



# How Fresh is Served

10 carefully crafted, tried-and-true recipes  
from our kitchen to yours!





# BUFFALO CHICKEN SALAD

Salads don't need to be boring and this is no exception. Prepared with buffalo chicken and crowned with a creamy blue cheese dressing, this amazing salad is loaded with flavors and textures.



SERVES 10



PREP. TIME  
20 MIN.

## This recipe contains:



Cherubs® Tomatoes



NatureSweet® Mixed Bell Peppers



Long English Cucumber

## Ingredients

- Lettuce, Iceberg, Leaf, Cut, Small Chunks 1 Lbs.
- Cabbage, Red, Fresh, Slcd, Thin ..... 1 Lbs.
- Peppers, Mixed Bell Peppers, NatureSweet®, Cut, Cubes, Medium-Sized ..... 8 Oz.
- Cucumber, Long English Cucumber, NatureSweet®, Slcd, Half Moon ..... 8 Oz.
- Tomato, Cherubs®, NatureSweet, Whole..... 2 Lbs.
- Chicken, Chunks, Fried, Prepared (Sub Recipe) 2 Lbs.
- Sauce, Buffalo, Prepared (Sub Recipe) ..... 1 Lbs.
- Avocado, Fresh, Pitted, Skin-off, Slcd, Half Moon 1 Lbs.
- Herb, Parsley, Fresh, Chpd ..... 3 tsp.
- Dressing, Blue Cheese, Prepared (Sub Recipe) 1 Lbs.

## Fried Chicken Breast Chunks

- Starch, Cornstarch, Prepared..... 3 Lbs.
- Seasoning, Salt, Kosher ..... 3 Tbsp
- Seasoning, Pepper, Ground ..... 2 Tbsp
- Chicken, Breast, Trmd, Cut, Cubed, Medium ..... 3 Lbs.
- Eggs, Whole, Fresh, Beaten ..... 2 Lbs.
- Bread, Breadcrumbs, Panko, Prepared 6 Lbs.

## Directions

1. Pre-heat deep fryer to 350° F.
2. Using a mixing bowl, mix cornstarch, salt and pepper together.
3. Place cubed chicken breast into the cornstarch mixture and toss to coat.
4. Remove coated chicken cubes from cornstarch mixture and dip into beaten egg and coat evenly with breadcrumbs.
5. Place prepared chicken into the pre-heated deep fryer.
6. Deep fry chicken until the internal temperature reaches 165° F and golden crispy on the outside, approximately 5 minutes.
7. Remove from deep fryer and set aside a parchment paper-lined rack to remove excess oil.
8. Use and serve as needed.

## Buffalo Sauce

- Sauce, Hot, Prepared
- Butter, Unsalted, Melted
- Vinegar, White, Distilled
- Sauce, Worcestershire, Prepared
- Seasoning, Paprika, Ground
- Seasoning, Garlic, Powder, Ground
- Seasoning, Salt, Kosher

## Directions

1. In a pot over medium heat, add hot sauce, butter, vinegar, and spices.
2. Using a whisk, mix the ingredients thoroughly.
3. Lower heat and allow to simmer for approximately 5 minutes.
4. Remove from stove top and allow it to cool.
5. Use as needed.

## Blue Cheese Dressing

- Mayonnaise, Heavy, Prepared
- Cream, Sour Cream, Prepared
- Sauce, Worcestershire, Prepared
- Juice, Lime, Fresh, Sqzd
- Vinegar, White, Distilled
- Herb, Chives, Chpd, Fine
- Cheese, Blue, Crumbled

## Directions

1. In a pot over medium heat, add hot sauce, butter, vinegar, and spices.
2. Using a whisk, mix the ingredients thoroughly.
3. Lower heat and allow to simmer for approximately 5 minutes.
4. Remove from stove top and allow it to cool.
5. Use as needed.

## Plating Directions

1. In a serving bowl, place lettuce, red cabbage, NatureSweet® Mixed Bell Peppers, NatureSweet® Long English Cucumber, and Cherubs® on top of one another. Arrange chicken, chickpeas, feta, onion, cucumber, olives, and tomatoes separately on top of the lettuce.
2. Place fried chicken chunks into a mixing bowl and top with buffalo sauce, toss to combine.
3. Place buffalo fried chicken on top of salad and spread chicken throughout the bowl.
4. Top with avocado slices, chopped parsley, and blue cheese dressing.
5. Serve as needed.





