

# APPYS

WINTER 2024 VOL 12



12 EASY  
APPETIZERS  
THAT WILL WOW  
YOUR GUESTS





# 12 QUICK & EASY APPETIZERS



We wanted to thank you for taking the time to download our easy & delicious appetizer “APPYs” recipe booklet. SummerFresh® is inspired to create healthy meal solutions that bring joy to you & your family, real food you can feel good about every day.™ As a company in business for 30+ years, we believe the holidays are meant for enjoying time together with friends and family, over drinks and great food, without all the fuss. Let Summer Fresh keep your bellies and spirits full this festive season. Happy Holidays from our family to yours!

*Susan*

President, Summer Fresh®

## 3 PROSCIUTTO PEAR BITES

A delightful holiday appetizer, prosciutto-wrapped pear slices with fresh arugula and **Summer Fresh's® Roasted Garlic Hummus**, offers a perfect balance of sweet and savoury flavours.

## 4 ASPARAGUS FRIES

## 5 ANTIPASTO SKEWERS

## 7 CANDY CANE CAPRESE SALAD

This appetizer will sure be a fan favourite this holiday seasons. Slices of fresh mozzarella and tomatoes with **Summer Fresh's® Loaded Spinach Dip** makes for a healthy addition to your festive spread.





**8** HOLLY LETTUCE TREE

**9** THE SALAD BOARD

**11** FIERY CRISPY POTATOES

**12** CHICKEN POT PIES



**13** SMOKED SALMON POTATO CAKES

**14** GOLDEN PARMESAN BRUSSEL BITES



**15** THE ENTERTAINING BOARD

Elevate your festive meals with a sweet board showcasing Summer Fresh's® luscious dessert dips paired with our savoury Dips for a perfect fusion of decadence and sophistication.

**17** DILL PICKLE CROQUETTES



# PROSCIUTTO PEAR BITES

SERVES 10    PREP TIME 10 MINS.

## INGREDIENTS

- Summer Fresh® Roasted Garlic Hummus
- Baby arugula
- 1 Ripe pear, cored and cut into long slices
- Optional: Balsamic glaze
- 10 Slices of prosciutto
- Brie cheese

## DIRECTIONS

1. On a slice of prosciutto spread a thin layer of **Summer Fresh® Roasted Garlic Hummus**, lay a piece of pear, brie and arugula on one side. Roll tightly.
2. Optional: Drizzle balsamic glaze on top and serve with extra **Summer Fresh® Roasted Garlic Hummus**.







# ASPARAGUS FRIES

*SERVES*    *PREP TIME*    *COOK TIME*  
6            10 MINS.    10-12 MINS.

## INGREDIENTS

- **Summer Fresh® Original Hummus**
- 2 tbsp All-purpose flour
- 1 Large egg, beaten
- 3/4 cup Breadcrumbs
- 1/4 cup Parmesan cheese, grated
- 1/2 tsp Garlic powder
- 1 lbs Asparagus, washed and trimmed
- Salt and pepper

## DIRECTIONS

1. Preheat oven to 425° F. Lightly spray a large baking pan with non-stick cooking spray. Place flour and beaten eggs in separate mixing bowls. In a shallow dish, combine breadcrumbs, parmesan, garlic powder, salt and pepper.
2. Toss asparagus in flour to lightly coat them. Shake off any excess flour. Dip coated asparagus into egg, allowing the excess to drip off. Toss into breadcrumb mixture.
3. Place breaded asparagus to baking pan in a single layer. Spray them with cooking spray. Bake for 10-12 minutes or until golden-brown and crispy.
4. Serve with **Summer Fresh® Original Hummus** and enjoy!





# ANTIPASTO SKEWERS

SERVES 15    PREP TIME 45 MINS.

## INGREDIENTS

- Summer Fresh® Artichoke & Asiago Dip
- 1 cup Cheese tortellini
- 1/2 cup Italian dressing
- 1 cup Olives and fresh basil leaves
- Salami slices
- 283g Grape tomatoes
- 1 jar Marinated quartered artichoke hearts
- 200g Mini bocconcini
- 15 Cocktail wooden skewers

## DIRECTIONS

1. Cook tortellini according to instructions. Once ready, drain and rinse. Transfer to a bowl and toss with Italian dressing. Cover bowl with plastic wrap and refrigerate for 30 mins.
2. Thread items onto cocktail skewers, alternating between different colours.
3. Serve with a side of olive oil and balsamic vinegar, **Summer Fresh® Artichoke and Asiago Dip**.





