

# Festive Family-Friendly July 4<sup>th</sup> Recipes

## Grilled Chicken Wings with Red, White, and Blue Sauce

These wings blend tasty sauces that match the colors of the American flag, perfect for your 4<sup>th</sup> of July party!

Serves 4-6 | Prep. time 20 minutes | Cooking time 25 minutes

### **Ingredients**

#### For the ketchup sauce

- ½ cup ketchup
- 2 tablespoons cider vinegar
- 1 tablespoon brown sugar
- ½ tablespoon Worcestershire sauce
- 1 chipotle pepper in adobo, finely chopped
- 3 pounds chicken wings
- 1 tablespoon olive oil
- ¼ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper

#### For the blue and white sauce

- ½ cup blue cheese, crumbled
- ⅓ cup sour cream
- ¼ cup mayonnaise
- 1 tablespoon water
- 1 teaspoon lemon juice
- Pinch of kosher salt
- ¼ teaspoon Worcestershire sauce
- ½ garlic clove, minced

### **Directions**

1. Preheat the grill.
2. Whisk the ketchup, vinegar, sugar, and Worcestershire sauce in a small mixing bowl.
3. Coat the chicken wings with olive oil. Season them with salt and pepper.
4. Arrange the wings on the grill. Cook them for 8 minutes while flipping them every 3 minutes.
5. In the meantime, mix all the ingredients for the blue and white sauce in a small mixing bowl. Let it sit in the fridge until ready to serve.
6. Brush the wings with some of the ketchup sauce. Grill them for 6-8, covered, until they're done.
7. Serve the wings with the remaining red sauce and blue and white sauce.

### **Nutrition per serving**

Calories 416, fat 27 g, carbs 15 g, sugar 9 g,  
Protein 27 g, sodium 556 mg

# Fall-Off-the-Bone Beef Ribs

To fully savor and enjoy these beef ribs, slow and easy is the motto. With the classic, easy rub, they make for the perfect main on every celebration, may it be the 4<sup>th</sup> of July or not.

*Serves 4-6 | Prep. time 15 minutes  
Marinating time 4 hours to overnight  
Cooking time 4 hours 45 minutes*

## **Ingredients**

- 5 pounds beef ribs
- ¼ cup vegetable oil

## For the dry rub

- ½ cup brown sugar
- ½ cup paprika
- 1 tablespoon dry mustard
- 1 tablespoon garlic powder
- 1 tablespoon salt
- 2 teaspoons celery salt
- 1 teaspoon black pepper

## **Directions**

1. Mix all the dry rub ingredient in a small bowl until well combined. Store extra rub in an airtight container in a cool and dark place.
2. Prepare the ribs ahead of time by trimming excess fat but keeping the thin membrane intact. Brush the ribs with the vegetable oil. Pat liberally with some of the dry rub. Place the ribs in a covered dish and refrigerate for at least four hours or overnight.
3. Remove ribs from the refrigerator and bring to room temperature before grilling.
4. Prepare and clean your grill or smoker. Bring heat to approximately 250°F (121°C).
5. Place ribs on grates and cook for approximately 4½ hours. Rotate meat every 30-40 minutes, applying more dry rub as desired. Remove from heat and let rest 10-15 minutes before serving.

## **Nutrition per serving**

Calories 936, fat 69 g, carbs 27 g, sugar 18 g,  
Protein 47 g, sodium 1019 mg

# Classic Pepperoni Pizza

Pizza lovers would surely enjoy July 4<sup>th</sup> more with a serving of the classic pepperoni pizza. A certified crowd favorite, this would surely leave many of your guests satisfied.

