



Labor Day

RECIPES

**LABOR DAY
CELEBRATION MEAL:**

Grilled Shrimp

Roasted Veggie Medley*

Grilled Corn

Tomato – Mozzarella Salad

Strawberry Watermelon Popsicles
or Grilled Peaches





RECIPES

GRILLED SHRIMP

10 SHRIMP PER SERVING

110 calories – 0 carbs

10 Shrimp per person

1 tsp Olive oil

Old Bay Seasoning

Peel and devein shrimp. Allow about 10 large shrimp per person. Before grilling (or stir-frying) season with about 1 tsp olive oil and a generous sprinkle of Old Bay Seasoning. Shrimp cooks very quickly. Once they are pink, they're done.



RECIPES

ROASTED VEGGIE MEDLEY

MAKES 8 SERVINGS

90 calories – 12 carbs

1 Eggplant

1 Zucchini

1 Green pepper

1 Yellow pepper

3 cups Broccoli crowns

1 lb. Asparagus

8 oz. Package whole white or baby portabella mushrooms

1 Large onion

Cut into large chunks a big variety of your favorite summer veggies. 1 eggplant, 1 zucchini, 1 green pepper, 1 yellow pepper, 3 cups broccoli crowns, 1 lb. asparagus, 8 oz. package whole white or baby portabella mushrooms, and a large onion. Toss together with 2 Tbsp olive oil and your favorite seasonings. (I used chopped fresh basil and rosemary – along with some of the Old Bay Seasoning I used in the shrimp).

Cover your grill rack with foil. Cook for about 15-20 minutes until they become a little charred and just soft enough to easily bite.



RECIPES

GRILLED CORN

1 LARGE EAR PER SERVING

80 calories – 15 carbs

Ear of corn

Here are three different preparations that all take about 15 - 20 minutes on a hot grill.

- *In the husk: Make sure you soak it first before peeling. Gently peel back the husks, remove the silks and cover up the cob again.*
- *In foil: No need to soak. Just remove the husks and silks. Wrap in foil and grill.*
- *Naked: No husks, no foil, just put the corn right on the grill for a slightly charred and smoky flavor.*



RECIPES

TOMATO MOZZARELLA SALAD

1 - 4oz MOZZARELLA BALL PER SERVING

75 calories – 0 carbs

Tomatoes

Salt

Chopped Basil

Balsamic Vinegar

Mozzarella cheese

I like to cut them in large chunks, sprinkle with a little salt, chopped basil and balsamic vinegar and then ball of mozzarella cheese on top.



RECIPES

ZESTY WATERMELON STRAWBERRY POPSICLES

MAKES 10

20 calories – 5 carbs

4 cups Cubed watermelon

1 cup Strawberries

½ Lime

12 Mint or basil leaves (optional)

Blueberries (optional)

In a food processor or blender place 4 cups of cubed watermelon, 1 cup of fresh or frozen strawberries, and the zest and juice of ½ lime. Add optional mint or basil leaves. Pour into popsicle molds (or freeze as a sorbet). Pop in a few blueberries for added color.



RECIPES

GRILLED PEACHES

2 PEACH HALVES PER SERVING

60 calories – 15 carbs

Non-stick spray

Peach

Olive oil

Brown sugar (optional)

Maple syrup (optional)

Spray some non-stick spray on a hot grill. Brush both sides of two peach halves with a little olive oil. Place cut side down on a medium grill for 4-5 minutes. Turn, and grill another 4-5 minutes until soft. You might want to sprinkle a little brown sugar or brush a little maple syrup on the peach, but if it is nice and ripe, it should be sweet enough.