

BALANCED BITES PRESENTS



GUIDE TO SUMMER GRILLING

QUICK & EASY RECIPES TO GET YOUR GRILL GOING!

Hello Summer!

Summer grilling is a breeze when you have BB Spices on hand! Enjoy this PDF guide with spice-pairing suggestions, my top ten tips for easy summer grilling, plus, a few of my favorite extra recipes to serve alongside.



What's more, these recipes use our BB spices and you'll return to these dishes again & again.

xo,

Diane



TABLE OF CONTENTS

| | |
|--------------|---|
| 2 | Quick Protein Grill Guide |
| 3 | Diane's Top Ten Tips for Easy Summer Meals |
| 4-5 | The Easiest Smoky Pork Chops Ever |
| 6-7 | Coffee BBQ Bacon Burgers |
| 8-9 | Umami Steak & Arugula Salad |
| 8-9 | Balsamic Vinaigrette |
| 10-11 | Perfectly Grilled Chicken Breast |
| 12-13 | Simple Side: Marinated Onions |
| 14-15 | Simple Side: Spicy Citrus Slaw |
| 16-17 | Simple Side: Spicy Roasted Asparagus with Lemon |



QUICK PROTEIN GRILL GUIDE

GRILLED CHICKEN

Grill for 4-5 minutes on each side, or until the internal temperature is 165°F.



GRILLED FISH

Grill the fish for 2 to 3 minutes per side or until done to your liking. (I typically suggest 4 to 5 minutes total cooking time per inch of fish.) If you are enjoying wild, sashimi-grade tuna, you can leave it nearly rare.



BURGERS

Grill burgers for about 5 minutes per side, until cooked to 145°F in the center.



GRILLED STEAK

Cook steak for 3 to 5 minutes per side, depending on the thickness and desired level of doneness. Let the cooked steak rest for 10 minutes before slicing against the grain into strips.



GRILLED PORK CHOPS

Cook pork for 3 minutes per side, or until grill marks appear. (If pork chops are less than an inch thick, cook for 2 minutes per side.)

- If using a grill pan, transfer the pan to the oven and continue cooking for 4 to 8 minutes, until the chops reach an internal temperature of 145°F.
- If using a grill, move the chops to a higher rack or lower temperature area of the grill and cook until they're cooked through, about 3 to 5 minutes.

Alternatively, you can transfer the chops from the grill to an oven-safe pan and bake them to finish cooking, following the instructions above for the grill pan.



DIANE'S TOP TEN TIPS FOR EASY SUMMER MEALS

1 Plan ahead! Open up all of your favorite cookbooks and pick recipes in advance so you can prepare your shopping list ahead of time.

2 Buy chopped, shredded, riced, or noodled veggies! There's absolutely no shame in that game. Save time, effort, and cleanup!

3 Buy clean pre-made salad dressings and sauces to save time. But if you're looking to save money, making them with the recipes found in my books or on balancedbites.com will definitely help.

4 Meal prep or "mini prep" on the weekends— prep your proteins on the grill and a few sides to mix and match here and there. Some favorites to prep ahead are Marinated Onions, Spicy Citrus Slaw, and Roasted Asparagus with Lemon - all included in this guide!

5 When you bring home veggies that need prepping, wash and prep them before you put them away. This makes them easy to grab and eat or grab and cook without extra prep. For example, rinse, stem, and chop kale, then place it in an airtight container before putting it away.

6 Keep on hand fresh salad greens like arugula (which doesn't wilt too quickly) or mixed baby greens so you can add a quick side salad to any protein you grill.

7 Load up your grill and get tons of protein prepped at once while enjoying time outside.

8 Cook one meal with a small variation for yourself or let family members leave one item on their plates and don't make a big fuss about it. For instance, leave the bun off your burger or use lettuce or a portobello mushroom bun while the rest of your family has a refined-grain bun.

9 Always cook more protein than you need - If 1 pound feeds your family for a night, always cook at least 2 pounds at a time and immediately put half into a storage container to keep for later.

10 Season simply, or separately. Either use a simple seasoning blend like TRIFECTA Blend for everyone, or split a tray of baked chicken thighs, for example, and season half with TACO & FAJITA Blend and the other half with GREEK Blend to allow for variety with zero extra effort.



