

## Adobo Braised Chicken



Despite being only four ingredients long, this seared and shredded chicken recipe delivers a rich, full bodied flavor normally associated with more time and labor-intensive dishes. The Minor's® Red Chile Adobo braising liquid gets its sweet, earthy flavor from a puree of dried ancho chiles, onions, latin spices and lime juice. Stewed tomatoes provide another punch of umami.

Yield	30 oz.
Serves	20
Preparation time	2 minutes
Cooking time	100 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
2	lb			Chicken thigh without bone	
16	fl oz	2 cups		Water	
8	oz	1 cup		Tomatoes, whole, canned in juice, low salt	
2	oz	2 tbsp		<b>MINOR'S® Red Chile Adobo Flavor Concentrate Gluten Free (6x13.6oz)US</b>	

### Preparation Steps

1. Sear chicken thighs on medium high heat in braising pan.
2. Whisk together the water and Red Chile Adobo Flavor Concentrate, and add it to the braising pan.
3. Add diced tomatoes and bring liquid to a simmer. Cover pan and place in a 350°F convection oven for approximately 90 minutes or until chicken is fork tender.
4. Remove chicken from broth and shred.
5. If the broth hasn't fully reduced to a sauce by the time the chicken has finished cooking, reduce it over medium heat.
6. Toss shredded chicken with thickened adobo sauce.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	101.7
Energy (Kj)	426.8
Protein (g)	8
Carbohydrate, total (g)	0.7
Fats, total (g)	7.2
Sugars, total (g)	0.3
Fats, saturated (g)	2
Fiber, total dietary (g)	0.2
Sodium (mg)	58
Calcium (mg)	9.1
Cholesterol (mg)	38.1
Iron (mg)	0.6
Vitamin A (µg_RAE)	66.1
Vitamin C (mg)	2.8

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

## Ancho Pepper Candied Bacon



Possibly the most perfect salad topping. Sweet. Earthy. Savory. Salty. Smoky. Crispy. spicy. Delectable!

Yield	36 slices
Serves	108
Preparation time	3 minutes
Cooking time	20 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
48	oz	36	each	Bacon	thick cut
8	oz	1	cup	Brown sugar	
1	oz	2	tbsp	<u>Minor's Ancho Flavor Concentrate Gluten Free 6x14.4 oz.</u>	

### Preparation Steps

1. Lay out bacon on a sheet tray with a roasting rack. If no roasting rack is available, line sheet tray with parchment paper.
2. Thoroughly combine sugar and Ancho Flavor Concentrate. Sprinkle the sugar mix on to the top of each slice of bacon.
3. Place in a cold convection oven (starting in a cold oven keeps the bacon from curling up). Turn on oven to 300°F and bake for approximately 20 minutes. Depending on the thickness of the bacon, more time may be needed. When finished, the bacon should be crisp and the sugar should have melted to coat the bacon.
4. Allow bacon to cool for one half hour or longer before handling.
5. Chop and use as a signature addition to salads.

### Chef's tip

Use the same procedure with other Minor's Flavor Concentrates to create several different signature bacons.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	66.4
Energy (KJ)	278.2
Protein (g)	1.5
Carbohydrate, total (g)	2.1
Fats, total (g)	5.7
Sugars, total (g)	2
Fats, saturated (g)	2.7
Fiber, total dietary (g)	0
Sodium (mg)	111.6
Calcium (mg)	2.7
Cholesterol (mg)	8.6
Iron (mg)	0.1
Vitamin A (µg_RAE)	2.7
Vitamin C (mg)	0.1

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

## Ancho Portobello Mushrooms



Make an impact on any dish with sautéed portobello mushrooms flavored with cinnamon and Minor's® Ancho Flavor Concentrate.

Yield	1-1/2 cups
Serves	8
Preparation time	5 minutes
Cooking time	12 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
8	oz	1 qt		Portobello mushrooms	minced
1/8	tsp			Cinnamon, ground	
1/2	fl oz	1 tbsp		Water	
1/2	oz	1 tbsp		<u>MINOR'S® Ancho Flavor Concentrate Gluten Free 6x14.4 oz.</u>	

