



Fired Up Foods!

HOT & SPICY RECIPES PERFECT FOR YOUR
WARMER WEATHER MEAL PREP

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Baked Ziti With Summer Veggies

Prep Time: 20 minutes

Cook Time: 1 hour 7 minutes

Serves: 4 (about 1½ cups each)



Ingredients

- 4 oz. dry whole wheat ziti (or penne) pasta
- 2 tsp. olive oil
- 1 medium red onion, chopped
- 2 cloves garlic, finely chopped
- 2 medium tomatoes, chopped
- 2 cups chopped summer squash
- 1 cup chopped zucchini
- ¼ cup finely chopped basil leaves
- ½ tsp. sea salt (or Himalayan salt)
- ¼ tsp. ground black pepper
- 1 dash crushed red pepper flakes (optional)
- ¾ cup part-skim Mozzarella cheese, divided use
- ¼ cup grated Parmesan cheese
- 1½ cup part-skim ricotta cheese
- Nonstick cooking spray

Method

Cook ziti according to package directions; drain. Set aside.

Preheat oven to 375° F.

Heat oil in a large nonstick skillet over medium-high heat. Add onion; cook, stirring frequently, for 4 to 6 minutes, or until onion is translucent. Add garlic; cook, stirring frequently, for 1 minute. Add tomatoes, summer squash, and zucchini; cook, stirring frequently, for 3 to 4 minutes. Combine onion mixture, pasta, basil, salt, pepper, red pepper flakes (if desired), ½ cup mozzarella cheese, Parmesan cheese, and ricotta cheese in a large bowl; mix well. Place in a 2½ to 3-quart casserole that is lightly coated with spray. Top evenly with remaining ¼ cup mozzarella cheese. Bake, covered with aluminum foil, for 35 minutes. Remove foil and bake an additional 10 minutes, or until cheese is bubbly.

BBQ Chicken Flatbread Pizza

Ingredients

- 2 whole-wheat flatbreads or 6½-inch whole wheat pitas
- ½ cup reduced-sugar barbecue sauce
- 1½ cups cooked chicken breast, shredded
- ½ cup canned black beans, drained, rinsed
- ½ cup corn kernels
- ½ medium red onion, chopped
- ½ cup shredded cheddar cheese
- ¼ cup fresh cilantro, finely chopped
- 1 Tbsp. fresh lime juice

Method

Preheat oven to 350° F.

Place flatbreads on a large baking sheet.

Spread barbecue sauce evenly on flatbreads. Top flatbreads evenly with chicken, black beans, corn, onion, and cheese.

Bake for 5 to 8 minutes, or until cheese is melted.

Top evenly with cilantro and drizzle with lime juice. Serve immediately.

Prep Time: 15 minutes

Cook Time: 8 minutes

Serves: 4 (1/2 flatbread each)





Marinated Summer Veggies With Chicken Sausage

Prep Time: 10 minutes

Cook Time: 0 minutes

Serves: 4

Ingredients

- 2 tsp. olive oil
- 2 Tbsp. balsamic vinegar
- 2 Tbsp fresh lime juice
- 2 cloves garlic, chopped
- Sea salt (or Himalayan salt) and ground black pepper (to taste)
- 1 lb. green beans, ends removed
- 2 medium zucchini, sliced
- 2 medium summer (crookneck) squash, sliced
- 1 cup halved cherry tomatoes
- 1 medium green bell pepper, sliced
- 1 medium red onion, sliced
- 4 cooked chicken sausages, sliced
- 2 Tbsp chopped fresh basil

Method

To make marinade, combine oil, vinegar, lime juice, and garlic in a medium bowl; whisk to blend.

Season with salt and pepper, if desired; whisk to blend. Set aside.

Place green beans, zucchini, summer squash, tomatoes, bell pepper, and onion in a re-sealable plastic bag (or large bowl). Add marinade; shake to blend. Let sit for 30 minutes.

