

# the good life

Eat Well. Move Well. Be Well.

## THE MEMORIAL DAY RESCUE



LIVING UP  
WELLNESS





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**Go vegetable heavy. Reverse the psychology of your plate by making meat the side dish and vegetables the main course.**

**BOBBY FLAY**



# Barbecue Chicken

**Course:** Main Dish

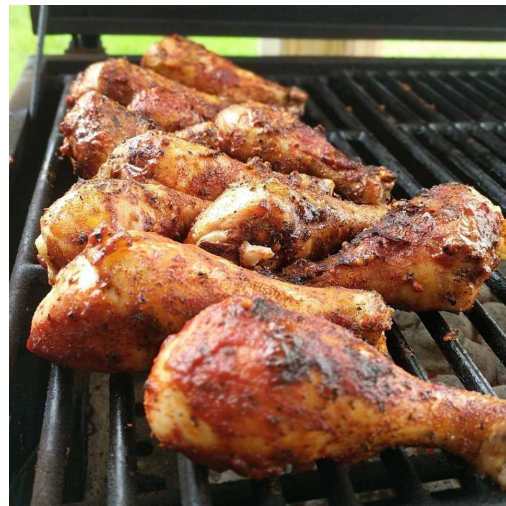
**Categories:** Chicken

**Source:** [www.livingupwell.com](http://www.livingupwell.com)

**Serving size:** Makes 6 servings of 2 drumsticks

**Preparation time:** 10 mins

**Cooking time:** 1 hour



## Ingredients

4 lbs drumsticks (12 dumbsticks)  
Jill's All Purpose Seasoning  
24 oz tomato sauce  
1 cup water  
1/2 cup apple cider vinegar  
2/3 cup molasses  
1 tablespoon black pepper  
1/2 tablespoon onion powder  
1/2 tablespoon mustard powder  
1 tablespoon lemon juice  
1 tablespoon Worcestershire sauce

## Directions

Prep Day:

Barbecue Sauce

1. In small saucepan, combine 24 oz tomato sauce, 1 cup water, 1/2 cup apple cider vinegar, 1 tbsp. black pepper, 1/2 tbsp. onion powder, 1/2 tbsp. mustard powder, 1 tbsp. lemon and 1 tbsp. Worcestershire sauce, 2/3 cup molasses.
2. Bring to a boil, reduce to a simmer and cook until thickened, about 1 hour. Stir every 10 minutes to prevent sauce from sticking to the bottom.
3. Cool, place in container, label and refrigerate.

Prepare Day:

1. Pile coals together, soak with lighter fluid for 15 minutes, light and let coals burn until they turn white, about 10 minutes. Spread coals out, leaving a hot spot with more coals and a cool spot with less coals.
2. Season drumsticks with Jill's All Purpose Seasoning on all sides.
3. Add drumsticks to the hot side of the grill, cook for 4 minutes, flip and cook for 4 more minutes.
4. Move drumsticks to cooler side of grill, cook for additional 5 minutes.
5. With a silicon brush, coat drumsticks with barbecue sauce on all sides.
6. Let cook for 5 minutes on both sides. Check for doneness (165 F). Remove from heat.

## Notes

Keep warm by placing in oven on cookie sheet or dish covered with foil on 175 F

Barbecued Chicken		
Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
Calories	418.5	
	% Daily Value*	
Total Fat	19 g	24 %
Saturated Fat	5.6 g	28 %
Trans Fat	0.3 g	
Cholesterol	254.6 mg	20 %
Sodium	306.5 mg	13 %
Total Carbohydrate	5.9 g	2 %
Dietary Fiber	0.3 g	1 %
Total Sugars	3.9 g	
Added Sugars	- g	- %
Protein	52.4 g	
Vitamin D	0.7 mcg	0 %
Calcium	102.5 mg	8 %
Iron	3.2 mg	18 %
Potassium	652.7 mg	14 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		