### Preparation Steps

1. Sauté minced mushrooms over medium high heat for 3-4 minutes.
2. Whisk together Ancho Flavor Concentrate, cinnamon, and water.
3. Pour flavor concentrate mixture over mushrooms, and toss until thoroughly combined.
4. Continue to cook until excess water has evaporated.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	12.6
Energy (KJ)	54.2
Protein (g)	0.7
Carbohydrate, total (g)	1.5
Fats, total (g)	0.4
Sugars, total (g)	0.7
Fats, saturated (g)	0.1
Fiber, total dietary (g)	0.5
Sodium (mg)	41.4
Calcium (mg)	3.5
Cholesterol (mg)	0
Iron (mg)	0.2
Vitamin A (µg_RAE)	8.8
Vitamin C (mg)	0.3

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

## Chipotle Marinated Pork Loin



Slow roasted pork tenderloin marinated with a smoky Chipotle rub for an ultra tender, savory result with hints of garlic, grilled onions and latin spices. The marinade owes its firepower to chipotle chiles, which are smoked and quickly grilled for an amazing flavor and a touch of heat.

Yield	9 lbs
Serves	50
Preparation time	2 minutes
Cooking time	30 - 60 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
10	lb			Pork loin	
6	oz	3/4 cup		<u>MINOR'S® Chipotle Flavor Concentrate Gluten Free 6x14.4 oz.</u>	

### Preparation Steps

1. Rub pork loin with Chipotle Flavor Concentrate. Marinate, refrigerated, for at least 4 hours.
2. On the day of service, roast at 350°F until doneness is achieved. Allow roast to rest for 10-12 minutes before slicing.

### Chef's tip

Rub with marinade the day before service, and marinate overnight.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	138.9
Energy (Kj)	583.4
Protein (g)	19.5
Carbohydrate, total (g)	1.2
Fats, total (g)	5.6
Sugars, total (g)	0.3
Fats, saturated (g)	1.9
Fiber, total dietary (g)	0.1
Sodium (mg)	130.3
Calcium (mg)	18.1
Cholesterol (mg)	53.5
Iron (mg)	0.8
Vitamin A (µg_RAE)	16.6
Vitamin C (mg)	0.6

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

## Chipotle Spiced Nut Mix



Crouton-like crunch without the carbs. Add a touch of smoky heat to meaty walnuts and rich, buttery pecans.

Yield	1 qt
Serves	128
Preparation time	5 minutes
Cooking time	20 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
2	oz		1/4 cup	Butter	
1/2	oz		1 tbsp	<u>Minor's Chipotle Flavor Concentrate Gluten Free 6x14.4 oz.</u>	
4	oz		1/2 cup	Granulated sugar	
1/4	oz		2 tsp	Salt	
4	oz		1 cup	Walnut	chopped
4	oz		1 cup	Pecan nut	chopped
4	oz		1 cup	Cashew nut, unsalted	or salted, chopped
4	oz		1 cup	Peanut, plain	chopped

### Preparation Steps

1. Melt butter over medium heat. Once butter has melted, whisk in Chipotle Flavor Concentrate until thoroughly dispersed in butter.
2. Add sugar and salt, and whisk briskly for 30 seconds or until sugar is dissolved. Add nuts and thoroughly toss in butter mixture.
3. Spread nuts on a parchment lined baking sheet, and bake in a convection oven at 325°F for 10-12 minutes or until the nuts are lightly toasted.
4. Cool and store in an air tight container.

### Chef's tip

Use this recipe with other Minor's Flavor Concentrates to create your signature flavored nuts.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	28.9
Energy (Kj)	120.6
Protein (g)	0.6
Carbohydrate, total (g)	1.6
Fats, total (g)	2.4
Sugars, total (g)	1
Fats, saturated (g)	0.5
Fiber, total dietary (g)	0.3
Sodium (mg)	28.2
Calcium (mg)	2.8
Cholesterol (mg)	0.9
Iron (mg)	0.2
Vitamin A (µg_RAE)	3.4
Vitamin C (mg)	0

## Creamy Roasted Garlic Marinated Potatoes



Savory roasted potatoes tossed with a creamy, garlicky buttermilk dressing for cool, tangy and unique topping.

Yield	1 qt
Serves	32
Preparation time	10 minutes
Cooking time	3 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
20	oz	1	qt	Potato	peeled, sliced, blanched
4	fl oz	1/2	cup	Creamy Roasted Garlic Dressing - prepared	(see separate recipe)

### Preparation Steps

1. Gently but thoroughly toss potatoes with the Creamy Roasted Garlic Dressing.
2. Allow potatoes to marinate at least 4 hours.

