



# *Labor Day* **RECIPES**

**LABOR DAY  
CELEBRATION MEAL:**

Grilled Shrimp

Roasted Veggie Medley\*

Grilled Corn

Tomato – Mozzarella Salad

Strawberry Watermelon Popsicles  
or Grilled Peaches







# RECIPES

## GRILLED SHRIMP

10 SHRIMP PER SERVING

110 calories – 0 carbs

10 Shrimp per person

1 tsp Olive oil

Old Bay Seasoning

---

*Peel and devein shrimp. Allow about 10 large shrimp per person. Before grilling (or stir-frying) season with about 1 tsp olive oil and a generous sprinkle of Old Bay Seasoning. Shrimp cooks very quickly. Once they are pink, they're done.*





# RECIPES

## ROASTED VEGGIE MEDLEY

**MAKES 8 SERVINGS**  
**90 calories – 12 carbs**

1 Eggplant  
1 Zucchini  
1 Green pepper  
1 Yellow pepper

3 cups Broccoli crowns  
1 lb. Asparagus  
8 oz. Package whole white or baby portabella mushrooms  
1 Large onion

---

*Cut into large chunks a big variety of your favorite summer veggies. 1 eggplant, 1 zucchini, 1 green pepper, 1 yellow pepper, 3 cups broccoli crowns, 1 lb. asparagus, 8 oz. package whole white or baby portabella mushrooms, and a large onion. Toss together with 2 Tbsp olive oil and your favorite seasonings. (I used chopped fresh basil and rosemary – along with some of the Old Bay Seasoning I used in the shrimp).*

*Cover your grill rack with foil. Cook for about 15-20 minutes until they become a little charred and just soft enough to easily bite.*





# RECIPES

## GRILLED CORN

1 LARGE EAR PER SERVING

80 calories – 15 carbs

Ear of corn

---

*Here are three different preparations that all take about 15 - 20 minutes on a hot grill.*

- *In the husk: Make sure you soak it first before peeling. Gently peel back the husks, remove the silks and cover up the cob again.*
- *In foil: No need to soak. Just remove the husks and silks. Wrap in foil and grill.*
- *Naked: No husks, no foil, just put the corn right on the grill for a slightly charred and smoky flavor.*





# RECIPES

## **TOMATO MOZZARELLA SALAD**

**1 - 4oz MOZZARELLA BALL PER SERVING**

**75 calories – 0 carbs**

Tomatoes

Salt

Chopped Basil

Balsamic Vinegar

Mozzarella cheese

---

*I like to cut them in large chunks, sprinkle with a little salt, chopped basil and balsamic vinegar and then ball of mozzarella cheese on top.*





# RECIPES

## **ZESTY WATERMELON STRAWBERRY POPSICLES**

**MAKES 10**

**20 calories – 5 carbs**

4 cups Cubed watermelon

1 cup Strawberries

½ Lime

12 Mint or basil leaves (optional)

Blueberries (optional)

---

*In a food processor or blender place 4 cups of cubed watermelon, 1 cup of fresh or frozen strawberries, and the zest and juice of ½ lime. Add optional mint or basil leaves. Pour into popsicle molds (or freeze as a sorbet). Pop in a few blueberries for added color.*





# RECIPES

## GRILLED PEACHES

2 PEACH HALVES PER SERVING

60 calories – 15 carbs

Non-stick spray

Peach

Olive oil

Brown sugar (optional)

Maple syrup (optional)

---

*Spray some non-stick spray on a hot grill. Brush both sides of two peach halves with a little olive oil. Place cut side down on a medium grill for 4-5 minutes. Turn, and grill another 4-5 minutes until soft. You might want to sprinkle a little brown sugar or brush a little maple syrup on the peach, but if it is nice and ripe, it should be sweet enough.*