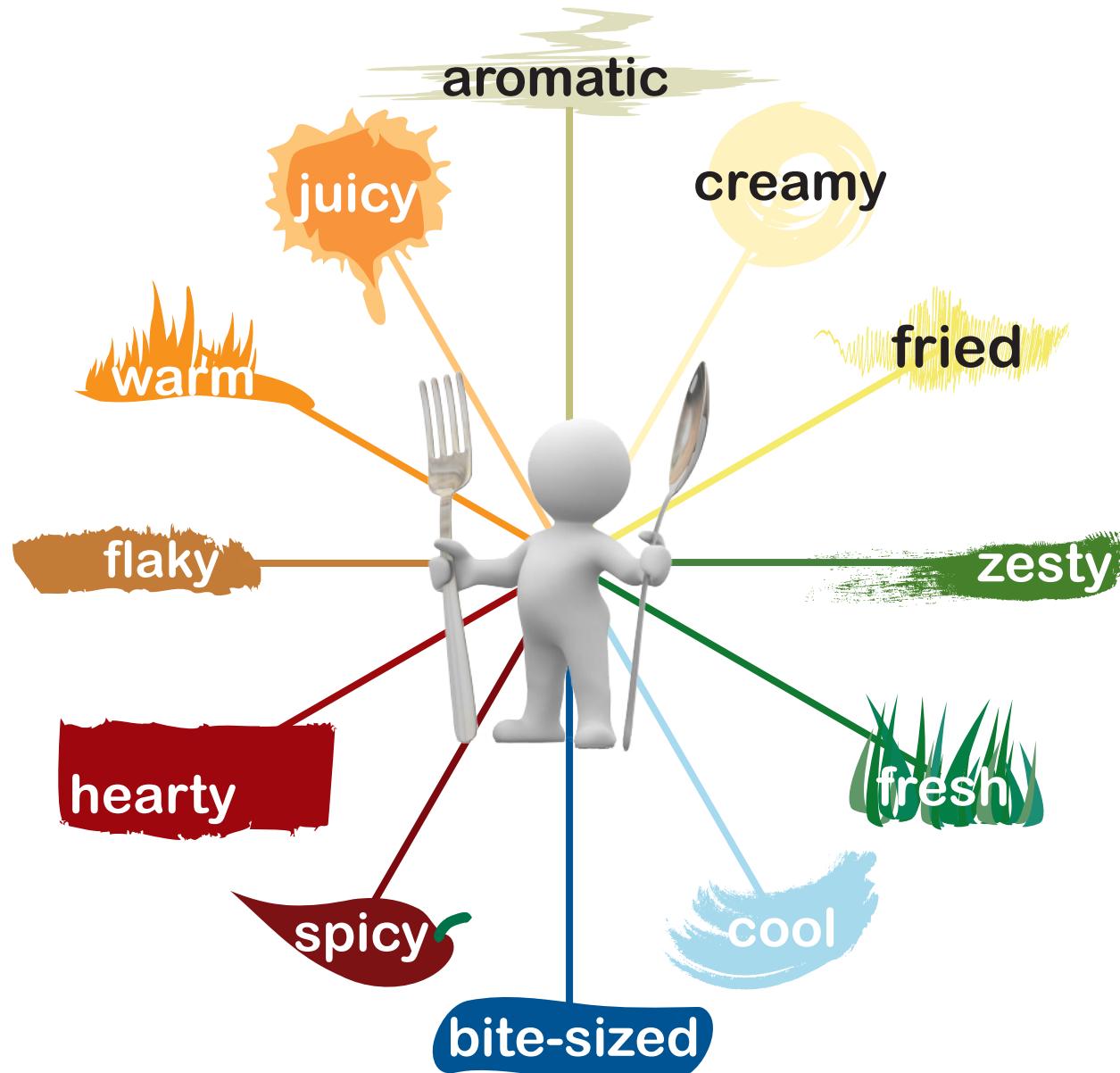


I'm craving something...



