



SUMMERTIME

Change up your BBQ game with this flavorful collection of grill-free budget-friendly recipes!

JAMS: Whether you're inside or outside, make this summertime tradition official with this *Backyard BBQ playlist*.

BANTER: What is something you've achieved that you initially thought was impossible? How did that change your perspective on what was attainable and how you envision your future?

H2O: Drinking 64 oz. of water a day keeps the body hydrated, helps regulate mood, and prevents the body from overheating. Learn more about the importance of hydration and your *specific fluid needs here!*

BRONCOFIT

This week's recipes are adapted from Budgetbyte\$.



BOISE STATE UNIVERSITY



CHILI LIME CANTALOUPE

Serves 3-4

INGREDIENTS

1/2 medium cantaloupe
1/8 teaspoon salt
1/2 tablespoon honey
1/8 teaspoon crushed red pepper
1.5-2 tablespoons fresh lime juice

INSTRUCTIONS

Cut the cantaloupe in half and scrape out the seeds using a spoon. Place one half of the cantaloupe in the fridge to enjoy later. Take the remaining half and cut it into quarters. Use a sharp knife to carefully run the knife between the flesh and the rind. Once you've separated the flesh from the rind, slice the melon into thin pieces.

Place the lime juice, honey, salt, and crushed red pepper in a bowl. Stir until combined and the honey is dissolved.

Pour the dressing over the sliced cantaloupe and toss to coat the melon in the dressing. Serve immediately, or chill until ready to eat. Stir the cantaloupe prior to serving.



LEMON CUCUMBER COUSCOUS SALAD

Serves 4-6

INGREDIENTS

1 1/2 to 2 cups Israeli couscous
2 medium cucumbers
1/4 bunch parsley
1 medium lemon
2 tablespoons olive oil
1/4 teaspoon garlic powder
1/4 teaspoon salt
freshly cracked pepper to taste
3 oz. crumbled feta cheese

INSTRUCTIONS

Bring a medium pot of water to a rolling boil. Add the couscous and continue to let it boil for 5-7 minutes, or until the couscous is tender. Drain the couscous in a colander or wire mesh sieve (if the holes in the colander are too big). Rinse with cool water briefly to cool off the couscous, then allow it to continue to drain and cool while you prepare the rest of the salad.

Cut the cucumber into quarter-sized rounds and place them in a large bowl. Take the bunch of parsley and pull the leaves from the stems. Chop the parsley roughly and then add it to the bowl with the cucumber. Use a fine holed cheese grater or a zester to zest the lemon and add it to the bowl with the other ingredients.

Cut the lemon in half and squeeze the juice into a small bowl, about 2-3 tablespoons of juice. Add the olive oil, garlic powder, salt, and pepper. Stir to combine. Pour the dressing over the cucumber, parsley, and lemon zest.
Stir to combine.

Add the cooled and drained couscous and crumbled feta to the bowl. Gently stir to mix all of the ingredients. Taste and adjust the salt and pepper as needed. Serve immediately or chill until ready to eat.

BBQ BEAN WRAPS & CREAMY COLESLAW

Serves 4-6

1 tablespoon olive oil
1 small yellow onion
1 clove garlic
1 15oz. can black beans
1 15oz. can pinto beans
1/2 cup BBQ sauce of choice
1/2 teaspoon smoked paprika (optional)
4 tortilla wraps, or buns

CREAMY COLESLAW

1/2 14oz. bag coleslaw mix
(shredded cabbage/carrot mix about 3 cups)
3 green onions
1/3 cup mayonnaise
1/2 tablespoon honey
1 teaspoon Dijon mustard
1 teaspoon apple cider vinegar
1/4 teaspoon salt
Pepper

INSTRUCTIONS

1

Dice the onion and mince the garlic. Add the onion, garlic, and olive oil to a large pan or skillet and cook over medium heat until the onion is soft and translucent.

2

Rinse and drain the beans in a colander. Combine the drained beans, BBQ sauce, and smoked paprika to the pan with the onions and garlic. Stir and then cook over medium-low heat until warmed through, stirring occasionally.

3

While the beans and BBQ sauce are heating, prepare the creamy coleslaw. Add the coleslaw mix to a large bowl. Slice the green onions and add them to the bowl with the cabbage.

4

In a separate small bowl, make the dressing for the coleslaw. Stir together the mayonnaise, honey, dijon, vinegar, salt, and pepper until smooth. Add the dressing to the bowl with the slaw mix and green onions, then stir to combine.

5

To make the sliders, place a generous 1/2 cup portion of BBQ beans in the middle of your wrap, then top it with a 1/2 cup of the coleslaw. Fold in the sides of the wrap and roll up like a burrito. Feel free to sub the beans with any cooked protein, or serve on a bun.