

Smoky Chicken Sliders

Serves: 8

Prep time: 15 minutes

Grill time: 10 minutes

Ingredients:

1½ lbs. ground chicken breast

1 Tbsp. smoked paprika

1 Tbsp. Worcestershire sauce

1 tsp. garlic powder

½ tsp. ground cumin

½ tsp. salt

¼ tsp. ground black pepper

8 favorite slider buns

Directions:

Prepare outdoor grill for direct grilling over medium heat. In large bowl, gently mix ground chicken, paprika, Worcestershire, garlic powder, cumin, salt and pepper until combined (do not overmix); form into 8 patties and make shallow indentation in center of each patty.

Place patties on hot grill rack; cover and cook 10 minutes, turning once or until internal temperature of sliders reaches 165°. Place buns, cut side down, on hot grill rack; cook 1 minute or until toasted. Serve sliders in buns.

Approximate nutritional values per serving (1 slider): 267 Calories, 11g Fat (3g Saturated), 91mg Cholesterol, 361mg Sodium, 18g Carbohydrates, 1g Fiber, 3g Sugars, 3g Added Sugars, 25g Protein

Seasoned Bison-Blend Sliders

Makes: 8 sliders

Prep time: 15 minutes

Grill time: 10 minutes

Ingredients:

1½ tsp. soy sauce

½ tsp. dill seed

½ tsp. dried minced onion

½ tsp. garlic powder

1 tsp. sea salt

1 lb. 85% lean ground beef sirloin

½ lb. ground bison

8 favorite slider buns

Directions:

Prepare outdoor grill for direct grilling over medium heat. In small bowl, stir soy sauce, dill seed, dried onion, garlic powder and salt. In large bowl, gently mix ground sirloin, ground bison and soy sauce mixture until combined (do not overmix); form into 8 patties and make shallow indentation in center of each patty.

Place patties on hot grill rack; cover and cook 8 minutes, or until internal temperature of sliders reaches 160°, turning once. Transfer sliders to clean plate; let stand 5 minutes. Place buns, cut side down, on hot grill rack; cook 1 minute or until toasted. Serve sliders in buns.

Approximate nutritional values per serving (1 slider): 219 Calories, 8g Fat (2g Saturated), 48mg Cholesterol, 268mg Sodium, 17g Carbohydrates, 1g Fiber, 3g Sugars, 3g Added Sugars, 21g Protein

Chef Tip

Additional toppings for sliders: favorite cheese, green leaf lettuce, sliced Roma tomatoes and pickle chips.

Peppercorn Mayonnaise

Prep time: 10 minutes

Serves: 16

Ingredients:

1 garlic clove, minced
1 small shallot, minced
½ cup mayonnaise
1 Tbsp. fresh lemon juice
1 tsp. black peppercorns, ground
1 tsp. green peppercorns, ground
1 tsp. red peppercorns, ground

Directions:

In small bowl, stir all ingredients; cover and refrigerate until ready to serve. Makes about 1 cup.

Approximate nutritional values per serving (1 Tbsp.): 49 Calories, 5g Fat (1g Saturated), 3mg Cholesterol, 44mg Sodium, 0g Carbohydrates, 0g Fiber, 0g Sugars, 0g Added Sugars, 0g Protein

Horseradish Mustard

Serves: 12

Prep time: 5 minutes

Ingredients:

½ cup Dijon mustard
3 Tbsp. prepared horseradish
2 tsp. honey

Directions:

In small bowl, stir all ingredients; cover and refrigerate until ready to serve. Makes about ¾ cup.

Approximate nutritional values per serving (1Tbsp.): 15 Calories, 0g Fat (0g Saturated), 0mg Cholesterol, 257mg Sodium, 1g Carbohydrates, 0g Fiber, 1g Sugars, 1g Added Sugars, 0g Protein

Cherry Tomato Jam

Serves: 24

Prep time: 15 minutes

Cook time: 2½ hours

Ingredients:

1 Tbsp. olive oil
2 shallots, chopped
1 garlic clove, minced
2 lbs. cherry tomatoes (about 3 pints)
¾ cup granulated sugar
½ cup water
¼ cup apple cider vinegar
¼ cup fresh lemon juice
1 tsp. chopped fresh thyme
1 tsp. salt
¼ tsp. ground black pepper

Directions:

In large saucepot, heat oil over medium-high heat. Add shallots; cook 2 minutes, stirring occasionally. Add garlic; cook 1 minute, stirring occasionally.

Add tomatoes, sugar, water, vinegar, lemon juice, thyme, salt and pepper; heat to a boil. Reduce heat to low; cook 2½ hours or until mixture thickens to jam consistency. Remove from heat and cool. Makes about 3 cups.

Approximate nutritional values per serving (2 Tbsp.): 52 Calories, 1g Fat (0g Saturated), 0mg Cholesterol, 132mg Sodium, 11g Carbohydrates, 1g Fiber, 10g Sugars, 8g Added Sugars, 1g Protein

Balsamic Red Onions

Serves: 12

Prep time: 10 minutes

Grill time: 10 minutes •

Ingredients:

2 medium red onions, sliced ½-inch thick crosswise
¼ cup olive oil
¼ cup balsamic vinegar
½ teaspoon salt
¼ teaspoon ground black pepper

Directions:

Prepare outdoor grill for direct grilling over medium heat. Lay onions in single layer on rimmed baking pan; brush both sides with oil. Drizzle onions with vinegar; sprinkle with salt and pepper.

Place onions on hot grill rack; cover and cook 10 minutes, or until onions become soft, turning once.

Approximate nutritional values per serving: 52 Calories, 5g Fat (1g Saturated), 0mg Cholesterol, 99mg Sodium, 3g Carbohydrates, 0g Fiber, 2g Sugars, 0g Added Sugars, 0g Protein

Jalapeño-Cabbage Slaw

Serves: 12

Prep time: 15 minutes

Ingredients:

1 medium jalapeño pepper, very thinly sliced
2 cups shredded green cabbage
1 cup shredded carrots
1/3 cup apple cider vinegar
¼ cup shredded yellow onion
3 tsp. granulated sugar
½ tsp. kosher salt
¼ tsp. ground black pepper

Directions:

In medium bowl, toss all ingredients; cover and refrigerate until ready to serve. Makes about 3½ cups.

Approximate nutritional values per serving (about ¼ cup): 19 Calories, 0g Fat (0g Saturated), 0mg Cholesterol, 86mg Sodium, 5g Carbohydrates, 1g Fiber, 4g Sugars, 3g Added Sugars, 0g Protein