Appetizers to satisfy the appetites



I'm craving something

aromatic

Chicken Roulade	11
Chili Bites	12
Minestrone Soup	20

cool

Bologna Rolls	8
Ceviche	9
Fruit Salad	17
Guacamole	18
Tomato Cups	28

bite-sized

Bologna Rolls	8
Deviled Eggs	14
Tuna Cakes	30

creamy

Deviled Eggs	14
Guacamole	18
Mutabal	22
Salmon Bake	26
Tomato Cups	28

I'm craving something

flaky

Aloo Tiki	6
Fried Zucchini	16
Pepperoni Roll	24
Tuna Cakes	30

fried

Aloo Tiki	6
Fried Zucchini	16
Tuna Cakes	30



Fruit Salad	17
Guacamole	18
Mutabal	22
Tomato Cups	28

hearty

Chili Bites	12
Seven-Layer Dip	27

I'm craving something



Fruit Salad	17
Minestrone Soup	20
Tuga Shrimp	29



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Aloo Tiki



Ingredients

2 large potatoes
4 slices white bread
2 teaspoons corn starch
2 teaspoons coriander powder
salt
red chili powder
1 teaspoon oil

I'm craving something

flaky

fried

spicy



- 1** Place potatoes in a large pot with cold water and boil until fork-tender.
- 2** While potatoes are boiling, remove the crust from bread and create bread crumbs with a knife, mixer, or blender. If your bread is too soft, allow it to stale by placing it in the oven for a few minutes or exposing it to air for a few hours.
- 3** After the potatoes have cooled, peel their skin off and mash them finely.
- 4** Add bread crumbs, salt, coriander, and red chili powder to the mashed potatoes. Mix thoroughly.
- 5** Divide mixture into 10 portions.
- 6** Place a little oil in your palm abd roll each portion of the potato mixture into a ball. Gently flatten each ball into a round patty about $\frac{3}{4}$ " thick.
- 7** Heat oil over low heat. Slip in the patties, allowing an inch of space between each, and pan-fry on both sides until crisp and golden brown.

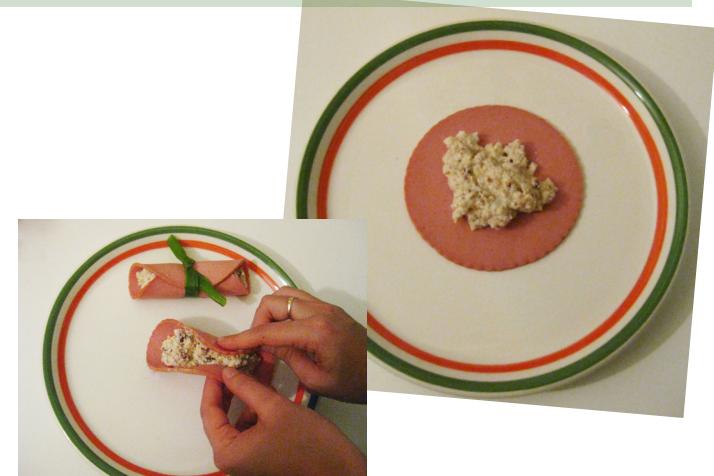
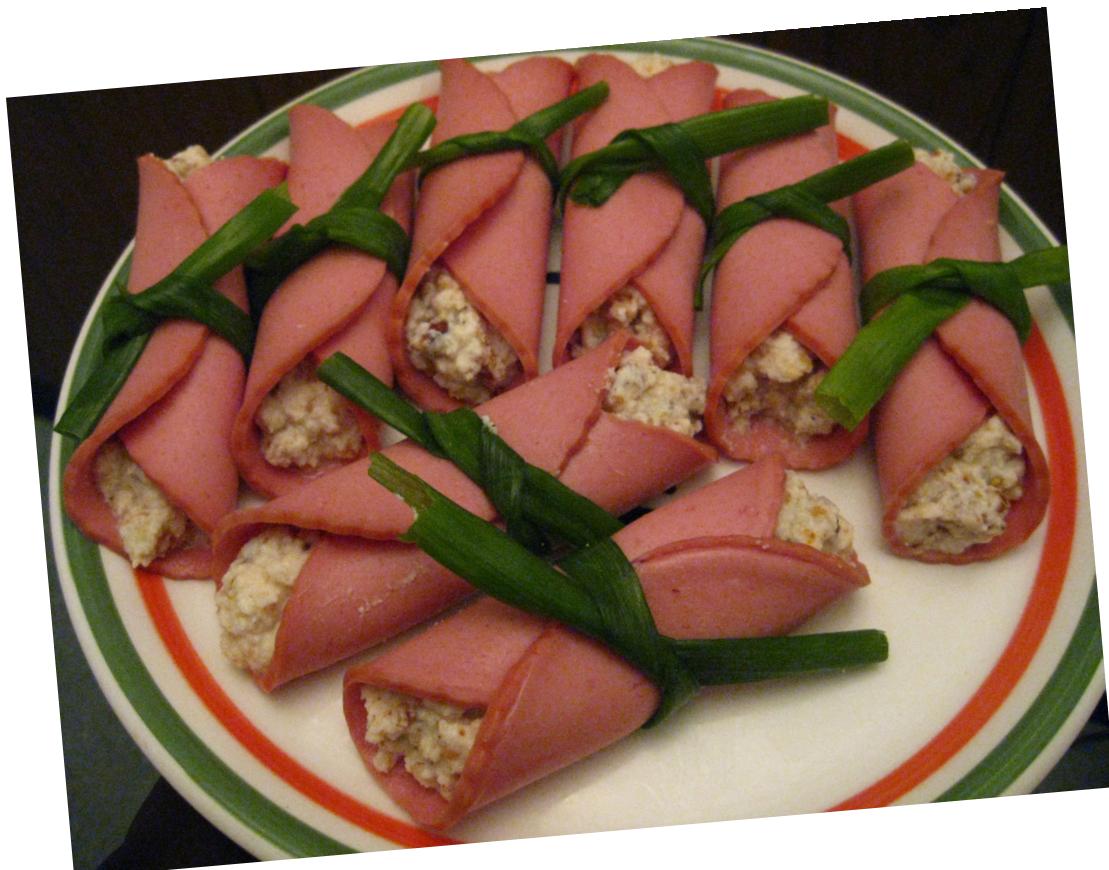
Instructions