*Serves 8 | Prep. time 15 minutes | Cooking time 12-15 minutes*

## **Ingredients**

- 1 thin-crust pizza dough, or any dough of choice
- ½-¾ cup pizza sauce
- 2 cups mozzarella, freshly shredded
- 8 ounces sliced pepperoni, divided

## **Directions**

1. Preheat oven to 400°F (204°C). Grease a pizza dish.
2. Roll out the dough and transfer to the pizza dish. Pre-cook the pizza crust for 5 minutes. Remove from oven and let cool a few minutes.
3. Spread sauce over crust. Arrange the pepperoni on top.
4. Top with mozzarella. Add some pepperoni slices over the cheese.
5. Bake until golden and bubbly (about 12-15 minutes).

## **Nutrition (per serving)**

Calories 276, carbs 25 g, fat 14 g, sugar 2 g,  
Protein 12 g, sodium 656 mg

## 4<sup>th</sup> of July Mashed Potatoes

Mashed potatoes might not be the first dish you think of when celebrating the 4<sup>th</sup> of July, but this all-American dish will make a great addition to your table. The gorgonzola cheese and fried bacon give it extra-amazing smokiness and creaminess.

*Serves 4 | Prep. time 15 minutes | Cooking time 25 minutes*

### **Ingredients**

- 2 garlic cloves, minced
- 2 pounds red potatoes, quartered
- Pinch of kosher salt
- 6 bacon slices
- ¼ pound gorgonzola cheese, at room temperature
- ¼ cup heavy cream, at room temperature
- 1 tablespoon unsalted butter, at room temperature
- Pinch of freshly ground black pepper

### **Directions**

1. Combine the garlic, potatoes, and salt in a large pot. Cover them with water.
2. Bring them to a boil, then lower the heat to a simmer. Cook them for 15 minutes until tender.
3. Cook the bacon in a large skillet until crisp, about 10 minutes. Drain it and dice it.
4. Drain the potatoes and transfer them to a large mixing bowl. Add the remaining ingredients to the bowl and mash them.
5. Stir in the bacon.
6. Adjust the seasonings and serve.

### **Nutrition per serving**

Calories 482, fat 28 g, carbs 41 g, sugar 2 g,  
Protein 15 g, sodium 743 mg

## Creamy Broccoli Salad

This salad is creamy and crunchy with staple American fruits!

*Serves 8 | Prep. time 20 minutes*

### **Ingredients**

#### For the salad

- 4 cups broccoli florets, diced
- 2 small apples, cored and diced
- 1 cup carrots, peeled and julienned
- 1 cup cooked white rice
- 1 cup walnuts
- ½ cup dried cranberries
- ¼ cup red onion, finely chopped
- Salt and pepper, to taste

#### For the dressing

- ¾ cup plain Greek yogurt
- ⅓ cup mayonnaise
- 3 tablespoons honey
- 1 ½ tablespoons apple cider vinegar

### **Directions**

1. Toss all the salad ingredients in a large mixing bowl.
2. Mix all the dressing ingredients in a small mixing bowl. Add the dressing to the salad, stirring until well-coated. Season with salt and pepper to taste.
3. Chill the salad in the fridge until ready to serve.

### **Nutrition per serving**

Calories 284, fat 16 g, carbs 31 g, sugar 19 g, Protein 4 g, sodium 94 mg

# American Flag Cake

If you're looking for a showstopper for your 4<sup>th</sup> of July gathering, this cake is IT! It takes some time to assemble, but the result is worth it.

*Serves 16 | Prep. time 1 hour*

*Chilling time 1 hour | Cooking time 60-70 minutes*

## **Ingredients**

### For the red cake layer

- 1 box white cake mix, such as Betty Crocker's
- $\frac{3}{4}$  cup water
- $\frac{1}{2}$  cup vegetable oil
- 3 large eggs
- $\frac{1}{2}$  tablespoon red paste food coloring

### For the white and blue layer

- 1 box white cake mix, such as Betty Crocker's
- $\frac{3}{4}$  cup water
- $\frac{1}{2}$  cup vegetable oil
- 3 large eggs
- $\frac{1}{2}$  teaspoon blue paste food coloring