# CHERUBS® GREEK CHICKEN BOWL

Cool, bright, and breezy—hey, it's all Greek to us.



SERVES 10



PREP. TIME  
60 MIN.

## This recipe contains:



Cherubs® Tomatoes



Long English  
Cucumber

## Ingredients

Lettuce, Romaine, Fresh, Chpd	3 Lbs.
Chicken, Breast, Grilled, 5 oz., Prepared, Slcd (Sub Recipe)	10 Ea.
Chickpeas, Whole, Drnd	2 Lbs.
Cheese, Feta, Crmbld	2 Lbs.
Onion, Red, Fresh, Slcd Thin	1 Lbs.
Cucumber, Long English Cucumbers, NatureSweet®, Slcd	2 ½ Lbs.
Tomato, Cherubs®, NatureSweet®, Whole	
Olives, Kalamata, Pitted, Whole, Drained	2 ½ Lbs.
Seasoning, Pepper, Black, Peppercorns, Cracked	2 Lbs.
Spread, Hummus, Traditional, Prepared (Commercially Available)	2 tsp.
Sauce, Tzatziki, Prepared (Sub Recipe)	2 Lbs.

## Grilled Chicken

- 5 oz. Whole Chicken Breasts, Trimmed
- Olive Oil, Prepared
- Fresh Lemon Zest
- Fresh Squeezed Lemon Juice
- Fresh Crushed Garlic Clove
- Dried Oregano
- Kosher Salt
- Ground Black Pepper

## Directions

1. In a bowl, combine chicken, olive oil, lemon zest, and lemon juice, garlic, oregano, salt, and pepper. Marinate for 30 minutes to 1 hour, turning occasionally.
2. Prep a grill or grill pan with olive oil; remove the chicken from the bag and discard the marinade.
3. Grill the chicken 5 minutes per side to an internal temperature of 165° F.
4. Remove from heat and allow to rest for 5 minutes.
5. Slice and set aside.
6. Use as needed.

## Tzatziki Sauce

- Cucumber, Long English Cucumbers, NatureSweet®, Hlf, Grated, Drained
- Yogurt, Greek, Plain, Prepared
- Garlic Clove, Fresh, Mncd
- Juice, Lemon, Fresh, Sqzd
- Oil, Olive, Prepared
- Seasoning, Salt, Kosher
- Seasoning, Pepper, Black, Ground

## Directions

1. Combine all ingredients into a mixing bowl.
2. Cover and chill for at least 30 minutes.
3. Set aside and use as needed.

## Plating Directions

1. Place the chopped lettuce in a large serving bowl.
2. Arrange chicken, chickpeas, feta, onion, cucumber, olives, and tomatoes separately on top of the lettuce.
3. Garnish with cracked black peppercorn and a dollop of hummus.
4. Drizzle with tzatziki sauce.
5. Serve as needed.





# SPANISH STYLE CHICKEN AND PEPPERS

Enjoy a flavorful Spanish Chicken made with crushed Glorys® and NatureSweet® Mixed Bell Peppers with a delicious, bright, and fiery smoked paprika-based sauce.



SERVES 10



PREP. TIME  
45 MIN.

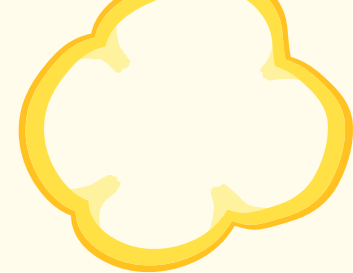
## This recipe contains:



