FALL FAVORITES COOKBOOK



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what's in season for *fall*







- Apples
- Avocados
- Bananas
- Beets
- Bell peppers
- Blueberries
- Broccoli
- Brussels Sprouts
- Carrots
- Cauliflower
- Celery
- Eggplant
- Grapes
- Lemons & Limes
- Mango
- Melons
- Mushrooms
- Pears
- Pomegranate
- Potatoes
- Rasperries
- Strawberries
- Sweet Onions
- Sweet Potatoes
- Tomatoes



shaved asparagus salad

INGREDIENTS

- 1 bunch of Ayco Farms asparagus, shaved
- 2 cups spinach
- ½ cup cherry tomatoes, sliced
- ⅓ cup shaved parmesan
- ¼ cup dressing of choice (we used a white balsamic dressing)
- 1 lemon

PREP TIME: 10 MINUTES
SERVINGS: 4

DIRECTIONS

1. Using a vegetable peeler, carefully shave the asparagus peeling away from your hand.
2. In a large bowl, combine the spinach, asparagus, tomatoes, and parmesan. Top with dressing and a squeeze of lemon juice right before serving.



light & fresh potato salad

INGREDIENTS

- 2 pounds small red potatoes quartered
- 1 plus 1/4 tsp. teaspoon salt, divided
- 1 pound Ayco Farms asparagus tough ends trimmed, cut into 1-inch pieces
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 3 tablespoon Greek yogurt
- 2 tablespoon Italian vinaigrette
- 2 teaspoons yellow mustard
- 1/4 teaspoon pepper
- 1 14 oz. can quartered artichoke hearts, drained
- 1/2 sweet onion thinly sliced
- 1 cup cherry tomatoes halved
- 1 package baby spinach

PREP TIME: 10 MINUTES
SERVINGS: 4

DIRECTIONS

1. Add potatoes and 1 tsp. salt to medium saucepan. Add enough water to cover potatoes and bring to a boil over high heat. Reduce heat and simmer 7-10 minutes, or until potatoes are tender.
2. Drain potatoes and let cool 30 minutes.
3. Cut off top bud of asparagus spears and place in bowl. Chop rest of spears into 1/4″ pieces ad add to bowl. Mix asparagus, olive oil, lemon juice and ¼ tsp. salt in bowl and allow to marinate. Add Greek yogurt, Italian dressing, mustard and pepper to bowl and stir well. Add artichokes, onion, tomatoes and potatoes and stir to coat.
4. Serve immediately on bed of spinach or cover and refrigerate up to 24 hours before serving.



prosciutto fig balsamic flatbread

INGREDIENTS

- 1 premade flatbread
- 1 pack of sliced prosciutto
- 1-2 figs, thinly sliced
- 1 cup arugula
- 1 tbsp pine nuts, toasted
- Olive oil
- Marie's Balsamic Vinaigrette, to taste

PREP TIME: 10 MINUTES
SERVINGS: 4

DIRECTIONS

1. Preheat oven according to flatbread instructions.
2. Brush flatbread with olive oil and top with prosciutto and figs.
3. Bake in the oven for 8-10 minutes until prosciutto is crispy.
4. Top with arugula, sprinkle with pine nuts, and finish it off with a light drizzle of Marie's Balsamic Vinaigrette.
5. Cut into pieces and serve on a board.

Marie's®



balsamic hasselback caprese chicken

INGREDIENTS

- 4 chicken breasts
- Salt and pepper
- 1 1/2 tbsp Italian seasoning
- 5 Roma tomatoes, sliced thin
- 16 oz mozzarella cheese, sliced thin
- 1 bunch fresh basil, sliced
- Marie's Balsamic Vinaigrette

PREP TIME: 30 MINUTES
SERVINGS: 4

DIRECTIONS

1. Season the chicken breasts with salt, pepper and Italian seasoning. Cut Hasselback slices at every half-inch point on them, making the slices as deep as possible without cutting all the way through the chicken breasts. Fill the Hasselback slices with the sliced tomatoes, saving some for garnish, and sliced mozzarella and place the filled chicken breasts in a baking dish. Then top the breasts with the remaining sliced mozzarella.
2. Bake for 20-30 minutes. Cook the chicken to an internal temperature of 165 degrees. (Checking the temperature with a meat thermometer is ideal.)
3. Remove the baking dish from the oven. Drizzle the cooked chicken breasts with Marie's Balsamic Vinaigrette. Garnish with the remaining tomato slices and fresh sliced basil.

apples

Health Benefits

- Research suggests that powerful antioxidants in apples play an essential role in reducing the risks of certain diseases like cancer and Alzheimer's.
- One medium-sized apple contains about 4g of dietary fiber and 14% of your daily recommended intake of Vitamin C.
- Apples can help lower cholesterol and blood pressure.

