

# SAVING DINNER

*with*



## July Fourth Barbecue

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Acknowledging America's Independence Day most certainly calls for a party... and the summer heat certainly means you'll want to celebrate outdoors. So crank up the barby! In keeping with the diversity of our great country's population, we're offering a menu that features a variety of ethnic flavors. Here are the recipes, shopping list and a detailed timeline to help you put together a memorable barbecue party... and don't forget to gracefully accept offers of help from your guests!

For decorations, you may want a small vase of flowers and a few small U.S.A. flags in the center of the table, but be sure to not make the centerpiece too tall, for conversational reasons. There are many types of paper goods available for this special holiday, but just remember: a little goes a long way. Go ahead and purchase red, white and blue paper plates and tablecloth if you like, but you can save on the extra expense of printed napkins by simply wrapping a knife, fork and spoon in plain white dinner napkins and tying them with red and blue ribbons. (If you prefer to use plastic "silverware", try using a red knife, blue fork and white spoon.) And, by all means, do buy some of those little U.S.A. flag toothpicks... you'll find lots of uses for them.

Have a Happy Fourth and be safe!

# July Fourth Barbecue Timeline

## MENU:

- ❑ **Roasted Red Pepper Hummus with Pita Chips**
- ❑ **Asian Beef Kabobs**
- ❑ **Little Brat Sliders**
- ❑ **Creamy Red Potato Salad**
- ❑ **Spinach Salad with Honey-Mustard Dressing**
- ❑ **Pesto Pasta Salad**
- ❑ **Fresh Fruit Kabobs**
- ❑ **Cheesecake Squares**

## Ten Days Ahead

Firm up your guest list – call and confirm if necessary.

Check your patio for adequate seating accommodations and double-check barbecue tools to see if there's anything you need. If so, now is the time to buy or borrow! Make sure you have enough fuel for your grill.

## Three Days Ahead

Haul out that big cooler from your garage (for extra ice and refrigeration). **You might want to ask one of your guests to bring a second cooler and some ice.**

Clean out your refrigerator.

Check your pantry against the shopping list and head for the grocery store.

## Two Days Ahead

Prepare Roasted Red Pepper Hummus according to recipe directions, **but do not add chopped cilantro**; refrigerate.

For Pesto Pasta Salad: Prepare pasta according to package directions; drain and cool to room temperature then place in a large bowl, cover with plastic wrap and refrigerate. Toast pine nuts in a dry skillet over medium heat until fragrant. Cool and store in a sandwich-sized zipper-topped plastic bag

For Spinach Salad with Honey-Mustard Dressing: Cook, drain and cool bacon then crumble and place in a sandwich-sized zipper-topped plastic bag; seal and refrigerate. Prepare honey-mustard dressing according to recipe directions; place in airtight container and refrigerate.

For Little Brat Sliders: Remove casings from bratwurst sausages; form into 8 small patties then place in a quart-sized zipper-topped plastic bag, separating patties with sheets of parchment paper; seal and refrigerate.

## One Day Ahead

Assemble Pesto Pasta Salad: Prepare salad according to recipe directions, **but do not top with cherry tomato halves**; cover with plastic wrap and refrigerate overnight.

Prepare Creamy Red Potato Salad according to recipe directions; place in a serving bowl, cover with plastic wrap and refrigerate overnight.

For Asian Beef Kabobs: Marinate beef flank steak according to recipe directions; refrigerate overnight.

Prepare Fresh Fruit Kabobs according to recipe directions; place kabobs in gallon-sized zipper-topped plastic bags then seal and refrigerate overnight.

Prepare Cheesecake Squares according to recipe directions; cool, cover with plastic wrap and refrigerate overnight. (Don't cut into squares yet.)

Set up buffet area with your tableware and decorations (paper plates, napkins, plastic knives, forks, and spoons, ribbon).

## The Big Day:

### One Hour Ahead

For Pesto Pasta Salad: Top salad with cherry tomato halves; cover and return to refrigerator until ready to serve.

For Cheesecake Squares: Cut into 16 squares and insert a U. S. flag toothpick into each square; keep refrigerated until ready to serve.

For Asian Beef Kabobs: If using bamboo skewers, soak them in water for 30 minutes.

### 30 Minutes Ahead

For Roasted Red Pepper Hummus: Chop cilantro and stir into dip; place dip in the center of a large platter or tray and arrange pita and/or bagel chips around it.

For Asian Beef Kabobs: Thread beef flank steak strips onto skewers; cover and refrigerate until ready to grill.

For Little Brat Sliders: Assemble sauerkraut, pickles, slider buns and burger condiments (if desired).

