

# MENU FOR THE MILLS FAMILY

Summer Cookout! (serves 8 to 10) - Jul 04th 2016

Shopping List

Print Menu



## SHRIMP ON THE BARBIE!

### Ingredients

4 lbs shrimp, raw, peeled and deveined	4 tbs honey
6 tbs soy sauce	1/3 cup fresh parsley, chopped
6 tbs olive oil	1/3 cup fresh lime juice
4 garlic cloves, minced	red pepper flakes, sprinkle (optional)

### Instructions

Thaw shrimp if frozen and place in bowl or large ziploc bag. Mix all remaining ingredients in small bowl and pour over shrimp. Stir shrimp until well coated. If time allows, marinate in fridge up to 30 minutes. Preheat grill or broiler to medium/high heat. Grease grill rack or broiler pan. If grilling, thread shrimp on skewers. Cook shrimp for 2 to 3 mins per side, until opaque.

277 Cals 37g Protein 11g Fat 1g Fiber 5g Carbs



## GRILLED CHICKEN AND STEAK TERIYAKI

with Watermelon & Feta Salad

### Ingredients

2 lbs boneless chicken breast	4 garlic cloves, minced
2 lbs sirloin steak tips	2/3 cup brown sugar
2/3 cup olive oil	1 cup pineapple juice
1/2 cup soy sauce	

### Instructions

Mix all marinade ingredients in shallow dish large enough to hold chicken or steak. Add both chicken and steak to dish & turn to coat. Marinate at least 2 hours, up to six hours total. Preheat grill to med/high heat & cook for 8 to 10 mins each side, or until desired level of doneness for steak. Note: the quantities for teriyaki sauce are assuming you are doing both of the meats. If you are not doing both, you could reduce quantities by half or reserve some for another night...its great for a quick and tasty weeknight meal!

### Watermelon & Feta Salad

1/2 watermelon	1 1/2 tbs fresh lemon juice
5 scallions, chopped	2 tbs olive oil
2 tbs red wine vinegar	1/2 cup feta cheese

Cut up watermelon into cubes (any size and shape works). Place in large bowl and add scallions. Mix vinegar, lemon juice & oil in small bowl with fork or whisk. Pour over watermelon and gently stir to coat. Sprinkle with feta and season with sea salt & black pepper.

666 Cals 45g Protein 41g Fat 0g Fiber 29g Carbs



## CORN & AVOCADO SALAD (SUMMER COOKOUT)

### Ingredients

2 tbs olive oil	16 oz frozen corn
4 garlic cloves, minced	2 avocados, peeled & chopped
3 shallots, chopped	3 tbs fresh lemon juice

### Instructions

Heat oil in small skillet. Add garlic & shallots & cook for 2 to 3 mins until golden. Add corn to pan & cook for 5 to 8 mins until just starting to brown. Transfer to bowl & stir in avocado & lemon juice. Season with salt & pepper.

154 Cals 3g Protein 9g Fat 5g Fiber 19g Carbs



## POTATO & TOMATO SALAD

### Ingredients

4 lbs baby potatoes	1/4 cup mayonnaise
2 tomatoes, chopped	3 tbs fresh lemon juice
5 scallions, chopped	2 tsp brown mustard
1/2 cup fresh parsley, chopped	

### Instructions

Put potatoes in pot of salted water, bring to a boil and simmer for 10 to 15 mins until tender. Drain & let cool. Cut in half or into large pieces and place in bowl. Stir in tomato, scallions, and parsley. In small bowl, mix mayo, lemon juice, & mustard. Add to bowl & stir. Season with salt & pepper.

92 Cals 1g Protein 4g Fat 2g Fiber 13g Carbs



## LAMINGTON CAKES

### Ingredients

1 box yellow cake mix	1 1/2 tbs butter, melted
16 oz confectioners sugar	1/2 cup low fat milk
1/2 cup unsweetened cocoa	8 oz shredded coconut

### Instructions

Make cake according to package (or you can use your favorite yellow cake recipe. We find the box variety works just fine). Let cool and cut into individual squares- about 12 to 16 pieces. Let stand at room temp, uncovered. (Allowing the cake to be exposed to air for a bit will make it easier to work with). In a large bowl, mix cocoa with confectioners sugar. NOTE: you want a bowl that you can place inside a larger bowl per below. Stir butter and milk into cocoa mix. Take a bowl slightly larger than your mixing bowl, fill about 1/3 of it with hot water, and place bowl with cocoa mix inside this bowl. The intent is to keep the icing mix warm while coating the cake. To assemble: spread coconut out on dinner plate. Using fork or tongs, dip each piece of cake in the cocoa icing, then roll in coconut. Repeat for each piece. If the icing begins to get thick and becomes difficult to work with, stir in a bit of hot water. Continue until all pieces are coated. It does get messy but they look beautiful and taste even better!

0 Cals 0g Protein 0g Fat 0g Fiber 0g Carbs