### Chef's tip

Serve as an addition to a salad. The potatoes absorb the dressing very well. It may be necessary to toss the potatoes in a touch of additional dressing for visual appearance prior to service.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	19.9
Energy (Kj)	83.8
Protein (g)	0.4
Carbohydrate, total (g)	3.2
Fats, total (g)	0.6
Sugars, total (g)	0.4
Fats, saturated (g)	0.2
Fiber, total dietary (g)	0.4
Sodium (mg)	18.2
Calcium (mg)	4.2
Cholesterol (mg)	0.7
Iron (mg)	0.1
Vitamin A (µg_RAE)	1.7
Vitamin C (mg)	3.5

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

## Grilled Marinated Zucchini



Thick cut zucchini grilled tender with a hint of chipotle and roasted garlic.

Yield	8 oz
Serves	8
Preparation time	5 minutes
Cooking time	8 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
.5	fl oz	1	tbsp	Olive oil	
.5	oz	1	tbsp	MINOR'S® Roasted Garlic Flavor Concentrate Gluten Free 6x1 lb.	
1	tsp			MINOR'S® Chipotle Flavor Concentrate 6x14.4 oz.	
8	oz	8	each	Zucchini	sliced into 1" rounds

### Preparation Steps

- Whisk together the olive oil, Roasted Garlic and Chipotle Flavor Concentrates.
- Toss zucchini rounds with marinade. Marinate for at least 4 hours.
- Grill zucchini until tender and lightly charred.

### Chef's tip

Rub with marinade the day before service and marinate overnight.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	24.5
Energy (KJ)	104.2
Protein (g)	0.4
Carbohydrate, total (g)	1.7
Fats, total (g)	1.9
Sugars, total (g)	0.8
Fats, saturated (g)	0.3
Fiber, total dietary (g)	0.4
Sodium (mg)	77.1
Calcium (mg)	5.1
Cholesterol (mg)	0
Iron (mg)	0.1
Vitamin A (µg_RAE)	7
Vitamin C (mg)	4.8

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

## Herbed Pita Croutons



Crispy pita chips punctuated with aromatic infusions of marjoram, thyme, basil, rosemary and garlic.

Yield	2 qts
Serves	50
Preparation time	4 minutes
Cooking time	15 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
4	fl oz		1/2 cup	Olive oil	
1	tsp			Minor's Herb de Provence Flavor Concentrate Gluten Free 6x12.8 oz.	
10	oz		2 qts	Bread, pita, whole-wheat	cut into 1"x1" squares

### Preparation Steps

1. Thoroughly whisk together olive oil and Herb de Provence Flavor Concentrate.
2. Toss pita squares in olive oil until thoroughly coated.
3. Lay pita squares in one even layer on a baking sheet, and bake in a convection oven for 12-15 minutes at 375°F.
4. Allow to cool, and place in an airtight container.

### Chef's tip

Menu as Herb de Provence for Italian fare or Za'atar for Middle Eastern offerings.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	35.6
Energy (KJ)	152.9
Protein (g)	0.6
Carbohydrate, total (g)	3.1
Fats, total (g)	2.5
Sugars, total (g)	0.1
Fats, saturated (g)	0.3
Fiber, total dietary (g)	0.4
Sodium (mg)	29.3
Calcium (mg)	1
Cholesterol (mg)	0
Iron (mg)	0.2
Vitamin A (µg_RAE)	0.1
Vitamin C (mg)	0

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## Jalapeño Pico De Gallo



A versatile speed scratch salsa featuring sweet corn, fresh tomatoes, scallions, cilantro and a little heat from Minor's® Jalapeño Flavor Concentrate. Serve as a side dish or fresh topping.

Yield	9 lbs.
Serves	144
Preparation time	15 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
99	oz	4-1/2	qts	Tomatoes	seeded, diced
1	lb	1	qt	Red onions	small diced
3	oz	1/2	cup	<u>MINOR'S® Fire Roasted Jalapeño Flavor Concentrate Gluten Free (6x13.6oz)US</u>	
3	oz	1	cup	Cilantro	chopped

### Preparation Steps

1. Add tomatoes, onions, Fire Roasted Jalapeño Flavor Concentrate and cilantro to a bowl. Fold together until thoroughly combined.

