



August 2024

August - National Farmers Market Week
(First week of August):

CK Garden Fresh Veggie Salad with Herb Marinated Chicken - 012352090967

CK Garden Fresh Veggie Salad with Herb Marinated Steak - 012352090974

CK Roasted Garden Veggie Melt - 012352090981

CK Roasted Garden Veggie Wrap - 012352090998

Garden Veggie Fresh Salad with Herb Marinated Chicken

BC#012352090974

Ingredients:

- 3 oz Romaine Lettuce
- 1 cup Iceberg Lettuce, chopped (1/2" pieces, loosely packed)
- 2 oz Spring Mix Lettuce
- 1 cup Butterhead Lettuce, shredded or chopped
- 3 oz Sweet Yellow Corn, kernels cut off the cob
- 0.5 cup Cucumber, sliced
- 0.5 cup Cherry Tomatoes, halved
- 0.5 cup Radishes, sliced
- 0.5 cup Red Bell Pepper, chopped
- 0.5 cup Carrots, grated
- 2 oz Herb Champagne Vinaigrette (for marinating)
- 9 oz Chicken Breast, boneless, skinless
- 1 tsp Kosher Salt
- 1 tsp Black Pepper, ground
- 1 oz Blue Cheese, crumbled
- 4 oz Herb Champagne Vinaigrette (for dressing)



Preparation Instructions:

1. Marinate the Chicken:

- Place 9 oz chicken breast in a container and pour 2 oz Herb Champagne Vinaigrette over it.
- Marinate overnight for best results or for a minimum of 3 hours.

2. Grill the Chicken:

- Preheat the char grill.
- Remove chicken from marinade and season with 1 tsp salt and 1 tsp black pepper.
- Grill the chicken for approximately 4 to 5 minutes per side or until the internal temperature reaches 160°F.
- Remove from grill and let rest for at least 10 minutes before slicing.

3. Prepare the Dressing:

- Portion two portions, 2 oz Herb Champagne Vinaigrette into a souffle cup with a lid.

4. Prepare the Vegetables:

- Wash and chop all lettuces: 3 oz romaine, 1 cup iceberg, 2 oz spring mix, and 1 cup butterhead. Combine in a salad spinner and spin until dry.
- Divide the lettuce mixture in half and place in the bottom of serving containers.
- Husk, rinse, and cut 3 oz corn kernels from the cob; place in one section over the lettuce.
- Wash, peel, and shred 0.5 cup carrots; place in one section over the lettuce.
- Wash and halve 0.5 cup cherry tomatoes; place in one section over the lettuce.
- Wash and thinly slice 0.5 cup cucumbers; place in one section over the lettuce.
- Wash, deseed, and julienne 0.5 cup bell pepper; place in one section over the lettuce.
- Wash, trim ends, and julienne 0.5 cup radishes; place in one section over the lettuce.

5. Assemble Two Salads Evenly:

- Sprinkle 0.5 oz crumbled blue cheese over the vegetables.
- Top with 4 oz grilled chicken.
- Add the souffle cup of dressing to the side.
- Package and label accordingly.

2 Servings: Across Two Packages

562 Grams each

Garden Fresh Veggie Salad with Herb Marinated Steak

Ingredients:

- 3 oz Cos or Romaine Lettuce
1 cup (chopped, 1/2" pieces, loosely packed) Iceberg Lettuce
2 oz Spring Mix Lettuce
1 cup (shredded or chopped) Butterhead Lettuce (Boston and Bibb)
3 oz Sweet Yellow Corn (frozen, kernels cut off cob)
0.5 cup (sliced) Cucumber (peeled)
0.5 cup Cherry Tomatoes
0.5 cup (sliced) Radishes
0.5 cup (chopped) Red Bell Pepper
0.5 cup (grated) Carrots
6 oz Herb Champagne Vinaigrette Dressing (2 oz for marinade, 4 oz for salad)
1 tsp Kosher Salt
1 tsp Ground Black Pepper
1 oz Blue Cheese (crumbled)
9 oz Flank Steak (trimmed to 0" fat)

BC#-12342090974

**Preparation Instructions:****Marinate the Steak:**

- Use 2 oz of Herb Champagne Vinaigrette Dressing to marinate the steak. For best results, marinate overnight, but at a minimum, marinate for 3 hours.

Grill the Steak:

- Preheat the char grill.
- Remove the steak from the marinade, season with salt and pepper.
- Grill the steak for approximately 3 to 4 minutes per side, or until the internal temperature reaches 140°F.
- Remove the steak from the grill and let it rest for at least 10 minutes before slicing.
- Slice the steak against the grain.

Prepare the Salad:

- Wash and chop all lettuces. Combine in a salad spinner and spin until dry.
- Divide the lettuce mixture in half and place in the bottom of serving containers.

