

Summer Cookout: The Healthy Way

Try these healthy and delicious dishes that are easy and fun to make!

On the Menu

Low Carb BBQ
Sauce

Italian Style
Coleslaw

Watermelon Lime
Spritzer



Low Carb BBQ Sauce

Yields: 8 servings

*1 serving- 19 Calories,
4.1g Carbohydrates, 1g
Protein, .1g Fat*



Ingredients

- 6 oz can tomato paste
- 1/3 cup water
- 1 cup diet Dr. Pepper
- 2 Tbsp white vinegar
- 1/2 tsp salt
- 1/2 tsp smoked paprika
- 1/4 tsp chipotle
- 1/4 tsp onion powder
- Stevia to taste

Instructions

Add ingredients to a blender and blend until smooth

If the mixture is too thick add more water

Ingredients

- 1 bag shredded cabbage
- 1 tsp caraway seeds
- 1 Tbsp garlic powder
- 1 tsp salt
- ½ tsp pepper
- ½ cup white vinegar
- ¼ cup extra virgin olive oil
- 1 tsp Dijon mustard

Instructions

- Place cabbage in a large bowl
- In a separate, smaller bowl, whisk the rest of the ingredients together
- Pour mixture over cabbage and stir until combined
- Refrigerate until chilled



Italian Style Coleslaw

Yield – 5 servings

Recipe - 38 Calories, 3g Carbohydrates, .75g Protein, 3g Fat



Watermelon Lime Spritzer

Yield – 4 servings

Recipe – 56 Calories, 1g Protein, 0g Fat

Ingredients

- 4 cups diced watermelon
- 12 oz sparkling lime seltzer
- 1 limes
- 2 drops liquid sweetener (optional)

Instructions

- Blend diced watermelon. Strain the juice.
- Add the juice of 1 lime and sweetener. Blend again.
- Pour watermelon mixture into 4 glasses, filling ¾ of the glass. Top off each glass by pouring sparkling lime seltzer.