

FLAV·R·PAC

Connoisseur
COLLECTION™



S E R V I N G
S U G G E S T I O N S



S E R V I N G S U G G E S T I O N S

Tuscan Asiago Cream Vegetables

1. **TORTELLINI BOWLS**

Cook Tuscan Asiago Cream Vegetables according to package directions, stirring in $\frac{1}{3}$ cup chopped sun-dried tomato bits (in oil) after 5 minutes of cooking. For each serving, portion 4 oz. cooked cheese tortellini or ravioli topped with 1 cup cooked vegetables into a pasta bowl. Sprinkle on 1 tablespoon shredded Romano or Asiago cheese and chopped Italian parsley.

Yield: 4 servings.

2. **KABOBS**

Cook Tuscan Asiago Cream Vegetables according to package directions. For each serving, portion 1 cup cooked, seasoned orzo topped with 1 cup cooked vegetables into a shallow pasta bowl. Top with 2 small crossed skewers of grilled pork or turkey tenderloin kabobs. Sprinkle on tomato bits or red pepper flakes.

Yield: 4 servings.

3. **TUSCAN PICNIC SALAD**

Cook Tuscan Asiago Cream Vegetables according to package directions, just until crisp-tender. Stir in 3 cups seasoned, steamed new red potato chunks and 8-12 oz. pulled rotisserie chicken pieces. Sprinkle on smoked paprika and chopped black olives to serve.

Yield: 4-6 servings.



S E R V I N G S U G G E S T I O N S

Chalet Garlic Butter Vegetables

1. SCAMPI

Add contents of one package of Chalet Garlic Butter Vegetables to a large sauté pan. Cook, stirring occasionally, 3-4 minutes. Add 1 lb. of raw (51-70 count-size) prawns to pan. Continue cooking and stirring until vegetables reach 165°F and prawns are opaque. Serve over cooked wild rice and top with crushed buttered croutons.

Yield: 4-6 servings.

2. FISHERMAN'S CATCH

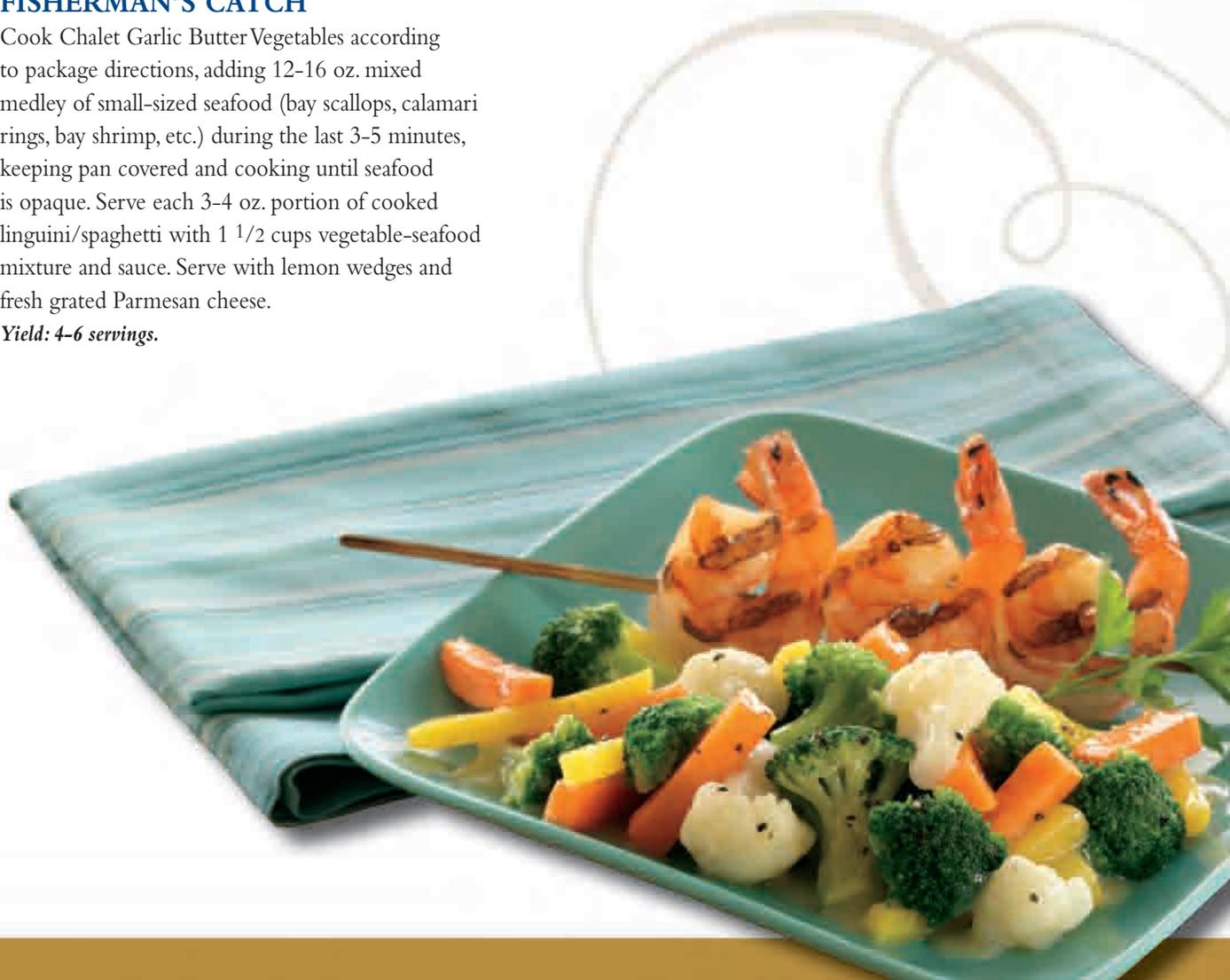
Cook Chalet Garlic Butter Vegetables according to package directions, adding 12-16 oz. mixed medley of small-sized seafood (bay scallops, calamari rings, bay shrimp, etc.) during the last 3-5 minutes, keeping pan covered and cooking until seafood is opaque. Serve each 3-4 oz. portion of cooked linguini/spaghetti with 1 1/2 cups vegetable-seafood mixture and sauce. Serve with lemon wedges and fresh grated Parmesan cheese.

