



12 OF THE BEST

Barbecue

RECIPES!!!

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CHICKEN SATAY WITH PEANUT SAUCE

This 21 Day Fix Chicken Satay with Creamy Peanut Sauce is a healthy and delicious spin on one of my favorite appetizers!



-  PREP TIME: 10 MINS (PLUS TIME TO MARINADE CHICKEN)
-  COOK TIME: 10 MINS
-  YIELD: 4-8 (FOR EACH LB OF CHICKEN, YOU WILL GET 4 SERVINGS)

RECIPE & PHOTO BY CONFESSIONSOFAFITFOODIE.COM

INGREDIENTS:

FOR THE CHICKEN

- 1 LB OF CHICKEN TENDERLOINS, POUNDED TO UNIFORM THICKNESS
- 1/4 CUP OF COCONUT AMINOS (OR SUB LOW SODIUM SOY SAUCE)
- JUICE OF 1 LIME
- 1 T OF HONEY
- 2 CLOVES OF GARLIC, MINCED
- 2 T OF FRESH GINGER, MINCED
- 2 TSP OF CURRY POWDER
- 1/2 TSP CHILI PASTE OR SRIRACHA (OR MORE IF YOU LIKE SPICE, LESS IF YOU DON'T)
- 2 T OF FRESH CILANTRO
- 1/8 TSP SALT

FOR THE PEANUT SAUCE

- 2/3 CUP OF LOW SODIUM CHICKEN BROTH
- 4 T OF CREAMY PEANUT BUTTER
- 2 T OF HONEY
- 2 T OF COCONUT AMINOS (OR SUB LOW SODIUM SOY SAUCE)
- 1 T MINCED GINGER
- 2 CLOVES GARLIC, MINCED
- 3/4 TSP CURRY POWDER (OR MORE TO TASTE)
- 1/4 TSP CHILI PASTE OR SRIRACHA (OR MORE TO TASTE)
- 1 T LIME JUICE
- 1-2 TABLESPOONS OF WATER (IF NECESSARY)
- SPRINKLE OF SALT

INSTRUCTIONS:

IN A LARGE MIXING BOWL OR ZIPLOCK BAG, MAKE THE SATAY MARINADE BY MIXING EVERYTHING UNDER THE CHICKEN INGREDIENTS EXCEPT FOR THE CHICKEN. ADD THE CHICKEN AND TOSS TO COAT EVENLY. COVER AND PLACE IN THE REFRIGERATOR FOR TWO HOURS OR OVERNIGHT (MY FAV!). IF YOU PLAN TO GRILL WITH WOODEN SKEWERS, BE SURE TO SOAK THEM IN WATER FOR AT LEAST 30 MINUTES PRIOR TO GRILLING.

WHILE THE CHICKEN IS MARINATING, COMBINE THE CHICKEN BROTH, PEANUT BUTTER, HONEY, COCONUT AMINOS, GINGER AND GARLIC IN A SMALL SAUCEPAN AND BRING TO A SIMMER OVER MEDIUM HEAT, THEN REDUCE TO LOW, STIRRING FREQUENTLY.

COOK FOR SEVERAL MINUTES OR UNTIL THE SAUCE IS SMOOTH AND HAS THICKENED. REMOVE FROM HEAT AND WHISK IN CURRY POWDER, CHILI PASTE, AND LIME JUICE. SPRINKLE WITH SALT AND JUST SEASONINGS TO TASTE.

IF YOU WANT A THINNER SAUCE, JUST ADD A LITTLE WATER. SET SAUCE ASIDE OR STORE IN THE REFRIGERATOR UNTIL THE CHICKEN IS READY.

AFTER THE CHICKEN IS FULLY MARINATED, PREHEAT GRILL AND THREAD CHICKEN ONTO SKEWERS. GRILL THE CHICKEN UNTIL COOKED THROUGH, ABOUT 3-4 MINUTES PER SIDE. SPRINKLE WITH CRUSHED PEANUTS AND FRESH CILANTRO AND SERVE WITH LIME WEDGES AND THE PEANUT SAUCE.

