

Class #2 Recipe – Heart Healthy BBQs

<i>Prepare before the class</i>	
Recipe 1: - <i>Gather your ingredients</i> - <i>Gather equipment: grater, large and small bowl</i>	Recipe 2: - <i>Open and drain canned salmon (if using)</i> - <i>Prepare Equipment: BBQ, grater</i>

Recipe 1: Heart-Healthy Coleslaw

Yield: 6 servings

Adapted From: <https://feelgoodfoodie.net/recipe/healthy-coleslaw/#wprm-recipe-container-9884>

Ingredients

For the slaw

- ☐ 6 cups green cabbage shredded
- ☐ 2 cups red cabbage shredded
- ☐ 1 cup carrots shredded

For the dressing

- ☐ 1/2 cup greek yogurt
- ☐ 1/4 cup extra virgin olive oil
- ☐ 2 tablespoons apple cider vinegar
- ☐ 1 tablespoon maple syrup
- ☐ 1 teaspoon garlic clove minced
- ☐ 1/2 teaspoon salt
- ☐ 1/4 teaspoon black pepper



Instructions

1. Prepare the Dressing:

- ☐ In a small bowl, mix the ingredients of the dressing together

2. Prepare vegetables:

- ☐ Finely chop the green and purple cabbage and shred the carrots.

3. Assemble & Serve:

- ☐ Put the vegetables in a large bowl, pouring over the dressing, tossing to combine.
- ☐ Serve immediately or cover and refrigerate for up to 4 hours.

Recipe 2: Salmon Patties

Yield: 4 servings (12 patties)

Adapted From: <https://www.recipetineats.com/salmon-patties/#recipe>

Ingredients

- ☐ 1 cup Panko breadcrumbs (GF: crushed rice crackers)
- ☐ 1 small onion (or 1/2 large), grated
- ☐ 2 garlic cloves, grated
- ☐ 400 g/ 14 oz cooked fresh salmon OR low-sodium canned red/pink salmon, drained
- ☐ 2 shallots/green onions, finely sliced
- ☐ 1/3 cup fresh dill, roughly chopped (or other herb of choice)
- ☐ 2 eggs
- ☐ 1/3 cup parmesan, grated or shredded
- ☐ 2 tbsp olive oil
- ☐ Oil spray (optional)



Instructions

1. Heat BBQ:

- ☐ Preheat BBQ to medium heat.
- ☐ Clean and oil grill well so patties don't stick.

2. Prep Breadcrumb Mix:

- ☐ Put breadcrumbs in a bowl.
- ☐ Grate 1 onion over top, including juices.
- ☐ Mix until breadcrumbs soak up the onion.

3. Make Salmon Mixture:

- ☐ Add remaining patty ingredients (except salmon).
- ☐ Mix well.
- ☐ Add salmon.
- ☐ Stir gently so some salmon pieces stay chunky.

4. Form Patties:

- ☐ Scoop about 1/4 cup mixture for each patty.
- ☐ Shape into patties about 1.5 cm thick.

- ☐ If mixture feels soft, chill patties in fridge for 15–20 minutes first (helps them stay together).

5. Grill:

- ☐ Lightly oil both sides of patties.
- ☐ Place on BBQ.
- ☐ Cook about 4-5 minutes per side.
- ☐ Flip carefully once patties release easily from grill.

6. Serve:

- Serve with sour cream or yogurt.
- Add fresh dill if wanted.
- Good with slaw, grilled vegetables, or cauliflower puree.