Susan's  
GIFT IDEAS

# DIY HOMEMADE YARN PLATE SETTING TAGS

## SUPPLIES

- Thin cardboard (Ex. recycled cereal box)
- Scissors
- Pencil
- Hot glue gun
- Yarn or twine

## DIRECTIONS

1. Draw large letters onto cardboard and cut out.
2. Using a hot glue gun, attach end of yarn or twine to cardboard letters.
3. Begin wrapping yarn around letter, keeping yarn as tight as possible without bending cardboard, both horizontally and vertically. Add hot glue to keep yarn in place, if needed.
4. Once cardboard is completely covered, secure end of yarn with hot glue. Using a short piece of same yarn, make a loop and glue to the back of your letter. Perfect for placesettings and to decorate your tree afterwards.



## SANGRIA MOCKTAIL

A festive winter sangria brimming with warm spices, citrus, and rich pomegranate juice. Creating the perfect holiday cheer in a glass.

## INGREDIENTS

- 1L Pomegranate-juice blend
- 2 Cinnamon sticks
- 1 Lemon, thinly sliced
- 1 Lime, thinly sliced
- 1 Ripe pear, peeled, seeded, and diced
- 1 Granny Smith apple, seeded and diced
- 1 cup Cranberries
- 4 cups Sparkling water





# CANDY CANE CAPRESE SALAD

SERVES 4-6    PREP TIME 15 MINS.

## INGREDIENTS

- Summer Fresh® Loaded Spinach dip
- Fresh mozzarella, sliced
- 3 Large tomatoes, sliced
- Fresh basil leaves, for garnishing
- Olive oil, for drizzling
- Toasted baguette, for serving

## DIRECTIONS

1. Start at top of candy cane shape, alternate layering a slice of fresh mozzarella, a dollop of **Summer Fresh® Loaded Spinach Dip**, with a slice of tomato until you get a big candy cane shape.
2. Place fresh basil leaves around board.
3. Drizzle with olive oil and sprinkle with sea salt.



## Susan's TIPS

Using a knife, cut squares and rectangles out of red pepper and cut a star out of the yellow pepper. Slice very thin strips of cheddar cheese to lay on top of peppers. Place presents at bottom of tree.



# HOLLY LETTUCE TREE

SERVES 10    PREP TIME 10 MINS.

## INGREDIENTS

- Summer Fresh® Mexican Bean Salad
- Summer Fresh® Roasted Red Pepper Dip
- 3 heads of Boston Leaf lettuce
- 1/2 cup Cotija cheese or any fresh cheese
- 1/2 cup Cherry tomatoes
- 1/2 cup Red pepper, diced

## DIRECTIONS

1. Lay lettuce leaves on oval platter. Position larger leaves at bottom of platter and place smaller leaves as you work toward top.
2. Place Summer Fresh® Mexican Bean Salad, cherry tomatoes and diced red pepper across boats, sprinkle with your choice of cheese and drizzle Summer Fresh® Roasted Red Pepper Dip on top.





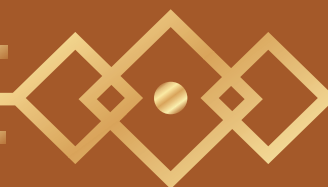
## CRANBERRY GINGER SPARKLING MOCKTAIL

This drink is a refreshing and vibrant blend of tart cranberry, zesty ginger, and effervescent bubbles, perfect for a festive drink experience.

- Rim glass with sugar
- 2 oz. Unsweetened cranberry juice
- 4 oz. Ginger beer
- 2 tsp Granulated sugar
- 1 tsp Orange zest
- Garnish with fresh cranberries







# THE SALAD BOARD

*SERVES* 10     *PREP TIME* 20 MIN.

## INGREDIENTS

- Summer Fresh® Mexican Bean Salad
- Summer Fresh® Dill Pickle Potato Salad
- Summer Fresh® Greek Orzo Salad
- Summer Fresh® 3 Grain Sesame Ginger Salad
- Summer Fresh® Couscous Salad
- Summer Fresh® Greek Pasta Feta Salad

Choice of other foods to accompany our salads:

- Sliced grilled sirloin steak
- Smoked salmon
- Sliced roasted chicken breast
- Falafel
- Cut vegetables
- Assorted crackers

## DIRECTIONS

1. Place **Summer Fresh® Salads** into bowls. Prepare your vegetables and selections of assorted sides.
2. On a board place your Summer Fresh® salads and begin filling inbetween with your additional sides to create a beautiful grazing board.