THE EASIEST SMOKY PORK CHOPS EVER

PREP TIME: 5 minutes | **COOK TIME:** 5 minutes | **YIELD:** 2 servings

1 tablespoon cooking fat
2 1-inch-thick bone-in pork chops
(6 to 8 ounces each)
1/2 tablespoon SMOKY Blend
1/2 tablespoon TRIFECTA Blend
(or sea salt and black pepper)

Preheat the oven to 400°F if you'll be using a grill pan or want to finish the chops in the oven.

Preheat a grill or grill pan to medium-high heat, then brush with the cooking fat. Season the pork chops liberally on both sides with the spice blends, then cook on the hot grill for 3 minutes per side, or until grill marks appear. (If the pork chops are less than an inch thick, cook for 2 minutes per side.)

If using a grill pan, transfer the pan to the oven and continue cooking for 4 to 8 minutes, until the chops reach an internal temperature of 145°F.

If using a grill, move the chops to a higher rack or lower-temperature area of the grill and cook until they're cooked through, about 3 to 5 minutes. Alternatively, you can transfer the chops from the grill to an oven-safe pan and bake them to finish cooking, following the instructions above for the grill pan.



BALANCED BITES
COFFEE BBQ
spice blend
net weight 2.4 oz | 69 grams

COFFEE BBQ BACON BURGERS

PREP TIME: 10 minutes | **COOK TIME:** 10 minutes | **YIELD:** 6 burgers

1 pound ground beef

1 pound bacon

3 tablespoons COFFEE BBQ
blend, divided

5-6 grinds freshly cracked black
pepper, approximately 1/2
teaspoon

Sea salt & cracked pepper
(optional, garnish)

Pulse the bacon in a food processor until finely chopped, then pulse in 3 tablespoons of COFFEE BBQ Spice Blend and the black pepper.

In a mixing bowl, combine the beef with the bacon mixture and form into 6 evenly-sized patties.

Grill the burgers for 4 to 5 minutes per side for medium-rare doneness, or to your preferred level of doneness.

RECIPE NOTES

Tip: Your grill may flare up a bit due to the high fat content in bacon dripping into the flame, so be careful when flipping!

To make a lighter version of these burgers, either use 1/2 pound of ground beef and 1/2 pound of ground chicken or turkey along with the bacon. If you use poultry, be sure you cook the burgers through, no pink.

You can also use 1/2 pound of bacon per pound of ground beef if you prefer less bacon.

Serving suggestion: Place each burger patty on a lettuce leaf, and top with a spoonful of mayo, crispy bacon, caramelized onions, guacamole & raw red onions. Serve with a side of pickles.



UMAMI STEAK & ARUGULA SALAD

PREP TIME: 35 minutes | **COOK TIME:** 10 minutes | **YIELD:** 4 servings

2 pounds rib eye, hanger steak, or skirt steak

2 to 3 tablespoons coconut aminos

1 tablespoon TRIFECTA blend

6 cups fresh arugula

1/4 cup pumpkin seeds, pine nuts, or sunflower seeds

4 ounces blue cheese, goat cheese, or feta (optional)

1/2 cup Balsamic Vinaigrette

Coarse sea salt, for garnish

Marinate the steak: In a large baking dish, coat the steak evenly in the coconut aminos and the spice blend. Cover and place in the refrigerator to marinate for at least 20 minutes or up to 4 hours.

When you're ready to grill the steak, preheat a grill or grill pan to high heat. Cook the steak for 3 to 5 minutes per side, depending on the thickness and desired level of doneness. Set the cooked steak aside to rest for 10 minutes, then slice it against the grain into thin strips.

While the steak is resting, assemble the rest of the ingredients in large bowls for the salad.

Add the sliced steak on top of the salad and serve while the steak is still warm. Garnish with coarse sea salt.

RECIPE NOTES

Dairy-Free? Omit the cheese

Tip: To pack even more nutrition without more carbs, add microgreens to this salad! I recommend about 1/4 cup per person.

BALSAMIC VINAIGRETTE

YIELD: 1 cup

2/3 cup extra-virgin olive oil

1/3 cup balsamic vinegar

1 teaspoon gluten-free Dijon mustard

1/2 teaspoon anchovy paste

Sea salt and ground black pepper

Place all of the ingredients, except the salt and pepper, in a blender and blend on low for 10 to 20 seconds. You can also whisk the ingredients together, but the dressing will not be as smooth.

