Loaded Sweet Potatoes
Ingredients
4 medium sweet potatoes (about 8 ounces each)
1/2 cup fat-free coconut Greek yogurt
1 medium apple, chopped
2 teaspoons of SALTOPIA
1/4 cup toasted unsweetened coconut flakes
Directions
Preheat oven to 400°. Place potatoes on a foil-lined baking sheet. Bake until tender, 45-60 minutes. With a sharp knife, cut an "X" in each potato. Fluff pulp with a fork. Top with remaining ingredients.

Baby Back Pork Ribs
Ingredients:
2 slabs (about 1 to 1 1/2 pounds each) baby-back pork ribs
One 6oz can of tomato paste
SALTOPIA Infused Sea Salt to taste
Vegetable oil, for grates
Directions:
Preheat grill to 400 degrees. Season ribs all over with SALTOPIA. Stack slabs on a large piece of heavy-duty foil; seal tightly, and place on a rimmed baking sheet. Cook until meat is fork-tender, about 1 1/2 hours. Separately, combine can of tomato paste with 1/2 cup warm water & SALTOPIA to taste. Mix well to create a sauce. Add more water to reduce sauces thickness if desired. Heat grill to medium-high; lightly oil grates. Remove ribs from foil (discard foil); brush with sauce, coating rounded side well. Grill until nicely browned, 3 to 4 minutes. Serve with more sauce and finish with more SALTOPIA to taste!

BBQ Green Beans
Ingredients
2 pounds fresh French cut green beans, trimmed
2 tablespoons honey
1 tablespoon lemon juice
1 tablespoon olive oil
2 teaspoons SALTOPIA or to taste
Directions
Preheat oven to 425°. Toss all ingredients; spread in a foil-lined 15x10x1-in. baking pan. Bake, stirring halfway through cooking, until beans are tender and lightly browned, 15 minutes. Chill and serve this later at the BBQ!

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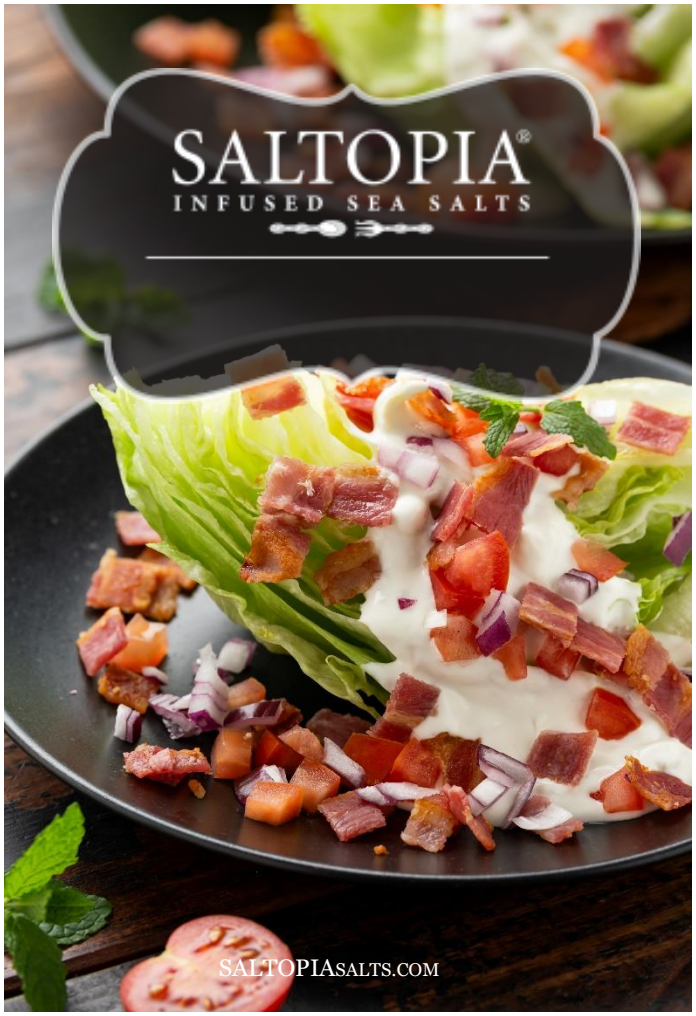
SALTOPIA®
INFUSED SEA SALTS

NAME: LIP SMACKING MAPLE HONEY HICKORY

Flavor Profile:
Maple Honey Hickory Infused Sea Salt

Ingredients:
Sea Salt, Maple, Honey, Natural Hickory Smoke, Paprika, Ground Pepper, Garlic & Herbs



Creamy Crab Cake Cups
Ingredients
1/2 cup reduced-fat spreadable cream cheese
1/2 teaspoon SALTOPIA or to taste
3/4 cup lump crabmeat, drained
2 packages (1.9 ounces each) frozen miniature phyllo tart shells
Directions
In a small bowl, mix cream cheese and SALTOPIA; gently stir in crab. Spoon 2 teaspoons crab mixture into each tart shell; top with more SALTOPIA to taste.