TURKEY BURGERS WITH GOAT CHEESE AND CITRUS MAPLE DIJON

This makes an easy turkey burger extra special and incredibly delicious! We like them over greens but would also be great served on a whole wheat bun with a veggie on the side!



-  PREP TIME: 30 MINS
-  COOK TIME: 8 MINS
-  YIELD: 4 BURGERS

INGREDIENTS:

FOR THE DRESSING

- 1/4 CUP DIJON MUSTARD
- 2 T MAPLE SYRUP (OR SUB HONEY)
- 1 T FRESH ORANGE JUICE
- 1/2 TSP ORANGE ZEST
- 1 TSP FRESH LEMON JUICE
- 1/2 TSP LEMON ZEST
- SALT AND PEPPER

FOR THE BURGER

- 1 LB LEAN GROUND TURKEY OR CHICKEN
- 2/3 CUP CRUMBLY GOAT CHEESE (I USED THE HONEY GOAT CHEESE FROM ALDI)
- SALT AND PEPPER ARUGULA OR MIXED GREENS

INSTRUCTIONS:

FOR THE CITRUS MAPLE DIJON:

WHISK TOGETHER IN A SMALL BOWL THE MUSTARD, MAPLE SYRUP, ORANGE JUICE, LEMON AND ORANGE ZEST, LEMON JUICE AND SEASON WITH SALT AND PEPPER.

COVER AND REFRIGERATE FOR AT LEAST 30 MINUTES AND UP TO 24 HOURS TO ALLOW THE FLAVORS TO MELD.

TASTE AND ADD MORE MAPLE IF DESIRED.

FOR THE BURGERS:

PREHEAT THE GRILL TO HIGH OR AN OILED GRILL PAN/CAST IRON PAN TO MEDIUM HIGH. FORM THE MEAT INTO FOUR, 4-OUNCE BURGERS.

SPRINKLE THE BURGERS ON BOTH SIDES WITH SALT AND PEPPER. GRILL UNTIL COOKED THROUGH, 3 TO 4 MINUTES ON EACH SIDE.

DURING THE LAST MINUTES OF COOKING, ADD GOAT CHEESE TO EACH BURGER, COVER THE GRILL/PAN WITH FOIL AND LET THE CHEESE SOFTEN SLIGHTLY, ABOUT 1 MINUTE.

PLACE COOKED BURGERS ON A BED OF ARUGULA AND DRIZZLE WITH THE MAPLE CITRUS DIJON. ENJOY!

RECIPE & PHOTO BY CONFESSIONSOFAFITFOODIE.COM

SOUTHWEST CHICKEN SKEWERS

Southwest chicken skewers are a delicious, healthy grilled dinner. Skewers of southwest seasoned chicken breast and veggies are in this 21 Day Fix recipe.



INGREDIENTS:

- 1 LB BONELESS SKINLESS CHICKEN BREAST, CHOPPED INTO LARGE PIECES
- 1 CUP RED ONION, CHOPPED INTO LARGE CHUNKS
- 1 CUP GREEN PEPPER, CHOPPED INTO LARGE CHUNKS
- 1-2 T SALT-FREE TACO SEASONING
- JUICE AND ZEST OF 1 LIME
- SPRINKLE OF HIMALAYAN SALT
- TOPPINGS – FRESH SALSA, CHEESE, AVOCADO, GUACAMOLE

INSTRUCTIONS:

SOAK SKEWERS IN WATER FOR 20 MINUTES TO THEY DON'T CATCH FIRE ON THE GRILL.

WHILE THE SKEWERS ARE SOAKING, MARINATE CHICKEN AND VEGGIES IN FRESH LIME JUICE AND LIME ZEST.

ALTERNATING BETWEEN INGREDIENTS, PREPARE THE SKEWERS.

SEASON WITH SALT-FREE TACO SEASONING AND GRILL ON MEDIUM UNTIL CHICKEN IS COOKED THROUGH. ROTATE EVERY FEW MINUTES TO ENSURE EVEN COOKING.