### Chef's tip

For a milder Pico De Gallo, substitute Fire Roasted Poblano Flavor concentrate.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	5.5
Energy (Kj)	23.2
Protein (g)	0.2
Carbohydrate, total (g)	1.1
Fats, total (g)	0.1
Sugars, total (g)	0.7
Fats, saturated (g)	0
Fiber, total dietary (g)	0.3
Sodium (mg)	11.5
Calcium (mg)	3.1
Cholesterol (mg)	0
Iron (mg)	0.1
Fats, monounsaturated (g)	0
Fats, polyunsaturated (g)	0
Vitamin A (µg_RAE)	10.3
Vitamin C (mg)	3.7
Vitamin D (µg)	0

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## Lemon Herb Marinated Artichokes



Layers of fresh, herbal and zesty flavors play off each other when tender artichokes, Dijon mustard and shards of Parmesan are combined with splashes of olive oil and Minor's culinary cream.

Yield	1 qt
Serves	32
Preparation time	1 minute
Marination time	overnight

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
2	lb	1	qt	Artichokes	quartered, cooked
8	fl oz	1	cup	Lemon Pepper Herb Vinaigrette - prepared	(see separate recipe)

### Preparation Steps

1. Toss artichokes with Lemon Pepper Herb Vinaigrette. Marinate overnight.

### Chef's tip

Mix and match Minor's dressings with vegetables to create signature marinated toppings.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	59.9
Energy (Kj)	247.2
Protein (g)	1
Carbohydrate, total (g)	3.2
Fats, total (g)	5.1
Sugars, total (g)	0.3
Fats, saturated (g)	0.6
Fiber, total dietary (g)	1.5
Sodium (mg)	31.2
Calcium (mg)	13.4
Cholesterol (mg)	0.2
Iron (mg)	0.4
Vitamin A (µg_RAE)	3
Vitamin C (mg)	3.8

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

## Lemon Herb Marinated Mushrooms



These mushrooms kick it up when paired with marjoram, thyme, basil, rosemary and a squeeze of lemon. The result is bright, tasty, satisfying and simple.

Yield	2 qts
Serves	16
Preparation time	10 minutes
Marination time	4 hours

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
20	oz	2 qts		Button mushroom	sliced
6	fl oz	3/4 cup		Lemon Pepper Herb Vinaigrette - prepared	(see separate recipe)

### Preparation Steps

1. Toss mushrooms in Lemon Pepper Herb Vinaigrette until they are thoroughly coated.
2. Allow mushrooms to marinate overnight or for at least 4 hours.

### Chef's tip

Serve as an addition to a salad. The mushrooms absorb the vinaigrette very well. It may be necessary to toss the mushrooms in a touch of additional dressing for visual appearance prior to service.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	77.6
Energy (KJ)	320.8
Protein (g)	1.1
Carbohydrate, total (g)	1.4
Fats, total (g)	7.8
Sugars, total (g)	0.6
Fats, saturated (g)	1
Fiber, total dietary (g)	0.4
Sodium (mg)	8.6
Calcium (mg)	2.5
Cholesterol (mg)	0.2
Iron (mg)	0.2
Vitamin A (µg_RAE)	0.6
Vitamin C (mg)	1.5

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

## Marinated Steak

Juicy grilled sirloin marinated in a rub of Minor's Natural Gluten Free Beef Base and oil for a robust and savory beef flavor.

Yield	10-1/2 lbs
Serves	40
Preparation time	5 minutes
Marination time	4 to 24 hours

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
4	fl oz	1/2 cup		Olive oil	
4	oz	1/2 cup		Minor's Gluten Free Beef Base made with Natural Ingredients (6x1lb)	
10	lb			Beef sirloin steak	

### Preparation Steps

- Whisk together olive oil and Beef Base.
- Toss steaks in marinade until all have been coated in the Beef Base mixture.
- Marinate for 4 – 24 hours.

### Chef's tip

Replace sodium with Beef Base for intense flavor.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	245.6
Energy (Kj)	1027
Protein (g)	23.7
Carbohydrate, total (g)	0.4
Fats, total (g)	15.9
Sugars, total (g)	0.3
Fats, saturated (g)	5.6
Fiber, total dietary (g)	0
Sodium (mg)	366.4
Calcium (mg)	27.9
Cholesterol (mg)	47.1
Iron (mg)	1.7
Fats, monounsaturated (g)	7.6
Fats, polyunsaturated (g)	0.8
Vitamin A (µg_RAE)	0.6
Vitamin C (mg)	0
Vitamin D (µg)	0.6

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

## Oven Dried Tomatoes



Enjoy the concentrated flavor of sun-dried tomatoes while retaining a bit more of the fresh-off-the-vine juiciness with this intensely flavorful and versatile topping packed with savory garlic and umami.

