

## LAKESHORE RECYCLING SYSTEMS

## TRASH TALK

## ENJOY A FAMILY FRIENDLY COOKOUT WITH DELICIOUS SIDE DISHES

With the arrival of summer, there's no better time to enjoy a meal outdoors with loved ones. Not only is this the perfect opportunity to grill some delicious chicken or ribs (like the recipe on the right), but you can't have a mouth-watering entree without equally perfect side dishes! Click the below links for side dishes that are a perfect pairing for a grilled meal.

[SAVORY CORN ON THE COB \(6 WAYS!\)](#)

[PERFECT SUMMERTIME SALADS FOR THE WHOLE FAMILY](#)

[GRILLED POTATO FANS WITH ONIONS](#)

[BACON-CORN STUFFED PEPPERS](#)

## END THE MEAL WITH SUMMERTIME DESSERTS

We can all agree that no meal is complete without an outstanding dessert. Whether you consider yourself a fruit-fanatic or a chocoholic, there is something to fulfill every sweet tooth. Dive in, remember that calories don't count during summer cookouts! Click the below links for fun dessert recipes that will leave the whole family asking for seconds.

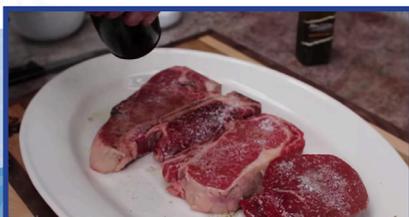
[STRAWBERRY JELLY SUMMER PUDDING](#)

[BUTTERMILK CHEESECAKE WITH HONEY ROAST SUMMER FRUITS](#)

[CHOCOLATE BERRY CUPS](#)

## GRILLING VIDEOS TO GET COOKING

THE ART OF GRILLING



HAVE A RECIPE OR TIPS YOU WOULD LIKE TO SHARE?  
SEND TO [MARKETING@LRSRECYCLES.COM](mailto:MARKETING@LRSRECYCLES.COM)!

TRICKS TO BECOME A GRILL MASTER



8 TIPS AND TRICKS TO BECOME A GRILL MASTER

## RECIPE OF THE WEEK

### PERFECTLY BARBECUED SUMMER CHICKEN

Summer is the perfect time to fire up the grill and enjoy delicious foods. The best BBQ chicken recipe doesn't call for complicated marinades or rubs. It's all about this easy on-the-grill or in-the-oven cooking method sweetened with BBQ sauce for moist and juicy barbecue chicken pieces every time.



#### INGREDIENTS

- 4 boneless skinless chicken breasts
- Extra virgin olive oil
- Kosher salt , to taste
- Freshly ground black pepper , to taste
- 1/2 cup of your favorite BBQ sauce

#### INSTRUCTIONS

1. Prepare the grill for direct cooking at high heat (450°F). Brush the cooking grates clean.
2. Drizzle the chicken breasts with extra virgin olive oil and rub over the breasts. Season generously with kosher salt and freshly ground black pepper.
3. Place the chicken breasts on the hot grill. Cover and cook for 5-6 minutes or until they easily release from the grates. Flip the chicken and cook for 4-5 minutes longer. Baste the chicken breasts with BBQ sauce, flip and cook for 2 minutes on each side. Repeat on the other side. Cook until the breasts are firm to the touch and opaque all the way through, registering 160°F internal temp (the temp will rise to 165°F as the chicken rests).
4. Transfer to a plate and cover with a piece of aluminum foil and let rest for 5 minutes. Serve with more BBQ sauce if desired.

To cook BBQ Chicken Breasts in the oven: Preheat the oven to 450°F and drizzle each chicken breast with oil. Season with kosher salt and black pepper. Place on a baking sheet lined with aluminum foil. Bake in the oven for 15 minutes. Brush the top side of the chicken with BBQ sauce, return to the oven and cook for 5-8 minutes longer, or until the sauce bubbles and begins to char and the internal temperature is 160°F and the juices run clear. Let the chicken rest a few minutes for the internal temp to raise to 165°F and the juices to settle before serving.