

For Grilling:

Simple Meat and Vegetables Rub

Combine these ingredients in a gallon bag and shake with extra-firm tofu, fish, chicken, or mixed vegetables. Marinate in the fridge for 2-4 hours before grilling.

Ingredients:

4 Cloves garlic, Minced

1 Tablespoon extra-virgin olive oil

2 Teaspoons stone-ground mustard

1 ½ Teaspoons kosher salt

½ Teaspoon freshly ground pepper

½ Teaspoon freshly grated lemon zest

For a refreshing alternative to alcohol:

Sparkling Summer Spritzer

Combine, shake and garnish with a lime for a refreshing alternative to an alcoholic cocktail.

Ingredients:

¼ Cup tart cherry or pomegranate juice, no sugar added (or any unsweetened juice of choice)

¾ Cup sparkling seltzer water

Squeeze of one Lemon Wedge

Ice

Fresh mint, crushed

For a simple, healthy summer salad:

Fresh Summer Coleslaw

Try this alternative to mayonnaise-based coleslaw. Combine all ingredients in a larger bowl and toss. Chill before serve.

Ingredients:

6 Cups very tiny sliced green cabbage, (about ½ head)

1 ½ Cups peeled and grated carrots (2-3 medium)

1/3 Cup chopped cilantro or finely chopped Kale

¼ Cup rice vinegar

2 Tablespoons extra-virgin olive oil

¼ Teaspoon salt

Juice of 1 Lime