Yield	1 cup
Serves	16
Preparation time	10 minutes
Cooking time	6 to 10 hours

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
1	fl oz	2	tbsp	Olive oil	
1/2	oz	1	tbsp	<u>Minor's Roasted Garlic Flavor Concentrate Gluten Free 6x1 lb.</u>	
1	lb	1	qt	Tomatoes	Grape, split in half

### Preparation Steps

1. Whisk olive oil and Roasted Garlic Flavor Concentrate together. Toss tomatoes with olive oil mixture.
2. Place tomatoes on a parchment lined baking sheet or on a roasting rack cut side up. Place in a 165°F conventional oven or in a warmer with temperature controls for a minimum of 6 hours. The amount of time needed will depend largely on the size and type of tomatoes used.
3. The tomatoes will be almost totally dry and firm to the touch. If the tomatoes are "mushy" they are not finished.

### Chef's tip

This technique may be done with any Minor's Flavor Concentrate. Herb de Provence, Roasted Mirepoix, and Fire Roasted Poblano all work particularly well. For more tender oven dried tomatoes, soak prior to service in warm water for 10-12 minutes. Drain off excess water and serve.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	22.2
Energy (KJ)	93.1
Protein (g)	0.3
Carbohydrate, total (g)	1.4
Fats, total (g)	1.9
Sugars, total (g)	0.9
Fats, saturated (g)	0.3
Fiber, total dietary (g)	0.4
Sodium (mg)	31.6
Calcium (mg)	3
Cholesterol (mg)	0
Iron (mg)	0.1
Vitamin A (µg_RAE)	12.9
Vitamin C (mg)	3.6

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

## Poblano Marinated Chicken



A gentle toss in savory Fire Roasted Poblano-oil infuses lean chicken with rich flavor while tenderizing the meat. The mellow heat of the roasted chiles is accented by hints of tangy lime, onions, garlic, and a punch of cilantro that drives home the authentic latin taste.

Yield	15 lbs.
Serves	50
Preparation time	2 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
16	fl oz	2 cups		Canola oil	
1	lb	2 cups		<u>MINOR'S® Fire Roasted Poblano Flavor Concentrate Gluten Free (6x13.6oz)US</u>	
15	lb	50 each		Chicken	thighs

### Preparation Steps

1. Whisk together the oil and Fire Roasted Poblano Flavor Concentrate.
2. Add chicken thighs and toss until all pieces are evenly coated.
3. Marinate, refrigerated, for a minimum of 4 hours.

### Chef's tip

Rub with Marinade the day before service and marinate overnight.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	386.6
Energy (KJ)	1621.6
Protein (g)	25.6
Carbohydrate, total (g)	1.3
Fats, total (g)	30.5
Sugars, total (g)	0.4
Fats, saturated (g)	6.6
Fiber, total dietary (g)	0.2
Sodium (mg)	248.8
Calcium (mg)	17.4
Cholesterol (mg)	102.1
Iron (mg)	1.4
Fats, monounsaturated (g)	14.4
Fats, polyunsaturated (g)	7.4
Vitamin A (µg_RAE)	170
Vitamin C (mg)	14.8
Vitamin D (µg)	0.3

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

## Roasted Carrots

Roasted carrots in a high temperature oven until caramelized and tender-crisp, which brings out their natural sweetness.

Yield	2 cups
Serves	8
Preparation time	2 minutes
Cooking time	25 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
1	lb	1	qt	Carrots	peeled, sliced
1/2	oz	1	tbsp	<u>Minor's Roasted Mirepoix Flavored Concentrate Gluten Free 6x1 lb.</u>	
1	tsp			Olive oil	

### Preparation Steps

1. Mix the carrots, Roasted Mirepoix Flavor Concentrate and olive oil thoroughly in a bowl.
2. Lay carrots in a single layer on a sheet tray.
3. Roast in a 365°F convection oven until carrots are slightly caramelized and fork tender.