Selection Tips

- Select apples that are firm to the touch when lightly pressed. Avoid apples that are noticeably soft, discolored, or indent easily after you press the skin.
- Avoid apples with signs of bruising or decay.

How to Store

- Store unwashed apples in the crisper drawer of your refrigerator. Avoid placing apples near strong-smelling foods, such as onions or garlic, since apples can easily take of the odor of other foods.





cranberry apple crisp

INGREDIENTS

- 2 cups fresh cranberries
- 3 cups chopped Crunch Pak apples
- 1 cup light brown sugar divided
- 1/2 cup plus 2 Tbsp. whole wheat flour, divided
- 1 cup old fashioned rolled oats
- 1 1/4 cup chopped pecans
- 6 tablespoons unsalted butter melted
- 2 teaspoons cinnamon
- 1 teaspoon vanilla extract
- 1/2 teaspoon salt

CRUNCH PAK®

DIRECTIONS

1. Preheat skillet or griddle over medium low heat; spray with cooking spray.
2. Mix flours, baking powder, cinnamon and salt in bowl.
3. In separate bowl, combine milk, molasses, butter, eggs and applesauce. Stir in juice. Add flour mixture and stir until flour is moistened. Add apple, pecans, tropical fruit and cherries. Stir briefly.
4. Spoon ¼ cup of batter onto skillet. Cook for 2-4 minutes, until underside is brown, edges are dry and bubbles form and pop in center of pancakes. Flip over and cook 1-2 minutes, until undersides are lightly browned.

PREP TIME: 30 MINUTES
SERVINGS: 6



oatmeal apple breakfast cookies

INGREDIENTS

- 1 cup of finely chopped Crunch Pak apples
- 3/4 cup all-purpose flour
- 3/4 cup whole wheat flour
- 1 3/4 tablespoon baking powder
- 1 teaspoon cinnamon
- 1/2 teaspoon salt
- 1 cup fat-free milk
- 2 tablespoons molasses
- 1 tablespoon butter melted
- 2 large eggs lightly beaten
- 1/4 cup applesauce
- 1/2 cup pomegranate juice
- 1/2 cup pecans chopped
- 1/4 cup dried tropical fruit chopped
- 1/4 cup dried cherries chopped

PREP TIME: 10 MINUTES
COOK TIME: 40 MINUTES
SERVINGS: 12

DIRECTIONS

1. Preheat oven to 350˚F.
2. Combine cranberries, apples, ½ cup sugar and 2 Tbsp. flour in mixing bowl. Pour into greased 8×8-inch baking dish.
3. Combine oats, pecans, ½ cup sugar, ½ cup flour, butter, cinnamon, vanilla and salt in mixing bowl until all ingredients are blended; mixture should resemble coarse crumbs. Sprinkle over fruit.
4. Bake 30-40 minutes, or until topping is lightly browned, mixture is bubbly and apples in middle are tender.

CRUNCH PAK®



fall harvest salad with apple cider vinaigrette

INGREDIENTS

Fall Harvest Salad

- 1 pound butternut squash peeled, cut into ½-inch cubes
- 1 tablespoon olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 5 oz. package Spinach & Arugula mix
- 3 ounces goat cheese
- 1 HERO apple diced
- 1/2 cup chopped pecans
- 1/4 cup dried cranberries
- 1/4 cup pepitas

Apple Cider Vinaigrette

- 2 tablespoons apple cider vinegar
- 2 tablespoons olive oil
- 1 tablespoon maple syrup
- 1 tablespoon Dijon mustard
- 1/4 teaspoon salt

DIRECTIONS

1. Preheat oven to 400F.
2. Toss butternut squash with oil, salt and pepper. Spread on baking sheet and bake 15-20 minutes, or until tender. Remove from oven and let cool slightly.
3. Add salad greens to large bowl. Top with butternut squash, goat cheese, apple, pecans, dried cranberries and pepitas.
4. Whisk apple cider vinegar, oil, maple syrup, mustard and salt in small bowl until well combine. Pour over salad and toss to combine.