ADD A SPRINKLE OF SALT AND TOPPINGS OF YOUR CHOICE. ENJOY!

 PREP TIME: 10 MINS

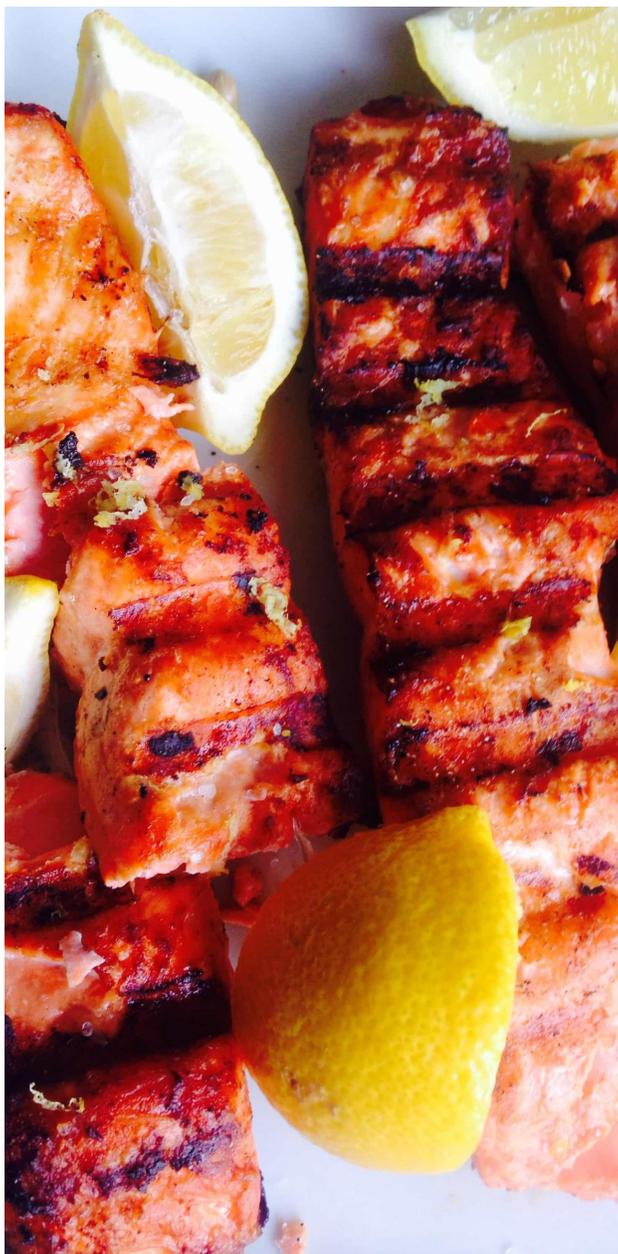
 COOK TIME: 15 MINS

 YIELD: 4

RECIPE & PHOTO BY CONFESSIONSOFAFITFOODIE.COM

LEMON GRILLED SALMON

Lemon grilled salmon is one of the quickest and easiest 21 Day Fix dinner recipes you can make! Just 4 ingredients and 10 minutes is all you need to cook this tasty, healthy meal.



INGREDIENTS:

- 16 OZ OF WILD ALASKAN SALMON
- TSP OLIVE OIL
- FRESH LEMON
- HIMALAYAN SALT

INSTRUCTIONS:

USING A MICROPLANE GRATER, COMBINE OLIVE OIL WITH ZEST OF A LEMON.

RUB LEMON-OIL ON SALMON AND SEASON WITH SALT. LET IT HANG OUT FOR A FEW MINUTES.

PREHEAT YOUR GRILL – USE A MEDIUM/LOW HEAT.

GRILL SALMON SKIN SIDE UP FOR 4-5 MINUTES OR UNTIL IT CAN BE FLIPPED WITHOUT STICKING. ROTATE SALMON AND ALLOW IT TO COOK FOR ANOTHER 4-5 MINUTES.

REMOVE SALMON FROM HEAT AND LET IT SETTLE FOR A FEW MINUTES. IT WILL CONTINUE TO COOK WHILE YOU SET THE TABLE AND POUR SOME DRINKS – AWESOME, RIGHT?

