



July 4 th 2024



Alyson Small

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Happy July 4th!!



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Grilled Sumac Marinated Kebab

4 servings

40 minutes

Ingredients

- 1 lb Top Sirloin Beef Roast (sliced thinly)
- 1 cup Red Onion (cut into chunks)
- 1 tbsp Ground Sumac
- 1 Lemon (juiced, divided)
- 2 Garlic (minced)
- Sea Salt & Black Pepper (to taste)
- 8 Barbecue Skewers

Nutrition

Amount per serving	
Calories	213
Fat	6g
Carbs	6g
Fiber	2g
Sugar	2g
Protein	34g
Cholesterol	95mg
Sodium	69mg
Vitamin A	10IU
Vitamin C	8mg
Calcium	27mg
Iron	4mg

Directions

- 1 In a large bowl, add the beef, onion, sumac, lemon juice, and garlic. Mix well and season with salt and pepper.
- 2 Cover the bowl and let it marinate for about 20 minutes.
- 3 Pre-heat the grill to medium-high heat. Thread the beef slices and onion onto the barbecue skewers.
- 4 Grill the skewers for about four to five minutes per side, or until browned and cooked through. Enjoy!

Notes

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

Serving Size: One serving is approximately two 10-inch (25 cm) skewers.

More Flavor: Add zucchini and bell peppers.

Additional Toppings: Top with fresh herbs such as dill, mint, and/or parsley.

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



Jalapeno Lime Grilled Chicken with Sweet Potato

4 servings
50 minutes

Ingredients

- 1/4 cup Extra Virgin Olive Oil (divided)
- 2 tbsps Raw Honey
- 1/2 Lime (juiced and zested)
- 1 Jalapeno Pepper (seeds removed, roughly chopped)
- 2 Garlic (clove)
- Sea Salt & Black Pepper (to taste)
- 1 lb Chicken Breast (boneless, skinless)
- 2 Sweet Potato (medium, sliced into rounds)

Nutrition

Amount per serving	
Calories	345
Fat	17g
Carbs	23g
Fiber	2g
Sugar	11g
Protein	27g
Cholesterol	82mg
Sodium	87mg
Vitamin A	9296IU
Vitamin C	8mg
Calcium	29mg
Iron	1mg

Directions

- 1 In a blender, combine 3/4 of the oil, honey, lime juice, lime zest, jalapeno, garlic, salt, and pepper. Blend until smooth.
- 2 Pour half of the mixture over the chicken and let it sit for 20 minutes.
- 3 Toss the sweet potato with the remaining oil and season with salt and pepper.
- 4 Preheat the grill to medium-high heat.
- 5 Grill the chicken for eight to 10 minutes per side or until cooked through. Grill the sweet potato alongside the chicken for nine to 10 minutes per side or until cooked through.
- 6 Divide the chicken and sweet potato onto plates. Drizzle the remaining sauce everywhere. Enjoy!

Notes

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

Serving Size: One serving is approximately 1 1/2 cups of sweet potato with chicken.

Additional Toppings: Top with cilantro.

More Flavor: Marinate the chicken in a sealed container for up to two hours before grilling.



Grilled Portobello Mushroom with Corn Salsa

2 servings

20 minutes

Ingredients

- 8 ozs Portobello Mushroom Caps
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Corn
- 1/2 Avocado (medium, chopped)
- 2 tbsps Red Onion (small, diced)
- 1 1/2 tbsps Cilantro (chopped)
- 1 tsp Extra Virgin Olive Oil
- 1 Lime (juiced)

Nutrition

Amount per serving	
Calories	213
Fat	15g
Carbs	19g
Fiber	6g
Sugar	3g
Protein	7g
Cholesterol	0mg
Sodium	19mg
Vitamin A	233IU
Vitamin C	16mg
Calcium	13mg
Iron	1mg

Directions

- 1 Preheat the grill to medium-high. Season the mushrooms all over with salt and pepper.
- 2 Grill over medium-high heat for about three to four minutes per side, until charred and softened.
- 3 In a bowl, mix the remaining ingredients together. Taste and season with salt and pepper as needed.
- 4 Spoon the corn salsa into the mushroom caps and enjoy!