PREP TIME: 10 MINUTES
COOK TIME: 20 MINUTES
SERVINGS: 6



sweet potato & apple breakfast parfait

INGREDIENTS

- 1 tablespoon unsalted butter
- 1 HERO apple diced
- 1 small sweet potato peeled, diced
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract
- 1 cup vanilla Greek yogurt
- 1/4 cup granola

PREP TIME: 10 MINUTES
COOK TIME: 10 MINUTES
SERVINGS: 2

DIRECTIONS

1. Melt butter in small skillet over medium heat. Add apple and sweet potato, cover and cook 5-7 minutes, or until tender but still firm. Stir in cinnamon and vanilla. Remove from heat and set aside to cool.
2. In two bowls, alternate sweet potato and apple mixture, yogurt, and granola beginning and ending with the sweet potato and apples. Top with raisins.



chicken apple enchiladas

INGREDIENTS

- 8 flour tortillas
- 2 cups cooked chicken
- 1 Rainier Fruit Envy apple diced
- ½ sweet onion diced
- 1 jalapeno diced. Seeds removed if desired
- 15 oz red enchilada sauce 1 can
- 6 oz shredded cheese I used the creamy Mexican variety
- Olive Oil spray or 1 tsp cooking oil

PREP TIME: 10 MINUTES
COOK TIME: 20 MINUTES
SERVINGS: 8

Rainier FRUIT

DIRECTIONS

1. Preheat oven to 350˚.
2. Prepare apples and vegetables.
3. Spray medium pan with olive oil spray and warm over medium heat.
4. Add diced onion and cook until translucent – approx 2-3 mins.
5. Add diced Envy apple and jalapeno.
6. Saute until peppers start to soften.
7. Add in cooked chicken and mix well and mixture is heated throughout.
8. Lay out 8 tortillas and sprinkle a little cheese near one side of each tortilla.
9. Add the chicken and apple mixture to the same side as the cheese of each tortilla.
10. Using your hands, tightly roll each tortilla and place it seam side down into the prepared baking dish.
11. Top with the red enchilada sauce.
12. Bake for 15 – 20 mins until they are heated throughout.
13. Top with remaining cheese and place back into the oven until cheese is melted.
14. When ready to serve, top with cilantro and additional jalapeno slices if desired.



baked apples stuffed with rice and pecans

INGREDIENTS

- 2 slices bacon
- 1 small onion chopped
- 1/2 cup chopped pecans
- 3 cups cooked white rice
- 6 large Rainier Fruit Honeycrisp apples

PREP TIME: 15 MINUTES
COOK TIME: 30 MINUTES
SERVINGS: 6

DIRECTIONS

1. Preheat oven to 350F.
2. Heat skillet over medium heat. Add bacon and cook 3-5 minutes, or until crisp. Remove from skillet. Add onion and cook 4-5 minutes, or until softened.
3. Chop bacon and add to skillet. Stir in rice and heat through. Season with salt and pepper, if desired.
4. Cut top ⅓ off each apple. Use a melon baller or spoon to scoop out flesh, leaving ¼ to ½-inch around edges. Fill with rice.
5. Place apples in baking dish and bake 30 minutes, or until tender.

Rainier® FRUIT



fall favorite fruit salad

INGREDIENTS

- 1 Rainier Fruit Bartlett pear chopped
- 3 mandarins peeled, segmented
- 3 kiwi peeled, chopped
- 1 apple chopped
- ¼ cup pomegranate arils
- 1 lime juiced
- 2 Tbsp. honey
- ½ tsp. poppy seeds
- Fresh mint for garnish

PREP TIME: 20 MINUTES
SERVINGS:8

DIRECTIONS

1. Combine mandarins, kiwi, apples, pears and pomegranate arils in large bowl.
2. Mix lime juice, honey and poppy seeds in small bowl. Pour over fruit and mix well.
3. Garnish with fresh mint.