Yield: 4-6 servings.

3. PORK & PASTA

Cook Chalet Garlic Butter Vegetables according to package directions. Into a half-size spray-coated steamtable pan, layer 4 cups medium-sized cooked pasta (rotini, farfelle, etc.), cooked vegetables, 12-14 oz. sliced cooked pork tenderloin medallions, and 1 cup cooked sliced mushrooms. Sprinkle on 1/4 cup fresh grated herb-cheese blend.

Yield: 4-6 servings.



S E R V I N G S U G G E S T I O N S

Mediterranean Pesto Cream Vegetables

1. **POTATO TOPPER**

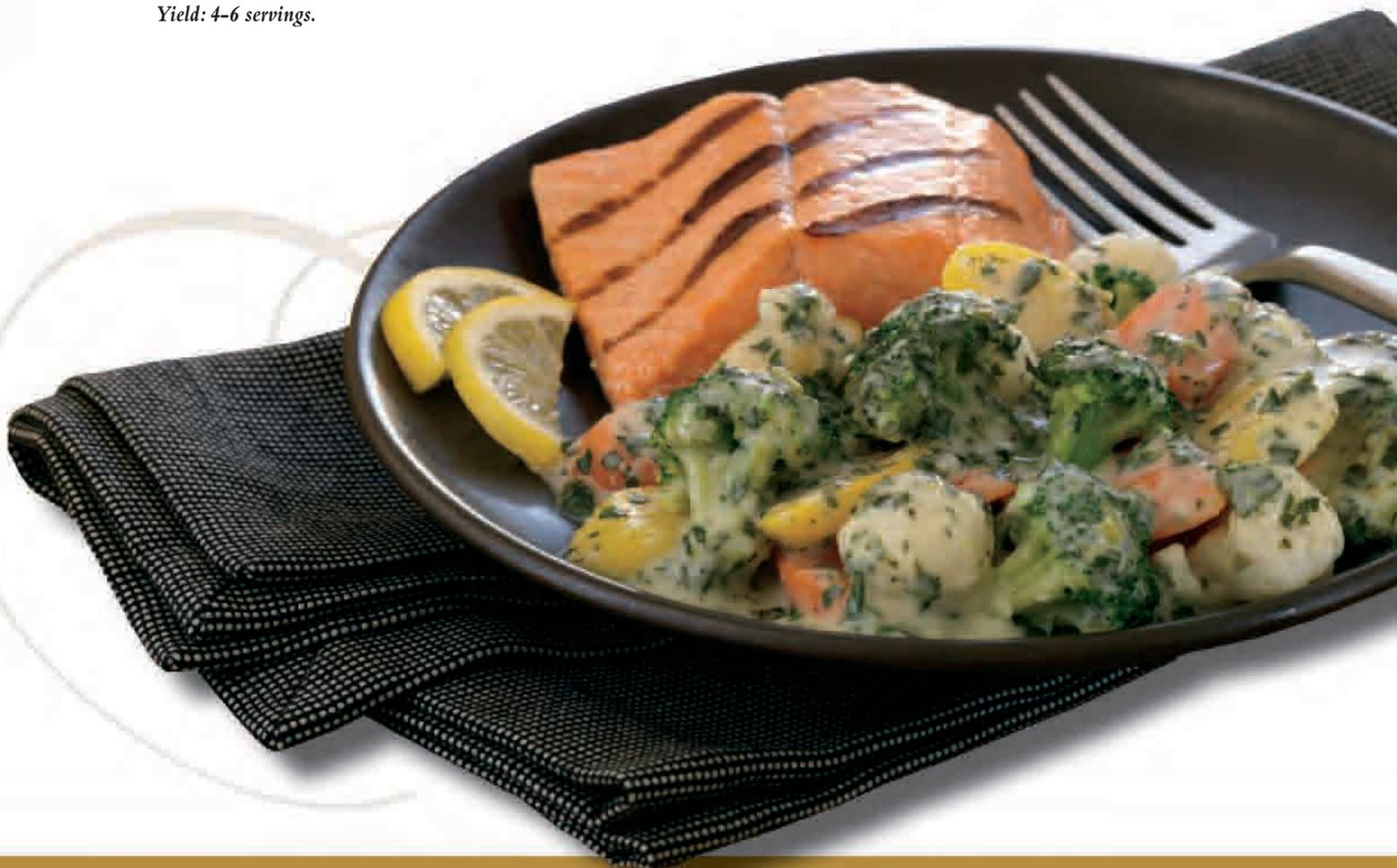
Cook Mediterranean Pesto Cream Vegetables according to package directions. Serve each $\frac{3}{4}$ cup vegetables over a baked potato or yam. Top with fresh shreds of Parmesan cheese.
Yield: 5 servings.

2. **SKEWERS**

Cook Mediterranean Pesto Cream Vegetables according to package directions. Serve 4 oz. Italian dressing marinated beef strip skewers with 1 cup cooked vegetables, garnished with parsley-lemon zest.
Yield: 4-6 servings.

3. **PASTA BOWLS**

For each serving, portion 4 oz. buttered penne, seafood or spinach ravioli topped with 1 cup cooked Mediterranean Pesto Cream Vegetables into a pasta bowl. Sprinkle with shredded Romano or Asiago cheese.
