

Metabolic Medical Centers



June Recipes Party Recipes

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Metabolic Medical Centers
WEIGHT LOSS ACCELERATED



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Bloody Mary Beef Kebobs

Serves 4 Cook Time 7-10 minutes

Use a tender cut of meat like beef tenderloin for this recipe. This recipe is for the meat only, but feel free to add cherry tomatoes, chunks of sweet onion and bell peppers.

Ingredients

1 lb	beef tenderloin, cut into cubes
1 Cup	low-sodium V-8 juice
1 tsp	salt
1/4 Cup	olive or canola oil
1 tsp	black pepper
2 tsp	cajun seasoning
1	juice of lime
pinch	cayenne pepper (optional)
1 tsp	hot sauce (optional)
1 Tbsp	worcestershire sauce
1 Tbsp	prepared horseradish

Cooking Instructions

1. In a large measuring cup with a spout, mix all ingredients except the steak.
2. In a gallon size zip-lock bag, add the steak and half of the marinade and place it in the refrigerator and marinate at least 4 hours, shaking the bag occasionally.
3. When ready to cook, place the reserved marinade into a saucepan and heat on medium high until it has reduced by half, 10-15 minutes. Skewer the beef tenderloin cubes onto 4 long or 6 short skewers.
4. Preheat grill to high heat. Place on the grill and sear both sides. Then, lower the heat to medium, remove from direct heat and cook additional 5 minutes for medium rare.
5. Let steak rest for 10 minutes and drizzle cooked marinade over the top before serving.

Recommend for all programs



Buffalo Chicken Kebobs

Serves 4 Time 20 Minutes

Ingredients

1 lb	boneless, skinless chicken breast cut into 24 cubes
24 pieces	celery, cut into 1 inch pieces
2 Tbsp	olive or canola oil
1 tsp	red pepper sauce
1/2 tsp	red pepper blend
1/2 tsp	seasoned salt
6 Cups	romaine lettuce, torn into bite sized pieces
1/2 Cup	fat-free blue cheese (Wishbone Lite recommended)

Cooking Instructions

1. Preheat grill to medium heat.
2. On each 8-10 skewer, alternately thread chicken and celery, leaving 1/4 inch space between each piece.
3. In a small bowl, mix oil and pepper sauce; brush over the chicken and vegetables. Sprinkle with pepper blend and seasoned salt.
4. Cover and grill kabobs over heat 15-20 minutes, turning occasionally, until chicken is no longer pink in the center.
5. On 4 plates, arrange the romaine lettuce, top with kabobs and serve with dressing.

Recommend for All Programs



Ceviche in Endive

Serves 6-8 Cook Time: Marinate at least overnight

Ceviche is a seafood dish that uses lemon, lime or other citrus juice to “cook” the seafood. The cooking process is a result of a chemical reaction from the citric acid. Fresh fish, scallops, shrimp or crab is marinated for at least 8 hours in citrus juices and then eaten. Since the food is not cooked with heat, it is imperative that the seafood be very fresh.

Ingredients

1 lb	fresh flakely white fish (flounder, sea trout, spottail bass)
8	limes, juiced
2	tomatoes, diced
5	green onion, minced
2	stalks celery, cliced
1/2	green bell pepper, minced
1/2 Cup	fresh parsley, chopped
1 1/2 Tbsp	olive oil
1/8 Cup	fresh cilantro, chopped
2	small heads of endive, leaves separated, washed and dried season with pepper

Cooking Instructions

1. Rinse the fish and cut into small pieces (1/2-1 inch) and place in a medium sized bowl. Pour lime juice over the fish. The fish should be completely immersed in the lime juice. Chill the lime juice and fish all day or overnight until the fish are opaque (you cannot see through them).
2. Empty 1/2 of the lime juice from the bowl. Add tomatoes, green onions, celery, green bell pepper, parsley, black pepper, olive oil, and cilantro to the fish mixture. Stir gently. Serve this in endive leaves.

Recommend for all programs



Cucumber Cups

Serves approx. 24 appetizers Time 15 minutes

This recipes call for English cucumbers, you may also use hot house cucumbers or any long cucumber will work just fine. You may also choose to peel or leave the peels on for added fiber.

