



Summer Fresh

APPYS

RECIPE GUIDE 2020

Let's turn small gatherings into the real gift... We know that the holidays may look a little different this year but you can still make them special and create memories by adding laughter, love and great food to this Holiday Season.

Slow down and take time to reconnect with family and friends whether it be with your own family bubble or sharing a meal with your loved ones on Zoom because we believe cherished moments happen when we "get together".

This year, we've developed 10 simple and delicious recipes with our chefs to help inspire you on your culinary journey, created with small gatherings in mind.

Don't forget to tag us on Instagram using [#FreshAPPYS](#) for your chance to be featured on our page!

Enjoy!

Susan
President, Summer Fresh





Summer Fresh

Fresh Holiday Brunch

Ingredients

454g Summer Fresh Everything Bagel Hummus
227g Summer Fresh Roasted Red Pepper Dip
227g Summer Fresh Spicy Hummus

- 1 Dozen Bagels, assorted
- 1 hard Cheese – Parmigiano Reggiano or other
- 2 soft Cheese – Brie, goat cheese or other
- 1 bunch Red Grapes
- 1 bunch Green Grapes
- 1 pint, Strawberries
- 1 pint, Blueberries
- 1 pint, Raspberries
- 1 Pomegranate, halved
- 1 Avocado, sliced
- 2 Radish, sliced
- 1 cup, Candied Walnuts
- 2 packs of artisan crackers
- 2 Heirloom Tomatoes, sliced
- 3 Mini Cucumber, sliced
- 1 Red Onion, thinly sliced
- Fresh herbs, green onion or other

Directions

1. The easiest way to start assembling your board is to start with the Summer Fresh dips, bagels and cheese, arrange them throughout the board than start adding in smaller items until the board is completely covered.
2. Remember to pay close attention to the colours on the board to ensure that they're evenly distributed.





Summer Fresh

5 Cheese Scalloped Potatoes

Ingredients

227g Summer Fresh 5 Cheese Dip
Oil Spray
6 large potatoes, peeled and sliced
½ onion, thinly sliced
1/3 cup milk
2 cups mixed, Shredded Cheese
Blend, divided

Directions

1. Preheat oven to 375F. In a mixing bowl, Mix together milk and Summer Fresh 5 Cheese Dip, set aside.
2. Grease a 2 small 2.75 qt. baking dish with canola oil spray. Arrange half of the potato and onion slices in an even layer in baking dish, slightly overlapping as you go. Spread half of the 5 Cheese mixture over potatoes and sprinkle with half of the cheese. Repeat potato and dip layers (the second layer of the cheese will be added later)
3. Cover dish and bake in oven for 60 minutes or until the potatoes are cooked through. At 30 minutes, remove the casserole from the oven and carefully stir, add additional cheese to the top of the potatoes and returning the dish to the oven without foil. Continue to cook for an additional 30 minutes, or until cooked though and golden brown, remove from the oven.





Summer Fresh

Individual Roasted Potatoes



Ingredients

227g Summer Fresh Baba Ghanouj

4 tablespoon, Olive Oil

3 cloves garlic, minced

1 lbs baby potatoes, rinsed and drained

1/2 cup, fresh Parsley, Rosemary or Mint for garnish

Directions

1. Preheat oven to 375°F.
2. In a mixing bowl, Add butter, garlic, salt and pepper and mini potatoes and toss to mix well. Transfer to baking dish and cover the potatoes with aluminum foil.
3. Roast potatoes for 25- 30 minutes or until potatoes have softened. Remove foil, raise oven to 425F and bake for another 10 -15 minutes uncovered to help crisp up the potatoes.
4. Roast potatoes for 25- 30 minutes or until potatoes have softened. Remove foil, raise oven to 425F and bake for another 10 -15 minutes uncovered to help crisp up the potatoes.
5. Remove from heat and toss one more time, to ensure the olive oil coats the potatoes. In small glass bowls, place a generous amount of Summer Fresh Baba Ghanouj at the bottom than place the roasted potato in the centre of the bowl and garnish with fresh parsley, rosemary or mint. Serve and enjoy!





Summer Fresh

Single Serve Antipasta Plates

Ingredients

227g Summer Fresh Artichoke & Asiago Dip

227g Roasted Red Pepper Hummus

200g Salami

200g Prosciutto

300g Candied walnuts

1-2 varieties of
crackers/breadstick

1 bunch, Red Grapes

2 Belgian Endives

Directions

1. Take 4-6 small plates and place one spoonful of each Summer Fresh Roasted Red Pepper Hummus and Artichoke & Asiago Dip onto the plate.

2. Place 4 artisan crackers beside the dips, take two slices of prosciutto and salami and place on the plate, add a small bunch of grapes, 4-5 candied walnuts and finish off the plate with 2 endive spears. Serve and enjoy!





