

Dish

July 2021

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BBQ Bacon Dogs

- 1 package all-beef franks
- 8 strips bacon
- 1 package hot dog buns
- 1 small yellow onion
- ¼ cup Rufus Teague Smoky Apple BBQ Sauce

Wrap a strip of bacon around each hot dog and set aside. Chop up onion and using foil make a little foil tray and place the onions in the tray. Fire up the grill to medium heat. When the grill is hot, place the onion tray on the grill. Drizzle some olive oil over the onions and some salt and pepper. Let them cook down a bit. We are not caramelizing them just cooking them down. Cook the bacon wrapped hot dogs until the bacon is cooked and the dogs are cooked through. Take onions off grill. Place a dog inside each bun, topping with a drizzle of Rufus Smoky Apple BBQ Sauce and some onions.

recipes.rufusteague.com

Rufus Teague

BBQ Sauce
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True Made Foods

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Kevin's Natural Foods

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Sautéed Veggies

in a Cilantro Lime Sauce

Kevin's Cilantro Lime Sauce
all-purpose seasoning
1 bunch asparagus
1 large zucchini

1 red onion
1 red bell pepper
8 oz brown mushrooms

Pre-heat your oven to 450°. Clean and cut your vegetables. Asparagus trim, zucchini cut on bias ½ inch thick, red onion cut into half rings, ½ inch thick, bell pepper remove seeds & cut into 1 inch pieces, eggplant cut into half moon pieces and brown mushrooms rinse & dry. Place all vegetables in a bowl and lightly season with all-purpose seasoning. Add Kevin's Cilantro Lime Sauce and toss vegetables to coat with sauce. Place vegetables on a sheet pan lined with parchment paper. Bake for 20-25 minutes or until veggies are golden brown and tender. Carefully remove the tray from the oven and serve alongside your favorite protein or enjoy as a vegetarian entrée!

www.kevinsnaturalfoods.com



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Gluten Free & Lactose-Free Shrimp Scampi

There's something so classic about shrimp scampi. Light and buttery, with a bit of zing from the lemon juice – it's a fan favorite that will be sure to delight anyone dining at your table. Even better, this recipe is upgraded with suggestions to make this meal gluten-free and lactose-free!

- 2 Tbsp 4th & Heart Original Recipe Ghee
- 2 Tbsp extra-virgin olive oil
- 4 garlic cloves, minced
- 1/2 cup dry white wine
(we recommend Pinot Grigio or Sauvignon Blanc)
- 3/4 tsp kosher salt, or to taste
- 1/8 tsp crushed red pepper flakes, or to taste
- freshly ground black pepper to taste
- freshly squeezed juice of half a lemon
- 1 3/4 lbs large or extra-large shrimp,
shelled, cleaned + deveined
- 1/3 cup chopped parsley

In a large skillet, melt ghee with olive oil. Add garlic and sauté until fragrant, about 1 minute. Add dry white wine, salt, red pepper flakes, and plenty of freshly ground black pepper. Bring to a simmer. Let the wine reduce by half, about 2 minutes. Add in the lemon juice. Add shrimp and sauté until they just turn pink, 2 to 4 minutes depending upon their size. Serve over gluten-free pasta or accompanied by gluten-free crusty bread, and garnish with parsley and lemon zest to taste.

fourthandheart.com



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4th & Heart

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4th & Heart

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Salsa God

Salsa
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Sweet and Savory Pork Tacos

- 1 pound thin-cut boneless pork chops
- 2 cloves fresh garlic, smashed
- 1 pouch Frontera Al Pastor Marinade
- 2 medium poblano peppers, seeded & cut into 1/2-inch pieces
- 2 cups fresh pineapple chunks, about 1/2-inch pieces
- 2 tablespoons vegetable oil, divided
- 1/2 cup finely chopped red onion
- 1/2 cup chopped fresh cilantro
- 8 flour tortillas (6 inch), warmed
- lime wedges and sour cream, optional

Place pork and garlic in large zip-top bag; pour in 1/3 cup of the marinade. Seal and refrigerate 30 minutes. Place remaining marinade in small bowl, set aside. Preheat broiler to HIGH. Line baking sheet with aluminum foil. Toss peppers and pineapple with 1 tablespoon oil and place in an even layer on baking sheet. Broil 10 minutes, stir and continue to broil until lightly charred, about 5 minutes. Combine peppers, pineapple, onion and cilantro in medium bowl. Meanwhile, heat remaining 1 tablespoon oil in large non-stick skillet over medium-high heat. Remove pork from marinade and discard marinade. Add pork to skillet and cook 5 minutes. Turn and baste with reserved marinade. Continue cooking 5 minutes, until pork is cooked through (145°). Remove from skillet and cut into thin slices. Divide pork evenly between tortillas; top each with peppers, pineapple, onion and cilantro. Serve immediately.

www.fronterafoods.com

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Fresh Raspberry Hand Pies with Dufour's Classic All-Butter Frozen Puff Pastry

Bursting with flavor, fresh berries and Dufour Puff Pastry are the perfect summer pairing. Great on their own, or with a side of whipped cream or vanilla ice cream.