SQUEEZE SOME LEMON OVER TOP AND SERVE ON A SALAD OR WITH GRILLED VEGGIES.

 PREP TIME: 10 MINS

 COOK TIME: 10 MINS

 YIELD: 2

RECIPE & PHOTO BY CONFESSIONSOFAFITFOODIE.COM

BLUE CHEESE BURGERS

Blue cheese burgers are a great meal for indoor or outdoor grilling. Extra lean sirloin and salty blue cheese make this a delicious, 21 Day Fix recipe!



INGREDIENTS:

- 1 1/2 LB EXTRA LEAN GROUND SIRLOIN
- 1/3 CUP OF BLUE CHEESE CRUMBLES
- HIMALAYAN SALT
- 1 TSP OF OLIVE OIL

INSTRUCTIONS:

PREHEAT GRILL.

GENTLY COMBINE THE BLUE CHEESE CRUMBLES WITH THE MEAT, BUT DO NOT OVER MIX! THAT WILL TOUGHEN YOUR BURGER.

FORM BURGERS – THIS SHOULD MAKE 4 VERY EASILY. AGAIN, DO NOT OVER HANDLE THE MEAT! THEY DO NOT NEED TO HAVE A PERFECT SHAPE AT ALL.

WITH YOUR THUMB, MAKE A DEEP DEPRESSION ON ONE SIDE OF THE BURGER.

BRUSH OLIVE OIL ON BOTH SIDES OF THE BURGERS AND SEASON WITH HIMALAYAN SALT.

GRILL BURGERS ON HIGH FOR 3-5 MINUTES PER SIDE, DEPENDING ON HOW DONE YOU WOULD LIKE THEM TO BE! WE USUALLY DO 4 MINS ON EACH SIDE.

 PREP TIME: 10 MINS

 COOK TIME: 10 MINS

 YIELD: 4

RECIPE & PHOTO BY CONFESSIONSOFAFITFOODIE.COM

EASY CAPRESE CHICKEN

Easy Caprese chicken is a flavorful and healthy 21 Day Fix approved dinner. This recipe is quick and easy to make, making it the perfect go-to weeknight meal.



 PREP TIME: 15 MINS

 COOK TIME: 15 MINS

 YIELD: 2

RECIPE & PHOTO BY CONFESSIONSOFAFITFOODIE.COM

INGREDIENTS:

- 2 BONELESS, SKINLESS CHICKEN BREASTS, POUNDED TO UNIFORM THICKNESS
- 1/2 CUP GOOD-QUALITY BALSAMIC VINEGAR
- 1 CUP GRAPE OR CHERRY TOMATOES, HALVED SLICED FRESH
- MOZZARELLA, MEASURED OUT IN BLUE CONTAINER
- FRESH BASIL
- SALT
- PEPPER
- OPTIONAL – LIQUID STEVIA

INSTRUCTIONS:

HEAT BALSAMIC VINEGAR IN A SMALL SAUCEPAN OVER MEDIUM-HIGH HEAT UNTIL BOILING. REDUCE HEAT TO MEDIUM-LOW AND SIMMER FOR 10-15 MINUTES UNTIL REDUCED BY HALF. IF YOU WANT, YOU CAN ADD A COUPLE DROPS OF LIQUID STEVIA. REMOVE AND SET GLAZE ASIDE.

SEASON BOTH SIDES OF THE CHICKEN WITH SALT AND PEPPER. GRILL 3-5 MINUTES ON THE FIRST SIDE, DEPENDING ON THE THICKNESS OF THE CHICKEN.

FLIP CHICKEN AND TOP WITH TOMATOES AND MOZZARELLA. GRILL ANOTHER 3-5 MINUTES UNTIL CHICKEN IS FULLY COOKED AND MOZZARELLA MELTS. REMOVE FROM HEAT.

PLATE THE CHICKEN AND TOP WITH BASIL AND THE BALSAMIC GLAZE.

ADMIRE YOUR SKILLS AND TAKE A PIC! THAT'S ONE FANCY LOOKING DINNER!

