto the barbecue skewers. Season with salt and pepper.
- 2 Grill over medium-high heat, rotating occasionally for about eight to nine minutes or your desired doneness is reached.
- 3 Serve the skewers with pitta and hummus. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving equals approximately two 12-inch skewers, half a pitta, and 1/4 cup of hummus.

Gluten-Free: Use lettuce wraps instead of pita bread.

Additional Toppings: Add pickled veggies, lettuce, coriander, parsley, red onion, or olives.

Barbecue Skewers: If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.

No Hummus: Use baba ganoush or tzatziki instead.



BBQ Chimichurri Chicken with Sweet Potato Wedges

4 servings
30 minutes

Ingredients

1/2 cup Red Wine Vinegar
1 cup Fresh Coriander (thick stems removed)
1/4 cup Fresh Oregano
4 Garlic (cloves)
3/4 cup Extra Virgin Olive Oil (divided)
1 tsp Sea Salt
567 grams Chicken Breast (skinless, boneless)
2 Sweet Potato (medium, peeled and cut into wedges)

Directions

- 1 Add vinegar, coriander, oregano, garlic, 2/3 of the olive oil and salt to a food processor and blend until smooth. Occasionally scrape down the sides as needed.
- 2 In a large bowl, coat chicken breasts in half the chimichurri sauce and set aside. In a separate bowl, coat sweet potato wedges in the remaining olive oil.
- 3 Preheat grill on medium heat. Grill the chicken breasts until cooked, about 10 to 12 minutes each side. Grill the sweet potato wedges on all sides, about 10 minutes total.
- 4 Transfer to plates and top with desired amount of chimichurri. Enjoy!

Notes

Make it Spicy: Add a chili pepper or red pepper flakes to the chimichurri.

Storage: Refrigerate in an airtight container up to 3 days. Leftover chimichurri will keep up to 1 week.

No Coriander: Use parsley instead.



Cucumber & Tomato Quinoa Bowl

2 servings
15 minutes

Ingredients

- 1/2 cup Quinoa (dry)
- 1 head Iceberg Lettuce (chopped)
- 1/2 Cucumber (medium, chopped)
- 1 Tomato (medium, chopped)
- 1 cup Chickpeas (cooked)
- 2 tbsps Feta Cheese (crumbled)
- 2 tbsps Lemon Juice
- 3 tbsps Parsley (chopped)

Directions

- 1 Cook the quinoa according to the directions on the package, and set aside.
- 2 Divide the chopped lettuce equally between bowls or plates. Top with equal amounts of quinoa, cucumber, tomatoes, chickpeas, and feta.
- 3 Squeeze lemon juice ovetop and garnish with parsley. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving equals approximately two cups.

Make it Vegan: Use vegan cheese or omit the feta completely.

More Flavour: Cook the quinoa with broth instead of water. Add your favourite dressing ovetop.

Additional Toppings: Olives, capers, avocado, or red onion.



Strawberry, Spinach & Farro Salad

4 servings
40 minutes

Ingredients

- 1 cup Farro (rinsed)
- 1 cup Strawberries (divided)
- 1 1/2 tbsps Balsamic Vinegar
- 3 tbsps Water
- 1 1/2 tsps Maple Syrup
- Sea Salt & Black Pepper (to taste)
- 8 cups Baby Spinach
- 1/4 cup Red Onion (thinly sliced)