For Spinach Salad with Honey-Mustard Dressing: Prepare salad ingredients according to recipe directions, **but do not toss with dressing until ready to serve.**

For Fresh Fruit Kabobs: Arrange kabobs for serving as desired.

### Finishing Touches

Preheat the grill.

Set out the pita chips (or bagel chips). (You can set out the Roasted Red Pepper Hummus with them if you want people to start snacking right away, or just set out the chips, to have one less thing to do later.)

Grill Asian Beef Kabobs (on HIGH) and then Little Brat Sliders (on MEDIUM-HIGH). **You may want to ask a friend to run the grill for you.**

Toss the Spinach Salad with the Honey-Mustard Dressing.

Set out the remaining refrigerated foods. Saving dessert (Fresh Fruit Kabobs and Cheesecake Squares) for last, if desired.

Place your freshly grilled Little Brat Sliders and Asian Beef Kabobs on serving trays and add to the buffet.

Enjoy!

## July Fourth Barbecue – Shopping List

### SHOPPING LIST:

#### MEAT

2 pounds beef flank steak [R2]  
1 1/2 pounds bratwurst sausages [R3]  
6 slices bacon [R5]

#### DELI

Sauerkraut (1 cup) (or buy canned) [R3]

#### CONDIMENTS

Olive oil [R1,R2,R6]  
Extra virgin olive oil [R5]  
Mayonnaise [R3,R4]  
Dijon mustard [R3,R5]  
Mustard (optional garnish) [R3]  
Barbecue sauce [R2]  
Ketchup (optional garnish) [R3]  
Relish (optional garnish) [R3]  
Dill pickles (16 slices) [R2]  
Low sodium soy sauce [R2]  
Tahini (in Asian section of grocery store) [R1]  
Hoisin sauce (in Asian section of grocery store) [R2]  
Honey [R5]  
Sherry (1/4 cup) (or use low sodium beef broth) [R2]

#### CANNED GOODS

1 (15-oz.) can navy beans [R1]  
Roasted red peppers (1/2 cup) [R1]  
Low sodium beef broth (1/4 cup if not using sherry) [R2]  
Sauerkraut (1 cup) (if not using deli) [R3]  
Beverages of your choice

#### SPICES

Sea salt [R1,R4,R6]  
Black peppercorns [R4,R6]  
Ground cumin [R1]  
Ground coriander [R1]  
Ground red pepper [R1]  
Vanilla extract [R8]

#### DRY GOODS

1 pound Gemelli (or use another short pasta) [R6]  
All-purpose flour (1 cup) [R8]  
Sugar (1/4 cup) [R8]  
Brown sugar (1/3 cup) [R8]  
Walnuts (1/3 cup chopped) [R8]  
Pine nuts (1/3 cup) [R6]  
Pita chips (or use bagel chips) [R1]

#### PRODUCE

Onions (optional garnish) [R3]  
Red onions (1 medium) [R5]  
Garlic (9 cloves) [R1,R2,R5,R6]  
Baby red potatoes (3 pounds) [R4]  
Green onions (3) [R2]  
Tomatoes (optional garnish) [R3]  
Cherry tomatoes (2 pints) [R6]  
Gingerroot (1 1/2 tablespoons grated) [R2]  
Baby spinach (16 ounces) [R5]  
Lettuce (not iceberg, no nutrition) (optional garnish) [R3]  
Parsley (1 cup packed sprigs plus 2 teaspoons chopped) [R4,R6]  
Cilantro (1 tablespoon chopped) [R1]  
Dill (1 tablespoon chopped) [R4]  
Basil (3 cups packed leaves) [R6]  
Lemons (1/2 cup juice) [R1,R5,R6,R8]  
Grapefruit (optional half) [R7]  
Granny Smith apples (2) [R5]  
Pineapple (2 cups chunks) [R7]  
Kiwis (4) [R7]  
Cantaloupe (2 cups chunks plus optional half) [R7]  
Strawberries (2 cups whole) [R7]

#### DAIRY/DAIRY CASE

Butter, unsalted (1/3 cup) [R8]  
Eggs (1) [R8]  
Milk (2 tablespoons) [R8]  
Sour cream, thick (1 cup) [R4]  
Plain Greek yogurt (1 cup) [R6]  
Cream cheese (8 ounces) [R8]  
Parmesan cheese (1/2 cup grated) [R6]

#### BAKERY

8 slider buns [R3]

#### OTHER

Large zipper-topped plastic bags (sandwich, 1-quart, 1-gallon) [R2]  
Bamboo skewers [R2,R7]  
Metal skewers (optional) [R2]  
U.S.A. flag toothpicks [R8]  
Plastic wrap  
Parchment paper  
Tableware of your choice (paper plates, napkins, plastic knives, forks and spoons, ribbon)  
Flowers (optional)



[R1] – [R8] = Recipe 1, Recipe 2, etc...

