



Innovation in Nutrition

A Nestlé Health Science Company

BBQ Recipes

Table of Contents

Salad Jars with Honey Mustard Dressing	1
Sweet Potato Fries	2
Coleslaw	3
BBQ Sweet Potato Salad	4
Low Protein Bread Buns	5
Jackfruit Filling	6
Grilled Pineapple	7
Fruit Salad	8

Salad Jars with Honey Mustard Dressing

Recipe makes: 2 salad jars / Prep time: 10 minutes

Nutritional Content	Per Recipe	Per Portion
Energy (calories)	137	68.5
Protein (g)	3.25	1.6
Phenylalanine (mg)	110	55



Ingredients

2 tbsp (30 ml) Honey mustard dressing
 2 Cherry tomatoes
 ¼ Cucumber, sliced
 ½ Red onion, sliced
 1 stick Celery, chopped
 1 stick Asparagus, chopped
 ½ Red pepper, sliced
 2 Mushrooms, sliced
 2 Baby corn, drained
 ½ Romaine lettuce, chopped
 1 tsp (5 g) Salt
 1 tsp (5 g) Pepper

Method

- 1 Add the dressing to the bottom of each jar.
- 2 Layer the tomatoes, cucumbers, red onion, celery, asparagus, peppers and carrots to the jar.
- 3 Top with the mushrooms, baby corn and lettuce.
- 4 Seal jar with lid. When ready to eat, tip the jar upside down (with the lid still on!) and allow the dressing to run down to cover the vegetables at the top of the jar.
- 5 Open the lid and serve.

Sweet Potato Fries

Recipe makes: 1 side/snack portion / Prep time: 10 mins / Cook time: 35–45 minutes

Nutritional Content	Per Portion
Energy (calories)	263
Protein (g)	1.6
Phenylalanine (mg)	91



Ingredients

¾ cup (100 g) Sweet potato, peeled
1 ½ tbsp (20 g) Brown sugar
1 tbsp (15 ml) Olive oil

Method

- 1 Pre-heat oven to 400°F.
- 2 Cut sweet potato into thin fries.
- 3 In a large bowl mix together olive oil and brown sugar.
- 4 Add fries to mixture and coat.
- 5 Place fries on a greased baking tray.
- 6 Cook for 35–45 minutes until golden and crispy.

Coleslaw

Recipe makes: 4 portions / Prep time: 5 minutes

Nutritional Content	Per Recipe	Per Portion
Energy (calories)	785	196
Protein (g)	4.3	1.08
Phenylalanine (mg)	158	39.5



Ingredients

1 large Carrot
1 cup (60 g) Red cabbage
1 cup (60 g) Chinese cabbage
1 ½ tbsp (20 g) Red onion
½ cup (30 g) Mayonnaise

Method

- 1 Thinly slice carrot, red cabbage and Chinese cabbage.
- 2 Slice red onion.
- 3 Place all vegetables into a bowl.
- 4 Add mayonnaise, stir and serve.

BBQ Sweet Potato Salad

Recipe makes: 4 servings / Prep time: 20 minutes

Nutritional Content	Per Recipe	Per Portion
Energy (calories)	1563	391
Protein (g)	11.6	2.9
Phenylalanine (mg)	484	121



Ingredients

- 1 tsp (5 ml) Salt
- 1 ½ cup (180 g) Sweet potato
- 8 pieces Baby corn
- ½ Red onion, diced
- 1 cup (130 g) Mixed peppers, diced
- ¾ cup (100 g) Mayonnaise
- ¼ cup (30 g) Barbecue sauce
- 1 ½ tbsp (20 g) Chives

Method

- 1 Boil the sweet potato for 6 minutes, then add Baby corn cooking for a further 3–4 minutes.
- 2 Once cooked, drain and run under cold water.
- 3 Once cooled, combine with remaining ingredients, mix and serve.