GRILLED SRIRACHA GLAZED CHICKEN WITH MANGO AVOCADO SALSA

Sriracha Chicken with Mango Avocado Salsa is a healthy grilled chicken dish with a sweet and savory glaze, topped with an easy mango and avocado salsa.



 PREP TIME: 5 MINS

 COOK TIME: 8 MINS

RECIPE & PHOTO BY BLACKBERRYBABE.COM

INGREDIENTS:

- 12 OUNCES FRESH CHICKEN BREAST (ABOUT THREE SMALL BREASTS)
- 3 TBSP SRIRACHA
- JUICE OF 1 LIME
- 1 TBSP HONEYPINCH OF GARLIC POWDER

FOR SALSA

- 2 CUPS MANGO, DICED
- 1 CUP AVOCADO, DICED
- 2 TBSP FRESH CILANTRO, MINCED
- JUICE OF 1 LIME
- 1 TBSP RED ONION, FINELY DICED (OPTIONAL)
- SALT AND PEPPER TO TASTE

INSTRUCTIONS:

PREPARE THE GRILL TO MEDIUM-HIGH HEAT.

IN A SMALL BOWL, ADD SRIRACHA, LIME JUICE, HONEY AND GARLIC POWDER. WHISK TO COMBINE, SET ASIDE.

PAT CHICKEN BREAST DRY WITH A PAPER TOWEL AND PLACE ON OILED GRILL GRATES OVER HIGH HEAT FOR 3-4 MINUTES EACH SIDE. BEFORE TURNING, BASTE WITH SRIRACHA GLAZE. WHEN THE BREASTS REACH 160F, REMOVE FROM THE GRILL AND ALLOW TO REST FOR ABOUT 5 MINUTES.

MEANWHILE, COMBINE MANGO, AVOCADO, LIME JUICE, ONION (OPTIONAL) AND SALT AND PEPPER IN A MEDIUM SIZED BOWL. STIR WELL AND PLACE IN THE REFRIGERATOR UNTIL READY TO SERVE.

SERVE CHICKEN BREASTS TOPPED WITH SALSA, DRIZZLE ANY REMAINING GLAZE OVER THE TOP.

BBQ TRI-TIP STEAK

This juicy BBQ Tri-tip steak is a great one for summer when you're looking for a delicious recipe to throw on the grill.



 PREP TIME: 3 HRS 10 MINS

 COOK TIME: 50 MINS

 YIELD: 7

RECIPE & PHOTO BY [BEACHBODYONEDEMAND.COM](http://beachbodyonedemand.com)

INGREDIENTS:

- 1 1-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 CHILES CUT IN HALF, SEEDS REMOVED, CHOPPED
- SEA SALT (OR HIMALAYAN SALT) AND GROUND BLACK PEPPER TO TASTE; OPTIONAL
- 1¾ RAW TRI-TIP ROAST

INSTRUCTIONS:

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 GRAIN.

PORK AND SWEET POTATO KABOBS

The pork is moist and full of flavor, and because it rests right up against all those veggies that rich juicy meat imparts it's flavor into the whole kabob. All those colors make these kabobs look just as good as they taste!



-  PREP TIME: 3 HRS 10 MINS
-  COOK TIME: 50 MINS
-  ADDITIONAL TIME: 4 HOURS
-  YIELD: 7

INGREDIENTS:

- 1 TBSP OLIVE OIL
- ¼ CUP FRESH LEMON JUICE
- 2 TBSP FINELY CHOPPED FRESH ROSEMARY
- 2 TBSP FINELY CHOPPED FRESH PARSLEY
- 4 CLOVES GARLIC CHOPPED
- ¼ TSP SEA SALT (OR HIMALAYAN SALT)
- 12 OZ RAW LEAN BONELESS PORK LOIN CUT INTO 12 1-INCH CUBES
- 1 LARGE SWEET POTATO PEELLED, CUT INTO 12 1-INCH CUBES
- 1 MEDIUM ONION CUT INTO 12 1-INCH CUBES
- 1 MEDIUM RED BELL PEPPER CUT INTO 12 1-INCH CUBES
- 1 MEDIUM GREEN BELL PEPPER CUT INTO 12 1-INCH CUBES

INSTRUCTIONS:

COMBINE OIL, LEMON JUICE, ROSEMARY, PARSLEY, GARLIC, AND SALT IN A LARGE RESEALABLE BAG.