Summer Fresh

Loaded Holiday Hummus

Ingredients

- 454g Summer Fresh Original or Roasted Garlic Hummus
- 200g cooked Farro, or 200g Summer Fresh Seven Grain Salad (available at Costco)
- 1 large Burrata Cheese
- 1/2 Cup Heirloom Cherry Tomatoes, halved
- 1/4 cup Black olives
- 1/2 Cup Micro greens
- 2 Tbsp Olive Oil

Directions

1. Spread one full container of Summer Fresh Original Hummus in a large circular motion on the plate to create a swirl effect.
2. Open and place Summer Fresh Seven Grain Salad on the other side of the plate, placing some of the salad on top of the hummus.
3. Place the Burrata on top of the salad and top with cherry tomatoes, olives and fresh micro greens. Drizzle Olive oil over the hummus and burrata and crack fresh black pepper onto the plate, to taste. Serve with pita, and enjoy!





Summer Fresh

Mini Spinach & A&A Cheese Bake

Ingredients

227g Summer Fresh
Artichoke & Asiago Dip
227g Summer Fresh Spinach Dip
1/2 cup, Shredded Mozzarella
1/2 cup, Shredded Asiago Cheese
1 package, Crostini

Directions

1. Pre-Heat the oven to 375°F.
2. In a mixing bowl combine Summer Fresh Spinach Dip, Summer Fresh Artichoke & Asiago Dip, mozzarella cheese and asiago cheese.
3. Coat 2 mini cast iron skillet with cooking spray and equally divide mixture into skillets. Bake for 10-12 minutes or until cheese bake is bubbly and golden brown. If the top isn't browned, turn oven to broil and cook for 1-2 minutes or until cheese starts to brown. Be sure to watch this closely so that it doesn't over cook.
4. Remove from oven and let cool for 5-10 minutes and then place skillet onto a board and serve with crostini.





Summer Fresh

Spinach Dip Crostini

Ingredients

454g Summer Fresh Spinach Dip
Artisan Baguette
200g Prosciutto
3 Figs, cut in quarters

Directions

1. Slice baguette on a diagonal and toast until golden brown on broil in oven.
2. Spread a generous amount of Summer Fresh Spinach Dip onto each baguette slice.
3. Drape 1 slice of prosciutto on top of Spinach Dip and place fig on top. Serve and Enjoy.





Summer Fresh

Chilaquiles

Ingredients

2 x 227g Summer Fresh
Bruschetta
227g Summer Fresh Tzatziki
1 bag, Tortilla chips
1/2 cup Cotija Cheese, crumbled
1 tablespoon vegetable oil
2 jalapenos, sliced
2 radish, thinly sliced
1/3 cup Microgreens

Directions

1. Add Vegetable oil to large frying pan; heat it over medium-high heat. Spread the tortilla chips in the pan.
2. Pour 1 container of Summer Fresh Bruschetta over the chips and reduce to Medium-low heat. Simmer the chips in the bruschetta, until the chips have softened, for approximately 5-10 minutes.
3. Add Tortillas to large plate; add cheese and drizzle with Summer Fresh Tzatziki, some extra Summer Fresh Bruschetta, sliced jalapenos, radish and micro greens. Serve and enjoy.





Summer Fresh

Roasted Cabbage & Kale Chips

Ingredients

227g Summer Fresh Aged Cheddar
Chipotle Dip
2 Cups, Purple Cabbage, chopped
2 Cups Kale, chopped
3 tbsp, Olive Oil
Pink salt, to taste

Directions

1. Preheat oven to 350°F.
2. In a large mixing bowl using your hands, massage the kale and cabbage together with olive oil and pink salt. Lay out kale and cabbage in a single layer on a parchment-lined cookie sheet and bake for 15 minutes. If still soft, continue baking and check every 5 minutes until crispy.
3. Take out of oven and cool for 5 minutes, add to bowl with Summer Fresh Aged Cheddar Chipotle for dipping.





Summer Fresh

Vegan Pasta Bake



Ingredients

227g Summer Fresh
Caramelized Onion Hummus
or Roasted Garlic Hummus

- 500g Pasta (of choice)
- 1 cup Butternut squash, diced (steamed)
- 1 small crown Broccoli (steamed)
- 1 tablespoon Olive Oil
- 2 tsp Garlic Powder
- 1 cup pasta water
- Juice of 1/2 Lemon Juice
- 1/2 cup Bread Crumbs
- 1 cup Vegan Cheese

Directions

1. Cook the pasta to Al dente according to the package directions. Preheat oven to 375°F and grease 4 small baking dishes.
2. Add the hummus, garlic powder and lemon juice to the pasta. Add the water, starting with 1/2 cup and increasing as needed (it thickens as you stir it). You don't want the pasta to be dry! Stir until the sauce is creamy and evenly distributed. Mix in, broccoli, butternut squash, vegan cheese.
3. Split pasta dish equally and place in small baking dishes or mini pans, top with bread crumbs and bake. Bake at 375°F. for 20 – 25 minutes until dish is lightly browned.

