



HARVEST *season*

8 RECIPES FROM OUR KITCHEN TO YOURS | FALL 2023





01 ORIGINAL GARLIC VEGGIE FLATBREAD

SERVINGS	PREP TIME	COOK TIME
4	5min.	16 min.



01

ORIGINAL GARLIC VEGGIE FLATBREAD

SERVINGS
4

PREP TIME
5 min.

COOK TIME
16 min.

INGREDIENTS

200g Summer Fresh Original Garlic Dip & Sauce
1 flatbread
½ medium red bell pepper
¼ medium yellow bell pepper
½ medium red onions
½ tsp oregano
1 tbsp feta cheese, cubed
1 tbsp mozzarella cheese

METHOD

1. Spread a layer of garlic dip on flatbread.
2. Top with peppers and onions.
3. Sprinkle oregano, feta cheese and mozzarella cheese.
4. Bake it at 425°F for 16 mins. Enjoy.



02

ARTICHOKE & ASIAGO
SWISS CHARD QUICHE

SERVINGS
8

PREP TIME
10 min.

COOK TIME
20 min.



02

ARTICHOKE & ASIAGO SWISS CHARD QUICHE

SERVINGS | PREP TIME | COOK TIME
8 | 10 min. | 20 min.

INGREDIENTS

- 8 tbsp Summer Fresh Artichoke & Asiago Dip
- 1 pie crust
- 4 swiss chard, chopped
- 12 eggs
- 2 tbsp oregano
- ½ tsp salt
- ½ tsp black pepper
- ¾ cup cheddar cheese
- 2 tbsp milk

METHOD

1. Preheat Oven at 375 F.
2. Defrost it for 10-15 mins. Place pie dough in a 9-inch pie pan, prick the bottom and sides using fork, and pre-bake it for 10 mins. Cool it at room temperature.
3. Whisk eggs, salt, pepper, oregano, rainbow chard, cheese, Summer Fresh Artichoke & Asiago Dip, and milk.
4. Fill the mixture in the shell and bake it for 16-20 mins until the eggs are cooked or stiff.
5. Let rest for 15-20 mins before serving.



03

ROASTED RED PEPPER & BRUSCHETTA STUFFED ZUCCHINI

SERVINGS	PREP TIME	COOK TIME
6	10 min.	21 min.



03

ROASTED RED PEPPER & BRUSCHETTA STUFFED ZUCCHINI

SERVINGS
6

PREP TIME
10 min.

COOK TIME
21 min.

INGREDIENTS

- ¼ Summer Fresh Roasted Red pepper Hummus
- 227g Summer Fresh Bruschetta
- 3 medium zucchini
- ½ cup rice
- 200 g ground beef
- ¼ cup minced onion
- 1 tbsp basil
- 1 garlic clove
- 2 tsp parsley, chopped

METHOD

1. Preheat the oven to 375 F and cook rice.
2. Heat olive oil in a skillet. Add onions, garlic, and ground beef. Cook at low flame until beef is cooked through (internal temp 160F)
3. Meanwhile, cut zucchini vertically in half and scoop out the pulp. Save the pulp for later. Leave ¼ inch around the sides.
4. Add Summer Fresh Bruschetta in beef stuffing with zucchini pulp. Let it cook. 5-6 min, add salt and herbs. Cook until most of the liquid is absorbed. Remove beef from heat and place in a bowl and let cool, add rice to beef mixture.
5. Add Summer Fresh Roasted Red Pepper Hummus to the mixture and mix until evenly incorporated, fill the zucchini. Cover in foil and bake for 15 mins.
6. Remove and top it with a bit of hummus, cheese, bake for 6 mins. Finish with Bruschetta and chopped parsley.

04

CHEESY SPINACH
ROOT VEGETABLE GRATIN

SERVINGS
6

PREP TIME
15 min.

COOK TIME
60 min.



04

CHEESY SPINACH ROOT VEGETABLE GRATIN

SERVINGS | PREP TIME | COOK TIME
6 | 15 min. | 60 min.

INGREDIENTS

227g Summer Fresh Spinach dip
3 sweet potato, thinly sliced
3 parsnips, thinly sliced
3 beetroot, thinly sliced
3 cups cream
¼ cup Asiago cheese, shredded
¼ cup Gruyere cheese, shredded
½ tbsp oregano
2 tsp garlic, minced
salt & pepper to taste

METHOD

1. Preheat Oven to 400°F. Grease (oval) baking dish with butter and to ease the process of softening veggies.
2. Thinly slice your sweet potatoes, parsnips, and beetroot. Layer them vertically in a pattern until oval baking dish is full.
3. Whisk the spinach dip, salt pepper and cream together and pour over root vegetables to coat & mix in a bowl.
4. Season top of the gratin with garlic, Asiago cheese and oregano. Cover with foil and bake for 30-40 mins.
5. Uncover gratin and top with Gruyere cheese and place back in oven for 18-20 mins or until veggies are fork tender.