ADD PORK; MARINATE, REFRIGERATED, FOR 30 MINUTES (TO 4 HOURS).

PREHEAT GRILL OR BROILER ON HIGH.

BOIL WATER IN STEAMER OR LARGE SAUCEPAN OVER HIGH HEAT. REDUCE HEAT TO MEDIUM-HIGH. PLACE SWEET POTATO PIECES IN STEAMER BASKET; COOK FOR 3 TO 4 MINUTES, OR UNTIL TENDER-CRISP. PLACE IN ICE WATER BATH TO STOP COOKING PROCESS. SET ASIDE.

PLACE A PIECE OF PORK, SWEET POTATO, ONION, RED BELL PEPPER, AND GREEN BELL PEPPER ONTO A SKEWER. REPEAT, SO THE SKEWER HAS TWO PIECES OF EACH INGREDIENT. REPEAT WITH FIVE REMAINING SKEWERS. DISCARD MARINADE THAT CONTAINED PORK.

GRILL (OR BROIL) SKEWERS FOR 8 TO 10 MINUTES, TURNING EVERY 2 MINUTES, OR UNTIL SWEET POTATO IS SOFTENED AND PORK IS NO LONGER PINK IN THE MIDDLE

RECIPE & PHOTO BY BEACHBODYONEDEMAND.COM

JERK CHICKEN WITH MANGO SALSA

This healthy jerk chicken is so crazy-flavorful, it's going to be your new favorite thing to put on the grill!



-  PREP TIME: 10 MINS
-  COOK TIME: 20 MINS
-  ADDITIONAL TIME: 6 HOURS
-  YIELD: 4

INGREDIENTS:

- 1 1/2 LBS CHICKEN BREAST, TRIMMED

JERK MARINADE:

- 1 1/2 TBSP GROUND ALLSPICE
- 1/4 TSP BLACK PEPPER
- 1/2 TSP CINNAMON
- 1/2 TSP GROUND NUTMEG
- 1 TBS FRESH THYME LEAVES, CHOPPED
- 6 GREEN ONIONS, CHOPPED
- 2 SCOTCH BONNET OR HABANERO CHILIES, SEEDED AND ROUGHLY CHOPPED
- 1 TBS RAW SUGAR
- 1 TBS LOW-SODIUM SOY SAUCE
- 1 TBS LIME JUICE

MANGO SALSA:

- 1 CUP DICED MANGO
- 1/4 CUP MINCED RED ONION
- 1 TBS CHOPPED FRESH THYME
- 2 TSP APPLE CIDER VINEGAR OR RED WINE VINEGAR

INSTRUCTIONS:

IN A SMALL FOOD PROCESSOR, ADD ALL MARINADE INGREDIENTS AND PULSE UNTIL FULLY COMBINED (IT DOESN'T NEED TO BE COMPLETELY SMOOTH. IT SHOULD BE PRETTY THICK, LIKE A PASTE).

IN A LARGE ZIPLOCK BAG, ADD THE CHICKEN AND ALL OF THE MARINADE. CLOSE THE BAG, GETTING AS MUCH AIR OUT AS POSSIBLE AND USE YOUR HANDS TO RUB THE MARINADE INTO THE CHICKEN FROM THE OUTSIDE OF THE BAG. REFRIGERATE FOR 6 HOURS OR OVERNIGHT. OVERNIGHT IF YOU CAN!

MEANWHILE, MAKE THE MANGO SALSA BY STIRRING TOGETHER ALL OF THE INGREDIENTS. WHEW! I KNOW, THAT ONE WAS ROUGH!

