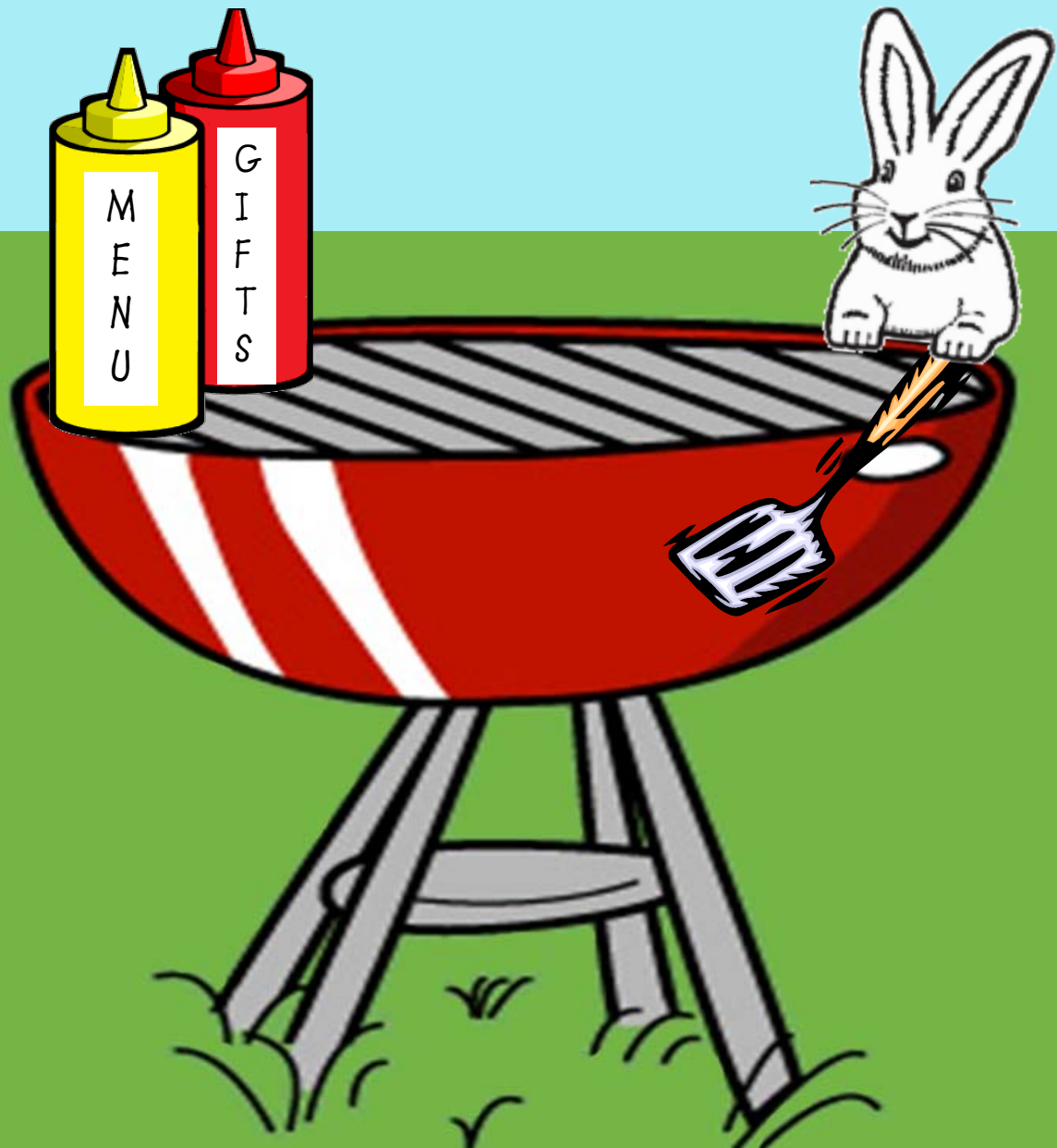


Father's Day BBQ Guide



BBQ Menu

Orange BBQ Chicken Kabobs

What you'll need:

- 1 lb boneless, skinless chicken breast
- 1/2 cup **Annie's Original BBQ Sauce**
- 2 cups of fresh pineapple cut into chunks
- 3 tablespoons orange juice
- 1 green bell pepper, chopped
- 1 red pepper, chopped

1. Cut chicken into 1 inch chunks
2. Using a skewer, alternately thread chicken, peppers and pineapple
3. Mix the orange juice and BBQ sauce together, and brush the mixture over the kabobs
4. Grill the kabobs for about 8 minutes, or until the chicken is done, brushing them as they cook with the remaining sauce

Serves 4



Primavera Pasta Salad

What you'll need:

- 1 lb package of pasta
- 1 1/2 bottles of **Annie's Naturals Tuscany Italian Dressing**
- 1 cup of peas
- 1 large broccoli crown, cut into flowerets
- 1 cup or more green seasonal vegetables (zucchini, asparagus or green beans)
- 1 red pepper chopped
- 1 red onion chopped
- 1 cup grape or cherry tomatoes
- 1 tablespoon olive oil
- salt and pepper to taste
- 1/3 cup ground parsley

1. Cook pasta according to package directions. Drain, and mix with olive oil.
2. Combine vegetables together and mix with pasta.
3. Season to taste with salt and pepper.
4. Add **Annie's Naturals Tuscany Italian Dressing** and toss well.
5. Garnish with parsley.
6. Serve at room temperature or chilled.

Serves 8

Summer Fruit Salad

What you'll need:

- 3 large peaches cut into chunks
- 1 1/2 cups blueberries
- 1 1/2 cup sliced strawberries
- 2 bananas sliced
- 3 teaspoons lemon juice
- 2 tablespoons **Annie's Raspberry Balsamic dressing**

1. Combine fruit and lemon juice and dressing in a bowl.
 2. Serve in small bowls or parfait glass with optional sauce* drizzled on top.
- *Mix 1 cup of vanilla yogurt with 2 tsp of Orange Juice

Serves 6



Make a Gift!

Turn an empty can into a pencil cup, herb garden, storage container for hardware or a golf tee holder!

What you'll need:

1 empty can (an empty can of Bernie-O's works great!)

Directions:

Clean the inside of the can and remove label on the outside

Decorate the outside of the can with:

Leaves or
flowers from
nature

A picture you
drew

A poem you
wrote

A collage made
with magazine
clippings

Recycled objects

Photos of you and
Dad

Paint