Bacon Baked COD
Ingredients
4 center-cut bacon strips, chopped
4 cod fillets (5 ounces each)
1 tbsp. SALTOPIA or to taste
2 cups grape tomatoes, halved
2 tablespoons balsamic vinegar
Directions
In a large skillet, cook bacon over medium heat until crisp, stirring occasionally. Remove with a slotted spoon; drain on paper towels. Sprinkle fillets with SALTOPIA. Add fillets to bacon drippings; cook over medium-high heat until fish just begins to flake easily with a fork, 4-6 minutes on each side. Remove and keep warm. Add tomatoes to skillet; cook and stir until tomatoes are softened, 2-4 minutes. Stir in vinegar; reduce heat to medium-low. Cook until sauce is thickened, 1-2 minutes longer. Serve cod with tomato mixture and bacon, finish with SALTOPIA to taste.

Grilled Pork Chop
Ingredients
4 boneless pork loin chops (4 ounces each)
2 teaspoons olive oil
2 tps SALTOPIA
Directions
Rub pork chops with olive oil and SALTOPIA to coat well. Grill, covered, over medium heat for 4-5 minutes on each side or until a thermometer reads 145°. Let meat stand for 5 minutes before serving.

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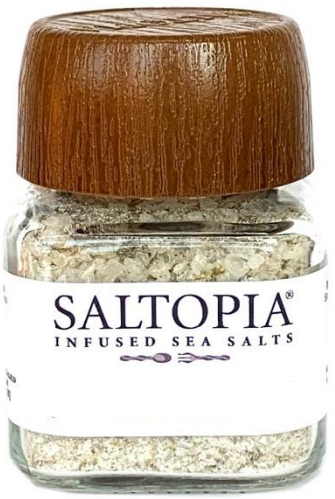
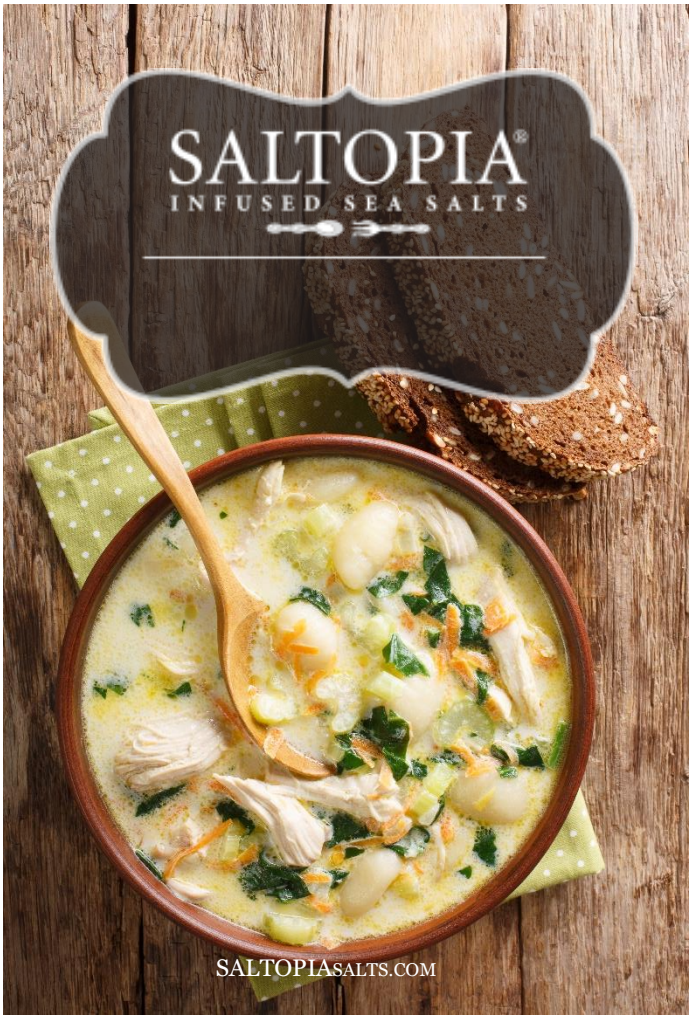
SALTOPIA®
INFUSED SEA SALTS

NAME: BACON RANCH HOWDY DO

Flavor Profile:
Bacon Ranch Infused Sea Salt

Ingredients:
Sea Salt, White Cheddar, Dill, Parsley, Celery, Garlic, Chives, Onion, Peppercorns, Tomato, Natural Hickory Smoke, Paprika