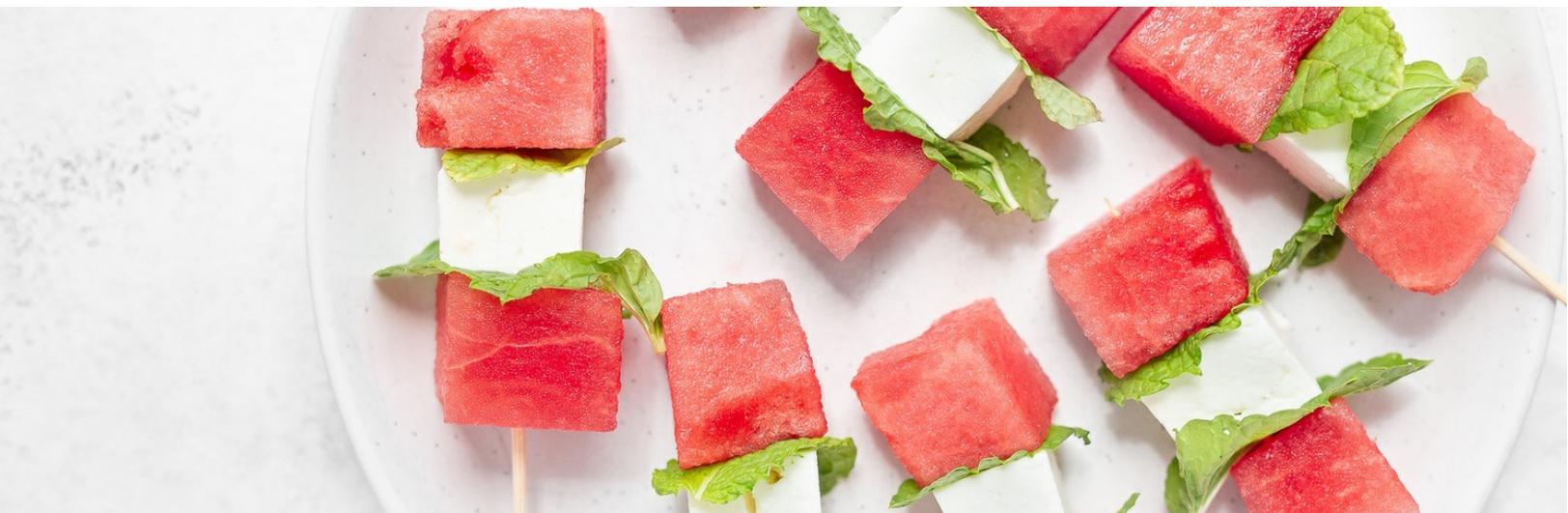
Directions

- 1 Cook the farro according to package directions and set aside to let cool slightly.
- 2 In a blender or food processor, add half the strawberries, balsamic vinegar, water, maple syrup, salt, and pepper and blend until smooth.
- 3 Slice the remaining strawberries.
- 4 Add the spinach, onion, and sliced strawberries to a large salad bowl. Add the cooked farro to the salad bowl. Drizzle the dressing on top and toss to combine. Serve and enjoy!

Notes

Leftovers: This is best stored with the dressing separate from the salad. Refrigerate both in an airtight container for up to three days.

Gluten-Free: Use quinoa instead of farro.



Watermelon & Feta Skewers

6 servings

15 minutes

Ingredients

1/2 Seedless Watermelon (medium, cut into cubes)

1/4 cup Mint Leaves

1 1/2 cups Feta Cheese (cubed)

Directions

1

Take a toothpick and thread the watermelon, a mint leaf, and feta cheese one at a time. Repeat until each toothpick is full. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Serving Size: One serving equals approximately four toothpicks.

Additional Toppings: Add cucumber slices.



Orange Popsicles

5 servings

5 hours

Ingredients

- 1 Carrot (small, peeled and chopped)
- 1 1/2 cups Orange Juice (freshly squeezed)
- 2 tbsps Maple Syrup

Directions

- 1 Add the carrots to a small pot of boiling water. Cook for eight to 10 minutes or until very tender. Drain and rinse the cooked carrots with cold water to help them cool. Set aside.
- 2 Add the orange juice, maple syrup, and cooked carrots to a blender and blend until very smooth and creamy.
- 3 Carefully pour the orange juice mixture into a popsicle mold and transfer to the freezer.
- 4 Freeze for about 60 minutes or until partially frozen. Insert popsicle sticks. Allow the popsicles to chill in the freezer for four to five hours more or until solid. Enjoy!

Notes

Leftovers: Keep frozen popsicles in an airtight container or zipper-lock bag for up to one month.

Serving Size: One serving equals one popsicle.

More Flavour: Add vanilla extract or orange zest.

No Popsicle Mold: Use paper cups with popsicle sticks instead.

Carrot: One small carrot is approximately 1/2 cup chopped carrot.

No Maple Syrup: Use a liquid sweetener of choice or omit.



Virgin Grapefruit Margarita

2 servings
10 minutes

Ingredients

- 1 Grapefruit (large, juiced)
- 2 Lime (juiced)
- 1 tbsp Maple Syrup
- 1 tsp Sea Salt (for garnish)
- 10 Ice Cubes
- 237 milliliters Soda Water (or more to taste)

Directions

- 1 Combine the grapefruit juice, lime juice, and maple syrup in a bowl or large measuring cup.
- 2 Place the salt on a plate. Wet the rim of a glass with some water then dip the glass in the salt. Repeat with the remaining glasses. Discard excess salt.
- 3 Divide the ice cubes between glasses. Pour the grapefruit mixture over the ice and top with the soda water. Carefully stir and enjoy!

Notes

Leftovers: Store grapefruit juice separately for up to three days. Assemble the drink just before serving.

Additional Toppings: Garnish with fresh grapefruit and lime slices.

No Maple Syrup: Use another liquid sweetener or simple syrup instead.