# Grilled Corn



**Course:** Side Dish  
**Categories:** Vegetable  
**Source:** [www.livingupwell.com](http://www.livingupwell.com)

**Serving size:** 1 medium ear of corn  
**Preparation time:** 5 mins  
**Cooking time:** 20 mins

Grilled Corn		
Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
Calories	99.4	
	% Daily Value*	
Total Fat	1.6 g	2 %
Saturated Fat	0.2 g	1 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	2.1 mg	0 %
Total Carbohydrate	22 g	8 %
Dietary Fiber	2.6 g	9 %
Total Sugars	6.3 g	
Added Sugars	- g	- %
Protein	3.5 g	
Vitamin D	0 mcg	0 %
Calcium	2.6 mg	0 %
Iron	0.5 mg	3 %
Potassium	242.1 mg	5 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		

## Ingredients

6 Ears of Corn  
Optional: Jill's All Purpose (AP) seasoning

## Directions

Prepare Day:

1. Preheat coals between 300-425 F.
2. Pull back shuck but do not pull off. Remove inner hair then cover the cob back with the shuck. If using, lightly sprinkle Jill's AP seasoning to corn cob.
3. Remove one layer of shuck but leave enough to still cover the ear, this will protect it from burning on the grill.
4. Add on cooler side of grill and cook for 10-15 minutes. Turn once. Cook an additional 3-5 minutes on high heat (Cooking time will vary depending on heat of grill).
5. Remove from heat, let cook slightly, peel back shuck and serve while warm.

## Notes

If not eating right away, place on cookie sheet or pan cover with foil and place in oven at 175 F for up to 1 hour.



# Grilled Potato Salad



**Course:** Side Dish

**Categories:** Vegetable

**Source:** [www.livingupwell.com](http://www.livingupwell.com)

**Serving size:** Makes 12 servings of 1/2 cup

**Preparation time:** 15 mins

**Cooking time:** 1 hour

## Ingredients

- 6 medium russet potatoes
- 1 medium red onion, diced
- 1 large red bell pepper, diced
- 1/2 cup diced mild green chiles (can find in can)
- 1/4 cup olive oil
- 1/2 cup nonfat Greek yogurt
- 3 tablespoons red wine vinegar
- 2 tablespoons Dijon mustard
- 4 tablespoons Ranch dressing mix
- 1/2 cup fresh cilantro, chopped
- 1 tablespoon Jill's All Purpose (AP) Seasoning Mix

## Directions

Prep Day:

1. Heat medium size skillet to med-high heat, add onions, 1 tsp olive oil and Jill's AP seasoning and stir every few minutes.
3. Cook 8-10 minutes, until beginning to brown, add 1 tbsp red wine vinegar and scrap the pan with spatula to get up bits of food that may be stuck.
4. Reduce heat to medium low, add diced bell pepper and cook additional 5 minutes. Allow to cool.
5. In small bowl, mix: olive oil, Greek yogurt, red wine vinegar, Dijon mustard, green chiles, Ranch dressing powder mix, and cilantro.
6. Label and store separately in refrigerator.

Prepare Day:

1. Pile coals together, soak with lighter fluid for 15 minutes, light and let coals burn until they turn white, about 10 minutes. Spread coals out, leaving a hot spot with more coals and a cool spot with less coals.
2. Cut potatoes into quarters (large wedges)
3. Place half potatoes on hot side of grill and the other half on cool side. Cook for 30 minutes, then switch potatoes from hot to cooler side of grill and visa versa.
4. Cook for additional 30 minutes or until soft when pierced with a fork.



5. Remove from heat and cool slightly.
6. Cut into bite size pieces, add sauce, onions and bell peppers and mix together.
7. Serve either warm or cold.

## Notes

Can be made the day before. If making them the day of, cook the potatoes first, then make your other sides and meat.

Grilled Potato Salad		
Nutrition Facts		
Serving Size	1 Serving = 1/2 cup	
Amount Per Serving		
Calories	139.4	
	% Daily Value*	
Total Fat	4.8 g	6 %
Saturated Fat	0.7 g	3 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	689.6 mg	30 %
Total Carbohydrate	21.4 g	8 %
Dietary Fiber	2.6 g	9 %
Total Sugars	2.6 g	
Added Sugars	0 g	0 %
Protein	3.1 g	
Vitamin D	0 mcg	0 %
Calcium	22.6 mg	2 %
Iron	1.1 mg	6 %
Potassium	536 mg	11 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		