Ingredients

2 large	English Cucumbers, peeled cut into 1 inch pieces
1 Tbsp	caramelized onions
1-2 tsp	fresh chives, chopped
2 Tbsp	low-fat sour cream
	season to taste with granulated garlic and salt
	crumbled turkey bacon

Cooking Instructions

1. Using a melon baller, scoop out the center of the cucumber pieces, being careful as not to go through the bottom of the “cups”. Make sure your cucumber pieces are big enough to leave a base for the cups after you scoop most of the meat out.
2. For the filling: In a small bowl, combine the caramelized onions, chives and low-fat sour cream. Start with just a little until you have the right onion to sour cream ratio you prefer. Season to taste with garlic and salt.
3. Spoon the filling into the cucumber cups, top with crumbled turkey bacon pieces. These are best chilled a bit before serving.

Recommend for all programs



Eggplant Bruchetta

Serves 6-8 Time 10-15 Minutes

Ingredients

1 large	purple eggplant
1/2 tsp	olive oil
5	plum tomatoes
1 clove	garlic, minced
1 tsp	balsamic vinegar
6	fresh basil leaves, chopped

Cooking Instructions

1. Cut 1 large purple eggplant into 1/2 inch rounds. Brush the eggplant with olive oil on both sides and place them on a tray with space between each slice. Pre-heat your grill to high heat.
2. In the meantime, peel, seed, and chop 5 plum tomatoes and place them in a bowl. Add garlic, balsamic vinegar, olive oil.
3. Place the eggplant on the grill and cook for 3 minutes to sear. Flip the eggplant and spoon 1 tablespoon of the tomato mixture into each eggplant, close the lid and cook for an additional 3-5 minutes. Just before serving, sprinkle the fresh basil over the eggplants.

Recommend for all programs



Lemon Kale Chips

Serves Makes 1 bowl of chips **Time** 10-15 minutes

Move over greasy, fatty potato chips, there's a new kid in the snack world. Crunchy, vitamin packed kale. Pair this with the flavor of zesty lemons and you've got the perfect crunchy satisfying snack.

Ingredients

1 bunch	kale, washed, dried and cut into 1/2 inch pieces
2 Tbsp	olive oil
2 Tbsp	fresh lemon juice
1/4 tsp	Kosher salt

Cooking Instructions

1. Preheat oven to 350 degrees. Chop 1 bunch of washed and dried kale into ½ inch pieces and place in a large bowl. Using your hands, massage olive oil, lemon juice and Kosher salt into the kale.
2. Place kale on parchment-lined baking sheets.
3. Bake for 10-15 minutes until kale is dark green and crispy.
4. Cool and serve. Makes 1 bowl of chips.

Recommend for all programs



Grilled Antipasto Vegetables

Serves 8-10 Time 10 Minutes

This shows up one night as a side dish for steak and the next night it can top fresh salad greens. So easy, so versatile, so good.

Ingredients

4	bell peppers (red, yellow, green) halved and seeded
6	portobello caps
1/3 Cup	fat-free Italian dressing
4	red onions, peeled and cut into 6 wedges
2 tsp	olive oil
2lbs	asparagus
	cooking spray

Cooking Instructions

1. Preheat grill to high.
2. Coat peppers and onions with cooking spray and place them on a grill rack coated with cooking spray. Grill 15 minutes or until the peppers are blackened. Place the peppers in a zip top bag and let them stand for 15 minutes.
3. Chop the cooked onions into 1 inch pieces and place in a large bowl. Peel and slice the peppers into 1/2 inch strips and add them to the onions.
4. Combine the oil, mushrooms, and asparagus; toss well to coat. Place them on the grill rack and cook 3 minutes on each side.
5. Chop mushrooms into 1 inch pieces and add it to the onion. Slice asparagus diagonally into 1 1/2 inch pieces; add to the onions.
6. Drizzle with dressing, toss to coat and serve. (Makes excellent leftovers.)

Recommend for All Programs



Grilled Baby Bok Choy

Serves 4 Time 6 Minutes

Ingredients

4 heads	baby bok choy (1 head per person)
1 Tbsp	olive oil
2 tsp	low-sodium soy sauce
1/4 tsp	salt
1/4 tsp	black pepper

Cooking Instructions

1. Slice the head in two lengthwise and wash thoroughly for any sandy soil that may reside in between leaves.
2. Place the halved bok choy in a large bowl. In a measuring cup with a spout, mix the olive oil and soy sauce, salt and pepper and mix. Pour this over the bok choy and toss to coat.
3. Grill the bok choy, cut side down, over very hot coals for 4-6 minutes or until the greens are browned but not burnt. Serve immediately.