Notes

Leftovers: The avocado is best served fresh. Refrigerate the salsa and mushrooms in separate containers for up to three days. Assemble just before serving.

Serving Size: One serving is equal to approximately 1 1/2 mushrooms.

Additional Toppings: Chili flakes and feta cheese.



Grilled Turkey Burger with Avocado & Corn Salsa

2 servings

25 minutes

Ingredients

- 8 ozs Extra Lean Ground Turkey
- 1/4 cup Red Onion (small, diced, divided)
- 3 tbsps Cilantro (chopped, divided)
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Corn
- 1/2 Avocado (medium, chopped)
- 1 tbsps Extra Virgin Olive Oil
- 1 Lime (juiced)
- 4 1/16 ozs Whole Wheat Bun (toasted)

Nutrition

Amount per serving	
Calories	501
Fat	26g
Carbs	42g
Fiber	8g
Sugar	7g
Protein	30g
Cholesterol	84mg
Sodium	345mg
Vitamin A	367IU
Vitamin C	16mg
Calcium	83mg
Iron	3mg

Directions

- 1 In a bowl, combine together the turkey, half of the red onion, and half of the cilantro. Mix well and season with salt and pepper.
- 2 Form the mixture into even patties and preheat the grill to medium heat.
- 3 Add the patties to the grill and cook for six to seven minutes per side or until cooked through.
- 4 Meanwhile, in a bowl mix together the corn, avocado, oil, and lime juice. Season with salt and pepper.
- 5 Divide the turkey burgers into the buns. Top with the corn salsa and enjoy!

Notes

Leftovers: Refrigerate the ingredients in separate airtight containers. The salsa is best served fresh. Refrigerate the burgers for up to three days.

Serving Size: One serving is equal to one turkey burger.

More Flavor: Add tomato and lettuce to the burger.

Gluten-Free: Use a gluten-free bun instead.



Chicken Burgers with Artichokes and Spinach- Adapted from Peas Love and Carrots

4 servings

15 minutes

Ingredients

- 1 lb Extra Lean Ground Chicken
- 2 Onions (Thinly sliced)
- 3/4 tsp Ground Pepper, Divided
- 1 Garlic (1 Clove)
- 1 tbsp Balsamic Vinegar
- 1/4 cup Baby Spinach
- 1 tbsp Dijon Mustard
- 1/2 tsp Cayenne Pepper
- 3 Canned Artichokes (Chopped)

Nutrition

Amount per serving	
Calories	171
Fat	9g
Carbs	1g
Fiber	0g
Sugar	1g
Protein	20g
Cholesterol	98mg
Sodium	112mg
Vitamin A	269IU
Vitamin C	1mg
Calcium	10mg
Iron	1mg

Directions

- 1 Add sliced onions, 1/4 teaspoon salt and 1/4 teaspoon pepper. Cook for 1 hour, stirring frequently. During the last minute of cooking, add garlic and balsamic vinegar.
- 2 In a large bowl, combine the remaining ingredients with the remaining 1 teaspoon of salt and remaining 1/2 teaspoon pepper.
- 3 Spray a cast iron skillet or pan and preheat over medium heat
- 4 Form patties with the mixture and cook for 2-3 minutes on the first side, and 2 minutes on the second side.
- 5 Top with the onion mixture



Spicy Miso Steak

4 servings

15 minutes

Ingredients

- 12 ozs NY Striploin Steak
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 2 tbsps Miso Paste
- 1/4 cup Water
- 1/4 cup Sriracha
- 1 tbsp Honey
- 2 stalks Green Onion (thinly sliced)

Nutrition

Amount per serving	
Calories	237
Fat	13g
Carbs	11g
Fiber	1g
Sugar	8g
Protein	19g
Cholesterol	46mg
Sodium	870mg
Vitamin A	777IU
Vitamin C	6mg
Calcium	12mg
Iron	2mg

Directions

- 1 Season the steak with salt and pepper.
- 2 In a pan over medium-high heat, add half the oil. Add the steak and cook for three to four minutes per side, or until your desired doneness. Remove from heat.
- 3 Reduce the temperature to medium-low, and whisk in the remaining oil, miso, water, sriracha, and honey.
- 4 Slice the steak, drizzle with the spicy miso sauce, and top with green onions to garnish. Enjoy!