Yield: 8 hand pies

Ingredients:

- 14 oz. Dufour Frozen Classic Puff Pastry
- 2 containers (6oz) fresh raspberries
- 1 Tablespoon plus 1 teaspoon cornstarch
- ¼ cup sugar
- ¾ teaspoon finely chopped lemon zest
- Simple syrup (1/2 cup sugar, ¼ cup water)

Directions:

Filling: Rinse and heat ¾ of the berries, cornstarch and sugar. Simmer then reduce heat to low, stirring frequently for 10 minutes. Stir in lemon zest. Chill.

Rich Simple Syrup: Heat ¼ cup water and ½ cup sugar until fully dissolved.

Puff Pastry Dough:

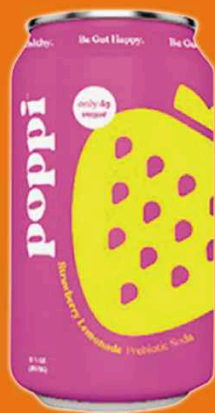
- 1: Defrost puff pastry following instructions on package.
- 2: Unfold dough on floured surface. Roll out to 13" x 17". Lift dough and let retract to about 12" x 16" x 1/8" thick.
- 3: Cut dough into eight 4" x 6" rectangles. Place on parchment lined sheet. Cover and chill for 30 minutes.
- 4: Take out 2 pieces of cut dough. Place two rounded tablespoons of filling (see image) on bottom half of the dough. Break 2-3 raspberries in half and place on top of filling. Moisten edges with water and pull dough over to cover filling. Press edges with a fork to seal. Cut 3 long diagonal vents to allow steam to escape (see image). Place on parchment lined baking sheet. Cover and chill.
- 5: Heat oven to 400°. Paint tops of pies with a generous coat of rich simple syrup. Bake for 25 minutes. Paint again. Bake an additional 5 minutes.

Visit www.dufourpastrykitchens.com for more recipes or more information.

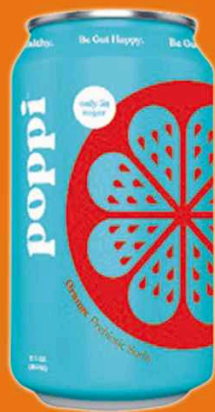


Dufour
Classic Puff
Pastry **\$9.49**
14 OZ

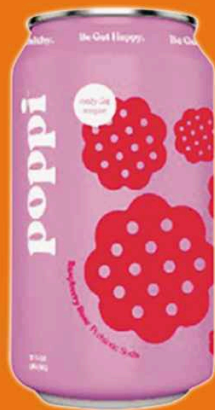
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FLUFFY ALMOND FLOUR PANCAKES

READY IN 20 MIN | SERVINGS: 6

1 cup Nature's Eats Almond Flour	1 tablespoon coconut oil
½ cup buckwheat flour	¼ cup almond milk or coconut milk
½ teaspoon baking soda	1 tablespoon maple syrup or honey
3 eggs	¼ teaspoon apple cider vinegar

Preheat pan or griddle over medium heat. Place all liquid ingredients in a blender, then place all dry ingredients on top. Cover and blend on low to start, then increase to high and continue to blend for one minute.

The batter will be very thick like a cake batter. If it is too thick, add coconut milk one tablespoon at a time until desired consistency. Grease a pan or griddle with butter or coconut oil.

With a ladle or spoon place a spoonful of batter on the griddle for a silver dollar size pancake, approximately 3 inch in diameter. Cook for a few minutes, until the edges begin to dry out and the bottom of the pancake is golden brown. Carefully flip and continue to cook another few minutes until done, being careful to not over brown.

Serve the pancakes hot off the griddle and add butter, coconut oil, fresh berries, and honey or maple syrup.



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PENNE with SPICY SHRIMP

Instructions:

Clean the shrimp and butterfly in half.

Pick the parsley leaves and chop.

Mince the garlic. Bring a pot of water to boil.

Salt to taste and begin cooking the penne.

In a saute pan, heat the oil with the garlic,

do not brown. Add the shrimp,

once the oil is infused and aromatic.

Saute lightly, seasoning with a pinch of salt and chili flake depending on desired spice level.

When the shrimp is just shy of cooked, add the tomato sauce. Bring to a simmer and remove from the heat.

When the pasta is cooked al dente,

drain it and add to the saute pan with the sauce.

Add the chopped parsley and toss through.

Serve in bowls with bread crumbs sprinkled over the top if desired.

Ingredients for one serving:

5oz peeled and deveined shrimp

1 clove of garlic

3 sprigs of parsley

3.5 oz dry penne pasta

2 tbl extra virgin olive oil

chili flakes to taste

course bread crumbs optional

4 oz **CARBONE ARRABBIATA** sauce



#COOKLIKECARBONE



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Grilled Sirloin Steak

2 (8-ounce) top sirloin steaks, fat trimmed
1/2 teaspoon cayenne pepper
1/2 cup Allegro Original Marinade

Sprinkle both sides of the steak with cayenne pepper. Place the steak in a large (1-gallon or more) zip-top bag, add the marinade, and massage so it's evenly covered in marinade. Place in the refrigerator to marinate for 4 hours, turning occasionally. Preheat your grill to medium. Grill the steaks for 1 to 3 minutes per side, or until cooked to your liking. Let rest before serving.

allegromarinade.com

Allegro

Marinade
Select Varieties
12.7 FL OZ

\$3.99



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