NatureSweet® Glorys®



NatureSweet®  
Mixed Bell Peppers

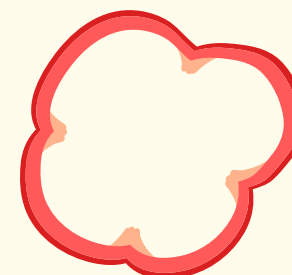


## Ingredients

Chicken, Thighs, 5 oz, Boneless, Skinless.....	<b>10 Ea.</b>
Seasoning, Salt, Kosher.....	<b>1 tsp.</b>
Seasoning, Pepper, Black, Ground.....	<b>½ tsp.</b>
Seasoning, Pepper, Cayenne, Ground.....	<b>2 tsp.</b>
Oil, Olive, Prepared.....	<b>3 Tbsp</b>
Onion, Yellow, Slcd, Thin, Strips.....	<b>12 Oz.</b>
Peppers, Mixed Bell Peppers, NatureSweet®, Slcd, Thin, Strips.....	<b>12 Oz.</b>
Alcohol, Wine, White.....	<b>6 Oz.</b>
Tomatoes, Glorys®, NatureSweet®, Mashed, Molcajete.....	<b>12 Oz.</b>
Seasoning, Paprika, Smoked, Ground.....	<b>2 tsp.</b>
Purée, Tomato, Prepared.....	<b>8 Oz.</b>
Broth, Chicken, Prepared.....	<b>8 Oz.</b>
Herb, Thyme, Leaves, Fresh, Chpd.....	<b>½ tsp.</b>
Herb, Oregano, Fresh, Chpd.....	<b>½ tsp.</b>
Leaves, Bay, Dried, Whole.....	<b>3 Ea.</b>
Olives, Green, Pitted, Drnd.....	<b>3 Oz.</b>
Olives, Black, Pitted, Drnd.....	<b>3 Oz.</b>
Herb, Thyme, Leaves, Fresh, Chpd.....	<b>1 tsp.</b>

## Plating Directions

1. In a bowl, place chicken thighs and season with salt, pepper, and cayenne pepper.
2. In a skillet, heat olive oil and cook chicken thighs for 5 minutes. Remove from skillet and set aside.
3. In the same skillet, cook onion and NatureSweet® Mixed Bell Peppers for 5 minutes or until they turn color.
4. Return chicken thighs to skillet, add white wine and crushed Glorys®.
5. Cook for 4 minutes or until wine is reduced.
6. Sprinkle chicken thighs with smoked paprika.
7. Add tomato puree and chicken broth, and stir until completely dissolved.
8. Add thyme, oregano, bay leaves, and green and black olives.
9. Cover and cook for 15 minutes or until chicken thighs are cooked through.
10. Remove from heat.
11. Serve in the same skillet and garnish with fresh thyme.
12. Serve as needed.







# ZUCCHINI LASAGNA

This zucchini lasagna is a delicious and healthy dish. Make this easy recipe in either a conventional oven, an electric oven, or even an air fryer.

  
SERVES 15

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PREP. TIME  
50 MIN.

## This recipe contains:



NatureSweet® Glorys®



NatureSweet®  
Mixed Bell Peppers

## Ingredients

- Zucchini, Ribbons, Prepared (Sub Recipe) ..... **4½ Lbs**
- Beef, Ground, Prepared (Sub Recipe) ..... **2 Lbs**
- Sauce, Glorys® Bell Pepper, Prepared (Sub Recipe) ..... **1½ Lbs**
- Cheese, Manchego, Shredded ..... **12 Oz**
- Tomatoes, Glorys®, NatureSweet®, Whole, Slcd, Half ..... **8 Oz**
- Herb, Basil, Leaves, Fresh, Picked ..... **2 Oz**

## Glorys® Bell Pepper Sauce

- Oil, Olive, Prepared ..... **2 Tbsp**
- Garlic, Clove, Fresh, Mncd ..... **3 Tbsp**
- Peppers, Mixed Bell Peppers, NatureSweet®, Dcd, Small ..... **8 Oz**
- Tomatoes, Glorys®, NatureSweet®, Whole, Slcd, Half ..... **1 Lbs**
- Seasoning, Salt, Kosher ..... **½ tsp**
- Seasoning, Pepper, Black, Ground ..... **½ tsp**
- Herb, Basil, Leaves, Fresh, Picked ..... **½ tsp**

## Directions

1. In a skillet over medium heat, heat olive oil.
2. Add garlic and sauté lightly.
3. Add NatureSweet® Mixed Bell Peppers and sauté for 2 more minutes.
4. Add Glorys® and sauté over low heat until they release their juices.
5. Using a spoon, lightly crush them.
6. Season with salt and pepper.
7. Add basil leaves. Set aside.
8. Use as needed.