Baked Magical Macaroni
Ingredients
3-1/2 cups whole milk
3 cups water
1 package (16 ounces) elbow macaroni
4 ounces Velveeta, cubed
2 cups shredded sharp cheddar cheese
2 tsp SALTOPIA or to taste
Directions
In a Dutch oven, combine milk, water and macaroni; bring to a boil over medium heat. Reduce heat and simmer until macaroni is tender and almost all the cooking liquid has been absorbed, 12-15 minutes, stirring frequently. Reduce heat to low; stir in cheeses until melted. Season with SALTOPIA as cheeses are melting in.

Chicken Stuffed Turnovers
Ingredients
1 pound ground chicken
1 medium onion, chopped
4 stalks celery finely chopped
1 cup shredded carrot
1 cup shredded cheddar cheese
SALTOPIA to taste
3 tubes (8 ounces each) refrigerated crescent rolls
Directions
Preheat oven to 375°. In a large skillet, cook chicken, onion, celery & carrots over medium heat until chicken is cooked thoroughly; drain extra water from cooking. Add SALTOPIA to taste & cheese. Unroll crescent roll dough and separate into rectangles. Place on greased baking sheets; pinch seams to seal. Place 1/2 cup chicken mixture in the center of each rectangle. Bring corners to the center and pinch to seal. Bake for 15-18 minutes or until golden brown.

Pulled Chicken
Ingredients
4 boneless skinless chicken breast halves (6 ounces each)
1 medium lemon
2 tps SALTOPIA or to taste
2 cups chicken stock
Directions
Place chicken breasts in a 3-qt. slow cooker. Finely grate enough zest from lemons to measure 4 teaspoons. Cut lemons in half; squeeze juice. Add zest and juice to slow cooker. Then add SALTOPIA & chicken stock. Cook, covered, on low until meat is tender, 3-4 hours. When cool enough to handle, shred meat with 2 forks. Serve this hot within slider buns or chilled as a delicious chicken salad sandwich or over lettuce.

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SALTOPIA®
INFUSED SEA SALTS

NAME: BUMPIN' CHICKEN & DUMPLINS

Flavor Profile:
Chicken & Dumplings

Ingredients:
Sea Salt, Chicken Stock, Rosemary, Thyme, Sage, Lemon, Peppercorn, Pumpkin, Brown Sugar

Cornbread Scramble Up
Ingredients
8 large eggs
1/4 cup fat-free milk
2 tbls SALTOPIA or to taste
2 medium tomatoes, sliced or chopped
Directions
In a large bowl, whisk eggs, milk, SALTOPIA until blended. Place a lightly greased large nonstick skillet over medium heat. Pour in egg mixture; cook and stir until eggs are thickened and no liquid egg remains. Serve with tomatoes & finish with more SALTOPIA if desired.

Turkey Enchiladas
Ingredients:
1 small onion, chopped
2 tablespoons olive oil
3 cups shredded cooked turkey meat
1 cup diced tomatoes
1 tbsp. SALTOPIA or to taste
1 tub (10 oz.) low fat/fat free cream cheese, divided
1/2 cup finely shredded pepper jack or sharp cheddar cheese, divided
8 flour tortillas (6 inch)
1/2 cup black olives or hot peppers (optional)
Directions:
HEAT oven to 350°F.
COOK and stir onions in hot olive oil in large skillet on medium heat 4 to 5 min. or until crisp-tender. Stir in turkey, tomatoes, 3/4 cup cream cheese and SALTOPIA to taste. SPOON about 1/3 cup turkey mixture down center of each tortilla; roll up. Place in 13x9-inch baking dish sprayed with cooking spray; top with remaining cream cheese and then the shredded cheese. Cover. BAKE 15 to 20 min. or until heated through.

Zucchini Casserole Bites
Ingredients:
1 large zucchini (about 11 ounces), cut diagonally into 1/4-inch slices
3/4 cup shredded Monterey jack cheese
1 tbsp. of SALTOPIA or to taste
Directions
Preheat broiler. Arrange zucchini in a single layer on a greased baking sheet. Broil 3-4 in. from heat just until crisp-tender, 1-2 minutes per side.
Sprinkle zucchini with SALTOPIA, then add the cheese. Broil until cheese is melted, about 1 minute. Sprinkle with more SALTOPIA to finish.

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SALTOPIA®
INFUSED SEA SALTS

NAME: CORNY CORNBREAD DELIGHT

Flavor Profile:
Cornbread Casserole

Ingredients:
Sea Salt, Corn Meal, Honey, Red Bell Pepper & Green Bell Pepper