# FIERY CRISPY POTATOES

*SERVES*  
6

*PREP TIME*  
10 MINS.

*COOK TIME*  
35 MINS.

## DIRECTIONS

1. Preheat oven to 425 °F.
2. Clean potatoes, use a paper towel to dry them thoroughly. Cut potatoes into wedges.
3. Place potatoes on a half-sheet baking pan. Drizzle with olive oil and season with paprika, salt, and pepper. Toss to combine and arrange potatoes in a single layer.
4. Bake for 25 minutes, remove and flip wedges. Bake for another 10 minutes until crisp, golden brown, and fork tender.
5. Place potatoes on a serving dish or in individual cups and drizzle **Summer Fresh® Spicy Hummus** and **Summer Fresh® Original Garlic Dip & Sauce** on top. Sprinkle with fresh chopped parsley and serve.

## INGREDIENTS

- **Summer Fresh® Spicy Hummus**
- **Summer Fresh® Original Garlic Dip & Sauce**
- 1 1/2 lbs Red potatoes, cut into wedges
- 2 tbsp Olive oil
- 1 tsp Paprika
- Salt and pepper





*Susan's*  
**TIPS**

In a small bowl, whisk egg with 1 tbsp of water. Brush egg wash over each pie crust to have a golden brown crust.

# CHICKEN POT PIES

**SERVES** 6    **PREP TIME** 25 MINS.    **COOK TIME** 20-25 MINS.

## INGREDIENTS

- Summer Fresh® Baba Ghanouj
- 1 Pie crust
- 1/2 cup Chicken broth
- 2 cups Cooked chicken, shredded
- 1 cup Mixed vegetables (diced carrots, peas, corn)
- 1 Garlic clove, minced
- 1 Spring of fresh thyme
- Fresh rosemary to taste
- Salt & pepper

## DIRECTIONS

1. Preheat oven to 400°F. Place six small mason jars on a baking sheet.
2. In a saucepot, heat broth over medium heat. Add mixed vegetables. Cook until tender, 7 to 9 minutes. Add spices.
3. Stir Summer Fresh® Baba Ghanouj, chicken and peas into a saucepot. Bring mixture to a simmer and cook until it thickens, 10 to 15 minutes.
4. Ladle into mason jars. Let cool to room temperature.
5. On a lightly floured surface, roll out pie crust dough until it is flat and slightly thinner than it originally was. Using Christmas cookie cutters, cut out shapes to lay over jars. Chill pies in the refrigerator for 20 minutes.
6. Bake until pies are golden brown, 20 to 25 minutes. Cool for at least 10 minutes before serving.



# SMOKED SALMON POTATO CAKES

SERVES 12    PREP TIME 15 MINS.

## INGREDIENTS

- **Summer Fresh® Tzatziki**
- 3 cups Mashed potatoes
- 1/3 cup Parmesan cheese, grated
- 1/3 cup Chives, chopped
- 1 Large egg
- 3/4 cup All-purpose flour, divided
- 12 Slices smoked salmon
- Salt and pepper



## DIRECTIONS

1. Heat about 1 inch of oil in a large skillet over medium-low heat.
2. Mix mashed potatoes, parmesan cheese, chives and egg in a medium bowl. Stir in 1/4 cup of the flour and season with pepper.
3. Place remaining 1/2 cup flour in a shallow dish. Divide potato mixture into 12 even portions, and shape into flat rounds about 1/2 inch thick.
4. Drench each potato pancake in flour, shaking off excess. Working in batches, fry pancakes in hot oil (reduce heat to low if oil is too hot) until golden brown on both sides, 2 to 3 minutes per side.
5. Transfer to a paper-towel lined plate; lightly season with salt. Serve pancakes with **Summer Fresh® Tzatziki**, smoked salmon, and chives.



## APPLETINI MOCKTAIL

A festive Holiday Appletini features the zing of ginger juice mixed with apple juice, garnished with a fresh apple slice, offering a cozy holiday twist.

## INGREDIENTS

- 1/4 cup Apple juice
- 1/2 oz. Ginger juice
- 2 oz. Sparkling water
- 1 pinch Cinnamon
- Ice cubes
- Thin apple slices (to garnish)



## Susan's TIPS

Eating is one of life's best gifts. It is with food that we celebrate with family and friends. Make the celebration fun and easy with Summer Fresh® Dips & Hummus so that you can spend more time with loved ones.



