

## **Kansas City BBQ Brisket**

Beef Brisket Marinated in a Brown Sugar Dry Rub Then Braised with a Smoky, Molasses BBQ Sauce

**Cal 360**

Serv Size: 4 oz+2oz Ladle Sauce (170g) • Fat cal 150 • Total fat 16g • Sat fat 6g •  
Trans fat 0g

Cholest 65mg • Sodium 1360mg • Total carb 40g • Fiber 5g • Sugars 34g • Protein  
14g

Contains mustard

## **Simple Baked Sweet Potato**

Sweet Potatoes Brushed with Canola Oil and Baked

**VG**  **Cal 190**

Serv Size: 1 Potato (175g) • Fat cal 35 • Total fat 4g • Sat fat 0g • Trans fat 0g  
Cholest 0mg • Sodium 60mg • Total carb 35g • Fiber 6g • Sugars 11g • Protein 3g

## **Southern BBQ Green Beans**

Steamed Fresh Green Beans Tossed with a Brown Sugar, Bacon, Worcestershire and Tomato Sauce

 **Cal 90**

Serv Size: 4 oz (113g) • Fat cal 5 • Total fat 1g • Sat fat 0g • Trans fat 0g  
Cholest 0mg • Sodium 250mg • Total carb 22g • Fiber 2g • Sugars 17g • Protein 2g

Contains fish, soy

## **Fresh Corn on the Cob**

Steamed Fresh Corn on the Cob

**VG**  **Cal 35**

Serv Size: 1 Half Ear (35g) • Fat cal 0 • Total fat .5g • Sat fat 0g • Trans fat 0g  
Cholest 0mg • Sodium 0mg • Total carb 7g • Fiber < 1g • Sugars 2g • Protein 1g