Notes

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

More Flavor: Add more honey for a sweeter sauce or reduce sriracha for less spice.



Spring Vegetable Pasta Salad

4 servings

30 minutes

Ingredients

- 1 cup Basil Leaves (chopped)
- 2 cups Kale Leaves
- 1 Lemon (juiced)
- 1 Garlic (clove, chopped)
- 1/2 cup Extra Virgin Olive Oil
- 1/2 tsp Sea Salt
- 1/2 cup Sunflower Seeds
- 2 cups Asparagus
- 1 cup Frozen Peas (thawed)
- 1 cup Radishes (sliced into rounds)
- 4 cups Brown Rice Fusilli, Cooked

Nutrition

Amount per serving	
Calories	572
Fat	38g
Carbs	57g
Fiber	8g
Sugar	4g
Protein	12g
Cholesterol	0mg
Sodium	349mg
Vitamin A	2415IU
Vitamin C	29mg
Calcium	98mg
Iron	4mg

Directions

- 1 Create your pesto by combining basil, kale, lemon juice, garlic, olive oil sea salt and sunflower seeds together in a blender or food processor. Blend until smooth.
- 2 Trim the woody ends from the asparagus. Fill a pot with 2 cups water and a pinch of sea salt. Place on the stove and bring to a boil. Once boiling, reduce to a simmer, add the asparagus and cover. Let cook for 3 minutes. Transfer asparagus out of the water and slice into 1 inch pieces.
- 3 Bring another pot of water to a boil and cook brown rice fusilli as per the instructions on the package. Once cooked, strain and transfer to a bowl. Add in the asparagus, peas and radishes. Toss well with desired amount of pesto. Divide into bowls and enjoy!

Notes

More Protein: Add roasted chickpeas, grilled tofu, or crumbled tempeh.



Strawberry Mint Slushie

2 servings

10 minutes

Ingredients

3 cups Strawberries (stems removed)
2 tbsps Mint Leaves
2 tsps Maple Syrup
16 Ice Cubes
1/4 cup Water

Nutrition

Amount per serving	
Calories	88
Fat	1g
Carbs	21g
Fiber	4g
Sugar	15g
Protein	2g
Cholesterol	0mg
Sodium	4mg
Vitamin A	94IU
Vitamin C	128mg
Calcium	48mg
Iron	1mg

Directions

- 1 Add all of the ingredients to a blender and blend until well combined. Pour into glasses and enjoy!

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is approximately 1 1/4 cups.

More Flavor: Add lime juice before blending.

Ice Measurement: The number of ice cubes depends on the size of the ice cubes. This recipe used two cups of medium-sized ice cubes for two servings.



Creamy Rainbow Coleslaw

4 servings

10 minutes

Ingredients

4 cups Broccoli Slaw (bagged)
 2 tbsps Mayonnaise
 2 tbsps Apple Cider Vinegar
 Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	78
Fat	5g
Carbs	6g
Fiber	2g
Sugar	2g
Protein	2g
Cholesterol	3mg
Sodium	74mg
Vitamin A	6005IU
Vitamin C	66mg
Calcium	21mg
Iron	0mg

Directions

- 1 Combine all ingredients in a large bowl and mix thoroughly. The slaw can be enjoyed immediately but tastes best after sitting for a few hours.

Notes

No Coleslaw Mix: Use shredded green and red cabbage, carrot, leftover broccoli stems, and any other veggies you think would be good to add!