## Ground Beef

- Oil, Olive, Prepared
- Onion, Yellow, Pld, Dcd, Small
- Garlic, Clove, Fresh, Mncd
- Beef, Ground, Prepared
- Seasoning, Salt, Kosher
- Seasoning, Pepper, Black, Ground

## Directions

1. In a skillet over medium heat, heat olive oil.
2. Add onion and garlic, and sauté for 2 minutes.
3. Add ground beef and cook for about 10 minutes or until cooked through.
4. Season with salt and pepper.
5. Remove from stove and set aside.

## Zucchini Ribbons

- Water, Room Temp
- Seasoning, Salt, Kosher
- Zucchini, Fresh, Slcd, Ribbons

## Directions

1. In a pot with boiling water, add salt.
2. Add zucchini slices and cook for 20 seconds.
3. Immediately plunge zucchini slices into a bowl of ice water.
4. Use as needed.

## Plating Directions

1. Pre-heat broiler to 390° F.
2. On a chopping board, place zucchini slices. Spread ground beef evenly into each zucchini slice. Roll up and repeat with remaining zucchini slices and ground beef.
3. Secure with toothpicks if necessary.
4. In a large 2” hotel pan, place roll ups packed together tightly. Spoon over tomato sauce. Sprinkle with Manchego cheese.
5. Broil for about 5 minutes.
6. Remove hotel pan from broiler and cut zucchini lasagna into 15 3.5” X 3.5” square sized pieces.
7. Place onto a serving plate and garnish with Glorys® and picked basil leaves.
8. Serve as needed.







# THAI BEEF SALAD

Featuring a fish sauce, ginger, garlic, and lime spicy marinade, this Thai beef salad is a must-try! Plus, the meaty beef, crisp mint, cilantro, and crisp Constellation® Medley combo makes this Thai beef salad irresistible!



SERVES 10



PREP. TIME  
60 MIN.

## This recipe contains:



NatureSweet®  
Constellation® Medley



NatureSweet®  
Mini Cucumbers

## Ingredients

NatureSweet® Constellation® Medley

Tomatoes, Half Cut .....	4 Lbs.
Onion, Red, Slcd, Thin .....	2 Lbs.
Cucumbers, Mini, NatureSweet®, Slcd, Thin.....	4 Lbs.
Herb, Cilantro, Leaves, Fresh, Picked .....	5 Oz.
Herb, Mint, Chpd, Fine .....	5 Oz.
Celery, Fresh, Slcd, Small .....	4 Lbs.
Peanuts, Roasted, Whole .....	1 Lbs.
Onion, Green, Slcd .....	15 Oz.
Beef, Medallion, Ckd, Slcd (Sub Recipe) .....	4 Lbs.
Vinegarette, Thai, Prepared (Sub Recipe) .....	2 Lbs.

## Beef Medallion Marinade/Cooked

- Ginger, Fresh, Chpd, Fine .....
- Garlic, Fresh, Chpd, Fine .....
- Sauce, Fish Sauce, Asian, Prepared .....
- Juice, Lime, Fresh, Sqzd .....
- Seasoning, Salt, Kosher .....
- Seasoning, Pepper, Ground .....
- Beef, Steak, Medallion, 2 oz. ....
- Oil, Vegetable, Prepared .....

## Directions

1. Pre-heat a flat top grill to 450° F.
2. In a mixing bowl, combine ginger, garlic, fish sauce, lime juice, salt, and pepper.
3. In a baking dish, place beef medallion steaks and pour the marinade.
4. Let beef medallion steaks rest and marinate for 1 hour.
5. On a flat top grill, heat vegetable oil.
6. Cook beef medallion steaks over medium-high heat for 15-20 minutes or to desired internal temperature.
7. Remove beef medallion steaks and slice.
8. Set aside and use as needed.

## Thai Vinaigrette

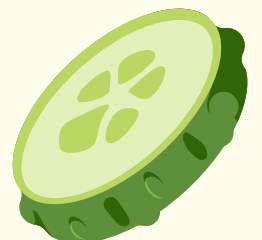
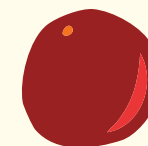
- Sauce, Fish Sauce, Asian, Prepared
- Juice, Lime, Fresh, Sqzd
- Sugar, White, Granulated
- Spice, Chili, Flake
- Oil, Olive, Prepared

## Directions

1. In a bowl, combine fish sauce, lime juice, sugar, chili flakes, and olive oil in a bowl.
2. Mix thoroughly and set aside.
3. Use as needed.

