

Summer
Fresh®

SUMMER ENTERTAINING GUIDE

10 EASY
RECIPES
TO WOW YOUR
GUESTS



SUMMER 2023

EDITOR'S LETTER

We wanted to thank you for taking the time to download our Summer Entertaining Guide. Summer Fresh® is inspired to create healthy meal solutions that brings joy to you & your family, food you can feel good about every day. We believe the holidays are meant for enjoying time with friends and family over drinks and great food without all the fuss.

Susan
President, Summer Fresh®



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WITH MEATBALLS



BRUSCHETTA & CHICKPEA
SHAKSHUKA



BRUSCHETTA & CHICKPEA SHAKSHUKA

PREP TIME
5 MIN.

COOK TIME
25-28 MIN.

SERVINGS
4

INGREDIENTS

- 2-227g Summer Fresh Bruschetta
- 800g Summer Fresh Tuscan Chickpea Salad
- 200g Summer Fresh Original Garlic Dip & Sauce
- 1 tbsp olive oil
- ½ cup onion, diced
- 2 cloves of garlic, minced
- 1 red pepper, diced
- 1 cup sliced dry cured chorizo, optional
- 3 tbsp tomato paste
- 1 tsp paprika
- 1 tsp oregano
- 2/3 cup water
- ½ tsp salt
- ½ tsp pepper
- 4 eggs
- ¼ cup fresh parsley, chopped

METHOD

1. In a large frying pan over medium heat, add olive oil and sauté onions, garlic and peppers for 3 minutes, push to side of pan and add chorizo (if using) and sauté for 3 minutes, turning to lightly brown both sides.
2. Add tomato paste and spices, cook for 1 minute then add the water, salt and pepper, stir well to combine.
3. Add container of Summer Fresh Tuscan Chickpea Salad, stir until heated through, about 4-5 minutes. Stir in both containers of Summer Fresh Bruschetta, gently bring to a simmer.
4. Crack each egg into the mixture and cover with a lid for 10 minutes on low heat. Serve with dollops of Summer Fresh Original Garlic Dip & Sauce and fresh parsley.



FETA SKEWERS
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BAKED COD
WITH BRUSCHETTA &
ZUCCHINI SPIRALS
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SPICY GARLIC
SHRIMP TACOS
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TRY IT WITH



See recipe on page 12



SPICY GARLIC
SHRIMP TACOS



SPICY GARLIC SHRIMP TACOS

PREP TIME
5 MIN.

COOK TIME
25-28 MIN.

SERVINGS
4

INGREDIENTS

- 227g Summer Fresh Spicy Garlic Dip & Sauce
- 300g Summer Fresh Crunchy Detox Salad
- 400g large shrimp, peeled and deveined
- ¼ teaspoon salt
- ¼ cup chopped cilantro, for garnish
- 2 limes, cut into wedges, for serving
- 8 tortillas

METHOD

1. Preheat grill to medium-high direct heat (375 to 400 degrees).
2. Thaw the shrimp and peel (if it's in the shell). In a medium bowl, toss the shrimp with 2 tbsp of Summer Fresh Garlic Dip & Sauce, and salt.
3. Grill the shrimp for 1 to 2 minutes per side, until bright pink and cooked through. Then warm tortillas on the grill for 10 seconds per side.
4. To serve, place the Summer Fresh Crunchy Detox Salad into a tortilla and top with grilled shrimp. Drizzle with Summer Fresh Spicy Garlic Dip & Sauce and top with chopped cilantro leaves and a squeeze of lime juice.



BABA GHANOUJ FETA SKEWERS

PREP TIME
10 MIN.

COOK TIME
10 MIN.

SERVINGS
8

INGREDIENTS

- 227g Summer Fresh Baba Ghanouj
- 400g firm feta cheese
- 1 zucchini
- 2 bell peppers
- 1 red onion
- 1 grape tomatoes





LEFTOVERS NEVER HEARD OF HER

Up your cooking game using what you already have in your kitchen. Leftover kabobs or even Summer Fresh Salads, Hummus & Dips can easily become tomorrow's wrap or salad toppers.

Reduce your food waste by making the most out of your meals with these simple solutions.

PEOPLE SAVE
LEFTOVERS
ABOUT
3 TIMES
A WEEK
BUT DON'T
ALWAYS USE
THEM UP



Turn your leftovers
into a beautiful bowl.

METHOD

1. Preheat BBQ to 400°F. if using wooden skewers soak them in water beforehand.
2. Cube feta into 16 even cubes, slice zucchini, pepper and red onion into 1-inch squares.
3. Spear a mix of vegetables and 2 pieces of feta onto each skewer and brush with 1/2 of the baba ghanouj.
4. Grill over medium-high heat rotating a quarter of a turn for 2-3 minutes a side until vegetables have softened and feta is browned.
5. Serve with remaining baba ghanouj.