### Chef's tip

Other vegetables you can use: parsnips, turnips, sweet potatoes, or virtually any variety of squash.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	29.8
Energy (KJ)	126.2
Protein (g)	0.5
Carbohydrate, total (g)	5.9
Fats, total (g)	0.7
Sugars, total (g)	2.8
Fats, saturated (g)	0.1
Fiber, total dietary (g)	1.6
Sodium (mg)	60.8
Calcium (mg)	19.3
Cholesterol (mg)	0
Iron (mg)	0.2
Fats, monounsaturated (g)	0.4
Fats, polyunsaturated (g)	0.1
Vitamin A (µg_RAE)	482.7
Vitamin C (mg)	3.4

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

## Roasted Garlic Croutons



Celebrate the senses with the mouth-watering aroma of roasted garlic when you toss in a handful of crispy croutons on a hearty Caesar salad, or your favorite mixed greens.

Yield	2 qts
Serves	64
Preparation time	10 minutes
Cooking time	45 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
4	fl oz	1/2 cup		Olive oil	
2	tsp			<u>Minor's Roasted Garlic Flavor Concentrate Gluten Free 6x1 lb.</u>	
1	lb	1 each		Baguette	diced

### Preparation Steps

1. Thoroughly whisk together olive oil and Roasted Garlic Flavor Concentrate.
2. Toss diced baguette with garlic oil until all pieces of bread are covered in oil.
3. Bake in a 225°F convection oven for 45 minutes, or until the croutons are crunchy all the way through.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	35.3
Energy (KJ)	147.9
Protein (g)	0.6
Carbohydrate, total (g)	3.7
Fats, total (g)	2
Sugars, total (g)	0.2
Fats, saturated (g)	0.3
Fiber, total dietary (g)	0.2
Sodium (mg)	48.5
Calcium (mg)	5.4
Cholesterol (mg)	0
Iron (mg)	0.2
Vitamin A (µg_RAE)	0.2
Vitamin C (mg)	0

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.



## Roasted Sweet Potatoes

Sweet, creamy and packed with depth of flavor thanks to a rub in Minor's vegetable mirepoix flavor concentrate.

Yield	2 cups
Serves	8
Preparation time	2 minutes
Cooking time	25 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
1	lb	1	qt	Sweet potatoes	peeled, sliced
1/2	oz	1	tbsp	<u>Minor's Roasted Mirepoix Flavored Concentrate Gluten Free 6x1 lb.</u>	
1	tsp			Olive oil	

### Preparation Steps

1. Mix sweet potatoes, Roasted Mirepoix Flavor Concentrate and olive oil thoroughly in a bowl.
2. Lay sweet potatoes in a single layer on a sheet tray.
3. Roast in a 365°F convection oven until potatoes are lightly caramelized and fork tender.

### Chef's tip

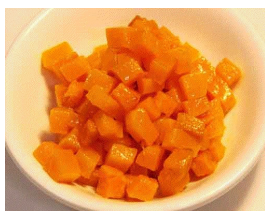
The same ratio of ingredients works well with almost any vegetable. Using the Roasted Mirepoix Flavor Concentrate not only adds the necessary sodium, but it also adds a great well rounded flavor to roasted vegetables.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	55.4
Energy (KJ)	231.7
Protein (g)	0.9
Carbohydrate, total (g)	11.9
Fats, total (g)	0.6
Sugars, total (g)	2.6
Fats, saturated (g)	0.1
Fiber, total dietary (g)	1.7
Sodium (mg)	52.8
Calcium (mg)	17.6
Cholesterol (mg)	0
Iron (mg)	0.3
Fats, monounsaturated (g)	0.4
Fats, polyunsaturated (g)	0.1
Vitamin A (µg_RAE)	407.9
Vitamin C (mg)	1.5

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

## Roasted Winter Squash



Delightfully chewy and caramelized on the outside- with a burst of warm, creamy sweetness on the inside.

Yield	2 cups
Serves	8
Preparation time	2 minutes
Cooking time	25 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
1	lb	1	qt	Butternut squash	diced
1	oz	1	tbsp	<u>Minor's Gluten Free Vegetable Base made with Natural Ingredients (6x1lb)</u>	
1	tsp			Olive oil	

### Preparation Steps

1. Thoroughly toss the squash, Vegetable Base and oil in a bowl.
2. Lay squash in a single layer on a sheet tray. Roast in a 365°F convection oven until squash is lightly caramelized and is fork tender.