Low Protein Bread Buns

Recipe makes: 8 burger buns / Prep time: 75 mins / Cook time: 25–35 mins

Nutritional Content	Per Recipe	Per Portion
Energy (calories)	2246	281
Protein (g)	4.5	0.56
Phenylalanine (mg)	225	28



Ingredients

- 1 ¾ cup (400 ml) Warm water
- 2 tsp (10 g) Active dry yeast
- 1 tsp (5 g) Sugar
- Pinch Salt
- 1 tbsp (15 g) Psyllium husk
- 3 tbsp (45 ml) Olive oil
- 2 cups (500 g) Taste Connections® low protein Bread Mix
- 1 tsp (5 g) Salt
- 1 tsp (5 g) Cracked black pepper

Method

- 1 Pre-heat oven to 400°F.
- 2 Place water, dried yeast, sugar, pinch of salt and psyllium husk into a bowl, stir well and allow to stand for 10 minutes, until mixture thickens.
- 3 In another bowl, mix the Taste Connections low protein bread mix, olive oil, salt and cracked black pepper. Add these ingredients to the thickened mixture and mix until it forms a dough that is easy to handle. This should take about 2–3 minutes.
- 4 Leave dough in the bowl to rise in a warm place for 30 minutes or until it has doubled in size.
- 5 Dust your work surface liberally with the extra Taste Connections low protein bread mix.
- 6 Divide dough into 8 pieces and then roll each one into a ball shape.
- 7 Brush buns with remaining olive oil and leave to rest for another 10 minutes.
- 8 Place buns onto a baking tray and bake for 25–35 minutes, or until golden brown.

Jackfruit Filling

Recipe makes: 4 / Prep time: 1 hr 25 minutes / Cook time: 10 minutes

Nutritional Content	Per Recipe	Per Portion
Energy (calories)	395	99
Protein (g)	3.9	0.96
Phenylalanine (mg)	149	37.4



Ingredients

1 can Green jackfruit in brine, drained and shredded
1/3 cup (100 g) Barbecue sauce
1/4 cup (40 g) Red onion, chopped
2 tbsp (30 ml) Water
1 tbsp (15 ml) Sunflower oil

Method

- 1 Drain and rinse jackfruit, remove core and shred into a bowl.
- 2 Add barbecue sauce, onions and water to the bowl and stir until jackfruit is coated
- 3 Cover and place in fridge to marinade for 1 hour.
- 4 While the jackfruit marinates – make the low protein bread buns and coleslaw (see individual recipes).
- 5 When ready to cook the jackfruit – heat oil in a large frying pan over a medium high heat.
- 6 Add Jackfruit and cook for 10 minutes, stirring frequently.
- 7 Remove from heat and serve on a low protein bread roll.

Grilled Pineapple

Recipe makes: 2–3 portions / Prep time: 20 minutes

Nutritional Content	Per Recipe	Per Portion
Energy (calories)	549	183
Protein (g)	2.6	0.87
Phenylalanine (mg)	91	30.3



Ingredients

1 Pineapple
1/4 cup (25 g) Brown sugar packed
2 tbsp (30 g) Butter
1 1/2 tsp (10 g) Cinnamon

Method

- 1 Use a sharp knife to cut off the top and bottom of the pineapple.
- 2 Stand the pineapple on one end, and carefully make thin slices down the sides until you have removed all the skin. Leave as much flesh as possible on the pineapple, and do not worry about removing all the brown spots.
- 3 Chop half the pineapple into large chunks and lay them onto a hot griddle pan or non-stick frying pan.
- 4 Put the butter, brown sugar and cinnamon in a microwaveable bowl and heat on medium for approximately 20 seconds or until all the butter is melted.
- 5 Mix together and pour over the pineapple.
- 6 Grill for 8–10 minutes or until the pineapple is starting to turn golden brown. Turn the pineapple over after about 4 minutes to ensure it is evenly cooked.

Fruit Salad

Recipe makes: 1 large fruit salad / Prep time: 10 minutes

Nutritional Content	Per Portion
Energy (calories)	295
Protein (g)	4.3
Phenylalanine (mg)	111



Ingredients

3 cups (400 g) Watermelon

1 Apple

¾ cups (100 g) Blueberries

Method

- 1 Cut fruit into bite size pieces.
- 2 Mix fruit together in bowl and serve.

Notes

www.VitafloUSA.com



Innovation in Nutrition

A Nestlé Health Science Company

All trademarks are owned by Société des Produits Nestlé S.A., Vevey, Switzerland. © 2019 Nestlé