



Pulled Pork

 8 servings  15 minutes

Cook 5 hrs

Method

Ingredients

1 onion, finely chopped
3/4 c. ketchup
3 tbsp. tomato paste
1/4 c. rice vinegar
1 tsp. paprika
1 tsp. garlic powder
1 tsp. mustard powder
1 tsp. cumin
1 (3- to 4-lb.) pork shoulder,
Salt & pepper to taste

Sandwiched between a soft potato bun, piled on top of a baked potato, or even eaten on its own, pulled pork is the versatile dish we crave every 4th of July. If you're looking for the best pulled pork recipe to keep in your back pocket—this is it.

1. Combine onion, ketchup, tomato paste, rice vinegar and spices in the bowl of a slow cooker. Season pork shoulder all over with salt and pepper then add to slow cooker, covering it with ketchup mixture. Cover and cook until very tender (the meat should fall apart easily with a fork!), on HIGH for 5 to 6 hours or on LOW for 8 to 10 hours.
2. Remove pork from slow cooker and transfer to bowl. Shred with two forks and toss with juices from the slow cooker. Serve on buns with coleslaw.

NOTES:

What's the best cut of meat for pulled pork?



This recipe calls for boneless pork shoulder. Though there's not a lot of fat, it loses its toughness with the long cook time.

What's the best shortcut?

Purchase ready made pulled pork or Jack Daniels ready made.



Zesty Cole Slaw

 12 servings  15 minutes
refrigerate 60 mins

Ingredients

1 bag of tri-color slaw mix
1/2 cup mayonnaise
1/4 cups sugar
1/8 cup rice vinegar
1 1/2 tsp celery seed
salt & pepper to taste

Method

1. Combine all ingredients.
2. Chill at least 1 hour.
3. Stir and serve.



This coleslaw recipe isn't too creamy or sweet. It has just the right amount of zip! Enjoy as a side or put it on your BBQ pulled pork sandwich.



Ingredients

1 Tblsp Basil pesto sauce
(Classico is good)
10-12 gnocchi (raw)

Sliced Veggies, I Use:

16 grape tomatoes
1 zucchini squash
1/4 onion chopped
1/4 Green pepper chopped

Sure gnocchi is amazing served in a bowl with a sauce, but have you ever had nicely browned gnocchi taken straight off the grill?

Believe me, the crispy-chewy texture is something that you simply must try.

Veggie Gnocchi

Kebabs

4 servings ⌚ 25 minutes


Method

1. Slice veggies.
2. Toss all ingredients in bowl until coated with sauce.
3. Slide items one by one onto skewer.
4. Grill kebabs 7 - 8 minutes on each side. Gnocchi should be browned and veggies blistered..





Cheesecake Cupcakes

 16 servings  1 hour plus
2 in fridge

Ingredients

- Cooking spray
 - **14** graham crackers,
 - **4 tbsp.** melted butter
 - **1/4 tsp.** kosher salt
 - **2** (8-oz.) blocks cream cheese, softened
 - **2** large eggs
 - **1/2 c.** sour cream
 - **1/2 c.** granulated sugar
 - **1 tsp.** pure vanilla extract
 - Pinch of kosher salt
 - Fresh berries, for garnish
 - **2 tbsp.** orange marmalade or apricot jam
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Who doesn't love an ultra-creamy slice of cheesecake? This mini version is super-easy to make (no water bath!), but just as delicious as its full-size counterpart. Feel free to swap out the fruit for whipped cream and chocolate curls instead!

Method

1. Preheat oven to 325° and line two 12-cup muffin tin with 16 paper liners. Spray liners with cooking spray.
2. In a large bowl, combine crushed graham crackers, melted butter, and salt and stir until combined. Press graham mixture into paper liners.
3. In a large bowl, beat cream cheese until light and fluffy. Add eggs, sour cream, sugar, vanilla, and salt and beat until combined. Pour filling over graham crusts.
4. Bake until center is slightly jiggly, 20 minutes. Let cool in muffin tin, then refrigerate at least 2 hours.
5. To serve: Top with desired fruit. Combine jam with 1 tablespoon water and microwave on medium power for 15 seconds. Brush jam mixture over fruit before serving.



Patriotic Punch

 4 servings  15 mins

Ingredients

- 3-4 ounces seltzer water
- For non alcoholic drink use
 - 2 ounces of Torani or other brand blueberry, blue raspberry or other blue syrup
- For a spirited beverage use the following:
 - 1 ounce blue curacao
 - 1 ounce clear rum
- 1/4 cup whipped topping
- 1 maraschino cherry

Method

1. Fill a highball glass with ice.
2. Add EITHER the blue curacao, and clear rum OR the syrup.
3. Top with club soda and stir to combine.
4. Top with whipped cream and a cherry. Enjoy.

Who doesn't love to celebrate Independence Day with a patriotic beverage? Choose to make it spirited or not. Either way it is beautiful and fun to drink!