



Happy 4th of July from the team at Diet ID! Here are four backyard BBQ recipes to help celebrate and honor the holiday without disrupting your healthy lifestyle. We encourage you to give these delicious and nutritious recipes a try this month.

Sweet & Sour Coleslaw



This simple nutrient-filled slaw brings the flavor of fresh crisp cabbage and tart green apple together. The chopped walnuts give it the perfect final touch!

You will need:

For the salad:

- 1 small head of green cabbage, rinsed and thinly sliced
- 1 green apple, skin on, rinsed and thinly sliced
- ¼ cup chopped walnuts

For the dressing:

- 3 Tbsp apple cider vinegar
- 2 Tbsp 100% apple cider
- ¼ cup extra virgin olive oil
- ⅛ tsp salt

Instructions:

Mix all the dressing ingredients in a small bowl. Gently toss the remaining ingredients with the dressing in a serving bowl.

Watermelon Checkerboard Salad



This salad is as refreshing as it is beautiful. This recipe calls for watermelon and cucumber, but you can vary it up with feta cheese or tofu, honeydew and/or cantaloupe!

You will need:

- 4 cups cubed (1-inch cubes) watermelon
- 4 cups peeled and cubed (1-inch cubes) cucumbers (about 2 very large)
- Juice of 1 lime
- Handful of fresh mint, chopped roughly
- Pinch of salt

Instructions:

Arrange cubes of watermelon and cucumber on a platter in a checkerboard pattern or pattern of your choice. Finish later with a squirt lime juice, chopped fresh mint, and a pinch of salt.

Potato Salad with a Twist



Traditional creamy potato salads are okay, but you might find that you (and your guests/family) actually like this delectably tangy version better, which is a win-win because it's far more nutritious.

You will need:

For the salad:

- 4 medium potatoes
- ½ red bell pepper, chopped small
- ½ cup celery, chopped small
- ½ small red or yellow onion, chopped small
- ½ cup packed parsley leaves, chopped

For the dressing:

- 1½ tsp turmeric
- ½ tsp cumin
- 2 tbsp lemon juice
- 1/3 cup olive oil
- Pinch salt
- 1 tsp agave nectar or honey (optional)

Instructions:

Scrub the potatoes and slice into bite-sized chunks (skin on). Boil or steam until fork-tender, about 8 minutes (after 5 minutes, test a potato every minute, as you don't want to overcook!). Drain, submerge in cold water, and set aside. Change the water a few times as it gets warm, until potatoes are cooled. (TIP -- place potatoes in a colander fit into a larger bowl for easy water changes.)

Meanwhile, chop the veggies and make the dressing. For the dressing, whisk all ingredients together in a small mixing bowl.

Toss together the cooled potatoes, veggies, and dressing and serve.

Super Simple Black Bean Burgers



These delicious burgers are based on whole foods (they're not trying to be meat!) and are truly tasty. Enjoy with a traditional bun and fixin's, or try them with brown rice and salsa to kick the nutrition up a notch.

You will need:

- 1 15oz can of black beans, drained and rinsed
- 1/3 cup rolled oats (not instant)
- ½ cup shredded carrots
- 1 small yellow onion, chopped
- 1 tbsp minced garlic
- 2 tsp chili powder
- 1 tsp cumin powder
- ½ tsp cayenne (optional)
- Salt and pepper to taste

Instructions:

Place all of the ingredients in a food processor and process for 15 to 20 seconds, or until the mixture begins to come together, scraping the sides as needed. Place the mixture in the fridge for ½ hour.

Form the mixture into four patties. Cook on the grill until solid and heated through, or use the oven: Preheat oven to 400°F and place patties on a baking sheet lined with parchment paper. Bake for 12 minutes, then flip them over and bake for an additional 10 minutes or until they are browned.