Turn your leftover shrimp,
from taco night, into a seafood
pasta using Summer Fresh
Original Garlic Dip & Sauce

1/3 
FORGET ABOUT
THEIR LEFTOVERS



BAKED COD WITH BRUSCHETTA & ZUCCHINI SPIRALS

PREP TIME 10 MIN. *COOK TIME* 15-20 MIN. *SERVINGS* 4

INGREDIENTS

- 227g Summer Fresh Bruschetta
- 227g Summer Fresh Roasted Red Pepper Dip
- 1 bag zucchini spirals (about 350g)
- 4 cod fillets (5oz)
- ½ cup half & half
- 2 tbsp olive oil

METHOD

1. Preheat Oven to 400°. During this time blanch your zucchini spirals
2. In a non-stick pan slowly heat Summer Fresh Roasted Red Pepper Dip with half & half cream.
3. Pat the cod dry with a clean towel. Rub it with olive oil and sprinkle it with salt and fresh ground pepper.
4. Bake cod for 10-12 mins, until the internal temperature is 130 degrees (right when the cod starts to flake when pulled with a fork). Allow to rest for a few minutes.
5. Divide roasted red pepper sauce & zucchini spirals between 4 pasta bowls. Place cod on top and spoon over 2-3 tbsp of bruschetta.



PALOMA MOCKTAIL

Enhance your dining experience with this refreshing mocktail, perfect for those hot summer evenings.

- 4 oz. fresh grapefruit juice (1/2 cup)
- 1/2 oz. fresh lime juice (1 Tbsp)
- 1/2-3/4 oz. Simple syrup (1-1 1/2 Tbsp)
- 2-4 oz. club soda (1/4-1/2 cup)

Optional Garnish:

- Grapefruit slices and rosemary



NOT READY TO GO BACK TO THE OVEN? TRY THIS BBQ VERSION

PREP TIME 10 MIN. *COOK TIME* 15-20 MIN. *SERVINGS* 4

INGREDIENTS

- 227g Summer Fresh Bruschetta
- 227g Summer Fresh Roasted Red Pepper Dip
- 1 bag zucchini spirals (about 350g)
- 4 cod fillets (5oz)
- 2 tbsp olive oil

METHOD

1. Preheat BBQ to 375°. During this time cook zucchini spirals according to package instructions.
2. In a non-stick pan heat Summer Fresh Roasted Red Pepper Dip and toss with zucchini.
3. Pat the cod dry with a clean towel. Rub it with olive oil and sprinkle it with salt and fresh ground pepper.
4. Grill the cod over indirect heat for 4 minutes, until it releases from the grates. Flip and cook another 2 to 4 minutes, until the internal temperature is 130 degrees (right when the cod starts to flake when pulled with a fork). Allow to rest for a few minutes.
5. Divide sauced zucchini between 4 pasta bowls, place cod on top and spoon over 2-3 tbsp of Summer Fresh Bruschetta.



◀ **AVOCADO HERB GODDESS**
CHICKEN SALAD
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MEDITERRANEAN
FALAFEL BOWL
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TZATZIKI & PICKLED
ONION BURGERS
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TRY IT WITH



See recipe on page 18



AVOCADO HERB GODDESS CHICKEN SALAD

PREP TIME *COOK TIME* *SERVINGS*
10 MIN. 12 MIN. 4

INGREDIENTS

- 340mL Summer Fresh Avocado Herb Goddess
- 800g Summer Fresh Couscous Salad
- 3 cups field mix salad
- 1 lemon, cut into wedges
- 3 medium radishes, trimmed, thinly sliced into rounds

CHICKEN:

- 1 pound boneless skinless chicken breast
- 2 tbsp olive oil
- 1 tbsp dijon mustard
- 3 garlic cloves, pressed
- ½ tsp salt
- ½ tsp black pepper

METHOD

1. Preheat BBQ to 350° to 450° F. While preheating, create a marinade for your chicken, by combining olive oil, dijon mustard, garlic, and salt and pepper. Coat chicken thoroughly.
2. Grill over direct medium heat, flipping once. Approximately 10 to 12 minutes. Rest and then slice.
3. Assemble your salad. Place 1 cup of Summer Fresh Couscous Salad into each bowl. Top with a field mix, sliced radishes, chicken and lemon wedge.
4. Drizzle Summer Fresh Avocado Herb Goddess salad dressing and Enjoy.

TZATZIKI & PICKLED ONION BURGERS

PREP TIME
10 MIN.

COOK TIME
15 MIN.

SERVINGS
4

INGREDIENTS

- 227g Summer Fresh Tzatziki
- burger patties
- hamburger buns
- shredded lettuce
- 1 red onion, thinly sliced
- 3 tbsp vinegar
- 3 tsp sugar
- 1½ tsp salt

METHOD

1. Preheat BBQ to 400°F.
2. In a medium microwave-safe bowl, combine vinegar, 6 tbsp water, sugar and salt. Microwave for 30-45 sec, until sugar and salt dissolve. Add red onion and set aside to pickle.
3. Grill hamburgers until cooked and toast buns.
4. Spread 1 tbsp of Summer Fresh Tzatziki on each side of each bun.
5. Place burgers on top of the bottom bun. Add pickled onions and lettuce. Serve with Summer Fresh Za'atar Garlic dip & sweet potato fries.