Rainier FRUIT



shrimp egg roll in a bowl

INGREDIENTS

- 1/2 tablespoon olive oil
- 2 cloves garlic minced
- 1 pound medium peeled deveined shrimp
- 2 packages Fresh Express® Asian Chopped Salad Kit (save 1 packet of dressing for later)
- 1 green onion sliced

PREP TIME: 5 MINUTES
COOK TIME: 10 MINUTES
SERVINGS: 4

DIRECTIONS

1. Heat olive oil in large skillet over medium heat. Add garlic and cook until fragrant. Add shrimp and cook 4-5 minutes, or until pink and cooked through. Add 1 packet dressing from salad kit and cook until sauce thickens. Add salad kit contents and cook 3 minutes, or until cabbage is tender.
2. Remove from heat. Divide into 4 bowls. Top with green onions.



chopped chinese chicken salad

INGREDIENTS

- 1 package Fresh Express® Sesame Asian chopped salad kit
- 2 mandarins peeled, segmented
- 1/2 pound low-sodium deli-sliced chicken
- 1/2 cup shelled edamame

DIRECTIONS

1. Mix all contents of salad kit, including dressing, in large bowl. Add mandarins, chicken and edamame. Mix well.

PREP TIME: 10 MINUTES
SERVINGS: 4

suja ORGANIC

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*than the next leading competitor



The GT's Living Smoothie

INGREDIENTS

- 16 oz GT's Trilogy SYNERGY Raw Kombucha
- Mixed berries
- Banana
- Pineapple
- Peaches
- Spinach or kale
- GT's Pure COCOYO Living Coconut Yogurt
- Water

PREP TIME: 5 MINUTES
SERVINGS: 2

DIRECTIONS

1. In a blender: combine fresh seasonal berries (blueberries, raspberries, strawberries, and/or blackberries), bananas, pineapple, or peaches, spinach or kale, a large dollop of GT's Pure COCOYO Living Coconut Yogurt and a generous portion of GT's Trilogy SYNERGY Raw Kombucha to mix!
2. Blend until thick, smooth, and fragrant. Enjoy this living, beneficial, naturally, sparkling probiotic smoothie for breakfast, a midday snack, or just because!

SYNERGY is safe for children*, supports microbiome diversity, and can be a better-for-them alternative to sugary juices & soda. Children aged 10 and below should limit intake to about 4 to 6 ounces per day. *If you are unsure of introducing something new to your child's system, we recommend consulting your healthcare professional or pediatrician before consuming.

avocados

Health Benefits
High in potassium (more than a banana!) Heart-healthy monounsaturated fatty acids and fiber

Selection Tips
Gently squeeze avocado in the palm of your hand. If ripe, it will be firm but yield to gentle pressure. To ripen. place in brown paper bag out of direct sunlight for 2-5 days

How to Store
Store ripe avocados in the refrigerator for up 2-3 days. For cut avocados sprinkle with lemon or lime juice and store in air-tight container in refrigerator.

Before You Eat
Cut lengthwise around seed, turn quarter turn and cut lengthwise again (creating 4 sections). Pull sections apart. remove seed and peel and enjoy!





mediterranean vegetarian stuffed avocados

INGREDIENTS

- 2 Mission Produce avocados
- 1 lime juiced
- 2 Tbsp. extra virgin olive oil
- 1 Tbsp. balsamic vinegar
- ¼ cup frozen sweet corn defrosted
- ½ cup garbanzo beans
- 1 Roma tomato finely chopped
- ¼ seedless cucumber finely chopped
- ½ orange bell pepper seeded, finely chopped
- ¼ cup crumbled feta

DIRECTIONS

1. Half and pit avocados. Sprinkle with lime juice to keep from turning brown.
2. Slowly whisk olive oil into vinegar until emulsified in medium bowl. Season with salt and pepper.
3. Mix in corn, beans, tomato, cucumber, and bell pepper. Gently mix until ingredients are coated.
4. Fill avocado halves and top with cheese.