Preheat grill or broiler to high.

Place veggie mixture on a large sheet pan (or broiler pan). Add sausages; mix well. Spread out evenly.

Grill or broil for 4 to 8 minutes, turning occasionally, until vegetables begin to soften. Sprinkle with basil before serving.

BBQ Tri-Tip Steak

Prep Time: 20 minutes

Cook Time: 1 hour 7 minutes

Serves: 4 (about 1½ cups each)



Ingredients

- 11-inch piece fresh ginger peeled, finely chopped
- 3 cloves garlic
- 3 Tbsp. all-fruit plum jam or preferred jam
- 1/2 cup reduced-sodium soy sauce
- 1 tsp. sesame oil
- 1/2 cup water
- 1 bunch green onions sliced
- 1 medium serrano chile, cut in half, seeds removed, chopped
- sea salt (or Himalayan salt) and ground black pepper to taste; optional
- 1¾ lbs raw tri-tip roast

Method

Place ginger, garlic, jam, soy sauce, oil, and water in a blender; cover. Blend until smooth.

Add onions and chiles; pulse until blended.

Season with salt and pepper if desired. Place tri-tip in glass dish; top with marinade. Marinate, covered, in refrigerator for 2 to 3 hours.

Preheat grill on high.

Place tri-tip on grill; brown for 5 minutes on each side. Reduce heat to medium; cook slowly, basting with marinade every 5 to 10 minutes.

Cook for 15 to 20 minutes on each side or to desired doneness. Test for temperature with a meat thermometer in the thickest part of the tri-tip reaching 125° F. for rare and 140° F. for medium.

Remove from grill; cover with foil and let sit for 10 minutes.

Slice thinly across the grain.

Mango Chicken Skewers

Ingredients

- 1 tsp. lime peel, finely chopped
- ¼ cup fresh lime juice
- 1 Tbsp. olive oil
- 3 cloves garlic, finely chopped
- 2 tsp. chili powder
- ½ tsp. sea salt
- ¼ tsp. cayenne pepper
- 1 lb. raw chicken breast, boneless, skinless, cut into 1-inch cubes
- 2 tsp. raw honey
- 2 medium mangos, peeled, cut into 1-inch cubes
- 1 medium yellow bell pepper, cut into 1-inch cubes
- 1 medium orange bell pepper, cut into 1-inch cubes
- 2 medium red onions (or sweet onion), cut into 1-inch cubes

Prep Time: 15 minutes

Cook Time: 8 minutes

Serves: 4 (2 skewers each)

Method

Combine lime peel, lime juice, oil, garlic, chili powder, salt, and cayenne pepper in a small bowl; whisk to blend. Set aside.

Place chicken in glass dish. Pour half of marinade over the top; toss gently to coat. Cover and refrigerate for 20 minutes to 4 hours.

Stir honey into remaining marinade. Set aside.

Place a piece of chicken, mango, bell pepper, and onion onto a skewer. Repeat twice, so the skewer has three pieces of each ingredient. Repeat with seven remaining skewers. Discard marinade that contained chicken.

Brush skewers with reserved honey marinade mixture. Grill or broil skewers for 6 to 8 minutes, turning every 2 minutes and brushing with honey marinade, or until mango is softened and chicken is no longer pink in the middle.





Pork and Apple Skewers

Prep Time: 15 minutes

Cook Time: 12 minutes

Serves: 2 (2 skewers each)

Ingredients

- 2 Tbsp balsamic vinegar
- 1 Tbsp all-natural tomato paste
- 2 Tbsp all-fruit plum preserves
- 1 Tbsp water
- 10 oz. raw pork loin, cut into 12 cubes
- 1 medium apple (like Braeburn), peeled, cut into 8 wedges
- 1 medium red onion, cut into 8 wedges
- 1 tsp olive oil
- Sea salt and ground black pepper (to taste)

Method

Preheat grill or broiler to medium-high. Combine vinegar, tomato paste, preserves, and water in a small bowl; whisk to blend. Set aside.