MEDITERRANEAN FALAFEL BOWL

PREP TIME
10 MIN.

COOK TIME
15 MIN.

SERVINGS
4

INGREDIENTS

- 227g Summer Fresh Za'atar Garlic Dip & Sauce
- 227g Summer Fresh Original Hummus
- 800g Summer Fresh Couscous Salad
- ½ cup pickled turnips
- 1 pkg cherry tomatoes, sliced in half (225g)
- 320g Frozen Falafels
- 4 naan or pitas
- 2 cups chopped romaine lettuce.

METHOD

1. Cook falafel according to package instructions.
2. Toast or grill pitas and cut them into triangles.
3. Divide salad evenly between 4 bowls. Add ½ cup of chopped romaine lettuce.
4. On top of the salad place cherry tomatoes, pickled turnips, pita and 2 tbsp each of the Summer Fresh Original Hummus, and the Za'atar Garlic Dip & Sauce on top. Finish by placing falafels in center.



BLACKBERRY BRAMBLE MOCKTAIL

Cool down your Summer with a refreshing Blackberry Lemonade mocktail, perfect pairing to any meal.

- 1/2 cup Blackberries, muddled
- 1 oz Simple syrup
- 1 1/2 oz Lemon juice
- 2-4 oz Club soda

Optional Garnish:

- Blackberries & Lavender







GREEK ORZO
WITH MEATBALLS
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5 CHEESE
STEAK SLIDERS
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SPICY GARLIC STEAK
& TUSCAN CHICKPEA BOWL
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UPCYCLING LEFTOVERS MADE EASY

Research shows 30% of the food produced worldwide is wasted annually. Luckily, food waste is a solvable issue. Enter the low waste movement, which aims to minimize food waste by using and upcycling food products otherwise destined for waste.



BUILD A BEAUTIFUL BOARD

When you are unsure what to do with your leftovers, then it means it's time to make a board. Snacking is a must have this Summer. Munch happily as you spend time with family and friends.

You've heard of butter boards but...

HAVE YOU TRIED A HUMMUS BOARD

Experiment with toppings until you find your favorite flavour combinations: sundried or chopped tomatoes, fresh herbs, oil, nuts and seeds, fresh and dried fruits, honey drizzle.



GREEK ORZO WITH MEATBALLS

PREP TIME
10 MIN.

COOK TIME
15-20 MIN.

SERVINGS
4





INGREDIENTS

- 800g Summer Fresh Greek Orzo Salad
- 227g Summer Fresh Tzatziki
- 450 g ground hamburger meat
- 1 egg
- ½ cup breadcrumbs
- ½ tsp garlic powder
- ½ tsp oregano
- 1 tsp salt
- ¼ tsp black pepper
- 2 tbsp olive oil

METHOD

1. Mix meat, bread crumbs seasoning, and egg together and shape into 32 meatballs about 1/2 ounce each.
2. Heat oil in a large pan cook meatballs for about 6 minutes until well browned and cooked thoroughly, working in batches if necessary.
3. Divide salad between 4 bowls, top with meatballs, and a spoonful of Summer Fresh Tzatziki.

5 CHEESE STEAK SLIDERS

PREP TIME
10 MIN.

COOK TIME
10-15 MIN.

SERVINGS
8

INGREDIENTS

- 227g Summer Fresh 5 Cheese Dip
- 1/12 lbs skirt steak
- 1 cup arugula
- 12 mini brioche buns
- ½ tbsp olive oil
- salt and pepper to taste

METHOD

1. Preheat BBQ to 400°F. Rub steak with oil, salt and pepper.
2. Grill for approx. 2 minutes per side for medium rare, toast slider buns.
3. Slice steak across the grain.
4. Spread top & bottom buns with Summer Fresh 5 cheese dip, divide steak evenly and top with arugula and serve.





SPICY GARLIC STEAK & TUSCAN CHICKPEA BOWL

PREP TIME
15 MIN.

COOK TIME
10 MIN.

SERVINGS
4

INGREDIENTS

- 227g Summer Fresh Spicy Garlic Dip & Sauce
- 800g Summer Fresh Tuscan Chickpea Salad
- cherry tomatoes
- large cucumber
- 1 container of spring mix salad
- 400-500g flat iron steak (about 1 inch thick)
- 1 chili pepper, chopped (optional)

METHOD

1. Slice tomatoes in half, slice cucumber lengthwise into quarters and then into 1/4 inch slices.
2. Grill steak to the desired doneness on a med-high heat grill (about 3-4 minutes per side for medium rare).
3. Place 1/4 of the Summer Fresh Tuscan Bean Salad and spring mix into each bowl and top with tomatoes and cucumber.
4. Slice the steak into strips against the grain and place on top of salad.
5. Drizzle Summer Fresh Spicy Garlic Dip & Sauce and sliced chili pepper over steak.