PREP TIME: 10 MINUTES
SERVINGS: 4



chicken avocado enchiladas

INGREDIENTS

- 2 10 oz. cans green chili enchilada sauce
- 2 cups shredded cooked chicken
- 2 Mission Produce avocados chopped
- ¾ cup plus ¼ cup reduced-fat shredded Mexican blend cheese, divided
- 12 6-inch corn tortillas
- 1/2 cup plain nonfat Greek yogurt
- 1/2 cup cilantro
- 1 clove garlic chopped
- 1 tablespoon lime juice
- 1/8 teaspoon salt

PREP TIME: 15 MINUTES
COOK TIME: 20 MINUTES
ADDITIONAL TIME: 1 HOUR

DIRECTIONS

1. Preheat oven to 375˚F.
2. Spray 13×9-inch baking dish with nonstick cooking spray. Add 1 can enchilada sauce to bottom of baking dish. Set aside.
3. Mix chicken, avocado and ¾ cup cheese in large bowl.
4. Place tortillas 3 at a time on microwave safe plate and cover with damp paper towel. Microwave on HIGH 30 seconds or until warmed.
5. Fill tortillas with chicken mixture, roll tightly and place seam-side-down in baking dish. Repeat with remaining tortillas. Pour 1 can enchilada sauce on top and sprinkle with ¼ cup cheese.
6. Bake 20 minutes, or until cheese is bubbling.
7. Combine Greek yogurt, cilantro, garlic, lime juice and salt in blender until smooth. Drizzle on top of enchiladas before serving.



baked avocado fries

INGREDIENTS

- 2 firm ripe Del Monte® avocados, sliced ½-inch thick
- 1 lemon juiced
- 1 lime juiced
- 1 cup panko breadcrumbs
- 1/2 teaspoon salt divided
- 1/2 teaspoon lemon pepper seasoningdivided
- 2 Tbsp. Litehouse® Homestyle Ranch Dressing

PREP TIME: 10 MINUTES
COOK TIME: 15
SERVINGS: 4

DIRECTIONS

1. Preheat oven to 425˚F.
2. Combine lemon & lime juice in small bowl. Mix bread crumbs, ¼ tsp. salt and ¼ tsp. lemon pepper in separate bowl.
3. Dip avocados into juice, season with ¼ tsp. salt and ¼ tsp. lemon pepper, and press into bread crumbs.
4. Spray baking sheet with cooking spray, lay avocados single layer and bake 12-15 minutes, or until golden brown.

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pineapple pork kabobs

INGREDIENTS

- 1/2 cup olive oil
- 2 tablespoons fresh rosemary minced
- 4 cloves garlic minced
- 1 pound pork tenderloin cut 1-inch chunks
- 1 cup 1-inch Del Monte Gold® Pineapple chunks
- 1 sweet onion cut 1-inch chunks
- 1 bell pepper cut 1-inch chunks
- 4 10-inch skewers, soaked
- 2 cups broccoli florets
- 1 cup cherry tomatoes halved
- 1/4 cup shredded Parmesan cheese

PREP TIME: 5 MINUTES
COOK TIME: 20 MINUTES
SERVINGS: 4

DIRECTIONS

1. Mix olive oil, rosemary and garlic in small mixing bowl. Divide in half.
2. Thread pork, pineapple, onions and peppers onto skewers. Brush with half of marinade and let stand 5 minutes.
3. Place skewers under preheated broiler 5 inches from heat; broil 10-15 minutes, or until meat is firm and lightly browned.
4. Meanwhile, heat remaining marinade in large skillet over medium-high heat; add broccoli and tomatoes, and cook 5 minutes, or until broccoli is bright green and tender.
5. Remove from heat and add cheese.

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black bean, mango & jicama salad with honey lime vinaigrette

INGREDIENTS

- 2 ripe Coast Tropical mangos peeled, chopped into ½-inch pieces
- 1 small red onion chopped
- 1 cup frozen corn thawed
- ½ large jicama peeled, cut into matchsticks
- 1 15 oz. can low-sodium black beans, drained, rinsed
- ¼ cup cilantro chopped
- ¼ cup freshly-squeezed lime juice
- ¼ cup extra virgin olive oil
- 2 Tbsp. honey
- 1 tsp. cumin
- 1/3 cup crumbled cojita cheese

DIRECTIONS

1. Combine mangos, onion, corn, jicama, black beans and cilantro in large bowl.
2. Whisk together lime juice, olive oil, honey and cumin in small bowl. Season with salt and pepper, to taste. Pour over salad and toss.
3. Refrigerate until ready to serve. Top with cheese before serving.