Yield: 4 servings.



S E R V I N G S U G G E S T I O N S

Mandarin Citrus Vegetables

1. **NOODLE BOWLS**

For each serving, layer 3-4 oz. cooked, seasoned yakisoba/ramen noodles, 1 cup cooked Mandarin Citrus Vegetables and 2-3 oz. cooked shrimp or scallops in a bowl. Serve with ponzu citrus sauce.

Yield: 4 servings.

2. **MISO**

For each serving, portion 1/2 cup cooked jasmine rice, 1 cup cooked Mandarin Citrus Vegetables, and 4-6 oz. miso-topped black cod onto a serving plate. Garnish with red pepper flakes.

Yield: 4 servings.

3. **VEGETARIAN**

Into a half-size, steamtable pan, layer 3 cups cooked brown rice, 1 package cooked Mandarin Citrus Vegetables, 8-12 oz. seared tofu cubes, and 1 cup mandarin orange segments. Sprinkle on 1 table-spoon white or black sesame seeds.

Yield: 4-8 servings.



S E R V I N G S U G G E S T I O N S

Herbes de Provence Vegetables

1. **PASTA**

To each package of cooked Herbes de Provence Vegetables, stir in 12 oz. cooked, seasoned penne pasta and 12 oz. grilled, sliced artisan-pork or Italian sausage links. Top with pine nuts and grated lemon zest.

Yield: 4-6 servings.

