



Chipotle Mayonnaise

Southwest Flavor!

- Cup Mayonnaise
- 1 Tablespoon Knox's Chipotle BBQ seasoning
- Dry Rub Spice Blend
- Olive Oil!

Mix together and chill. The mayo will take on a brownish color because of the Chipotle and Guajillo peppers but the flavor is not a dull one. Smooth creamy mayo, smoky aroma and a spicy bite all in one shot.

Southwest Pork Chops

Nice Island Side Dish!

- Pork Chops
- Olive Oil or Butter
- Knox's Chipotle BBQ seasoning

Rub pork chops with butter or oil. Sprinkle with Knox's Chipotle BBQ seasoning and allow to marinate for 1 hour in the refrigerator. Bring to room temperature before grilling.

Grill over hot coals or pan fry for about 7 minutes on each side or until done (Internal temp 160° F).

Chipotle Chicken Yogurt Marinade

Quick and tasty!

- Knox's Chipotle BBQ seasoning
- 1 cup plain yogurt
- 1 Tablespoon lemon or lime juice

Mix Knox's Chipotle BBQ dry rub spice blend, yogurt and citrus. Pour over chicken or place in zip lock bag with chicken and let marinade for at least 2 hours.

You could add 1/2 teaspoon of red pepper flakes to heat it up a bit. This marinade is also excellent on chicken or lamb kabobs.

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Cracked Pepper Dressing

- 1/3 cup Mayonnaise
- 1/3 cup sour cream or yogurt
- 1/2 Tablespoon or more Knox's Cracked Pepper seasoning
- 1 Tablespoon Lemon Juice

Mix together in a bowl and chill for a couple hours or overnight.

Mix again before serving. Also makes a great dip for vegetables or a spread for a sandwich.

Cracked Pepper Burger

Gourmet Burger!

- 2lbs. ground sirloin
- 2 Tablespoons Knox's Cracked Pepper seasoning

This blend makes a hamburger more like a steak burger. The earthiness of the cracked pepper compliments the flavor of the ground beef and do not underestimate the heat of cracked pepper. This burger has a bit of bite.

Cracked Pepper Mashed Potatoes

Just like downtown!

- 4 or 5 large potatoes
- 1 Tablespoon Knox's Cracked Pepper seasoning
- 4 Tablespoons butter
- Milk

Peel, quarter and boil potatoes in salted water until soft, about 20 minutes. Drain and put boiled potatoes in a large mixing bowl.

Add Knox's Cracked Pepper dry rub spice blend and butter and mash with a fork until butter has melted. Begin adding milk while blending with a hand blender. Continue to blend and add milk until soft and fluffy.

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Jerked Chicken

Va Moré!

- 4-6 Chicken breasts
- Knox's Jamaican Jerk seasoning
- Olive Oil

Preheat oven to 375 degrees.

Rub chicken breasts with olive oil and sprinkle with Knox's Jamaican Jerk Dry Rub spice blend. Bake until for 25 minutes or until internal temp is 180 degrees. Allow chicken to rest for 10 minutes and serve.

Try with pork, beef and fish!

Jerked Sweet Potatoes

Nice Island Side Dish!

- Sweet Potatoes
- Olive Oil or Butter
- Knox's Jamaican Jerk seasoning
- Brown Sugar

Peel and cut sweet potatoes into one inch slices. Brush with oil or butter. Mix equal parts Knox's Jamaican Jerk Dry Rub spice blend and sprinkle on both sides of slices sweet potato. Bake at 350 degrees or grill until soft.

Try acorn and butternut squash!

Jerked Green Beans

Easy side!

- Fresh Green Beans
- Knox's Jamaican Jerk seasoning
- Tablespoon butter
- Cooking Oil

Cut the tips off of the green beans. Heat about 1 Tablespoon of oil in a pan to med - high

Toss in green beans and toss lightly for about 1 1/2 minutes. Add butter and toss to coat. Sprinkle about 1/2 tablespoon Knox's Jamaican Jerk dry rub onto beans and toss to coat. Remove from heat and serve hot.

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Yummy Chicken

- 4-6 Chicken breasts
- Knox's Yummy Chicken seasoning
- Olive Oil

Preheat oven to 375 degrees.

Rub chicken breasts with olive oil and sprinkle with Knox's Yummy Chicken dry rub spice blend. Bake until for 25 minutes or until internal temperature is 180 degrees. Allow chicken to rest for 10 minutes and serve.

Yummy Vegetable Dip

- 1/3 cup Mayonnaise
- 1/3 cup sour cream or yogurt
- 1/2 Tablespoon or more Knox's Yummy Chicken seasoning
- 1 Teaspoon Lemon Juice

Mix together in a bowl and chill for a couple hours or overnight.

Mix again before serving. Serve with chopped fresh vegetables.

Also makes a great salad dressing. Just thin with more lemon juice or buttermilk for a smoother richer flavor.

Yummy Oven Baked Potato Wedges

Family Favorite!

- 3 Large Potatoes
- Knox's Yummy Chicken seasoning
- Olive oil

Cut each potatoes into 6 long wedges. Drizzle with olive oil and sprinkle on Knox's Yummy Chicken dry rub spice blend.

Spread out wedges on a cookie sheet and bake at 375 degrees for about 25 minutes. Turn wedges and bake another 20 minutes until they brown and are crispy on the outside and soft inside.

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Glazed Caribbean Honey Carrots

- 7 or 8 large carrots
- 1 Tablespoon Knox's Salt Free Barbecue seasoning
- 2 Tablespoons Butter
- 2 Tablespoons Honey
- Fat pinch Salt

Slice carrots into bite size discs and boil is salted water until tender. Drain and put in a bowl.

Melt the butter and add the remaining ingredients. Pour over carrots and toss to coat. Serve warm.

Jerked Barbaticu Chicken

Family Favorite!

- 4 Chicken breasts
- Course or table salt
- Knox's Barbaticu seasoning
- Knox's Jamaican Jerk seasoning

Season chicken with salt to your liking. Sprinkle with Knox's Barbaticu seasoning and then just a pinch of Knox's Jamaican Jerk seasoning.

Grill, bake or BBQ until done. Enjoy!

Caribbean Squash

- 1 Butternut Squash
- 2 Tablespoons Butter
- Knox's Salt Free Barbaticu seasoning
- Salt
- 1 Apple, diced
- 1/4 Red Bell Pepper, diced
- 2 Tablespoons Brown Sugar

Cut squash in half lengthwise, remove seeds and poke exposed flesh with a fork to help absorb flavor. With your fingers smear butter over poked surface. Sprinkle with Knox's Salt Free Barbaticu seasoning. Pile diced apple and red bell pepper into seed cavity. Sprinkle with brown sugar. Cook in 375 degree grill, covered for about 45 minutes or until squash is tender and wonderful.

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