Each recipe is assigned a number which corresponds to the shopping list. This is handy if you need to alter any recipes or omit certain ingredients from your shopping list.

## Roasted Red Pepper Hummus with Pita Chips

Recipe 1 – Serves 8

### INGREDIENTS:

1 (15-oz.) can navy beans, drained and rinsed	1/4 teaspoon ground cumin
2 cloves garlic, minced	1/4 teaspoon ground coriander
1/2 cup roasted red peppers, drained and chopped	1/4 teaspoon ground red pepper
1/3 cup tahini	2 tablespoons olive oil
1/4 cup lemon juice	1 tablespoon chopped cilantro
1/2 teaspoon sea salt	Pita chips, or use bagel chips



### INSTRUCTIONS:

In a food processor or blender, process first 9 ingredients (beans through ground red pepper) until smooth, stopping occasionally to scrape down the sides. With processor running, pour the olive oil through the food chute in a slow, steady stream; again, process until smooth. Stir in chopped cilantro then transfer mixture to a serving bowl; cover and refrigerate for 1 hour. Serve with pita chips (or bagel chips).

**NUTRITION per serving** (dip only): 155 Calories; 9g Fat; 6g Protein; 14g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 368mg Sodium. **Exchanges:** 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat. **Points:** 4

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**DO-AHEAD TIP:** Marinate beef strips overnight (see recipe directions). If using bamboo skewers, presoak them in water for 30 minutes, to prevent burning.

## Asian Beef Kabobs

Recipe 2 – Serves 8

### INGREDIENTS:

2 pounds beef flank steak, trimmed	3 green onions, chopped
1/4 cup hoisin sauce	3 cloves garlic, minced
1/4 cup sherry, or use low sodium beef broth	1 1/2 tablespoons grated gingerroot
1/3 cup low sodium soy sauce	Olive oil
1 1/4 teaspoons barbecue sauce	Metal or bamboo skewers



### INSTRUCTIONS:

Cut flank steak across the grain (diagonally) into 1/4-inch strips. Place steak strips in a large zipper-topped plastic bag. In a small bowl, whisk together next 7 ingredients (hoisin sauce through gingerroot); pour mixture over steak strips then seal bag and turn to coat completely. Refrigerate overnight. Preheat outdoor grill to HIGH. Thread steak strips onto skewers (discarding marinade and bag). Lightly coat grill grate with olive oil; grill kabobs for 3 minutes per side or until they reach desired level of doneness.

**NUTRITION per serving:** 215 Calories; 9g Fat; 24g Protein; 6g Carbohydrate; 1g Dietary Fiber; 57mg Cholesterol; 620mg Sodium. **Exchanges:** 3 1/2 Lean Meat; 1/2 Vegetable; 0 Fat; 0 Other Carbohydrates. **Points:** 5

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## Little Brat Sliders

Recipe 3 – Serves 8

### INGREDIENTS:

1 1/2 pounds bratwurst sausages  
8 slider buns, split and lightly grilled

16 pickle slices  
Dijon mustard, to taste  
1 cup sauerkraut\*



### INSTRUCTIONS:

Preheat grill to MEDIUM-HIGH. Remove casings from sausages and form into 8 small patties. Grill over indirect heat for 4 to 6 minutes per side or until cooked through. Place patties in lightly grilled buns and top with pickles, mustard and sauerkraut.

\*LEANNE'S NOTE: You can also serve these sliders with regular burger toppings (mustard, mayo, ketchup, relish, onion, lettuce, tomato).

**NUTRITION per serving:** 326 Calories; 23g Fat; 14g Protein; 14g Carbohydrate; 1g Dietary Fiber; 51mg Cholesterol; 970mg Sodium. **Exchanges:** 1/2 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 3 1/2 Fat; 0 Other Carbohydrates. **Points:** 9

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## Creamy Red Potato Salad

Recipe 4 - Serves 8

### INGREDIENTS:

3 pounds baby red potatoes, unpeeled  
2/3 cup mayonnaise  
1 cup thick sour cream

1 tablespoon chopped dill  
2 teaspoons chopped parsley  
Sea salt and freshly ground black pepper, to taste



### INSTRUCTIONS:

Cook potatoes until tender; drain then cut into bite-sized pieces, leaving skins on. In a large bowl, combine remaining ingredients (mayonnaise through black pepper); add hot potatoes and toss until well coated. Cover and refrigerate overnight.

**NUTRITION per serving:** 328 Calories; 22g Fat; 5g Protein; 32g Carbohydrate; 3g Dietary Fiber; 19mg Cholesterol; 152mg Sodium. **Exchanges:** 2 Grain(Starch); 0 Vegetable; 0 Non-Fat Milk; 2 1/2 Fat. **Points:** 9

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**DO-AHEAD TIP:** Cook, drain and crumble bacon. Toss apples with lemon juice, so they don't brown.