PREP TIME: 15 MINUTES
PASSIVE TIME: 20 MINUTES
SERVINGS: 6



pineapple mango chicken stir fry

INGREDIENTS

- 1 cup of Coast Tropical chopped mango
- 1 cup chopped pineapple
- 1/4 cup reduced-sodium soy sauce
- 2 tablespoons white vinegar
- 2 tablespoons water
- 2 cloves garlic minced
- 1 teaspoon grated ginger
- 2 tablespoons vegetable oil
- 1 pound boneless skinless chicken breastcut into 1″ strips
- 1 tablespoons cornstarch
- 1 red bell pepper chopped
- 6 green onions sliced
- 3 cups cooked brown rice

PREP TIME: 10 MINUTES
SERVINGS: 2

DIRECTIONS

1. Combine soy sauce, vinegar, water, garlic and ginger in bowl. Set aside.
2. Heat oil in large skillet over medium heat. Toss chicken in cornstarch and add to pan. Cook 4-5 minutes, or until cooked through. Add pepper and green onions, and cook 3-5 minutes, or until softened.
3. Reduce heat to medium-low. Add sauce and cook 4 minutes, or until thickened. Add pineapple and mango, and cook 2-3 minutes, or until heat thoroughly.
4. Serve over cooked brown rice.

COAST TROPICAL
SUPERIOR QUALITY, SERVICE & PRICE WITHOUT SACRIFICING HONESTY

tomatoes

Seasonality

- Tomatoes are available year-round, with peak season being June to September.

Health Benefits

- Tomatoes are an excellent source of Vitamins A, C and K.
- They also contain potassium, which helps control blood pressure, maintain nerve function and help muscle control.
- Tomatoes are also an excellent source of lycopene.

Selection Tips

- Look for plump, heavy tomatoes with smooth skins. They should be free of bruises, blemishes, or deep cracks, although fine cracks at the stem ends of ripe tomatoes do not affect flavor.

How to Store

- Store tomatoes a room temperature. Never store in the refrigerator.
- Always store tomatoes stem-side-up to avoid bruising.





campari grilled cheese

INGREDIENTS

- 4 Basil, fresh leaves
- 4 SUNSET Campari® tomatoes, 1/4 inch slices
- Baking & Spices
- 1 Peppercorns, Freshly ground black
- 1 Sea salt
- 4 slices Sourdough bread, whole-grain
- Dairy
- 2 (125g) balls Buffalo mozzarella
- 1/4 cup Butter, unsalted

PREP TIME: 5 MINUTES
COOK TIME: 12 MINUTES
SERVINGS: 2

DIRECTIONS

1. Preheat oven to 375˚F.
2. Butter one side of each slice of bread.
3. Place bottom slice butter-side down and evenly arrange single layer of mozzarella, followed by tomato slices.
4. Season tomatoes with salt and pepper, then layer over basil leaves and a second layer of mozzarella.
5. Place second slice of bread on top, butter-side up. Place sandwich in preheated cast iron pan. Cook low and slow until golden brown. Flip and cook other side until golden brown.
6. Place cast iron pan into oven to finish melting the cheese, 8-10 minutes.
7. Let rest 30 seconds before slicing in half.



tomato, feta & pesto puff pastry bites

INGREDIENTS

- 3 SUNSET Campari® tomatoes sliced
- 1 tablespoon olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 sheet puff pastry thawed slightly
- 3 tablespoons pesto
- 4 ounces crumbled feta cheese
- 1 sprig fresh basil for garnish

PREP TIME: 15 MINUTES
COOK TIME: 20 MINUTES
SERVINGS: 9

DIRECTIONS

1. Preheat oven to 400˚F.
2. Toss tomatoes with oil, salt and pepper. Set aside.
3. Unroll puff pastry on baking sheet lined with parchment paper and cut into 9 squares. Roll in edges of puff pastry slightly to create a frame. Top each square with 1 tsp. pesto, feta and a tomato slice.
4. Bake 20 minutes, or until lightly browned.
5. Remove from oven and top with fresh basil.