05

AGED CHEDDAR & CHIPOTLE
ACORN SQUASH MASHED
WITH ROASTED PEARS

SERVINGS	PREP TIME	COOK TIME
6	10 min.	15 min.



05

AGED CHEDDAR & CHIPOTLE ACORN SQUASH MASHED WITH ROASTED PEARS

SERVINGS

4

PREP TIME

10 min.

COOK TIME

15 min.

INGREDIENTS

6 tbsp Summer Fresh Aged Cheddar & Chipotle Dip
2 acorn squash, chopped
2 pear
2 medium red onion
1/8 cup pumpkin seeds, toasted
2 tbsp cream
1 tsp butter
1 tsp black pepper
1/2 tsp salt (as per your taste)
fried sage, garnish

METHOD

1. Boil 1 chopped onion and squash with salt. drain and peel the squash.
2. Mash the mixture with salt, butter, black pepper, cream, and Summer Fresh Aged Cheddar Chipotle Dip.
3. Cut pears into wedges and julienne onions the same way.
4. Roast them in a pan with butter until they are light brown and tender.
5. Finally, fill the bottom of the serving plate with mashed squash add pears and onions and top it with pumpkin seeds and fried sage.



06 | SWEET POTATO & BEET FRIES WITH BABA GHANOUJ

SERVINGS | PREP TIME | COOK TIME
4 | 5 min. | 12-14 min.



06

SWEET POTATO & BEET FRIES

WITH BABA GHANOUI

SERVINGS
4

PREP TIME
5 min.

COOK TIME
12-14 min.

INGREDIENTS

- 227g Summer Fresh Baba Ghanouj
- 2 sweet potato
- 4 beetroot
- 2 tbsp oil
- 2 tsp salt
- 1 tsp black pepper

METHOD

1. Peel and cut the sweet potatoes in ½ inch thick and long strips. Repeat same for beetroot.
2. Place both in different bowls and add salt, pepper, oil; toss it to coat.
3. Place beetroot strips in air fryer at 400°F 7 mins and sweet potato strips at 330°F 12- 14 mins. Until they are fully fried.
4. Serve it with Summer Fresh Baba Ghanouj dip.



07 LOADED SPINACH COTTAGE PIE BAKED POTATO

SERVINGS | PREP TIME | COOK TIME
6 | 20 min. | 12-15 min.



07 LOADED SPINACH COTTAGE PIE BAKED POTATO

SERVINGS | PREP TIME | COOK TIME
6 | 20 min. | 12-15 min.

INGREDIENTS

- | | |
|---------------------------------------|--------------------------------|
| ¾ cup Summer Fresh Loaded Spinach Dip | ¾ cup green peas |
| 3 potatoes | ¼ tsp thyme |
| 300g ground beef, cooked | ¼ tsp salt |
| 2 tsp butter | 2 tbsp olive oil |
| 1 onion, diced | ¼ tsp black pepper |
| 1 carrot, diced | ¼ tsp nutmeg |
| ¾ cup corn | 2 tsp milk |
| | ¾ cup cheddar cheese, shredded |

METHOD

1. Stab the potatoes. Coat with olive oil and sprinkle a little salt. Microwave for about 5 minutes, flip over and microwave it for about 5 more minutes. Let the potatoes cool for just a few minutes, until it's safe to handle.
2. Cut it horizontally in half. Scoop potato from each half leaving ¼ inch thick clearance around the potato and place in bowl.
3. Add butter, milk, salt, black pepper, and nutmeg to the mashed potatoes. Mix well with potato smasher.
4. Meanwhile, heat olive oil in a skillet and add onions, carrot, corn, peas, thyme, and salt. Fry until soft, 8- 10 min, add cooked beef to the mixture, and heat through.
5. Add the beef & mashed potato mixture and Summer Fresh Loaded Spinach dip in a bowl. Mix well until combined.
6. Spoon the beef mixture into potato and top it with cheese. Then place in oven at 430°F for 12 – 15 mins (until golden & bubbly!). Serve





88 SPICY DILL PICKLE
CAULIFLOWER WINGS

SERVINGS
6

PREP TIME
10 min.

COOK TIME
12-14 min.



08

SPICY DILL PICKLE CAULIFLOWER WINGS

SERVINGS | PREP TIME | COOK TIME
6 | 10 min. | 12-14 min.

INGREDIENTS

- 227g Summer Fresh Spicy Dill Pickle Dip
- 2 cup flour
- 2 cup milk
- 2 head of cauliflower, cut into florets.
- 2 tsp garlic powder
- 1 tsp black pepper
- 2 tsp onion powder
- 2 tsp smoked paprika
- 2 tsp salt

METHOD

1. Mix all the ingredients with 2-3 tbsp Summer Fresh Spicy Dill pickle dip in such a way that no lumps are formed.
2. Add cauliflower florets to batter and mix well to evenly coat and transfer in to separate dish so that excess batter can run off.
3. Coat air fryer plate with cooking spray or oil.
4. Add florets in a single layer into the basket and cook at 350°F for 12-14 mins.
5. Serve it with Summer Fresh Spicy Dill Pickle Dip.