## Plating Directions

1. In a serving bowl, combine Constellation® Medley, red onions, Mini Cucumbers, cilantro, mint, celery, peanuts, and green onions.
2. Place sliced beef medallions on top of combined salad.
3. Serve with Thai vinaigrette on the side.
4. Serve as needed.







# SHRIMP TOWER

Featuring sushi rice, sautéed shrimp, and fresh vegetables, this quick and easy shrimp tower is both delicious and nutritious!



SERVES 10



PREP. TIME  
13 MIN.

## This recipe contains:



NatureSweet® Glorys®



NatureSweet®  
Mini Cucumbers

## Ingredients

- Rice, Sushi, Mix (Sub Recipe) ..... **4 Lbs.**
- Shrimp, Baby, Small (71-90), Ckd (Sub Recipe) **2 Lbs.**
- Avocado, Fresh, Dcd, Cubed..... **4 Lbs.**
- Tomato, Glorys®, NatureSweet®, Slcd, Thin ..... **5 Oz.**
- Cucumber, Mini Cucumbers, NatureSweet®, ..... **5 Oz.**
- Slcd, Thin ..... **4 Lbs.**
- Juice, Lime, Fresh, Sqzd ..... **1 Lbs.**
- Seasoning, Salt, Kosher ..... **15 Oz.**
- Seasoning, Pepper, Black, Ground ..... **4 Lbs.**
- Cilantro, Fresh, Leaves, Picked w/ Stem ..... **2 Lbs.**

## Sauteed Baby Shrimp

- Oil, Vegetable, Prepared ..... **2 Tbsp**
- Shrimp, Baby, Small (71-90), Pld, Deveined **1 Lbs.**
- Seasoning, Salt, Kosher ..... **½ tsp.**
- Seasoning, Pepper, Black, Ground ..... **¼ tsp.**

## Directions

- In a skillet over medium-high heat, add in vegetable oil and allow to heat.
- Once hot, add baby shrimp and sauté shrimp for 2 minutes.
- Season with salt and pepper and set aside.