Campari®

SUNSET®



steak flatbread

INGREDIENTS

- Pre-made pizza dough
- 1 package Nasoya Plantspired Steak
- Shiitake mushrooms
- Arugula
- Charred red onions
- Chili crunch

Creamy gorgonzola yogurt sauce:

- 1/2 cup plain greek yogurt
- 1/2 tablespoon of lemon juice
- 1 garlic clove, minced
- 1 teaspoon fresh rosemary
- 1/3 cup crumbled gorgonzola cheese
- salt & pepper to taste

DIRECTIONS

1. To make the white sauce: To a medium bowl, add yogurt, lemon juice, garlic, fresh rosemary, gorgonzola, salt and pepper. Mix together so there aren't any chunks of gorgonzola. Set aside.
2. Prepare pizza dough according to package instructions.
3. Spread gorgonzola sauce all over the pizza crust, leaving about an 1″ around the sides. Top with steak, charred red onions, and mushrooms.
4. Place in 400˚F oven and bake for 5-7 minutes, until the sauce is a little bubbly.
5. Remove from the oven. Top with fresh arugula and chili crunch.

PREP TIME: 5 MINUTES
COOK TIME: 30 MINUTES
SERVINGS: 2



dumpling stir-fry

INGREDIENTS

- 1 package Nasoya Dumplings
- Broccoli
- Red bell peppers
- Orange bell peppers
- Baby corn
- Mushrooms
- Zucchini
- Snow peas
- Sliced carrots
- Teriyaki sauce
- Garlic
- Ginger

PREP TIME: 10 MINUTES
SERVINGS: 3

DIRECTIONS

1. Add oil to a 3 quart pan with a lid over high heat, add vegetables, and cook for 2 minutes, then add ¼ cup of water and put the lid on, and cook until tender (about 4 more minutes).
2. When the green beans and carrots have become tender, remove the lid, and add garlic, ginger, and the dumplings to the pan, sprinkle in a pinch of salt.
3. Cook for 1-2 minutes, until the dumplings become a little brown, and then add the teriyaki sauce into the pan. Cook for 2 minutes, until the sauce has coated the dumplings and vegetables and has reduced a bit.
4. Remove from heat, let rest a few minutes, then serve.



poppers in a blanket

INGREDIENTS

- 12 Mucci Farms CuteCumber™ Poppers, washed and patted dry
- 2 x 6" Tortilla wraps, cut into 12 equal strips
- In a small bowl, mix together:
- 6 oz Cream cheese, at room temperature
- 1 Tbs. Finely diced red Sweet Bell Pepper
- 1 Tbs. Scallion, finely chopped
- 1 Clove fresh garlic
- 1 Tbs. Fresh thyme, finely chopped
- ¼ tsp. Salt
- ¼ tsp. Fresh black pepper

DIRECTIONS

1. Spread equal amounts of cream cheese filling onto tortilla strips. Roll one CuteCumber™ Popper per prepared tortilla strip, secure with a toothpick and place on a serving tray.
2. Garnish each with Mucci Farms Sun Drops™ and Sun Bliss™ sweet grape tomatoes sliced in half.
3. Refrigerate up to an hour before serving.

PREP TIME: 20 MINUTES
SERVINGS: 12

Mucci FARMS



CuteCumber™ Boats

INGREDIENTS

- 10 oz bag Mucci Farms CuteCumbers™ Snack-Sized Cucumbers
- 1 tub of prepared hummus
- Paprika, to taste
- Extra-virgin olive oil, to taste
- 1 mini Parisienne scoop

PREP TIME: 10 MINUTES
SERVINGS: 6

DIRECTIONS

1. Using your mini Parisienne scoop, remove the center of each CuteCumbers™. (You can save the balls for another recipe or salad).
2. Place the hummus into a piping bag with a very small star shaped tip.
3. Fill the CuteCumbers™ with hummus.
4. Garnish with paprika and extra-virgin olive oil.
5. Chill and serve.

Mucci FARMS



Have you listened to our **Healthy Family Podcast**? We chat with experts, fellow parents, friends, and more covering all of the hot topics in the world of healthy, food, and family. **Our topics range from food and nutrition and mental and physical health too**. Tune in where ever you listen to your favorite podcasts.

> We especially love that Amanda's not shy about discussing what she feels are her own shortcomings, and the bloggers, doctors, and dietitians she talks to offer her valuable advice in an engaging way; this isn't a boring lecture series about all the things they think you should be doing. The tone will make the listener feel less alone in their struggles to feed their children.