Place a piece of pork, a wedge of apple, and a wedge of onion onto a skewer. Repeat, and add an additional piece of pork. Each skewer will have three pieces of pork, two pieces of apple, and two pieces of onion. Repeat with three remaining skewers.

Brush skewers with oil; season with salt and pepper if desired. Grill or broil skewers for 6 to 8 minutes, turning every 2 minutes.

Brush with vinegar mixture; cook for an additional 5 to 6 minutes, turning occasionally, and brushing occasionally with vinegar mixture, until pork is no longer pink in the middle and juices run clear.

Grilled Corn With Chili, Cheese, and Lime

Ingredients

- Hot water
- 4 ears corn, husks removed
- 2 tsp. olive oil
- Sea salt (or Himalayan salt to taste; optional)
- $\frac{1}{4}$ cup crumbled queso fresco (or feta cheese)
- $\frac{1}{4}$ tsp. cayenne pepper
- 1 medium lime, cut into 4 wedges

Method

Preheat grill to medium.

Bring large pot of water to boil; add corn. When water returns to a boil, remove corn. Drain well.

Brush corn with oil. Season with salt if desired.

Place corn on grill, turning frequently, for about 4 minutes, or until corn kernels are browned.

Remove from grill.

Sprinkle corn with cheese and cayenne pepper. Serve immediately with lime wedges.

Prep Time: 10 minutes

Cook Time: 11 minutes

Serves: 4





Grilled Veggie Tray with Chimichurri

Prep Time: 10 minutes

Cook Time: 15 minutes

Serves: 4

Ingredients

FOR CHIMICHURRI:

- 1 bunch fresh parsley (approx. 1 cup)
- 1 bunch fresh cilantro (approx. 1 cup)
- 2 Tbsp. red wine vinegar
- 2 Tbsp. fresh oregano (or 2 tsp. dried)
- 1 Tbsp. + 1 tsp. extra-virgin olive oil
- $\frac{1}{2}$ medium lemon, juiced
- 4 cloves garlic
- $\frac{3}{4}$ tsp. sea salt (or Himalayan salt)
- $\frac{1}{2}$ tsp. crushed red pepper flakes

FOR GRILLED VEGGIES:

- 2 portobello mushrooms, halved
- 1 red bell pepper, quartered, seeded
- 1 yellow bell pepper, quartered, seeded
- 1 bunch carrots, halved lengthwise
- 2 medium zucchini, quartered
- Nonstick cooking spray

Method

Preheat grill to medium-high heat. To make chimichurri, add parsley, cilantro, vinegar, oregano, oil, lemon juice, garlic, salt, and red pepper flakes to a food processor; cover. Blend on low until smooth; set aside. To grill veggies, lightly coat mushrooms, red bell pepper, yellow bell pepper, carrots, and zucchini with spray; place in a single layer on grill, with carrots and zucchini over the hottest part of flame. Cover; grill, turning occasionally, for 10 to 15 minutes, or until lightly charred on all sides. Divide vegetables evenly among 4 serving plates with $\frac{1}{4}$ cup + 1 Tbsp. chimichurri each.

Whole Grilled Trout with Tomato Salad

Ingredients

FOR TOMATO SALAD:

- 1½ cups chopped tomato
- ¼ cup chopped onion
- 2 Tbsp. sliced green onions
- 1 Tbsp. extra-virgin olive oil
- 1 Tbsp. chopped dill
- 1 clove garlic, finely chopped
- 2 tsp. fresh lemon juice
- ½ tsp. raw sugar
- ¼ tsp. sea salt (or Himalayan salt)
- ¼ tsp. ground black pepper

FOR TROUT:

- 1 lb. whole trout, scaled, gutted
- 2 tsp. olive oil
- ¼ tsp. sea salt (or Himalayan salt)
- ¼ tsp. ground black pepper
- 3 slices lemon
- 1 clove garlic, thinly sliced
- 1 Tbsp. dill fronds

Method

To make salad, add tomato, onion, green onions, oil, dill, garlic, lemon juice, sugar, salt, and pepper to a medium mixing bowl; toss to combine. Set aside.