YOU WANT WHATEVER KIND OF GRILL YOU USE TO BE AT MEDIUM HEAT. SEAR THE CHICKEN ON BOTH SIDES, THEN MOVE TO A COOLER PART OF YOUR GRILL, PUT THE LID ON AND COOK FOR ABOUT 15 - 20 MINUTES, TURNING ONCE OR TWICE, UNTIL THE CHICKEN IS COOKED THROUGH.

LET YOUR CHICKEN REST FOR 5-10 MINUTES BEFORE SLICING AND SERVING WITH THE MANGO SALSA, AND A TALL GLASS OF WATER!

RECIPE & PHOTO BY THEFOODIEANDTHEFIX.COM

CHILI LIME CHICKEN

Who says BBQ recipes have to be unhealthy? This grilled Chili Lime Chicken recipe is a healthy dinner idea that falls under Whole30, paleo, clean eating and 21 Day Fix approvals.



INGREDIENTS:

- 4 BONELESS SKINLESS CHICKEN BREASTS
- 1/2 CUP OLIVE OIL
- 1 LIME JUICED
- 1 TSP CHILI POWDER
- 1 TSP GARLIC POWDER
- 1/2 TSP CUMIN
- 1/4 TSP RED CHILI FLAKES
- 1/4 TSP SEA SALT
- 1/4 TSP PEPPER

INSTRUCTIONS:

IN A SMALL BOWL, MIX TOGETHER THE MARINADE INGREDIENTS UNTIL COMBINED AND ADD THE CHICKEN BREASTS.

MARINATE FOR AT LEAST 2 HOURS (BEST IF IT SITS OVERNIGHT).PREHEAT THE GRILL ON MEDIUM-LOW.

GRILL CHICKEN FOR 9-12 MINUTES ON EACH SIDE, OR UNTIL JUICES RUN CLEAR.

 PREP TIME: 24 MINS

 COOK TIME: 2 HRS 26 MINS

 YIELD: 4

RECIPE & PHOTO BY THEBEWITCHINKITCHEN.COM

BALSAMIC CARAMELIZED ONION TURKEY BURGER

These Balsamic Caramelized Onion Turkey Burgers are so juicy and flavorful! They're the perfect centerpiece for a healthy, 21 Day Fix cookout!



-  PREP TIME: 20 MINS
-  COOK TIME: 40 MINS
-  ADDITIONAL TIME: 6 HOURS
-  YIELD: 8

RECIPE & PHOTO BY THEFOODIEANDTHEFIX.COM

INGREDIENTS:

BALSAMIC CARAMELIZED ONIONS:

- 3 LARGE ONIONS (ANY KIND WILL DO, BUT I USUALLY USE WHITE OR RED), CUT IN HALF AND THEN SLICED
- 1/2 CUP BALSAMIC VINEGAR

BURGERS:

- 2 LBS GROUND TURKEY
- 1/2 CUP FINELY CHOPPED ONION
- 2 TBS WORCESTERSHIRE SAUCE
- 1/2 TSP SALT
- 1/2 TSP FRESH CRACKED BLACK PEPPER
- 2 TSP (3 LARGE CLOVES) OF GARLIC, MINCED
- 1 TBS DRIED THYME

TOPPINGS:

- 8 SLICES PROVOLONE CHEESE
- BALSAMIC CARAMELIZED ONIONS
- WHATEVER YOU WANT TO PUT IT ON: WHOLE WHEAT BUN, ENGLISH MUFFIN, PITA, GREENS, ETC..

INSTRUCTIONS:

MAKE THE BALSAMIC CARAMELIZED ONIONS:

PUT YOUR SLICED ONIONS AND VINEGAR IN A LARGE SKILLET WITH A TIGHT FITTING LID. IF YOU DON'T HAVE ONE YOU CAN USE A POT INSTEAD, BUT THE PROCESS MAY TAKE A BIT LONGER. COVER AND COOK OVER MEDIUM HEAT ABOUT 20 MINUTES.

