

CHICKPEA TOMATO CUCUMBER YOGURT SALAD

Serves 4



INGREDIENTS

- 1/4 cup Fat Free Greek Yogurt
- 1/4 tsp. Ground Cumin
- 3/4 cloves Fresh Garlic, minced
- 3/4 tsp. Fresh Dill Weed, chopped
- 1-1/2 tsp. Fresh Lemon Juice
- 2-1/2 cups Fresh Cucumbers, peeled and diced
- 2 cups Fresh Cherry Tomatoes, halved
- 2 cups Canned Garbanzo Beans, drained and rinsed

INSTRUCTIONS

1. Combine Greek yogurt, cumin, garlic, dill weed and lemon juice in bowl and mix to combine.
2. Prepare produce and place in bowl. Toss with yogurt sauce and chill until ready to serve.

SCAN TO ORDER
YOUR INGREDIENTS



TOMATOES

EVERYDAY SUPERFOODS

INDIAN SPICED TOMATO CHUTNEY OVER GRILLED CHICKEN

Serves 4



INGREDIENTS

- 12 oz. Grilled Chicken Breast
- 1 Tbsp. Extra Virgin Olive Oil
- 1/2 tsp. Fresh Ginger Root, minced
- 1/2 tsp. Fresh Garlic, minced
- 1/8 tsp. Mustard Seed
- 1/8 tsp. Cumin Seed
- 1/8 tsp. Ground Turmeric
- 2 Tbsp. Red Wine Vinegar
- 2 Tbsp. Light Brown Sugar
- 1 cup Canned Diced Tomatoes, no added salt, drained
- 1/4 cup Fresh Scallions, sliced
- 1/8 tsp. Salt

INSTRUCTIONS

1. Heat a pan over medium heat and drizzle the olive oil. Add the aromatics (ginger, garlic, mustard seeds, cumin seeds, turmeric) into the pan and sauté until fragrant, about 2 minutes.
2. Add vinegar and brown sugar and bring to a boil until sugar is melted. Remove from heat and add the drained, diced tomatoes and scallions.
3. Season with salt and serve over the cooked chicken.

SCAN TO ORDER
YOUR INGREDIENTS



TOMATOES

EVERYDAY SUPERFOODS

MEDITERRANEAN BAKED EGGS, BELL PEPPER, TOMATO, CHICKPEAS & PITA

Serves 4



INGREDIENTS

- 9 oz. Red Bliss Potatoes, diced
- 1 tsp. Olive Oil
- 1/8 tsp. Kosher Salt
- 1/4 tsp. Ground Black Pepper
- 2 Tbsp. Olive Oil
- 1 cup Yellow Onion, chopped
- 1 cup Red Bell Peppers, diced
- 1 tsp. Ground Cumin
- 1 tsp. Ground Paprika
- 1 Tbsp. Garlic, minced
- 1/8 tsp. Ground Black Pepper
- 1/2 cup Canned Chickpeas, drained
- 1 1/2 cup Canned Crushed Tomatoes
- 1/3 cup Parsley, chopped
- 8 Whole Eggs
- 2 Whole Wheat Pita Pockets, 6"

INSTRUCTIONS

1. Toss the red bliss potatoes with the first listed olive oil, salt and pepper. Spread on sheet pan and roast at 375° F until fork tender.
2. Heat second listed olive oil in a large oven-safe skillet over medium. Cook onions and bell peppers until translucent.
3. Stir in cumin, paprika, garlic and black pepper. Cook until fragrant. Add the roasted potatoes and chickpeas. Stir in the crushed tomatoes. Reduce heat to low and simmer for 20-30 minutes. Stir in parsley.
4. To make 4 separate servings, separate the sauce into 4 smaller skillets or baking dishes. If serving from one pan, skip this step.
5. Use the back of a spoon to make wells in the sauce for the eggs. Crack 2 eggs into each small baking dish (or 8 eggs into the large baking dish). Bake in a 375 degree oven until eggs are set but yolks are still runny, about 8-10 minutes.
6. Cut the pita into 6 pieces, toast lightly if desired, and serve 2 pieces per person to dip in the dish.

SCAN TO ORDER
YOUR INGREDIENTS



TOMATOES

EVERYDAY SUPERFOODS

PANZANELLA SALAD

Serves 4



INGREDIENTS

Salad

- 4 slices Baguette
- 3 Tbsp. Extra Virgin Olive Oil
- 1/8 tsp. Kosher Salt
- 2 Fresh Tomatoes
- 4 oz. Fresh Mozzarella
- 1/4 Red Onion
- 1 Garlic Cloves
- 1 sprig Flat Leaf Parsley
- 1/2 English Cucumber
- 1 sprig Fresh Basil
- 1 tsp. Capers

Dressing

- 1 Tbsp. Red Wine Vinegar
- 1/2 tsp. Dijon Mustard
- 3 Tbsp. Extra Virgin Olive Oil
- 1/8 tsp. Kosher Salt
- 1/8 tsp. Ground Black Pepper

INSTRUCTIONS

1. All produce should be rinsed and scrubbed.
2. Cut bread into two inch cubes, toss with one Tbsp. of extra virgin olive oil and salt. Toast in preheated 425° F oven for about 8-10 minutes until golden brown. Let cool and reserve.
3. 1/4 inch dice tomatoes, mozzarella & red onion. Julienne cucumber then 1/4 inch dice. Mince garlic & chop parsley and basil together.
4. In a mixing bowl combine red wine vinegar, Dijon mustard and a little salt and pepper if desired, whisk together. Slowly drizzle in remaining EVOO whisking constantly until all is incorporated.
5. Add all ingredients to bowl including the capers and toasted bread, toss to evenly distribute.
6. Plate and enjoy. Can garnish with some more fresh herbs if desired.

SCAN TO ORDER
YOUR INGREDIENTS



TOMATOES

EVERYDAY SUPERFOODS