

FRAP FAVORITES



GRILLED TOMATO FRAP

Ingredients:

1 pint grape and cherry tomatoes
1 T Olive Oil
7 fresh basil leaves
2 T brushetta
Salt and pepper to taste

**You can add other vegetables if desired -- zucchini, eggplant, onions, carrots, red peppers, etc.*

Directions:

Put all ingredients in a bowl and toss. Put in foil and wrap well. (Instructions in article *Packing a Picnic*) Grill and enjoy!

SEAFOOD AND SAUSAGE FRAP

Ingredients:

½ lb each - Shrimp, scallops, turkey sausage
1 T Olive Oil
Roasted red pepper
Green pepper
Celery
Mushrooms
½ chopped onion
1 t Old Bay Spice
1 t Cajun spice
1 t garlic
½ chopped onion
1 t chopped fresh basil
2 bay leaves
1 T fresh black pepper

Directions:

Put all ingredients in a bowl and mix well. Put in foil and wrap well. (Instructions in article *Packing a Picnic*) Grill and enjoy!

POACHED SALMON FRAP

Ingredients:

1 salmon filet
1 T light mayo
1 T chopped fresh dill
Juice from one lemon
1 celery stalk cut into fourths
½ c carrot slices
¼ sliced onion
5 cherry tomatoes

Directions:

Mix mayo, dill and lemon juice to make a rub for salmon. Place salmon on foil and spoon rub on top. Put vegetables on top and wrap well. (Instructions in article *Packing a Picnic – JULY 2010 Newsletter*)