## Sushi Rice Mixture

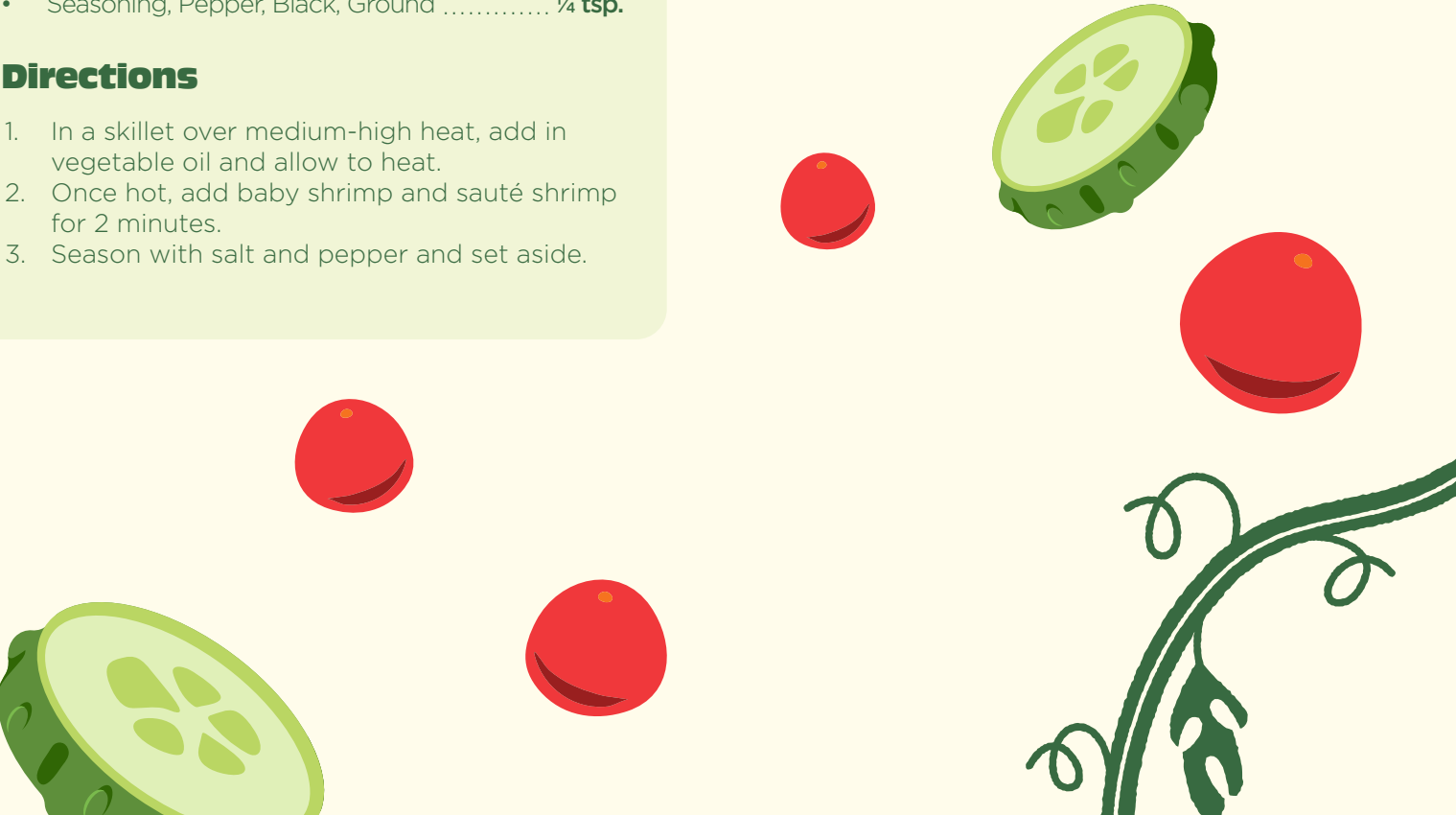
- Rice, Sushi, Ckd, Prepared (Commercially Available)
- Sauce, Soy, Prepared
- Vinegar, Rice, Prepared
- Herb, Chives, Green, Slcd, Thin

## Directions

- In a bowl, combine sushi rice, soy sauce, rice vinegar, and chives.
- Mix thoroughly and set aside.
- Use as needed.

## Plating Directions

- For assembling the shrimp timbale: Place sushi rice in the bottom of a 4-inch metal ring.
- Top with an even layer of shrimp, followed by an even layer of avocado cubes.
- Top with an even layer of halved Glorys®, followed by an even layer of sliced NatureSweet® Mini Cucumbers®.
- Add a squeeze of fresh lime and season with salt and pepper.
- Garnish with shrimp and cilantro leaves.
- Serve as needed.







# COUSCOUS SALAD

Enjoy this fresh salad prepared with couscous and Cherubs®, which are low-calorie, low-fat, cholesterol-free, sodium-free, and a great source of fiber, an important nutrient for your heart and digestive system!



SERVES 10



PREP. TIME  
60 MIN.

## This recipe contains:



Cherubs® Tomatoes



NatureSweet®  
Mixed Bell Peppers



Long English  
Cucumber

## Ingredients

Lettuce, Butter, Head, Cut, Chunks ..... 1 ½ Lbs  
Salad, Couscous, Prepared (Sub Recipe)..... 6 Lbs  
Vinaigrette, Orange, Prepared (Sub Recipe) ..... 2 Lbs  
Cheese, Feta, Crumbled ..... 1 Lbs

## Couscous/Cooked

- Water, Room Temp
- Seasoning, Salt, Kosher
- Pasta, Couscous, Moroccan, Dry
- Butter, Unsalted, Prepared

## Directions

1. In a pot, pour in water and bring it to a boil.
2. Add salt and dissolve, stirring with a spoon. Remove from heat.
3. Add couscous, spread throughout the pot, cover, and let rest for 5 minutes in hot water.
4. Place the pot back over medium heat, add butter, and stir using a spoon separating the couscous granules.
5. Remove from the heat and allow it to cool.
6. Set aside and use as needed.

