

BBQ bash for 8

at less than \$10 per person



Sticking to a budget doesn't have to mean skipping out on good times around the grill for Father's Day, Memorial Day or July 4th. With a little planning you can enjoy summer's best flavors and share them, too. And if this menu doesn't do it for you, cash in on our budget-friendly grilling tips at wholefoodsmarket.com/wholedeal.

here's your menu:

- ✓ Alfresco Dip With Crostini
- ✓ Grilled Chicken Kabobs
- ✓ Grilled Summer Vegetables
- ✓ Southwestern Couscous Salad
- ✓ Simple Green Salad
- ✓ 365 Everyday Value® Frozen Fruit Bars
- ✓ Fresh Seasonal Watermelon

here's what you need:

Be sure to check your pantry and fridge before you shop!

Produce

- 1 whole watermelon
- 2 ears corn
- 5 ripe tomatoes
- 2 yellow squash
- 3 zucchini
- 2 eggplants
- 2 green bell peppers
- 3 red bell peppers
- 1 head red leaf lettuce
- 1 cucumber
- 1 red onion
- 1 lemon
- 4 limes
- 1 bunch flat-leaf parsley
- 1 bunch tarragon, thyme and/or basil
- 1 bunch cilantro

Dry Goods

- 1 (16 oz) bottle 365 Everyday Value® Organic Balsamic Vinaigrette Dressing
- 1 (15 oz) can no-salt-added black beans
- 1 cup whole wheat couscous
- 1 cup pepitas (pumpkin seeds)
- 1 (6 oz) bag Whole Foods Market™ Crostini (p.17)
- 1 cup pitted green olives (from 1 can or about 30 at olive bar)
- extra-virgin olive oil
- red wine vinegar or sherry vinegar
- chili powder
- crushed red chile pepper
- fine sea salt
- ground black pepper

Refrigerated/Frozen

- 2 pounds boneless, skinless chicken thighs
- 1 tub 365 Everyday Value® Organic Sour Cream (p.1)
- 2 packages 365 Everyday Value® Frozen Fruit Bars (p.4)

Worth it! Our chicken comes from birds raised on feed free of animal by-products without antibiotics and added hormones (federal regulations prohibit the use of hormones in raising chicken). Check out wholefoodsmarket.com/meat.

here's how to do it:

Several hours ahead:

1. Make the Southwestern Couscous Salad (recipe p.3) and refrigerate.
2. Prepare the vegetables for Grilled Summer Vegetables (recipe p.18), refrigerate.
3. Cut each chicken thigh into 3 or 4 pieces, toss with half the balsamic vinaigrette, skewer and refrigerate.
4. Chill the watermelon, whole or cut into serving pieces.

Shortly ahead:

1. Make Alfresco Dip (recipe p.17).
2. Make the salad by tossing torn lettuce, sliced cucumber and red onion with some of the balsamic vinaigrette remaining in the bottle.

Show time:

1. Heat the grill.
2. Cook the Grilled Summer Vegetables recipe.
3. Grill the chicken kabobs; remove chicken from skewers.
4. Transfer the Southwestern Couscous Salad to one or two large platters.
5. Arrange the grilled vegetables and chicken over the couscous.
6. Gather your food and your peeps and chow down!



sure deal!

offer this bevy of beverages for only \$2.33 more per person:

- 2 bottles GroundSwell California Table Wine (p.16)
- 1 carton 365 Everyday Value® Lemonade (p.19)
- 1 jug ready-to-drink 365 Everyday Value® Organic Unsweetened Black or Green Tea (p.19)

here's the deal...

about what you might be grilling this summer.

Federal regulations prohibit the use of hormones in raising poultry, pork, veal, bison and goat. Beef and lamb are another story, so always look for "no added hormones" on those. (Hint: our standards don't allow them!)