2. **PARISIAN WRAP**

Cook Herbes de Provence Vegetables according to package directions. For each serving, onto the lower half of a wheat (or spinach/tomato flavored) tortilla, layer 1/2 cup spinach leaves, 3-4 oz. cooked and flaked halibut/cod/pollock, 1/2 cup vegetables, 1/3 cup olive tapenade, and 1/4 cup shredded gruyere or Swiss cheese, if desired. Roll up burrito-style.

Yield: 8 servings.

3. **STEAKHOUSE BOWL**

Cook Herbes de Provence Vegetables according to package directions. Into a shallow pasta bowl, portion 3-4 oz. cooked soba or pasta noodles, 4 oz. grilled beef steak slices, and 4 cups vegetables. Sprinkle on gorgonzola-chive topping.

Yield: 4 servings.

4. **STROGANOFF**

Cook Herbes de Provence Vegetables according to package directions, stir in 1 cup diced onions after 3 minutes of cooking. When vegetables reach 165°F, turn off heat. Stir in 1 cup sour cream, 1 tablespoon lemon juice, 8-12 oz. cooked, seasoned ground beef, meatballs, or Italian sausage slices. Into a half-size spray-coated steamtable pan, combine 4 cups buttered egg noodles and vegetable-meat mixture. Sprinkle on chopped parsley.

Yield: 4-6 servings.



S E R V I N G S U G G E S T I O N S

Harbor Lemon Dill Vegetables

1. **WATERFRONT**

Place Harbor Lemon Dill Vegetables and 12-16 oz. frozen bay scallops into a grillable pouch. Cook on griddle or grill, turning occasionally, until vegetables reach 165°F and scallops are opaque. Into spray-coated, half-size steamtable pan, layer 4 cups rice pilaf, the vegetable-scallop blend, and 1 cup grated Romano-bread crumb blend. Broil just until top begins to brown. Serve with lemon wedges and cracked pepper.

Yield: 4-6 servings.

2. **SKEWERS**

Cook Harbor Lemon Dill Vegetables according to package directions. For each serving, thread 4 oz. chicken strips or halibut cubes onto wooden skewers that have been water-soaked for 30 minutes. Brush with garlic-infused oil. Season with sea salt and pepper. Grill to desired doneness. Serve over 1 cup cooked vegetables.

Yield: 4 servings.

3. **SAN MARINO BOWLS**

Add contents of one package of Harbor Lemon Dill Vegetables to a large sauté pan. Cook, stirring occasionally, 3-4 minutes. Add 1 lb. of manila clams over vegetables. Cover and continue cooking over medium-high heat, 3-4 minutes, until clams pop open and vegetables reach 165°F. To serve, portion 1 cup vegetables and 4 oz. clams over 2-4 oz. buttered linguine in a pasta bowl. Sprinkle on chopped parsley.

Yield: 4-8 servings.



S E R V I N G S U G G E S T I O N S

Grecian Rosemary Vegetables

1. **GYRO-STYLE**

Cook Grecian Rosemary Vegetables according to package directions. For each serving, brush a grilled flatbread/pita bread with garlic-olive oil, top with 2-3 oz. gyro meat slices, $\frac{3}{4}$ to 1 cup vegetables, 1 tablespoon chopped red onion, and 2 oz. crumbled feta cheese. Sprinkle on dried oregano and heat just until cheese begins to soften.

Yield: 4-6 servings.

2. **NICOISE**

Cook Grecian Rosemary Vegetables according to package directions. Serve each 1 cup vegetables as part of a composed Nicoise salad, highlighting canned tuna or salmon, grape tomatoes, pitted olives, and quartered hard-cooked eggs on a lettuce bed and served with a lemon-mustard vinaigrette.

Yield: 4 servings.

3. **SUNDAY DINNER**

Cook Grecian Rosemary Vegetables according to package directions. Into a spray-coated half-size steamtable pan, layer 4 cups seasoned mashed potatoes and vegetables that have been lightly tossed with 12-16 oz. cooked pot roast or beef brisket. Sprinkle with herbed bread crumbs.

Yield: 4 servings.

4. **GRILLED CHOPS/RIBS**

Cook Grecian Rosemary Vegetables according to package directions. For each serving, portion 1 cup seasoned saffron rice topped with 1 cup vegetables onto a rimmed plate. Position 3 grilled lamb chops (or three 2-rib sections of BBQ ribs) on top of the vegetables, bones standing up and intertwined. Sprinkle with crushed red pepper flakes.

Yield: 4 servings.



