



# SUMMER PICNIC MENU

MEMORIAL HERMANN®

# MEMORIAL HERMANN AND THE INFORMAL GRUB TEAM UP FOR A SUMMER PICNIC MENU

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Hi, I'm Chelsea Johnson. I'm a dietitian at Memorial Hermann where my focus is helping people eat food that makes them feel as good as it tastes.

I'm here to tell you that nutrition can be simple and stress-free.



Hi, I'm Casey with The Informal Grub. After receiving several health diagnoses, I started my personal wellness journey and "The Grub" in 2016 with a focus on science-based nutrition and self-care techniques. The Informal Grub is a place where I share personal stories, seasonal recipes, lifestyle tips and wonderful local businesses and farms to support.

I recently earned my Masters in Human Nutrition to become a board certified Integrative Nutritionist and am looking forward to helping others the way in have helped heal myself.

# SUMMER PICNIC MENU

- Seasonal Summer Salad
  - Sweet Potato Fries
- Turkey Sliders on Butter Leaf Lettuce with Pickled Onions and Habanero Aioli
- Grapefruit and Mint Summer Spritzer

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## TURKEY SLIDERS ON BUTTER LEAF LETTUCE WITH PICKLED ONIONS AND HABANERO AIOLI

### FOR THE TURKEY SLIDERS

1 pound grass-fed ground turkey  
 1/3 cup feta  
 1/3 cup parsley, chopped  
 3 cloves garlic, minced  
 1 egg

1 tablespoon Tamari sauce or liquid aminos  
 1/4 teaspoon pink Himalayan salt  
 1/4 teaspoon cracked black pepper

### FOR THE HONEY HABANERO AIOLI

2 egg yolks  
 1 habanero pepper  
 1 cup extra virgin olive oil  
 1 clove garlic  
 1/2 lime, juiced

1/2 lime zest  
 2 tablespoons local honey  
 1 tablespoon Dijon mustard  
 Pink Himalayan salt

### FOR THE PICKLED ONIONS

1/2 red onion, thinly sliced  
 1 tablespoon peppercorns  
 1 tablespoon coriander seeds  
 1 teaspoon pink Himalayan salt  
 2 cups apple cider vinegar

### Remaining ingredients

1 head butter leaf lettuce  
 Avocado, sliced  
 Cherry tomatoes, halved

### INSTRUCTIONS

#### For the pickled onions:

Combine vinegar, salt, coriander seeds and peppercorns in a medium bowl. Whisk together until salt is fully dissolved. Place onion in a jar or bowl. Pour vinegar mixture over the onions and let sit at room temperature for at least one hour. Preferably, cover jar or bowl and place in refrigerator for at least 1 day. Pickled onions will last for a few weeks stored in the refrigerator.

#### For the aioli:

Place habanero on a hot grill or in your oven on broil (4 - 5 minutes at 400°). Remove, put in a paper bag or cover in a kitchen towel and let cool. Once cooled, remove the skin and seeds from the pepper. **Wash your hands.** In a food processor, pulse together garlic, honey, Dijon mustard, habanero, lime juice and zest. Add the egg yolks and pulse a few times so the mixture combines.

Make sure your eggs are room temperature or it will be harder for them to bind to the oil. With the food processor running, very slowly stream in the oil. Add salt as necessary. **Put it in the fridge until ready to assemble burgers.**

Set the grill or oven to 400°.

In a large bowl, combine the ground turkey, parsley, garlic, feta, salt and pepper. Add the egg, stirring to combine. Shape the mixture into a dozen 2-inch-size patties.

When the grill/oven is hot, add the turkey sliders and cook until done all the way through, 4 - 5 minutes per side.

Top the butter leaf lettuce piece with the burger, aioli, pickled onion, cherry tomato and avocado. Serve immediately.

### Nutrition Facts

Servings 5.0	
Amount Per Serving	
<b>Calories 635</b>	
	<b>% Daily Value *</b>
<b>Total Fat 57 g</b>	<b>88%</b>
Saturated Fat 11 g	<b>54%</b>
Monounsaturated Fat 36 g	
Polyunsaturated Fat 7 g	
Trans Fat 0 g	
<b>Cholesterol 182 mg</b>	<b>61%</b>
<b>Sodium 917 mg</b>	<b>38%</b>
<b>Potassium 303 mg</b>	<b>9%</b>
<b>Total Carbohydrate 12 g</b>	<b>4%</b>
<b>Dietary Fiber 1 g</b>	<b>4%</b>
<b>Sugars 8 g</b>	
<b>Protein 24 g</b>	<b>48%</b>
Vitamin A	<b>30%</b>
Vitamin C	<b>13%</b>
Calcium	<b>30%</b>
Iron	<b>41%</b>

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

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