

Italian Flank Steak Pinwheels

Ingredients

- 1½ pounds flank steak, trimmed of fat
- ¼ cup extra virgin olive oil
- ¼ cup red wine vinegar
- 1 teaspoon minced garlic
- 2 tablespoons finely chopped fresh parsley
- ¼ teaspoon black pepper
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 2 teaspoons garlic powder
- 5 wedges Swiss garlic and herb spreadable cheese
- 2 tablespoons Italian seasoning
- 1½ cups baby spinach
- ½ cup sundried tomatoes, oil drained and diced
- 6 (12-inch) strips Butcher's twine

Instructions

Place the flank steak on a large cutting board between two sheets of plastic wrap and pound thin (about ¼-inch thick) with a meat mallet, then transfer to a gallon-sized resealable bag.

In a small mixing bowl, whisk together the marinade ingredients and pour into the bag with the flank steak. Seal and shake around to coat. Refrigerate for at least 1 hour.

Lay the marinated flank steak flat on a large cutting board and season both sides with salt, pepper, and garlic powder.

Spread the cheese all over the top surface of the meat, then sprinkle the Italian seasoning over the cheese. Spread the spinach and sundried tomatoes over the Italian seasoning.

Starting with the longer edge, tightly roll the flank steak up and tie it with 7 pieces of butcher's twine, making eight 1-inch pinwheels.

Slice between the twine, making 6 equal-sized pinwheels and 2 uneven end pieces.

Wrap and freeze. Thaw before cooking.

When ready to cook, heat an outdoor grill or indoor grill pan to medium-high heat.

Grease the grill and cook each pinwheel for 2-4 minutes on each side, or until desired doneness.

Let rest for 5 minutes, then remove the skewer and twine before serving.

Nutrition: 313 calories per pinwheel – 21g fat, 6g carbs, 24g protein



Pineapple Chicken Bacon Pinwheels

Ingredients

1 lb. boneless skinless chicken breast

8 slices of thick pepper bacon

2 T of olive oil

2 t dried thyme

1 t garlic powder

toothpicks soaked in water

pineapple

Instructions

Slice your chicken breast into 1 inch thick slices. Slightly cook your bacon or use precooked. Divide your chicken strips into four equal amounts. Lay a strip of bacon on top of a chicken slice and roll up with the bacon and pineapple on the inside. You will probably use 2-3 strips of chicken and 2 slices of bacon. Use your toothpicks to hold together. Drizzle the olive oil over the tops and bottom and sprinkle with thyme and garlic powder.

Thaw - Grill over med heat until chicken is completely cooked, usually 5 minutes on each side. Be sure your chicken is thoroughly cooked before serving.



Cheesy Spinach Gourmet Burgers

Ingredients

1 pound ground beef

1/2 envelope Lipton recipe secrets onion soup mix, or 2 1/2 tablespoons homemade onion soup mix

1/2 package (10 oz) frozen chopped spinach, thawed and squeezed dry

1/2 cup cheese of your choice

Instructions

To freeze:

Combine all ingredients in a large bowl. It is easiest to mix by hand, but don't over-mix

Divide mixture into 4 even pieces and form into patties. Freeze individually on a baking sheet or plate.

Once mostly frozen, place a small piece of parchment paper or waxed paper between each patty, stack them, transfer to a freezer bag, and place back in the freezer.

To prepare after freezing;

Grill or broil from frozen until no longer pink, about 4 minutes each side over medium to medium-high heat. Serve on buns with desired fixings.

Makes 4 burgers

Nutrition: Calories 380 – 28g fat – 6g carbs – 25g fat



Caribbean Grilled Salmon Kabobs

Ingredients

- 1 lbs. fresh salmon (skinned), cut into 1" cubes
- 2–3 cups of fresh pineapple, cut into 1" cubes
- 1 red onion, cut into 1" cubes
- 15 mini bell peppers (assorted colors), may need to half some depending on size
- 2 tablespoons Cajun seasoning spice
- 1 teaspoon garlic powder

Instructions

Soak wooden skewers in water for 15-30 minutes.

Pat Salmon dry and cut into 1" cubes.

In a small bowl mix Cajun seasoning spice and garlic powder, stir with a spoon.

Season both sides of the salmon cubes with Cajun spice blend. Gently rub the seasoning in to make sure it sticks to the salmon.

Alternate the red onion, pineapple, bell peppers, and salmon on the skewer until it is full. Repeat process.

Layer flat and wrap in tin foil and press and seal and freeze

Thaw kabobs

Preheat grill to medium high heat or 400 degrees.

Spray grill grates with PAM or rub down with olive oil.

Place salmon kabobs on grill and cook for 2-3 minutes per side.

Remove from grill and serve!

Nutrition: (1 1/2c) 366 calories – 13g fat, 37g carb, 33g protein