# GOLDEN PARMESAN BRUSSEL SPROUT BITES

*SERVES*     *PREP TIME*     *COOK TIME*  
4-6             10 MINS.     15-20 MINS.

## INGREDIENTS

- Summer Fresh® Artichoke Parmesan Dip
- 1/2 cup All-purpose flour
- 1 tsp Garlic powder
- 2 Large eggs
- 1 cup Breadcrumbs
- 1/2 cup Parmesan cheese, grated
- 3 tbsp Unsalted butter, melted
- 1 pound Brussel sprouts, cleaned and trimmed
- Salt and pepper

## DIRECTIONS

1. Preheat oven to 400°F and line baking sheet with parchment paper.
2. Set out three wide, shallow bowls. In one, stir together all dry ingredients. In second bowl, whisk eggs well. In third bowl, mix breadcrumbs, parmesan and melted butter.
3. Working in batches, drench brussel sprouts in flour mixture, egg, and breadcrumb mixture, tossing to coat fully. Transfer brussel sprouts to baking sheet and spread evenly.
4. Bake until brussel sprouts are golden brown, tossing occasionally, 15-20 mins. Once ready, season brussel sprouts with salt to taste. Serve with **Summer Fresh® Artichoke Parmesan Dip**.



*Susan's*  
**TIPS**

Laugh a lot.  
Laughter is the  
best medicine!







# THE ENTERTAINING BOARD

SERVES 10    PREP TIME 15 MINS.

## INGREDIENTS

- Summer Fresh® Dill & Herb Dip
- Summer Fresh® 5 Cheese Dip
- Summer Fresh® Strawberry Dip
- Summer Fresh® Chocolate Brownie Hummus
- Choice of assorted fruits, vegetables, cheese, cookies and crackers

## DIRECTIONS

1. Wash and cut all fruits and vegetables in desired sizes.
2. Place Dips and Hummus in bowls onto the board.
3. Arrange all food items on a board around Dip & Hummus.

## SAVOURY HOLIDAY CRACKERS

A fun craft with your family. Have a contest to see who can decorate the best Hummus Cracker.

### INGREDIENTS

- Summer Fresh® Original Hummus
- Summer Fresh® Roasted Red Pepper Hummus
- Puff pastry
- Chives, chopped

### DIRECTIONS

1. Fill two piping bags with **Summer Fresh® Original** and **Roasted Red Pepper Hummus**.
2. Use a cookie cutter to cut out shapes out of puff pastry, cook as per instructions. Let cool.
3. Decorate each cracker with hummus and garnish with chives.







# DILL PICKLE CROQUETTES

*SERVES* 6     *PREP TIME* 25 MINS.     *COOK TIME* 4-7 MINS.

## INGREDIENTS

- Summer Fresh® Dill Pickle Hummus
- 3 cups Mashed potatoes, chilled
- 1/4 cup Milk
- 1/2 cup Cheddar cheese, shredded
- 1/4 cup Cooked ham, diced
- 1/4 cup Green onions, finely chopped
- 1/2 tsp Garlic powder and paprika
- 2 cups Breadcrumbs
- Salt and pepper

## DIRECTIONS

1. In a large mixing bowl, combine mashed potatoes, milk, cheese, ham, green onions, garlic powder, paprika, salt, and pepper. Mix well until smooth.
2. Take 2 tbsp of the potato mixture at a time and use your hands to shape into balls.
3. Add breadcrumbs to a large bowl. Dip the mashed potato balls in the breadcrumbs and gently roll to coat.
4. Arrange the mashed potato balls evenly onto parchment lined baking pan and transfer into the freezer. Freeze for 15-20 minutes to firm up.
5. Preheat the air fryer and spray the basket with cooking spray. Arrange croquettes in a single layer, spray with oil, and air fry at 390°F for 4-7 minutes until golden brown.
6. Serve warm with **Summer Fresh® Dill Pickle Hummus.**



Susan's  
GIFT IDEAS

# PARTY FAVOURS

Holiday gifting couldn't be easier when you can share the dipping experience. Take three containers of Summer Fresh® Dips or Hummus, stack them and tie a ribbon around them. Happy Holidays!



## Recipe

PREP TIME

COOK TIME

TOTAL TIME

### INGREDIENTS

### INSTRUCTIONS

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# Summer Fresh®



FROM OUR FAMILY TO YOURS

# HAPPY HOLIDAYS

