

Robinson Family Cookout



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Cookout Menu

Peruvian Beef Kabobs
Cilantro Lime Chicken Kabobs
Fresh Green Salad
Kale Salad
Italian Potato Salad
Cabbage Salad
Cornbread
Port Wine Brownies

Terri's Cabbage Salad

Feel free to adjust the ingredients to suit your taste. These are approximations because I don't measure when I make this.



Salad:

1/2 head green cabbage, shredded or finely chopped

2-3 fresh tomatoes, chopped or 1 pint halved cherry tomatoes, halved

6 green onions, chopped

Handful fresh mint leaves, finely chopped or 1 T dried

Dressing:

1/2 cup extra virgin olive oil

1/4 cup lemon juice

1 tablespoon raw, local honey (substitute for vegan)

Himalayan or sea salt to taste

Freshly ground black pepper to taste (generous amount)

Combine salad ingredients in a large bowl. Whisk together dressing ingredients and pour over salad. Toss to coat salad and refrigerate until serving time.

Cilantro Lime Chicken Kebabs

Makes 4 Servings

1 1/3 pounds skinless, boneless chicken breasts or thighs, cut in 1 to 1 1/2" cubes

Marinade:

2 tablespoons olive oil

2 cloves garlic

4 scallions

2 teaspoons ground cumin

1/4 cup chopped fresh cilantro

2 limes juiced

red pepper flakes to taste

Himalayan or sea salt to taste

Freshly ground black pepper

In a food processor or blender, process the marinade ingredients until you have a slightly chunky paste.

Combine the marinade and meat in a covered marinating dish or sealable plastic bag. Mix well to thoroughly coat each piece.

Freeze for later use or marinate in the refrigerator for 2 hours or up to overnight.

Thread the meat onto metal or presoaked wooden skewers.

To cook indoors: place the skewers on a hot grill and cook until done. To cook indoors without an indoor grill: Brown the contents of the skewers slightly on a frying pan or grill; bake at 400°F for about 15 minutes until done and then broil a couple of minutes, watching carefully.

Cornbread

- 1 pack Bob's Red Mill Gluten-Free Cornbread Mix**
- 2 organic, free-range eggs**
- 1 1/2 cups plain, unsweetened almond milk (no carrageenan)**
- 1/2 cup melted ghee or Earth Balance Soy-Free Spread (for dairy-free)**

Preheat oven to 375 degrees F. Generously grease a 9X9" square pan with ghee or Earth Balance.

In a large bowl, mix all of the ingredients together until well blended and then mix vigorously for another 30 seconds.

Pour into the greased pan and bake about 25 minutes or until a toothpick inserted into the center comes out clean.

Port Wine Brownies

The wine in this recipe turns a good brownie into a to-die-for brownie!



- 1 package Bob's Red Mill gluten-free brownie mix**
- 3 eggs**
- 1/2 cup butter or ghee, melted plus more for greasing the pan**
- 1/2 bag Enjoy Life semisweet chocolate chips**
- 1/4 cup Cooper Vineyards Dicembre (or other dessert port wine)**

Preheat oven to 325°F. Grease a square 9X9" baking pan or 8X8" if you desire a thicker brownie.

Pour the brownie mix into a mixing bowl. Add the eggs, butter and wine; mix well. Stir in the chocolate chips.

Pour the batter into the greased pan and spread evenly with a rubber spatula.

Bake about 30 minutes until a toothpick comes out clean (add 5-10 minutes if using an 8X8" pan). Let cool completely before cutting.

Terri's Kale Salad

Makes 8 Servings

It's less expensive to buy the kale, carrot and beets and prepare them yourself, but to save time, I like to buy the bags that have already been shredded for you.



Salad ingredients:

coarsely shredded kale

shredded carrot

shredded red cabbage or beet (for color – go lightly with beet)

black and/or white sesame seeds

Dressing ingredients:

3 tablespoons raw apple cider vinegar (See note)

2-3 tablespoons extra virgin olive oil

1 tablespoon gluten-free brown rice syrup

2 tablespoons nutritional yeast

1 clove garlic

1 tablespoon sesame tahini, or less to taste

pinch Himalayan or sea salt

Combine salad ingredients in a large bowl.

Blend dressing ingredients in a food processor or blender until garlic is pureed.

Toss the dressing into the salad ingredients. Sprinkle in sesame seeds.

NOTE: Raw apple cider vinegar is best, but if using regular apple cider vinegar, use much less because it can be overpowering.

Italian Potato Salad

2 1/2 pounds red potatoes, cut into 1-inch cubes

1/2 cup shredded carrot

1/2 cup thinly sliced radish

1/2 cup chopped celery

Dressing:

2 tablespoons red wine red wine vinegar

2 tablespoons extra virgin olive oil

2 teaspoons dijon mustard

1/4 cup plain, unsweetened almond milk (no carrageenan)

1/4 cup finely chopped fresh parsley

1 garlic clove, minced

Himalayan salt to taste

Freshly ground black pepper to taste

Put the potatoes in a large saucepan and cover with salted water.

Bring to a boil; reduce heat and simmer just until the potatoes are tender when poked with a fork (about 7 to 10 minutes).

Be careful not to overcook so that the potatoes stay firm in the salad.

Drain the potatoes in a large colander and cool completely.

Whisk together the dressing ingredients.

Gently stir the carrots radishes and celery into the potatoes.

Season with salt and pepper to taste; drizzle the dressing over the vegetables and toss gently to coat.

Cover and chill 1 to 24 hours before serving.

Peruvian Beef Kabobs

1 1/3 pounds top sirloin beef, cut in 1 1/2" cubes

Marinade

2 tablespoons olive oil

3 garlic cloves, pressed

1 1/2 teaspoons red wine vinegar

1 teaspoon dried oregano

1 teaspoon ground cumin

1 teaspoon smoked paprika

1/2 teaspoon turmeric

1 teaspoon Himalayan or sea salt

1/2 teaspoon freshly ground black pepper

Place the marinade ingredients in a sealable gallon bag. Seal the bag and mix the ingredients thoroughly. Add the meat and massage until the meat is thoroughly and evenly coated.

Refrigerate at least 2 hours or up to overnight or freeze for later.

If using frozen meat, thaw the meat.

Thread the meat onto metal or presoaked wooden skewers, 3-4 pieces of meat per skewer.

Cook on the grill 6-7 minutes on each side or to desired doneness.

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Creating memories with meals...

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