Prepare the Vegetables:

- Wash and chop all lettuces: 3 oz romaine, 1 cup iceberg, 2 oz spring mix, and 1 cup butterhead. Combine in a salad spinner and spin until dry.
- Divide the lettuce mixture in half and place in the bottom of serving containers.
- Husk, rinse, and cut 3 oz corn kernels from the cob; place in one section over the lettuce.
- Wash, peel, and shred 0.5 cup carrots; place in one section over the lettuce.
- Wash and halve 0.5 cup cherry tomatoes; place in one section over the lettuce.
- Wash and thinly slice 0.5 cup cucumbers; place in one section over the lettuce.
- Wash, deseed, and julienne 0.5 cup bell pepper; place in one section over the lettuce.
- Wash, trim ends, and julienne 0.5 cup radishes; place in one section over the lettuce.

Assemble the Salad:

- Sprinkle 0.5 oz of crumbled blue cheese over the sections of vegetables.
- Top with 4 oz of grilled steak slices.
- Portion 2 oz of Herb Champagne Vinaigrette Dressing into a soufflé cup with a lid and add to the salad.

Package and Label:

- Add the dressing soufflé cup to the salad container.
- Package and label accordingly.

2 Servings: Across two Packages 562 Grams each

Ingredients:

BC#012352090981

- 4 slices Hearty Grain Bread
- 2.5 oz White Mushrooms, raw
- 1 oz Green Bell Pepper, fresh
- 1.5 oz Red Bell Pepper, raw
- 1 oz Onions, raw
- 1 cup Zucchini (summer squash), sliced, includes skin, raw
- 0.75 cup Cherry Tomatoes, raw
- 2 oz Herb Champagne Vinaigrette Dressing
- 4 oz Gouda Cheese, sliced
- 1 oz Salted Butter
- 1 tsp Kosher Salt
- 1 tsp Ground Black Pepper

Preparation Instructions:**Prep:**

- Wash, dry, and thickly slice the mushrooms.
- Wash, peel, and thickly slice the onions.
- Wash, dry, deseed, and cut the peppers into chunks.
- Wash, dry, remove ends, and thickly slice the zucchini.
- Wash the tomatoes.
- Toss all prepared vegetables with the vinaigrette dressing.

Roast the Vegetables:

- Preheat oven to 400°F.
- Spread the vegetables in a single layer on a baking sheet. Season with salt and pepper.
- Roast in the hot oven for 12 to 15 minutes, or until slightly charred and tender.

Assemble the Sandwiches:

- Preheat a flat top grill.
- Butter each side of all slices of bread and place on the grill. Top each slice with a 1 oz slice of Gouda cheese.
- Add approximately 5.5 oz of the roasted vegetable mixture to four of the slices, then cover with the remaining slices of bread.
- Grill the sandwiches until the cheese is melted and both sides are golden brown and crisp.

Serve:

- Cut each sandwich in half diagonally and place into a container.
- Label and serve.



2 Servings: Across two Packages 385 Grams each

Ingredients:

BC#012352090998

- 2.5 oz White Mushrooms, raw
- 1 oz Green Bell Pepper, fresh
- 1.5 oz Red Bell Pepper, raw
- 1 oz Onions, raw
- 1 cup Zucchini (summer squash), sliced, includes skin, raw
- 0.75 cup Cherry Tomatoes, raw
- 2 oz Herb Champagne Vinaigrette Dressing
- 1 tsp Kosher Salt
- 1 tsp Ground Black Pepper
- 2 Sundried Tomato Tortillas (12")
- 3 oz Boursin Herbed Cheese
- 0.5 cup Butterhead Lettuce (includes Boston and Bibb), shredded or chopped

**Preparation Instructions:****Prep:**

- Wash, dry, and thickly slice the mushrooms.
- Wash, peel, and thickly slice the onions.
- Wash, dry, deseed, and cut the peppers into chunks.
- Wash, dry, remove ends, and thickly slice the zucchini.
- Wash the tomatoes.
- Toss all prepared vegetables with the vinaigrette dressing.

Roast the Vegetables:

- Preheat oven to 400°F.
- Spread the vegetables in a single layer on a baking sheet. Season with salt and pepper.
- Roast in the hot oven for 12 to 15 minutes, or until slightly charred and tender.

Assemble the Wraps:

- Place a tortilla on a flat surface and spread with 1.5 oz of Boursin cheese.
- Top with approximately 5.5 oz of the roasted vegetable mixture.
- Sprinkle with shredded lettuce.
- Roll up the tortilla burrito-style.
- Cut the wrap in half on the diagonal and place it into a container.
- Label and serve.

2 Servings: Across two Packages 352 Grams each