Recommend for all programs



Grilled Romaine

Serves 4 Time 5 minutes

Need something different from a salad? Grill it. The high heat intensifies the sweet flavor of romaine lettuce leaves. Radicchio and Endive leaves will also work well in this recipe. This salad is very easy to double and is a big crowd pleaser!

Ingredients

2 heads	Romaine, cut in half lengthwise
1 small	red onion, cut in thin rings
2 tbsp	olive oil
4 tbsp	Parmesan cheese
splash	balsamic vinegar
	Salt & Pepper to taste

Cooking Instructions

1. Preheat grill to high heat.
2. Brush lettuce and onions with oil, salt and pepper.
3. Place lettuce on the grill and quickly sear both sides making those distinctive grill marks. Remove and set aside.
4. Place the onions on the grill and cook for approximately 2-3 minutes per side. Just until desired doneness.
5. To assemble salads, place 1 romaine heart on a plate, 2 or 3 onion slices, 1 tbsp cheese and splash of vinegar.

Recommend for All Programs



Grilled Rosemary Salmon Skewers

Serves 4 (2 skewers per person) Time 10 Minutes

Fresh rosemary makes all the difference in this recipe. Try using the sturdy branches stripped of leaves as the actual skewers. Soak them a few minutes in water before cooking.

Ingredients

2 tsp	fresh rosemary, minced
1 tsp	extra virgin olive oil
2 cloves	garlic, minced
1 tsp	freshly grated lemon zest
1 tsp	fresh lemon juice
1/2 tsp	kosher salt
1/4 tsp	ground pepper
1 lb	salmon filet (skinned) cut into 1 inch cubes
1 pint	cherry tomatoes

Cooking Instructions

1. Soak 12 wooden skewers or rosemary stems in water. Preheat grill to medium high heat.
2. Combine rosemary, oil, garlic, lemon zest, lemon juice, salt and pepper in a medium bowl. Add the salmon, toss to coat. Alternate the salmon and tomatoes filling skewers.
3. Oil the grill racks (use tongs to wipe a paper towel soaked in vegetable oil across the grill grates)
4. Grill for 4-6 minutes per side.

Recommend for all Programs



Grilled Whole Onions

Serves 4 Time 10 Minutes

This recipe calls for 1 low-sodium chicken bouillon cube per onion, but you can substitute 1 low-sodium beef bouillon cube for more of a “French onion soup” taste.

Ingredients

4 large	Vidalia onions
4 Tbsp	Smart Balance or I Can't Believe It's Not Butter
4 cubes	Low-sodium chicken (or beef) bouillon cubes

Cooking Instructions

1. Preheat the grill on medium.
2. Peel the outer layer off the onions. Slice a small section off of one end of each onion to make a base and make a hole in the center.
3. Fill the center of each onion with 1 bouillon cube and 1 tablespoon of butter substitute. Replace the top of the onion and wrap each onion in aluminum foil.
4. Grill for 1 hour over indirect heat with a closed lid. When done, remove the tops and cut them into bite size pieces and place them in a serving bowl with all the cooked juices.

Recommend for all programs



Salmon Kebobs with Parsley Vinaigrette

Serves 4 Time 5 Minutes

Use fresh, thick salmon filets. You'll need 8 (10 inch) skewers; soak wooden skewers in water before cooking. Also, fresh parsley makes the difference in flavor for this dish.

Ingredients

5 Tbsp	olive oil
2 Tbsp	red wine vinegar
1 small	garlic clove, minced
1/2 tsp	kosher salt
1/2 tsp	ground pepper, divided
1 1/2 lb	fresh salmon fillets at least 1 inch thick, skinned and cut into 1 1/2 inch chunks
4 oz	thinly sliced turkey bacon, cut in half lengthwise
3 Tbsp	fresh parsley, chopped

Cooking Instructions

1. In a small bowl, combine 4 Tbsp (1/4 Cup) oil, vinegar, garlic, 1/4 tsp salt, 1/4 tsp pepper in a bowl, mix and set aside.
2. Heat the grill to high (425-550 degrees). In a large bowl, combine the remaining oil with the remaining pepper, toss in the salmon and coat all sides.
3. Set out rows of 3 salmon chunks on a clean work surface. Wrap the turkey bacon around the salmon weaving long pieces between chunks. Skewer each row of salmon leaving a little separation between pieces.
4. Oil the grill grates using a wad of paper towels and tongs. Set the kebobs on the grate, grill covered, turn once, until fish is barely cooked through about 5 minutes.
5. Stir the fresh parsley into the bowl with the oil and vinegar and drizzle on top of the kebobs.

Recommend for All Programs

