



## Easy Grilled Meals + Healthy Ice Cream Recipes

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## Spiced Salmon Kabobs

4 servings

20 minutes

### Ingredients

- 2 tbsps Parsley (chopped)
- 1 tbsp Sesame Seeds
- 1/2 tsp Black Pepper
- 1/2 tsp Sea Salt
- 1/2 tsp Red Pepper Flakes
- 2 tbsps Maple Syrup
- 2 tbsps Extra Virgin Olive Oil (plus extra for asparagus)
- 1 1/4 lbs Salmon Fillet (sliced into 1 inch cubes)
- 2 Lemon (sliced into thin rounds)
- 8 Barbecue Skewers
- 6 cups Asparagus (woody ends trimmed off)
- Sea Salt & Black Pepper (to taste)

### Directions

- 1 Preheat grill to medium heat.
- 2 In a mixing bowl, mix the parsley, sesame seeds, black pepper, sea salt, red pepper flakes, maple syrup and olive oil. Mix well. Add the salmon pieces and toss well to coat.
- 3 Grab your BBQ skewers and slide on a piece of salmon, followed by a folded lemon slice. Repeat until all ingredients are used up and several kabobs are made.
- 4 Toss asparagus in a splash of olive oil and season with sea salt and black pepper to taste.
- 5 Place kabobs on one side of the grill and asparagus on the other. Grill both for about 3 - 4 minutes per side, or until salmon flakes with a fork. Remove from the grill and divide between plates. Enjoy!

### Notes

**Add Carbs:** Serve with quinoa, brown rice or sweet potato.

**Time Saver:** Chop the salmon and add it to a zip lock baggie with the marinade. Store in the fridge up to 1 day.



## Green Chicken Sliders

4 servings  
30 minutes

### Ingredients

- 1 lb Extra Lean Ground Chicken
- 1 tsp Oregano (dried)
- 3/4 tsp Sea Salt
- 2 cups Kale Leaves (very finely chopped)
- 2 cups Broccoli (very finely chopped)
- 1 tbsp Extra Virgin Olive Oil
- 1 head Boston Lettuce

### Directions

- 1 Combine all ingredients except the lettuce in a bowl and mix well. Form the mixture into even sliders, about 3 inches in diameter, and set aside.
- 2 Preheat grill to medium heat.
- 3 Cook the sliders for about 8 to 10 minutes per side, or until cooked through.
- 4 Serve patties in a lettuce wrap with your toppings of choice. Enjoy!

### Notes

**Serving Size:** One serving is equal to two sliders.

**More Carbs:** Serve on a bun or on top of rice.

**Topping Ideas:** Mustard, cheese, pickles, tomato, lettuce, onion, avocado, sour cream or plain Greek yogurt.

**Leftovers:** These keep well in an airtight container in the fridge up to three days or freeze for up to three months.



## Grilled Cauliflower Steaks with Avocado Chimichurri

4 servings  
30 minutes

### Ingredients

- 1/2 cup Red Wine Vinegar
- 1 cup Cilantro (thick stems removed)
- 1/4 cup Fresh Oregano (stems removed)
- 4 Garlic (cloves, minced)
- 3/4 cup Extra Virgin Olive Oil (divided)
- 1 tsp Sea Salt
- 1 Avocado (peeled and cubed)
- 1 head Cauliflower (sliced into steaks)

### Directions

- 1 Add vinegar, cilantro, oregano, garlic, 2/3 of the olive oil and salt to a food processor and blend until smooth. Occasionally scrape down the sides as needed.
- 2 Stir in the avocado until well coated and refrigerate.
- 3 Brush each side of the cauliflower steaks with the remaining olive oil. Preheat grill on medium heat. Cook the cauliflower steaks for about 5 to 6 minutes per side with the lid closed, or until tender and slightly charred.
- 4 Transfer to plates and top with your desired amount of avocado chimichurri. Enjoy!

### Notes

**Likes it Spicy:** Add a chili pepper or red pepper flakes to the chimichurri.

**Leftovers:** Refrigerate in an airtight container up to 3 days. Leftover chimichurri will keep up to 1 week.

**No Cilantro:** Use parsley instead.

**No Cauliflower:** Use zucchini or portobello mushrooms instead.

**No Grill:** Roast cauliflower steaks in the oven at 400°F (204°C) for 30 minutes, flipping halfway.

**No Food Processor:** Use a blender or manually chop the cilantro, oregano, and garlic, then whisk together with the vinegar, oil, and salt.



## Coconut Banana Ice Cream

6 servings

1 hour 30 minutes

### Ingredients

- 1 1/2 cups Organic Coconut Milk (full-fat, canned)
- 5 Banana (sliced and frozen)

### Directions

- 1 Add all ingredients into a blender and blend until smooth. Occasionally turn the blender off and scrape down the sides if needed.
- 2 Scoop into bowls and enjoy immediately as soft serve or for firmer ice cream, transfer to a baking pan and freeze for at least 1.5 hours before scooping.

### Notes

**Chocolate Lover:** Add cocoa powder while blending.

**Topping Ideas:** Nut butter, jam, chocolate chips, granola, crushed nuts, melted dark chocolate or fresh fruit.



## Strawberry Banana Ice Cream

1 serving  
10 minutes

### Ingredients

- 1/4 cup Frozen Banana
- 1 cup Frozen Strawberries
- 2 tbsps Unsweetened Almond Milk

### Directions

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Place all ingredients in a food processor or blender. Blend until a creamy consistency forms. Enjoy it before it melts!