

– LABOR DAY RECIPES –

GRILLED PORTOBELLO MUSHROOMS, SWEET PEPPERS, & ONIONS

(serves 6) Recipe adapted from Bon Appétit, November 1997

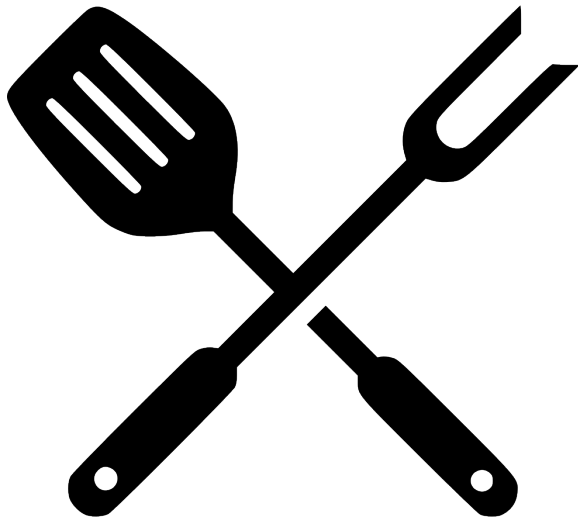
This recipe makes A LOT of veggies so it can be used as a meal for 2-3 people or as a side dish for 4 or more.

- ½ C balsamic vinegar
 - ¼ C olive oil
 - 2 t chopped fresh thyme
 - 1 t grated lemon zest
 - 6 portobello mushrooms, stemmed, gills removed
- 2 large red bell peppers, halved, seeded
 - 2 large yellow bell peppers, halved, seeded
 - 2 large red onions, cut into ½” thick rounds

Prepare barbeque (medium heat). Whisk vinegar, oil, thyme and lemon peel in large bowl to blend well. Season vinaigrette to taste with salt and pepper.

Toss vegetables with vinaigrette and allow to marinate for 30 minutes. Start onions on grill for a 2-3 minutes before adding rest of veggies. Grill veggies until mushrooms are tender and juicy, and peppers and onions are crisp-tender, about 12 minutes per side.

When cool cut mushrooms and peppers into 1/2-inch-thick strips. Toss mushrooms, peppers and onions in a bowl. Season with salt and pepper. Serve at room temperature.



SLOW COOKER SHREDDED HAWAIIAN CHICKEN

(serves 6) Recipe from therealfoodrds.com

This recipe is the perfect blend of sweet and savory. It’s flavorful, light, and a simple slow cooker meal.

- 1 lb boneless skinless chicken breast
 - ½ lb boneless skinless chicken thighs
 - ½ small onion, diced
 - 3 garlic cloves, minced
 - 8 oz can crushed pineapple, slightly drained
 - ½ C coconut aminos
 - 1 lime, juiced
 - ½ t ground ginger
- ¼ t red pepper flakes
 - ½ t sea salt
 - ¼ t black pepper
 - 6 swiss chard leaves (or leaf lettuce)
 - optional additional toppings: avocado slices, shredded carrots, shredded cabbage, green onions, sliced almonds, fresh cilantro, etc.

Place chicken, onions and garlic in a slow cooker.

In a small bowl, place pineapple, coconut aminos, lime juice, ground ginger, red pepper flakes, salt and pepper. Stir to combine well, and pour into slow cooker.

Cook on low for 4-6 hours. Remove chicken from slow cooker and place in mixing bowl. Use a electric mixer on low speed to shred chicken.

Return chicken to slow cooker to soak up juices. Set temperature to warm (or low) until ready to serve.

Assemble Swiss chard wraps with desired ingredients.



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CILANTRO-LIME GRILLED WATERMELON

Makes 8 pieces

Recipe from thestayathomechef.com

Turn your watermelon into something new and delicious with this recipe. Take your summer grilling to a whole new level!

Cut each watermelon round into 4 pieces, for a total of 8 pieces. Brush each side with olive oil and a little of the lime juice, reserving at least half of the lime juice for after cooking. Season with a little bit of salt (about ½ tsp total for 8 pieces, both sides).

Heat an outdoor gas grill to high heat. Grill watermelon for 3 to 5 minutes on each side, allowing grill marks to form.

Remove from grill and season with the remaining lime juice and sprinkle with cilantro. Season with additional salt to taste. Salt brings out additional flavor so really do it to taste.

- 2 (2-inch) slices watermelon
- 2 T extra virgin olive oil
- 2 limes, juiced

- ½ C fresh cilantro, chopped
- salt, to taste

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