## Couscous Salad

- Pasta, Couscous, Moroccan, Prepared, Ckd (Sub Recipe) 2 Lbs
- Tomato, Cherubs®, NatureSweet®, Cut, Qtr. 1 ¼ Lbs
- Cucumber, Long English Cucumbers, NatureSweet®, Cut, Cubes, Medium 1 ¼ Lbs
- Pepper, Bell Peppers, Mixed, NatureSweet®, Dcd, Small 10 Oz
- Onion, Red, Fresh, Chpd, Fine 10 Oz
- Pecans, Whole, Tstd, Chpd 5 Oz
- Herb, Basil, Fresh, Chpd, Fine 2 Oz

## Directions

1. In a bowl, add cold prepared couscous, Cherubs®, Long English Cucumbers, Mixed Bell Peppers, red onion, pecans, and fresh basil.
2. Mix thoroughly and set aside.
3. Use as needed.

## Orange Vinaigrette

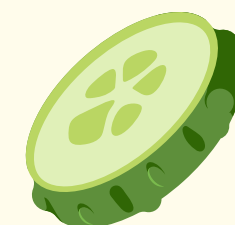
- Vinegar, Apple Cider, Prepared
- Juice, Orange, Fresh, Sqzd
- Oil, Olive, Prepared
- Seasoning, Paprika, Ground
- Seasoning, Salt, Kosher
- Seasoning, Pepper, Black, Ground

## Directions

1. In a bowl, combine vinegar, orange juice, olive oil, paprika, salt, and pepper.
2. Mix thoroughly until salt dissolves and set aside.
3. Use as needed.

## Plating Directions

1. In a serving bowl, place a bed of butter lettuce.
2. Place couscous mixture into the center of the dish on top of the butter lettuce.
3. Drizzle the entire salad with vinaigrette.
4. Sprinkle the entire salad with feta cheese.
5. Serve as needed.








# CONSTELLATION® GAZPACHO

Constellation® Gazpacho is a delicious cold soup made with several ingredients like olive oil, vinegar, water, and raw vegetables, mostly tomatoes, cucumber, bell peppers, and garlic. Season to taste and serve with high-quality bread.

  
SERVES 10

  
PREP. TIME  
10 MIN.

## This recipe contains:



NatureSweet®  
Constellation® Medley



NatureSweet®  
Mixed Bell Peppers



NatureSweet®  
Mini Cucumbers

## Ingredients

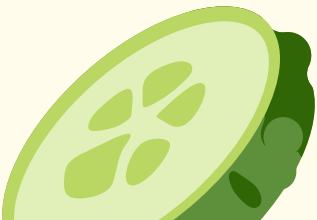
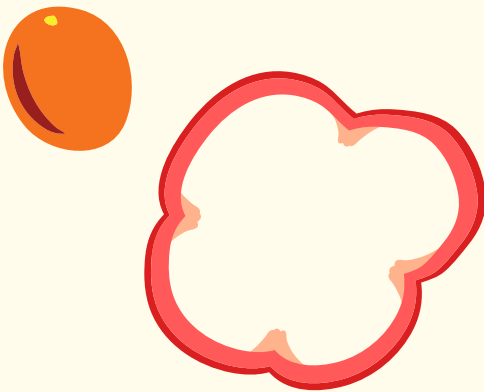
Peppers, Bell, Mixed Bell Peppers, NatureSweet® .....	5 Oz
Onion, Yellow, Dcd, Small .....	10 Oz
Garlic, Clove, Fresh, Whole .....	5 Ea
Cucumbers, NatureSweet® Mini Cucumbers, Dcd, Large .....	1 Lbs
Tomato, Constellation® Medley Tomatoes, NatureSweet®, Whole.....	1 Lbs
Bread, White, Sandwich, Slcd .....	2 Ea
Water, Room Temp .....	12 Oz
Seasoning, Salt, Kosher .....	2 ½ tsp
Pepper, Black, Ground .....	1 ¼ tsp
Vinegar, Sherry, Prepared .....	2 Tbsp
Oil, Olive, Prepared .....	5 Oz