### Chef's tip

The same ratio of ingredients works well with almost any vegetable. Using the Minor's Vegetable Base not only adds the necessary sodium, but it also adds a great well rounded flavor to roasted vegetables.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	34.4
Energy (KJ)	145
Protein (g)	0.6
Carbohydrate, total (g)	7.4
Fats, total (g)	0.7
Sugars, total (g)	1.5
Fats, saturated (g)	0.1
Fiber, total dietary (g)	1.2
Sodium (mg)	262.2
Calcium (mg)	28.1
Cholesterol (mg)	0
Iron (mg)	0.4
Fats, monounsaturated (g)	0.4
Fats, polyunsaturated (g)	0.1
Vitamin A (µg_RAE)	304.9
Vitamin C (mg)	12.1
Vitamin D (µg)	0

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

## Sun Dried Tomato Vinaigrette Marinated Green Beans



Vibrant green beans are served tender crisp, flavored with splashes of savory vinaigrette featuring Minor's Sun Dried Tomato Pesto, red wine vinegar, sautéed onions and Minor's Vegetable Mirepoix.

Yield	1 qt
Serves	32
Preparation time	5 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
12	oz	1	qt	Green beans	cut, blanched
2	fl oz	1/4	cup	Sun Dried Tomato Vinaigrette - prepared	(see separate recipe)

### Preparation Steps

1. Toss green beans with Sun Dried Tomato Vinaigrette.
2. Allow beans to marinate for at least 4 hours.

### Chef's tip

Tomato and green beans are a relatively common pairing in Italy. A generous shower of herbed pita chips adds more texture, turning it into a new twist on panzanella.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	12.9
Energy (KJ)	53.3
Protein (g)	0.3
Carbohydrate, total (g)	0.4
Fats, total (g)	1.2
Sugars, total (g)	0.3
Fats, saturated (g)	0.2
Fiber, total dietary (g)	0.2
Sodium (mg)	3.7
Calcium (mg)	4
Cholesterol (mg)	0.1
Iron (mg)	0.1
Vitamin A (µg_RAE)	6.3
Vitamin C (mg)	1.3

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

## Sun Dried Tomato Vinaigrette Marinated White Beans



A sharp and piquant mix of cannellini beans, bright parsley, red wine vinegar, and Minor's Vegetable Mirepoix. The addition of Minor's Sun Dried Tomato Pesto elevates this humble bean into a palate-awaking topping packed with compact tomato flavor and a slightly meaty edge.

Yield	2 qts
Serves	64
Preparation time	5 minutes
Marination time	4 hours

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
42	oz		2 qts	White beans, canned	
10	fl oz		1-1/4 cups	Sun Dried Tomato Vinaigrette - prepared	(see separate recipe)
1/2	oz		1/4 cup	Parsley, fresh	chopped

### Preparation Steps

1. Fold the beans, Sun Dried Tomato Vinaigrette and parsley together.
2. Marinate for at least 4 hours.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	47
Energy (Kj)	195.2
Protein (g)	1.4
Carbohydrate, total (g)	3.9
Fats, total (g)	2.9
Sugars, total (g)	0.1
Fats, saturated (g)	0.4
Fiber, total dietary (g)	1
Sodium (mg)	92.6
Calcium (mg)	9.5
Cholesterol (mg)	0.2
Iron (mg)	0.4
Vitamin A (µg_RAE)	2.1
Vitamin C (mg)	0.4

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

## Teriyaki Grilled Portobello Mushrooms



Create a filling protein replacement and vegetarian option with plump, grilled portobello mushrooms sautéed with Minor's Teriyaki Sauce.

Yield	10 each
Serves	10
Preparation time	2 minutes
Cooking time	8 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
13	oz	10 each		Portobello mushrooms	
1.5	oz	3 tbsp		<u>MINOR'S® Teriyaki Sauce RTU 4x0.5 gal.</u>	

### Preparation Steps

1. Grill, sauté, or roast Portobello mushrooms until tender.
2. Toss the cooked mushrooms in Teriyaki Sauce and reserve until needed.

### Chef's tip

Various main ingredient vegetables and RTU Sauces may be mixed and matched using this same procedure. See Signature Sauce Matrix.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	15.5
Energy (KJ)	66.6
Protein (g)	1
Carbohydrate, total (g)	3.1
Fats, total (g)	0.2
Sugars, total (g)	1.6
Fats, saturated (g)	0
Fiber, total dietary (g)	0.6
Sodium (mg)	42.9
Calcium (mg)	3.2
Cholesterol (mg)	0
Iron (mg)	0.2
Vitamin A (µg_RAE)	0
Vitamin C (mg)	0

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.