TAKE OFF THE LID AND CONTINUE TO COOK, STIRRING EVERY FEW MINUTES, UNTIL THERE IS NO LIQUID LEFT. ONCE THIS HAPPENS, THE ONIONS WILL START TO CARAMELIZE. YOU'LL THEN ADD 1/3 CUP OF WATER, STIRRING AGAIN UNTIL THERE IS NO LIQUID LEFT. REPEAT THIS PROCESS UNTIL ONIONS ARE FULLY COOKED AND CARAMELIZED. SET ASIDE.

TO MAKE THE BURGERS:

MIX TOGETHER ALL INGREDIENTS, FORM INTO 8 BURGER PATTIES. PREHEAT YOUR GRILL TO MEDIUM-HIGH HEAT. MAKE SURE IT'S NICE AND HOT BEFORE ADDING YOUR BURGERS OR THEY MAY STICK. YOU CAN ALSO COOK THESE IN A CAST IRON SKILLET. EITHER WAY, USING MEDIUM-HIGH HEAT, THEY SHOULD TAKE ABOUT 7 MINUTES ON EACH SIDE. FLIP ONLY ONCE TO GET THE JUICEST BURGERS AND COOK UNTIL THE BURGERS REACH 165 DEGREES OR IF YOU DON'T HAVE A THERMOMETER, UNTIL THEY'RE HOT AND NO LONGER PINK ON THE INSIDE. PUT A SLICE OF PROVOLONE ON EACH ONE AND CLOSE THE LID UNTIL MELTED (THIS WILL ONLY TAKE A MINUTE OR SO).

SERVE EACH TASTY TURKEY BURGERS ON WHATEVER YOU LIKE, SUCH AS A WHOLE WHEAT BUN, ENGLISH MUFFIN, GREENS, ETC., ALONG WITH ABOUT 1/8TH OF THE CARAMELIZED ONIONS.

Bonus - Cocktail Recipes

WATERMELON MARGARITA

This 21 Day Fix Watermelon Margarita has less than half of the calories in a traditional fruit margarita and is sweet, refreshing and absolutely delicious. With only 3 ingredients, you can't beat the ease of this summer-in-a-glass recipe.



INGREDIENTS:

- 1 CUP FRESH, RIPE WATERMELON, CUT INTO 1/2" CUBES AND FROZEN (MEASURE FIRST, THEN FREEZE!)
- 1 TBS FRESH LIME JUICE
- 2 TBS BLANCO TEQUILA
- 1/2 TBS WATER (OR MORE IF NEEDED)

INSTRUCTIONS:

PUT ALL INGREDIENTS IN YOUR TRUSTY BLENDER AND BLEND AWAY UNTIL SMOOTH.

IF IT'S A LITTLE TOO THICK, ADD A LITTLE MORE WATER IN 1/2 TABLESPOON INCREMENTS. THAT'S IT!

 PREP TIME: 10 MINS

 YIELD: 1

RECIPE & PHOTO BY THEFOODIEANDTHEFIX.COM

Bonus - Cocktail Recipes

SUMMER SANGRIA



INGREDIENTS:

- 1/4 C BLUEBERRIES
- 1/4 C STRAWBERRIES (HALVED)
- 1/4 C RASPBERRIES
- 1/4 C CUCUMBER
- 1 ORGANIC, EDIBLE, ROSE (PETALS ONLY)
- ZEST OF 1 ORANGE
- 1 BUNCH MINT LEAVES
- 1 BOTTLE PROSECCO
- 1 BOTTLE ROSE

INSTRUCTIONS:

FILL A PITCHER HALF-FULL WITH ICE, ADD BERRIES, ZEST, PETALS AND MINT. POUR EQUAL PARTS PROSECCO AND ROSÉ OVER OTHER INGREDIENTS.

ALLOW TO INFUSE, IN THE REFRIGERATOR FOR ANYWHERE FROM 15 MINUTES TO 2 HOURS. FLAVORS WILL BECOME MORE PRONOUNCED WITH TIME. SERVE CHILLED OVER ICE WITH A GARNISH OF MINT. ENJOY!

 PREP TIME: 10 MINS ACTIVE, 10 MINS INFUSION

 YIELD: 12

RECIPE & PHOTO BY AUTUMNCALABRESE.COM