## As Garnish

Cucumbers, NatureSweet® Mini Cucumbers, Dcd, Large .....	5 Oz
Peppers, Bell, Mixed Bell Peppers, NatureSweet®.....	5 Oz
Oil, Olive, Prepared .....	2 Oz

## Plating Directions

1. Combine NatureSweet® Mixed Bell Peppers, onion, garlic, NatureSweet® Mini Cucumbers, Constellation® Medley Tomatoes, bread, water, salt, pepper, sherry vinegar, and olive oil in a blender.
2. Blend on high for 3 to 5 minutes or until smooth.
3. Serve gazpacho into small bowls and garnish with NatureSweet® Mini Cucumbers, NatureSweet® Mixed Bell Peppers, and drip a







# CAPRESE SKEWERS

Caprese skewers are such a fun recipe! The NatureSweet® tomatoes are coated in a delicious balsamic glaze that's light, flavorful, and fresh tasting.



SERVES 10



PREP. TIME  
15 MIN.

## This recipe contains:



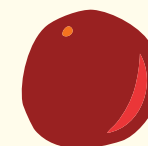
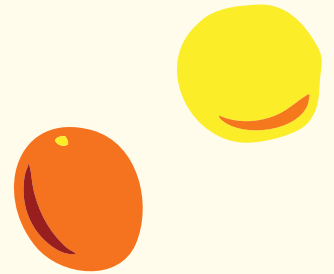
NatureSweet®  
Constellation® Medley

## Ingredients

Oil, Olive, Ex-Virgin, Prepared.....	2 Oz.
Seasoning, Italian, Dry, Prepared.....	1 tsp.
Seasoning, Pepper, Red, Flakes, Cracked.....	1/8 tsp.
Seasoning, Garlic, Powder.....	1/8 tsp.
Seasoning, Salt, Kosher .....	1/8 tsp.
Cheese, Mozzarella, Ciliegine, Drained, Patted Dry .....	10 Ea.
Tomato, Constellation®, NatureSweet®, Whole	20 Ea.
Herb, Basil, Leaves, Fresh, Folded .....	20 Ea.
Glaze, Balsamic, Prepared .....	4 Oz.

## Plating Directions

1. In a small bowl, whisk together the olive oil, Italian seasoning, cracked red pepper flakes, garlic powder, and salt.
2. Add in the mozzarella ciliegine balls and gently toss to coat.
3. For best results, allow to marinate in the fridge overnight before assembly.
4. Assemble the skewers in this order: thread a NatureSweet® Contellation® tomato, folded basil leaf, marinated mozzarella ball, another folded basil leaf, and NatureSweet Contellation® tomato.
5. Place onto a serving platter and serve as needed.
6. If desired, drizzle balsamic glaze over the skewers on the serving platter.







# AUTHENTIC TZATZIKI DIP

Tzatziki is a refreshing (and healthy!) chilled sauce, spread, or dip that takes only a few minutes to make. This authentic Greek yogurt and cucumber dip is so versatile to serve with anything from pita or naan, fresh or grilled veggies, gyros, or spread on Salmon Burgers.



SERVES 10



PREP. TIME  
10 MIN.

## This recipe contains:



Long English Cucumber

## Ingredients

Yogurt, Greek, Plain, Nonfat .....	<b>2 Lbs.</b>
Cucumber, Long English Cucumber, NatureSweet®, Whole .....	<b>1 Lbs.</b>
Juice, Lemon, Fresh, Sqzd .....	<b>2 Oz.</b>
Garlic, Clove, Fresh, Mncd .....	<b>2 Ea.</b>
Herb, Dill, Fresh, Chpd, Fine .....	<b>2 Tbsp</b>
Oil, Olive, Extra-Virgin, Prepared .....	<b>1 Tbsp</b>
Seasoning, Salt, Kosher .....	<b>½ tsp.</b>
Seasoning, Pepper, Black, Ground .....	<b>¼ tsp.</b>

## Plating Directions

1. Remove the ends of the cucumber.
2. Use a cheese grater's coarse setting to grate the unpeeled cucumber.
3. Squeeze out excess liquid from grated cucumber with paper towels.
4. In a mixing bowl, mix together yogurt, grated cucumber, olive oil, dill, lemon juice, garlic, and salt and pepper.
5. Remove from mixing bowl and serve as needed.