Preheat BBQ grill to medium-high or preheat oven to 500° F.

Rub trout, inside and out, with oil; season, inside and out, with salt and pepper.

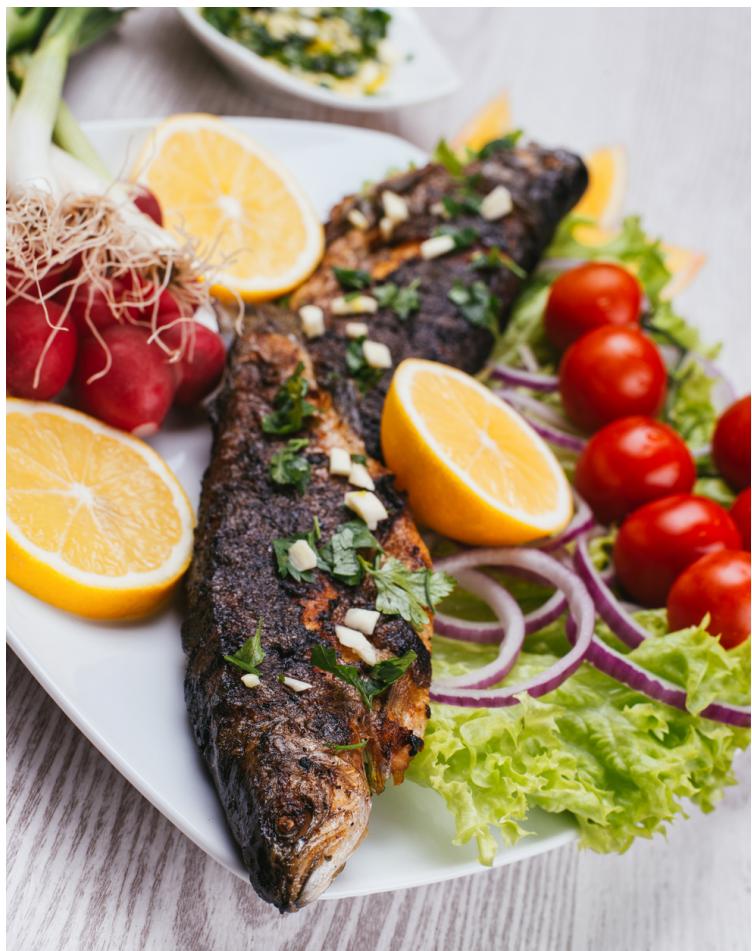
Layer lemon, garlic, and dill inside fish.

Grill trout, with grill lid down, for 6 to 7 minutes per side (or roast on a baking sheet, lightly coated with nonstick cooking spray, for 12 to 14 minutes), or until flesh is firm to the touch and thermometer inserted into thickest part reaches 145° F. Discard lemon, garlic, and dill. Place whole fish on a large serving plate; spread tomato salad over top.

Prep Time: 11 minutes

Cook Time: 14 minutes

Serves: 2



Grilled Chicken Caesar Salad

Ingredients

FOR SALAD:

- 2 raw chicken breasts, boneless, skinless
- 1 whole romaine lettuce head, quartered
- Nonstick cooking spray
- Sea salt (or Himalayan salt)
- 2 Tbsp. grated Parmesan cheese

FOR CAULIFLOWER CROUTONS:

- 2 cups cauliflower florets, chopped small
- 1 Tbsp. cornstarch

FOR DRESSING:

