

SBL Cooking Demo: Red, White and Blue Functional Foods

Red, White, and Blue Spritzers!

Ingredients

Diet 7-Up or Diet Sprite
Blue Gatorade (Not G2)
Cranberry Juice Cocktail

Preparation

Fill glass with ice.
Pour a layer of cranberry juice cocktail first, then follow by slowly pouring Gatorade over the ice to help keep it from mixing. Top by slowly pouring diet 7-Up or Sprite on top.

Serve!

You really need these three things in particular to layer because each of these liquids has a density slightly lighter than the layer beneath it but heavier than the one on top of it.

Nutrition: 260 calories; 0g fat; 0g cholesterol; 350mg sodium; 0g protein; 64g sugar



Red, White, and Blue Salad

4-6 Servings

Ingredients

Salad

1 pint blueberries
3 beets with stalks
4 oz. goat cheese

Dressing

1/3 cup olive oil
¼ cup red wine vinegar
2 tbsp. honey
1 tbsp. Dijon mustard
1 minced garlic clove

Preparation

Heat oven to 400 degrees

Cut the stalks off the beets, reserving the leaves for later. Place the beet cut side down on a rimmed sheet pan. Fill the pan with water, just barely covering the ends of the beets. Cover the pan with aluminum foil. Roast in the oven for 1 hour.

While the beets are roasting, combine all the dressing ingredients together in a small resealable container. Shake until well combined and emulsified. Refrigerate to let the flavors develop.

Place the beets on a plate to cool. Using paper towels in both hands rub the skin off of the beets. Slice the beets into matchsticks. Roughly chop 3-4 beet leaves.

In a bowl combine beets, chopped leaves & blueberries. Toss with dressing. Sprinkle goat cheese over salad and serve.

Nutrition (per serving): 201 calories; 15mg cholesterol; 128mg sodium; 5g protein



Grilled Blackberry, Strawberry, Basil and Brie Pizza Crisp with Honey Balsamic Glaze

12-16 Servings

Ingredients

Precooked pizza crust, square or round

¼ cup olive oil

16 basil leaves, chopped and divided

8-12 oz. brie, slices

1 ½ cups strawberries, chopped

¾ cup blackberries

½ tsp. pepper

Preparation

- When ready to grill the pizzas preheat the grill to medium heat.

- Add the blackberries to a bowl and add about half of the basil. Lightly mash the blackberries with a fork.

Use square or round pizza crust. Add the olive oil to a small bowl and brush tops of pizza rounds with the olive oil and place on the baking sheet.

- Top the grill side of each of the pizzas with slices of brie, but make sure to leave a ½ in. boarder around the edges so the brie does not melt all over the grill. Then top with lightly mashed blackberries and the chopped strawberries. Carefully return the pizzas to the grill another 3 to 5 minutes or until the brie has melted and the pizzas are crisp. Top with the remaining fresh basil.

- To make the American Flag pizzas place the blackberries in the left hand corner of a square pizza crisp and then push the strawberries into the brie in rows. Grill as directed above.

Nutrition: 196 calories; 8g protein; 22mg cholesterol; 290mg sodium; 1.5g sugar



Summer Sliders with Red Onion & Blue Cheese Sauce

Ingredients

16 servings

For the blue cheese sauce:

¼ cup mayonnaise

¼ cup sour cream

1 tbsp. white vinegar

4 tsp. granulated sugar

Salt & pepper to taste

2 oz. blue cheese crumbled

For the sliders:

1 lb. ground beef

Salt & pepper to taste

¼ cup chopped red onion

Lettuce

16 slider rolls or sandwich bread cut out into circles

Preparation

Preheat outdoor grill to medium high heat. In a small bowl, stir together all ingredients for the blue cheese sauce. Refrigerate. Divide ground beef into 16 equal portions and form into mini burger patties the size of the slider rolls. Sprinkle with salt and pepper. Grill about 1-2 minutes per side or until cooked thoroughly. Rest 5



minutes then assemble sliders. To assemble, place lettuce on the bottom of the slider roll. Top with burger, diced onion and blue cheese sauce. Top with other half of roll and repeat with the rest.

Nutrition (per serving): 237 calories; 10g protein; 2g sugar; 20mg cholesterol; 407mg sodium

Strawberry S'mores

Ingredients

15 – 20 servings

2 pints cleaned and dried strawberries or blueberries

1 ½ cups melted dark chocolate

1 ½ cups graham cracker crumbs

About half a bag or large marshmallows cut in half

(you'll need one marshmallow for every 2 strawberries)

Kitchen torch or lighter

Long toothpicks or skewers

Preparation

- Cut the tops off of the strawberries.
- Place one of the marshmallow halves on top of the strawberry and skewer it with a toothpick.
- Dip the strawberry into the dark chocolate and tap off the excess.
- Immediately dip it into the graham cracker crumbs.
- Set aside on a parchment lined baking sheet to set up. You can place them in the refrigerator to set up faster.
- Before you're ready to serve toast the marshmallow with your kitchen torch.
- Serve immediately.

Nutrition (per serving): 126 calories; 1.5g protein; 11g sugar; 0.5mg cholesterol; 38mg sodium



Cucumber Salsa

Ingredients

6 roma tomatoes, chopped

2 cucumbers, peeled and chopped

12 green onions (or one bunch), sliced

2 cans diced green chilies

¼ cup cider vinegar

2 tbsp olive oil

2 tbsp garlic salt

Preparation

Mix ingredients together and chill at least 2-4 hours before serving. For a smoother salsa, add all ingredients to a food processor and pulse till desired consistency and then chill prior to serving.

Nutrition: 424 calories; 14g protein; 35g sugar; 0mg cholesterol