Taste the dressing, add salt and pepper to taste, and adjust the other seasonings to your liking. Add more oil, vinegar, and/or citrus as desired.

Store in an airtight container in the refrigerator for up to 3 weeks.



PERFECTLY GRILLED CHICKEN BREAST

COOK TIME: 10 minutes | **YIELD:** 4 servings

1 pound boneless, skinless chicken breast

Juice of 1 lemon, or 2 tablespoons of balsamic vinegar

1 teaspoon dried oregano, rosemary, or other herb

1 teaspoon spice blend of choice, or 1/2 teaspoon of each salt & pepper

1 tablespoons coconut oil or ghee

1 tablespoon extra-virgin olive oil

Preheat a grill pan or grill to medium heat.

Place a chicken breast on a cutting board with the thickest side facing you. Set your non-cutting hand on top and, while pressing down slightly on the chicken with your palm (keeping your fingers out straight), begin cutting down the length of the side of the breast, keeping your knife parallel to the cutting board. Carefully slide the knife through the center so that the thickness is cut in half. Continue to slice almost completely through the chicken breast, leaving it connected in the center so that it flattens out to a “butterfly” or heart shape—see the top piece of chicken pictured with this recipe. The chicken should now be 1/4-1/2 inch thick at most. Repeat with remaining chicken breasts.

In a large bowl, combine the lemon juice or vinegar with the oregano, salt, and pepper. Add the chicken and turn to evenly coat; allow to marinate for at least 5 minutes, but not more than an hour.

Brush the hot grill pan with the coconut oil or ghee, then cook the chicken for 4 to 5 minutes per side, depending on the thickness of the chicken. When you notice that the chicken has turned white up around the sides and toward the middle, it's time to flip it.

When you take the chicken off the grill, brush it liberally with the extra-virgin olive oil. Allow to sit for at least 5 minutes before slicing to eat.



SIMPLE SIDE: MARINATED ONIONS

PREP TIME: 10 minutes, plus time to marinate the onions | **YIELD:** about 2 cups (1 serving = 1/2 cup)

1/3 cup red wine vinegar
1 teaspoon coarse or flake sea salt, or 1/2 teaspoon fine sea salt
1 teaspoon dried oregano leaves or dried chives
1/2 teaspoon garlic powder
1/4 teaspoon ground black pepper
2 medium red onions, cut in 1/4-inch-thick half moons

In a medium-sized mixing bowl, mix together the vinegar, salt, and spices. Add the onions, stir to coat well, cover, and marinate overnight in the refrigerator.

The onions will keep in an airtight container in the refrigerator for 1 to 2 weeks.



SIMPLE SIDE: SPICY CITRUS SLAW

PREP TIME: 15 minutes | **YIELD:** 4 servings

1 tablespoon extra-virgin olive oil

Grated zest of 1 lemon

Grated zest of 1 lime

1 tablespoon lemon juice

1 tablespoon lime juice

A few pinches of CHILI LEMON

LIME Infused Salt or sea salt

1 (16-ounce) bag coleslaw mix (or
about 1/2 head of cabbage and 1
carrot, shredded)

1 jalapeño pepper, sliced, seeded
if desired for less heat (optional)

In a large mixing bowl, combine the olive oil, lemon, and lime zest, lemon and lime juice, and salt, and whisk until well mixed. Add the slaw mix and jalapeño (if using) and toss until the ingredients are evenly distributed.



SIMPLE SIDE: SPICY ROASTED ASPARAGUS WITH LEMON

PREP TIME: 5 minutes | **COOK TIME:** 15 minutes | **YIELD:** 4 servings

1 pound asparagus, trimmed and rinsed

1 tablespoon cooking fat of choice, melted

1/2 teaspoon granulated garlic

Sea salt and ground black pepper

1 tablespoon extra-virgin olive oil

Juice of 1/2 lemon

1/4 cup shaved Parmesan cheese (optional)

Grated zest of 1 lemon

1 teaspoon red pepper flakes

Preheat the oven to 375°F.

Place the asparagus on a rimmed baking sheet and toss with the melted cooking fat. Sprinkle it with the granulated garlic and lightly season with salt and pepper. Roast for 10 to 15 minutes, until bright green and fork-tender. You'll need less time for very thin asparagus, and more time for very thick asparagus.

Remove the asparagus from the oven and drizzle it with the olive oil and lemon juice, then top with the cheese (if using), lemon zest, and red pepper flakes.