- $\frac{1}{4}$ cup (0 or 2%) plain Greek yogurt
- 2 Tbsp. olive oil mayonnaise
- $\frac{1}{4}$ medium avocado, sliced
- $\frac{1}{2}$ medium lemon, juiced
- 1 Tbsp. Worcestershire sauce
- $1\frac{1}{2}$ tsp. anchovy paste
- 1 tsp. Dijon mustard
- 1 clove garlic
- $\frac{1}{4}$ tsp. ground black pepper

Prep Time: 15 minutes

Cook Time: 0 minutes

Serves: 2

Method

Preheat air-fryer to 400° F. Preheat grill to medium-high heat. Lightly coat chicken and romaine quarters with spray. Season chicken with salt (if desired). Set aside. To make croutons, add cauliflower to a medium mixing bowl; lightly coat with spray. Add cornstarch; toss to coat. Spread cauliflower in a single layer in air-fryer; lightly coat with spray. Airfry, shaking basket occasionally, for 13 to 15 minutes, or until crispy. Set aside. To make dressing, add yogurt, mayonnaise, avocado, lemon juice, Worcestershire sauce, anchovy paste, mustard, garlic, and pepper to a food processor; cover. Process on high until smooth and creamy; set aside. Add chicken to grill; cook for 5 to 6 minutes. Flip; cook for an additional 5 to 6 minutes, or until a thermometer inserted into the thickest part reads 165° F. Remove chicken to a cutting board; cover with aluminum foil. Let rest for 10 minutes. While chicken rests, add romaine quarters in a single layer to grill; cook for 2 minutes. Flip; cook for an additional 2 minutes, or until lettuce is slightly charred, but not too wilted. Divide romaine quarters evenly between 2 large serving plates. Cut chicken into $\frac{1}{4}$ -inch ($\frac{1}{2}$ -cm) slices; divide slices evenly atop romaine quarters. Divide dressing, cauliflower croutons, and Parmesan cheese evenly between both plates.





Grilled Watermelon Wedges

Prep Time: 10 minutes

Cook Time: 6 minutes

Serves: 4 (1-2 slices each)

Ingredients

- $\frac{1}{4}$ medium watermelon, rind washed, cut into $1\frac{1}{4}$ -inch thick wedges
- 1 tsp sea salt (or Himalayan salt)
- 2 tsp olive oil

Method

Place cookie (or baking) rack over baking pan. Season watermelon with salt. Place on prepared rack. Let watermelon drain for 30 minutes. Rinse and pat dry. Preheat grill or broiler on high. Lightly brush watermelon with oil. Grill (or broil) for about 2 to 3 minutes on each side, or until grill marks appear and watermelon softens slightly.

Grilled Fish Tacos with Chipotle Crema

Ingredients

FOR CABBAGE SLAW:

- $\frac{1}{4}$ cup rice vinegar, unseasoned
- 1 packet powdered stevia
- $\frac{1}{4}$ tsp. sea salt (or Himalayan salt)
- 2 cups thinly sliced cabbage
- 1 medium green apple, cut into $\frac{1}{4}$ -inch matchsticks
- $\frac{3}{4}$ cup fresh cilantro, chopped

FOR CHIPOTLE CREMA:

- 1 cup reduced-fat (0 or 2%) plain Greek yogurt
- 2 canned chipotle peppers in adobo sauce
- 2 cloves garlic, peeled
- $\frac{1}{2}$ fresh lime, juiced
- $\frac{1}{4}$ tsp. sea salt (or Himalayan salt)

FOR TACOS:

- 12 oz. raw halibut, cut into 6 equal pieces
- $\frac{1}{4}$ tsp. sea salt (or Himalayan salt)
- $\frac{1}{4}$ tsp. ground cumin
- $\frac{1}{4}$ tsp. garlic powder
- Nonstick cooking spray
- 6 jicama wraps

