



## Grilled Apricot Salad with Ricotta

Prep Time: 15 minutes

Cook Time: 10 minutes

Servings: 4

Cost per serving: \$3.26

### Pasta Ingredients:

4	Apricots, halved (peaches or plums will also work)
1 cup	Ricotta
½ cup	Red Onion, thinly sliced
2 cups	Fresh Spinach or Arugula
3 sprigs	Fresh Mint
½ each	Lemon, juice & zest
1 tbsp	Olive Oil
2 tsp	Grape Seed or Canola Oil
½ tsp	Black Pepper

### Method (Pasta):

1. Dress your apricots in some of the grape seed oil and black pepper, toss well.
2. Grill over bbq or grill pan, medium heat, until you get some nice grill marks and the juices start to come out. We still want it to have some texture, not too soft.
3. Mix your ricotta with the zest of a lemon and spread over your serving plate.
4. Toss the grilled apricots with onion and greens. Squeeze the juice from your lemon and drizzle with olive oil.
5. Toss well, and plate over the ricotta. Top with fresh mint.



## Beef & Mixed Veg Kabobs

Prep Time: 25 minutes

Cook Time: 10 minutes

Servings: 4

Cost per serving: \$3.47

### Ingredients:

1 lb	Lean Ground Beef
1 each	Large Egg
½ cup	Fresh Parsley or Cilantro, finely chopped
1 clove	Garlic, minced
2 tsp	Garam Masala
1 tsp	Olive Oil
½ tsp	Sea Salt
2 cups	Mixed Vegetables (choose your favourite, like eggplant, peppers, onion, zucchini, mushrooms etc.) cut into large chunks
1 each	Lemon
2 tbsp	Olive Oil
1 tsp	Dried Oregano

### Method:

1. Whisk your egg in a bowl. Add in your ground beef, herbs, garlic, garam masala and salt. Mix well and roll into small golf ball sized rounds. Set in the fridge.
2. Toss your vegetables in a bowl with juice of a lemon, olive oil and dried oregano.
3. Skewer your vegetables onto metal or wood skewers, alternating with a couple of the meatballs. Form and press the meatball on the skewer will help it to stick better.
4. Set one side of your bbq to high, and the other to low. Cook these over the low side with the lid closed, until the beef is cooked all the way through (about 6 to 8 minutes). Turn them as you need so that you don't overcook any one side.
5. Serve with a squeeze of lemon or some seasoned yogurt.



## Maple Cinnamon Popcorn

Prep Time: 5 minutes  
Cook Time: 20 minutes  
Servings: 4  
Cost per serving: \$0.38

### Ingredients:

½ cup	Popcorn Kernels
1 tbsp	Canola or Grape Seed Oil
¼ cup	Maple Syrup
1 tsp	Cinnamon

### Method:

1. Heat oil in a heavy pot, over medium. Add kernels and give the pot a little shake. Add the lid, just slightly ajar.
2. Once it starts to pop, carefully shake once and a while so that the un-popped kernels settle to the bottom. Once the popping stops, remove from the heat. Pour popcorn out onto a baking sheet.
3. Add cinnamon to your maple syrup and heat in a pan, over medium. Once you the small bubbles become larger (about 2 minutes), remove from heat and drizzle over your popcorn.
4. Allow a few minutes to cool, and then toss the popcorn together and enjoy.