# Sweet and Tangy Summertime Coleslaw



Course: Side Dish  
Categories: Vegetable  
Source: [www.livingupwell.com](http://www.livingupwell.com)

Serving size: 12 servings of 3/4 cups

Preparation time: 10 mins

Cooking time:

## Ingredients

- 1 large head of red or green cabbage
- 1 cup dried cranberries
- 1 cup green onions, chopped
- 1/2 cup apple cider vinegar
- 1/4 cup extra virgin olive oil (EVOO)
- 1/4 cup sugar
- 1 tablespoon celery seeds
- 1 teaspoon sea salt

## Directions

Prep Day:

1. Chop the cabbage into thin bite-sized pieces and place in large bowl.
2. In small bowl, add celery seeds, salt, apple cider vinegar. Slowly whisk in EVOO.
3. Pour dressing over chopped cabbage, add dried cranberries, sugar and mix to combine.
4. Cover and refrigerate for 24 hours before serving. Toss at least once in the 24 hours.
5. 2-4 hours before serving, toss cabbage and taste. If not tangy and sweet, add 1/4 cup apple cider vinegar and 1-2 tablespoons sugar.

## Notes

Make this at least 24 hours before serving, it needs to marinate and break down the cabbage.

Sweet and Tangy Coleslaw		
Nutrition Facts		
Serving Size	1 Serving = 3/4 cup	
Amount Per Serving		
Calories	124.9	
	% Daily Value*	
Total Fat	4.9 g	6 %
Saturated Fat	0.7 g	3 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	218.3 mg	9 %
Total Carbohydrate	21.2 g	8 %
Dietary Fiber	3.2 g	11 %
Total Sugars	16.5 g	
Added Sugars	1.4 g	3 %
Protein	1.5 g	
Vitamin D	0 mcg	0 %
Calcium	56.3 mg	4 %
Iron	0.9 mg	5 %
Potassium	218.3 mg	5 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		





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# Jill's All Purpose Seasoning



**Course:** Seasonings

**Categories:** Seasonings&Spices

**Source:** [www.livingupwell.com](http://www.livingupwell.com)

**Serving size:** Makes 12 oz

**Preparation time:** 5 mins

**Cooking time:**

## Ingredients

- 2 tablespoons paprika
- 2 tablespoons garlic powder
- 2 tablespoons salt
- 1.5 tablespoons thyme
- 1 tablespoon onion powder
- 1 tablespoon black pepper
- 1 tablespoon oregano
- 1.5 teaspoons cayenne pepper

## Directions

Combine all spices together and place in shaker.





## Berry Berry Popsicles

12 servings

10 minutes

### Ingredients

- 1/2 cup Frozen Mango
- 1/2 cup Frozen Blueberries (or fresh)
- 1 cup Frozen Strawberries (or fresh)
- 1 1/2 Banana
- 1 1/2 cups Spinach

### Nutrition

Amount per serving	
Calories	27
Fat	0g
Saturated	0g
Monounsaturated	0g
Carbs	7g
Fiber	1g
Sugar	4g
Protein	0g
Cholesterol	0mg
Sodium	2mg
Vitamin A	271IU
Vitamin C	12mg
Calcium	7mg
Iron	0mg
Vitamin E	0mg
Folate	13µg
Vitamin B12	0µg
Magnesium	8mg

### Directions

- 1 Allow your bananas to ripen until they have brown spots. The riper they are, the sweeter they will be.
- 2 In high-speed blender, add 1 1/2 medium-sized ripe bananas, 1/2 cup diced mango, 1/2 cup blueberries, 1 cup strawberries (works best if fruit is slightly frozen) and 1.5 cups spinach. Blend until smooth.
- 3 Distribute into popsicle molds leaving until 3/4 full, place in popsicle sticks and freeze until frozen (4-8 hours).

### Notes

**Notes:** If fruit is completely frozen, warm in microwave for 1-1 1/2 minutes until only slightly frozen or leave out for 30 minutes. You could also just blend up the ingredients and have as a smoothie and store any leftovers in a glass airtight container for up.



**eat your  
veggies.  
eat them  
often.**

Veggies can be flavorful when cooked with way we like them, whether that's grilled, roasted, steamed or raw. Don't be afraid to try new seasonings including dry and fresh herbs to boost the flavor of your foods.