

July 4th Picnic Recipes

Tangy BBQ Baked Beans

Serves 4

You control the flavor and spice in these simple baked beans by choosing your favorite bottled barbecue sauce. Canned pinto beans (navy or great northern work well too) make these a breeze to prepare. For an extra kick, toss some sliced jalapeno peppers or red pepper flakes into the sauce while cooking, or add a can of sliced pineapple for a luau flair.

Ingredients:

1/2 cup ketchup
1 cup tangy barbecue sauce
1/2 cup water
1 tablespoon Bragg's Liquid Aminos
1/4 cup maple syrup
1 tablespoon prepared mustard
3 cups canned pinto beans, drained and rinsed
sea salt, to taste

Instructions:

- Preheat oven to 325°F.
- Mix the ketchup, barbecue sauce, water, Braggs, maple syrup and mustard together in a saucepan.
- Bring to a boil. Reduce heat and simmer for 5 minutes.
- Add the beans and salt to taste.
- Transfer to a casserole dish and bake uncovered for 1 hour.

Potato Salad

Serves 4

Ingredients:

6 medium potatoes
1/2 cup mayonnaise—recipe follows
1/4 cup yellow mustard
2 Tablespoons vinegar
1/2 medium red onion, diced
1/2 cup chopped celery
Salt and pepper, to taste
Paprika (optional)

Instructions:

- Dice potatoes into ½ inch pieces.
- Place in a large pot with boiling water to cover. Turn heat to high and boil for 12-15 minutes until potatoes are tender. Do not over cook.
- Remove from heat, drain the potatoes and rinse them under cold water until cool.
- Drain and add to remaining ingredients.
- Chill well before serving

Del's Almost Fat Free Mayonnaise

Ingredients:

1 package lite silken tofu
1 tablespoon vinegar
1 teaspoon granulated onion powder
1 teaspoon mustard powder
1/2 teaspoon granulated garlic powder
1 ½ teaspoons sea salt

Instructions:

- Combine tofu and salt in a food processor and puree until smooth and creamy.
- Refrigerate

Low Fat Coleslaw

Serves 6-8

Food pre tip: If you don't have time to shred whole heads of cabbage and countless carrots, buy some bags of shredded veggies--without the dressing pouches--and simply make the low-fat dressing below.

Ingredients:

1 cup fat-free mayonnaise—recipe above
4 Tablespoon cider vinegar
2 tsp Dijon mustard
4 tsp sugar (or sugar substitute if you prefer)
½ tsp celery seed (optional)
1 16-ounce bag of ready-shredded coleslaw mix

Instructions:

- In a small bowl, whisk mayonnaise, cider vinegar, mustard, sugar and celery seed together to make dressing.
- If dressing needs to be thinned, add a tablespoon or two of non-fat plant, non-flavored plant milk
- Empty coleslaw mix into a large bowl. Pour dressing on top and toss.