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

High Quality Mayonnaise: Read the ingredients. Look for an avocado oil, coconut oil or olive oil based mayonnaise.



Balsamic Grilled Mushrooms

2 servings

25 minutes

Ingredients

- 5 cups Mushrooms (halved)
- 2 tbsps Balsamic Vinegar
- 1 tbsp Tamari
- 2 Garlic (cloves, minced)

Nutrition

Amount per serving	
Calories	77
Fat	1g
Carbs	12g
Fiber	3g
Sugar	7g
Protein	9g
Cholesterol	0mg
Sodium	519mg
Vitamin A	0IU
Vitamin C	6mg
Calcium	19mg
Iron	2mg

Directions

- 1 Stir all the ingredients together and let marinate for at least 15 minutes.
- 2 Cook in a grill pan over medium-high heat for 8 to 10 minutes or until tender. Alternatively, you can skewer the mushrooms and grill over medium-high until soft and slightly charred, about 2 to 3 minutes per side.
- 3 Remove from the grill and enjoy!

Notes

Leftovers: Keeps well in the fridge for 3 to 4 days in an airtight container.

No Grill: Saute them on the stovetop instead.



BBQ Maple Brussels Sprouts

4 servings

20 minutes

Ingredients

- 4 cups Brussels Sprouts (trimmed, outer leaves removed, halved)
- 3 tbsps Maple Syrup
- 2 tbsps Extra Virgin Olive Oil
- 1 1/2 tbsps Dijon Mustard
- 1/2 tsp Sea Salt
- 8 Barbecue Skewers

Nutrition

Amount per serving	
Calories	142
Fat	7g
Carbs	18g
Fiber	3g
Sugar	11g
Protein	3g
Cholesterol	0mg
Sodium	381mg
Vitamin A	664IU
Vitamin C	75mg
Calcium	52mg
Iron	1mg

Directions

- 1 Bring a pot of water to a boil. Blanch the Brussels sprouts for two to five minutes. Drain the water.
- 2 In a large bowl, add the Brussels sprouts along with the maple syrup, oil, dijon mustard, and salt. Toss until well coated.
- 3 Pierce the Brussels sprouts onto the skewers.
- 4 Grill over medium-high heat for about four minutes per side, until tender and slightly charred. Serve onto plates and enjoy!

Notes

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

Serving Size: One serving equals approximately two 12-inch skewers.

More Flavor: Marinate the Brussels sprouts for longer. Add black pepper and minced garlic to the marinade. Drizzle any leftover marinade over top of the cooked skewers.

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



Grilled Cauliflower Steak with Roasted Red Pepper Salsa

4 servings

15 minutes

Ingredients

- 1 head Cauliflower (sliced into steaks)
- 3 tbsps Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 1 tbsp Lemon Juice
- 1/4 cup Cilantro (finely chopped)
- 1 Garlic (clove, minced)
- 1 tbsp Capers (chopped)
- 2 tbsps Almonds (roasted, chopped)
- 5 ozs Roasted Red Peppers (finely chopped)

Nutrition

Amount per serving	
Calories	161
Fat	13g
Carbs	10g
Fiber	4g
Sugar	4g
Protein	4g
Cholesterol	0mg
Sodium	196mg
Vitamin A	543IU
Vitamin C	84mg
Calcium	48mg
Iron	1mg

Directions

- 1 Brush each side of the cauliflower steaks with 1/3 of the oil and season with salt and pepper.
- 2 Preheat the grill to medium heat. Add the cauliflower steaks to the grill and cook them for about four to six minutes per side with the lid closed or until tender and slightly charred.
- 3 Add the lemon juice, cilantro, garlic, capers, almonds, roasted red peppers, and remaining oil to a bowl and mix until combined. Season generously with salt and pepper.
- 4 Divide the cauliflower steaks evenly between plates. Top with the salsa and enjoy!

Notes

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

Serving Size: One serving is approximately one cauliflower steak and 1/3 cups of salsa.

More Flavor: Add fresh herbs like chives and parsley.