Prep Time: 5

Cook Time: 8 minutes

Serves: 3

Method

To make cabbage slaw, add vinegar, stevia, and salt to a large mixing bowl; whisk to combine. Add cabbage, apple, and cilantro to bowl; toss to combine. Set aside. To make chipotle crema, add yogurt, chipotle peppers, garlic, lime juice, and salt to a blender or food processor; cover. Pulse until smooth; set aside. Season halibut with salt, cumin, and garlic powder; set aside. Heat a large nonstick skillet over medium-high heat; lightly coat with spray. Add halibut; cook for 3 minutes. Flip; cook an additional 3 minutes. To make tacos, place 3 jicama wraps each on two plates; top each wrap with one piece of fish. Top evenly with cabbage mixture; drizzle each with approx. 2 Tbsp. chipotle mixture. Serve immediately.



Smashed Huang-Jua Cucumbers



Prep Time: 5 minutes

Cook Time: 0

Serves: 1

Ingredients

- 2 medium cucumbers, roughly chopped
- Resealable plastic bag
- 1 dash sea salt (or Himalayan salt)
- 2 tsp. rice vinegar
- 1 clove garlic, finely chopped
- 1 tsp. reduced-sodium tamari soy sauce
- 1 tsp. toasted sesame oil
- 1 tsp. coconut sugar
- 1 pinch red pepper flakes
- 1 tsp. toasted sesame seeds

Method

Place cucumbers in plastic bag; seal. Using a rolling pin (or side of chef's knife), gently smash down on cucumbers until they split into pieces. Place in a colander set over a large bowl; sprinkle salt over cucumbers. Let drain in refrigerator for approximately 20 minutes.

While cucumbers drain, add vinegar, garlic, soy sauce, sesame oil, sugar, and pepper flakes to a large mixing bowl; whisk until sugar dissolves.

When cucumbers finish draining, discard drained liquid. Add cucumbers to dressing; toss to coat. Sprinkle with sesame seeds.

Air Fried Shishito Peppers



Prep Time: 11 minutes

Cook Time: 14 minutes

Serves: 2

Ingredients

- 4 cups shishito peppers
- Nonstick cooking spray
- 2 tsp. reduced-sodium tamari soy sauce
- 2 tsp. mirin or cooking sherry
- 1 tsp. toasted sesame oil
- $\frac{1}{4}$ medium lemon, juiced
- $\frac{1}{4}$ tsp. crushed red pepper flakes (optional)
- 1 tsp. sesame seeds

Method

Preheat air-fryer to 400° F for 3 minutes. Add shishito peppers to air-fryer basket; lightly coat with spray. Cook, shaking basket halfway through, for 7 to 8 minutes, or until soft and slightly charred and blistered.

Add shishito peppers, soy sauce, mirin, sesame oil, lemon juice, and pepper flakes (if desired) to a bowl; toss until combined. Sprinkle sesame seeds over top.

Serve warm or at room temperature.



Creamy Cauliflower Jalapeño Dip

Prep Time: 8 minutes

Cook Time: 2 minutes

Serves: 4

Ingredients

- 2 cups water
- 1 cup cauliflower florets
- $\frac{1}{4}$ cup reduced-fat cream cheese
- $\frac{1}{4}$ cup reduced-fat cottage cheese
- 2 Tbsp. grated Parmesan cheese
- $\frac{1}{2}$ small jalapeño pepper, seeded
- 2 cloves garlic
- $\frac{1}{2}$ tsp. onion powder
- $\frac{1}{2}$ tsp. ground black pepper
- $\frac{1}{2}$ tsp. sea salt (or Himalayan salt)

Method

Bring water to a boil in a medium pot over medium-high heat; add steamer basket. Add cauliflower to basket; steam for 7 to 8 minutes, or until cauliflower is very tender. Remove cauliflower to a heatproof bowl; refrigerate for 10 minutes, or until cool. Add cauliflower, cream cheese, cottage cheese, Parmesan cheese, jalapeño, garlic, onion powder, pepper, and salt to a food processor (or high-powered blender); cover. Pulse until smooth, scraping down sides as needed.