S E R V I N G S U G G E S T I O N S

Café Garlic Herb Vegetables

1. **PASTA**

Cook Café Garlic Herb Vegetables according to package directions. Stir in 8-12 oz. cooked medium-sized pasta (rotini, penne, etc.), 8-12 oz. grilled chicken strips and juice of a small lemon; heat through. Sprinkle on fresh grated Parmesan cheese.

Yield: 4-6 servings.

2. **SEASIDE**

Place contents of one package of Café Garlic Herb Vegetables and 12-16 oz. frozen (31-40 count-size) shrimp into a grillable pouch. Cook on griddle or grill, turning occasionally, until vegetables reach 165°F and shrimp is cooked throughout. Serve over cooked medium shell or gemelli pasta.

Garnish with lime zest.

Yield: 4-6 servings.

3. **CLASSICS**

Cook Café Garlic Herb Vegetables according to package directions. For each serving, layer $\frac{3}{4}$ cup cooked, seasoned wild rice blend, 1 cup vegetables, and 3-4 oz. spice-rubbed, grilled sirloin/flank steak strips onto a rimmed plate. Garnish with chopped chives.

Yield: 4-6 servings.



S E R V I N G S U G G E S T I O N S

Bistro Carrots & Sweet Potatoes

1. **SOUTHERN BENEDICT**

Cook Bistro Carrots & Sweet Potatoes until soft according to package directions. Cool slightly and transfer to food processor. Add $\frac{1}{2}$ cup maple syrup and $\frac{1}{2}$ cup pineapple/orange juice. Pulse until slightly chunky; keep warm. For each serving, split a large southern biscuit, toast it and place on a plate, cut sides up. Top each biscuit half with a 2 oz. cooked sausage patty, poached egg and $\frac{1}{3}$ cup Bistro Carrot & Sweet Potatoes vegetable sauce. Garnish with fresh herbs and cracked black pepper.

Yield: 6-8 servings.

2. **CARIBBEAN STYLE**

Cook Bistro Carrots & Sweet Potatoes in a large sauté pan for 5 minutes. Stir in 12-16 oz. jerk-seasoned cooked chicken/pork pieces and $1\frac{1}{2}$ cups drained pineapple tidbits. Continue cooking until vegetables are crisp-tender and reach 165°F. Serve each 1 cup portion over $\frac{3}{4}$ cup cooked peppered rice. Garnish with toasted coconut and chopped cilantro.

Yield: 4-6 servings.

3. **MOROCCAN**

Cook Bistro Carrots & Sweet Potatoes according to package directions adding 1 cup peeled, diced apple, after 3 minutes of cooking. Layer a half-size, spray-coated steamtable pan with 4 cups cooked seasoned couscous, vegetable mixture, $\frac{1}{4}$ cup each raisins, sliced almonds, and chopped green onions.

Yield: 6-8 servings.

4. **TURKEY DINNER**

Cook Bistro Carrots & Sweet Potatoes according to package directions. Remove from heat and stir in 1 cup chopped toasted walnuts/pecans and $\frac{1}{4}$ cup dried cherries or golden raisins. Portion 1 cup vegetables into oven-proof dish. Top with mini-marshmallows and heat under broiler just until deep golden. Serve Bistro Carrots & Sweet Potatoes casserole with turkey breast slices, gravy and cornbread.

Yield: 5 servings.



S E R V I N G S U G G E S T I O N S

Baja Vegetable Roast

1. **BAJA BOWLS**

For each serving, layer 1/2 cup cooked white/brown/Spanish rice, 1 cup cooked Baja Vegetable Roast, and 2-4 oz. seasoned grilled skirt steak strips/carne asada in a bowl. Serve with lime wedge or sour cream dollop.

Yield: 4-6 servings.

2. **SOUTHWEST CHILI**

Cook Baja Vegetable Roast according to package directions in stockpot. Stir in 28 oz. canned diced tomatoes, 14 oz. canned drained pinto/kidney beans, 2 cups hot water, 2-3 tablespoons chili seasoning and 2 lb. cooked ground beef or turkey. Heat through.

Yield: 8-10 servings.

3. **MINI-TACOS**

For each serving, portion 2 oz. seasoned, grilled or breaded whitefish, 1/4 to 1/3 cup cooked Baja Vegetable Roast and 2 tablespoons chipotle sour cream onto a small corn/flour tortilla. Serve with spicy salsa.

Yield: 12-16 servings.