## Spinach Salad with Honey-Mustard Dressing

Recipe 5 - Serves 8

### INGREDIENTS:

16 ounces baby spinach, stems removed	1 clove garlic, pressed
1 medium red onion, thinly sliced	2 tablespoons lemon juice, divided
2 Granny Smith apples, cored (but not peeled) and sliced, tossed with 1/2 tablespoon of the lemon juice	2 tablespoons honey
6 slices bacon, crisply cooked and crumbled	2 tablespoons Dijon mustard
	6 tablespoons extra virgin olive oil



### INSTRUCTIONS:

In a large salad bowl, toss together baby spinach, red onion, apples and bacon. In a small bowl, whisk together remaining ingredients; pour over salad and toss well.

**NUTRITION per serving:** 173 Calories; 13g Fat; 4g Protein; 13g Carbohydrate; 3g Dietary Fiber; 4mg Cholesterol; 169mg Sodium. **Exchanges:** 0 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 2 1/2 Fat; 1/2 Other Carbohydrates. **Points:** 5

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**DO-AHEAD TIP:** Cook pasta according to package directions then chill. Toast pine nuts.

## Pesto Pasta Salad

Recipe 6 – Serves 8

### INGREDIENTS:

3 cups packed basil leaves	1/2 cup olive oil
1 cup packed parsley sprigs	1/2 cup grated Parmesan cheese
3 cloves garlic, chopped	1 pound Gemelli, or use another short pasta, cooked according to package directions and chilled
1 tablespoon lemon juice	1 cup plain Greek yogurt
1/2 teaspoon sea salt	2 pints cherry tomatoes, halved
1/4 teaspoon freshly ground black pepper	
1/3 cup pine nuts, toasted	



### INSTRUCTIONS:

In a food processor, puree first 7 ingredients (basil through pine nuts) until smooth. With the motor running, add the olive oil and process to a thick paste. Add the Parmesan cheese and pulse twice. In a large bowl, combine pesto and Greek yogurt until well blended; add cold pasta and toss to coat. Top salad with tomatoes and serve at room temperature or chilled.

**NUTRITION per serving:** 427 Calories; 20g Fat; 13g Protein; 50g Carbohydrate; 3g Dietary Fiber; 8mg Cholesterol; 241mg Sodium. **Exchanges:** 3 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 0 Non-Fat Milk; 3 1/2 Fat; 0 Other Carbohydrates. **Points:** 12

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## Fresh Fruit Kabobs

Recipe 7 - Serves 8

### INGREDIENTS:

2 cups pineapple chunks  
2 cups whole strawberries, hulled

4 kiwis, peeled and quartered  
2 cups cantaloupe chunks  
Bamboo skewers



### INSTRUCTIONS:

Alternately thread fruit onto skewers and arrange kabobs on a tray. OR, display kabobs artistically by inserting them into an inverted cantaloupe or grapefruit half.

**NUTRITION per serving:** 86 Calories; trace Fat; 1g Protein; 21g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 6mg Sodium. **Exchanges:** 1 1/2 Fruit. **Points:** 2

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## Cheesecake Squares

Recipe 8 - Serves 8

### INGREDIENTS:

1/3 cup unsalted butter, softened  
1/3 cup brown sugar  
1/3 cup chopped walnuts  
1 cup sifted all-purpose flour  
1/4 cup sugar

8 ounces cream cheese, softened  
1 egg  
2 tablespoons milk  
1 tablespoon lemon juice  
1/2 teaspoon vanilla extract  
U.S.A. flag toothpicks



### INSTRUCTIONS:

Preheat oven to 350 degrees. In a medium bowl, cream together butter and brown sugar until light and fluffy. Add chopped walnuts and flour; stir until mixture becomes crumbly. Press mixture into an 8-inch square baking pan; bake for 12 to 15 minutes. Cool to room temperature on a wire rack. In a medium bowl, beat together the white sugar and cream cheese until smooth. Stir in egg, milk, lemon juice and vanilla; whisk until thoroughly blended. Spread mixture over baked crust and bake for 25 to 30 minutes or until filling is set. Cool to room temperature on wire rack then refrigerate. Cut into 16 squares and insert a flag toothpick in each.

**NUTRITION per piece:** 155 Calories; 11g Fat; 3g Protein; 12g Carbohydrate; trace Dietary Fiber; 39mg Cholesterol; 49mg Sodium. **Exchanges:** 1/2 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 2 Fat; 1/2 Other Carbohydrates. **Points:** 4

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