



FUN IDEA FOR JULY 2019 by huflixPrime Editors 4TH OF JULY BBQ SIDE DISHES!

Happy July to all! July is the “heart of summer.” Here in the United States, we celebrate our nation’s birthday on July 4th. There are fireworks displays and hot dog eating contests. There used to be “watermelon seed fights,” but modern-day watermelons have been engineered to remove the seeds so — one more thing modern science has eliminated. It’s probably for the best; kids were choking on those seeds too! Anyhow, most of us celebrate the 4th of July with a big outdoor BBQ or in the common tongue, “barbecue.” Since we gave you our outdoor BBQ suggestions back in May, this month we’re expanding on the idea and giving you two quick recipes for a tasty side dish and a simple fun dessert. Enjoy!

First up, **“Black Bean, Corn and Tomato Salad.”** Salad is an essential side at any respectable BBQ, and this one is easy to make!

“Black Bean, Corn, and Tomato Salad” Ingredients:

- 1/2 cup of olive oil
- 1/3 cup of fresh lime juice
- 1 or 2 cloves of garlic (minced)
- 1/8 teaspoon ground cayenne pepper
- 1 teaspoon salt, 1/2
- 2 (15 ounce) cans of black beans (rinsed & drained)

- 1 (15 ounce) can of whole kernel corn (rinsed & drained)
- 1/2 cup chopped fresh cilantro (optional)
- 1 ripe avocado — peeled, pitted and diced
- 3 or 4 plum tomatoes, chopped
- 1 red & 1 green bell peppers, chopped
- 6 green onions, sliced thin or chopped



Directions

1. Combine the olive oil, lime juice, garlic, salt and cayenne pepper in a jar. Cover with lid and shake until ingredients are mixed well (you can also mix the ingredients well in a small bowl).

2. In a large salad bowl, combine the black beans, corn, avocado, green onions, cilantro, bell peppers, and tomatoes. Pour the combined dressing over the salad and stir gently to coat the vegetables and beans. Serve and enjoy!

That wasn’t so hard was it? If you thought that was easy, you’ll love this next one!

“Lazy-man’s Ice Cream Sundae’s” (Some of you may know this recipe by other names, feel free to search the internet if you’re curious). Just follow these simple steps to create your own “Lazy-man” Ice Cream Sundae” (Let the kids make their own!)

Ingredients & Directions:

1 or 2 boxes of Ice Cream Sandwiches, Hershey’s Chocolate Syrup, Canned Whipped Cream, Maraschino Cherries.

1. Unwrap an Ice Cream Sandwich, break or slice into three equal pieces and place in an individual serving bowl.
2. Top the Ice Cream Sandwich pieces with whipped cream and chocolate sauce.
3. Place a Maraschino Cherry on top of the sundae and enjoy.



You can get crazy if you want to and add bananas, nuts, sprinkles, chocolate chips or whatever else you like to put on your sundae. You get the idea, easiest sundae you’ll ever make and the kids will love it! Happy 4th of July everyone!