### For topping

- 36 ounces white frosting

## **Directions**

1. Preheat oven to 350°F (177°C). Line 2 8-inch cake pans with parchment paper.
2. To prepare the red layer, pour the cake mix into a large mixing bowl. Add the water, oil, and eggs. Combine until no lumps are found. Mix in the red food coloring.
3. Divide the batter into the prepared cake pans.
4. Bake them for 30-35 minutes or until a toothpick in the center comes out clean. When done, let cool for 10 minutes before removing the cakes and setting them aside on a wire rack. Let them cool there for at least 1 hour.
5. To prepare the blue and white layer, repeat steps 2-4, this time mixing in all the blue coloring in just 1 cake pan.
6. Bake these cakes for 30-35 minutes or until a toothpick in the center comes out clean. When done, let them cool for 10 minutes before removing the cakes and setting them aside on a wire rack. Let them cool there for at least 1 hour.
7. When ready to assemble, level up the tops of all the cakes by trimming them until they're the same size.
8. To make the red cake layers, cut the cake in half horizontally until you have 4 thin red layers. In 1 layer, cut a small circle out of the center with a 4-inch biscuit cutter. Wrap and freeze the remaining layer and the layer that was cut out of, saving it for another use.
9. To make the blue cake layer, cut a 4-inch round out of the center of the cake. Wrap and save a 4-inch round piece for another use.
10. To make the white cake layer, cut the cake in half horizontally to make 2 thin white layers. Cut a 4-inch round out of the center of one layer; wrap and freeze the layer that was cut out, saving it for another use.
11. It's time to assemble the cake. First, put 1 red cake layer on a serving platter. Spread  $\frac{1}{3}$  of the frosting over it.
12. Top with the white cake layer. Spread  $\frac{1}{3}$  of the frosting over this layer.
13. Top with the other red cake layer. Spread  $\frac{1}{3}$  of the frosting over it.
14. Top with the blue cake layer.
15. Gently place the 4-inch white cake round on top of the blue layer. Top it with more frosting.
16. Add the 4-inch red cake round, pressing it down slightly.
17. Frost the sides and top of the cake with another thin layer of frosting.
18. Chill the cake for at least 30 minutes in the fridge.
19. Spread the remaining frosting on the cake. Top with sprinkles.
20. Refrigerate the cake for another 30 minutes before serving.

## **Nutrition per serving**

Calories 564, fat 25 g, carbs 85 g, sugar 34 g,  
Protein 2 g, sodium 217 mg

# Festive Sparkling Lemonade

You can keep it simple and still impress your guests, kids and adult alike with this refreshing lemonade made from scratch with decorative fruits.

*Makes about 8 cups | Prep. time 10 minute*

## **Ingredients**

### For the lemonade base

- 1 quart water
- 2 cups white superfine sugar
- 1 ½ cups fresh lemon juice

### For serving

- Ice cubes
- Sparkling water

### For the fruit garnishes

- 1 cup blueberries
- 1-2 pears or apples
- 1 cup raspberries or sliced strawberries

## **Directions**

1. Add all the lemonade ingredients to a blender or to a pitcher and stir until the sugar is completely dissolved.
2. Blend until well mixed and sugar has dissolved. Refrigerate until ready to serve.
3. Peel the pear and slice vertically, about ¼-inch thick. With a small star cookie cutter, make some stars. Set aside in the refrigerator until ready to serve.
4. To serve, add 1 or 2 ice cubes to each glass and fill ⅔ to ¾ full of the lemonade base and top it off with sparkling water.
5. Decorate each glass evenly with the blueberries, raspberries, and pear stars for a nice red, blue and white garnishes and serve cold.

## **Nutrition (per serving)**

Calories 129, fat 0.1 g, carbs 32 g, sugar 28 g,  
Protein 0.3 g, sodium 24 mg

**\*\*\*These recipes and more are found in Louise Davidson's *4th of July Cookbook: Celebrate Independence Day with Festive Family-Friendly Recipes*. To get your copy, click on the cover below or click [here](#).**

