



## Simple, Delicious Recipes For Grilling Without the Guilt!

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## Truffle Ketchup

*Ketchup is the quintessential condiment when it comes to outdoor cooking and grilling. Ketchup has lots of redeeming qualities, low in calories, fat, and high in lycopene and Vit A from the tomatoes. The only hitch is that store-bought ketchup is also loaded with high fructose corn syrup, which is made from GMO ingredients and wrecks havoc on your blood sugar. I think we can do better. The truffle oil gives it a great depth of flavor, it's sweetened with local honey and honestly I think it's better than the original.*

6 oz tomato paste  
 3 tsp honey  
 1 Tbsp + 1 tsp White vin (or apple cider vin)  
 ½ tsp salt  
 ½ tsp onion powder  
 ¼ tsp garlic powder  
 ¼ tsp dry mustard powder  
 pinch: cinnamon, all spice and clove  
 ½ tsp black truffle oil

Mix all ingredients together and serve immediately or let the flavors meld in the fridge overnight.

*Photo credit: simplyscratch.com*



## Coleslaw

*Ahh, another BBQ darling is coleslaw. Creamy, tangy and crunchy – BUT it's also loaded with calorie dense mayo, chemical preservatives AND most recipes also call for up to a ½ cup of refined white sugar – not so good for your waistline or your health. In this healthier spin we are going to use shredded kale instead of cabbage – which is a powerhouse of healthy vitamins and nutrients, anti-inflammatory and detoxification effects on body – even fights cancer.*

1 cup kale  
 1 cup cabbage  
 1 cup carrots  
 1 avocado  
 2 Tbsp Sunflower seeds  
 2 Tbsp pepitas  
 2 Tbsp Olive oil  
 1 Tbsp lemon juice  
 1 tsp Dijon  
 salt and pepper

Put kale, carrots, cabbage, and seeds in a bowl. Mix oil, lemon juice, Dijon and salt and pepper in a small bowl and pour into the kale mix. Mix until well combined and then add in avocado.

*Photo credit: greenlitebites.com*

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## Grilled Veggie Stacks

*Move over kabobs, veggies are earning a new place on the grill! This is my absolute favorite! Not only is it better for you than a burger it is way more elegant and it tastes so good you are going to have all the meat-lovers asking you for one.*

Olive oil  
Balsamic  
Salt and pepper  
Pesto (I like Vegetaballs Farm Pesto from Vermont)  
Goat cheese (I like Does's Leap Chevre)  
Balsamic glaze and/or stem of fresh rosemary to garnish (optional)

Marinate sliced eggplant, zucchini, red pepper, onion (or your other favorite veggies) overnight in a marinade of olive oil, balsamic vinegar and a little salt and pepper. Place on grill (medium to medium-high heat, or around 450 degrees). Flip once ½ way through cooking. Stack veggies on plate alternating with goat cheese and pesto. Skewer with a stem of fresh rosemary and garnish with balsamic glaze.

*Photo credit: fatgirltrappedinaskinnybody.com*



## Falafel Burgers

*This is another burger option that is packed with so much flavor you don't feel like you are missing a thing, it's got lots of protein but is also vegetarian, and vegan friendly and can even make it gluten free.*

2 cloves garlic, minced  
handful of parsley/cilantro  
1½ tsp cumin  
1½ tsp coriander  
½ tsp chilli powder  
1 can chickpeas  
½ Tbsp tahini  
sprinkle nama shuyu  
squeeze of lemon  
½ Tbsp olive oil  
2 Tbsp flour (or use chickpea flour – this will make it a little more likely to break apart on the grill so consider frying it on a pan to cook it then heat on the grill)  
salt and pepper

Put all ingredients except flour into food processor and pulse until well combined but still a little chunky. Spoon into a bowl and mix with flour or Gluten free flour (or chickpea flour) let sit about 5 minutes to stiffen. Make into patties and grill (if it sticks add some flour to the outside of the burger) or fry on a pan with butter then grill for some added flavor.

Serve with tahini sauce, cukes, tomato, olives, tatziki sauce

*Photo credit: mediterrasian.com*

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