Ingredients

8 slices bologna
 8 green onions
 1 $\frac{1}{2}$ cups ricotta or cream cheese
 $\frac{2}{3}$ cups crushed walnuts
 $\frac{1}{2}$ tablespoon olive oil
 salt
 pepper

Instructions

- 1** Mix ricotta, olive oil, and walnuts in a bowl.
- 2** Add salt and pepper to taste.
- 3** Place one tablespoon of the ricotta mixture in each bologna slice.
- 4** Roll the slice and tie it together with the green onion.



I'm craving something

zesty

cool

bite-sized

Bologna Rolls

Ceviche

I'm craving something

cool

zesty

1 lb. fresh conch or scallops
1 cup lime juice
1 cup avocado, diced
 $\frac{1}{2}$ cup red onion, minced
 $\frac{1}{2}$ cup seeded tomato, diced
 $\frac{1}{4}$ cup cilantro
2 tablespoons olive oil
2 teaspoons minced jalapeño
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{8}$ teaspoon cayenne
 $\frac{1}{4}$ teaspoon cumin

Ingredients



- 1 Pat the seafood dry and place in a glass bowl. Cover with lime juice and let vvvmarinate until opaque, about 3 hours, refrigerated.
- 2 Place the seafood in a clean bowl and reserve the lime juice.
- 3 Add remaining ingredients to seafood, stirring gently. Add reserved lime juice to taste.
- 4 Refrigerate for 1 hour, and serve chilled in martini or cocktail glass.

Instructions



juicy

ripe
moist
luscious
tempting
succulent
mouthwatering

Chicken Roulade



- 1 Mix goat cheese, basil, and tomato slices in a bowl. Season with salt and pepper.
- 2 Butterfly the chicken: slice each piece almost in half, through the thick part.
- 3 Divide the goat cheese mixture into equal portions, placing one portion at the wide end of each chicken tender.
- 4 Fold the sides of each tender inward, then roll towards the narrow end of the tender. Spear the rolled tenders with toothpicks to keep them from unravelling.
- 5 Heat the olive oil in a pan over medium heat.
- 6 Season the chicken with salt and pepper.
- 7 Place chicken in pan and brown on all sides.
- 8 Transfer chicken to a baking sheet and bake at 400°F for 6 to 8 minutes.

Instructions

Ingredients

8 chicken tenders
4 oz. goat cheese
4 grape tomatoes, cut into quarters
1 tablespoon crushed basil
1 tablespoon olive oil
black pepper
sea salt



I'm craving something



aromatic



Chili Bites



Ingredients

20 bread rolls
1 lb. ground beef
1 small can Bush's vegetarian beans
2 carrots
1 tomato
1 onion
vegetable oil
2 soy packets
black pepper
cayenne pepper
seasoned salt
barbecue sauce



- 1 Slice tomatoes into thick wedges.
- 2 Peel and chop carrots and onions into thick slices.
- 3 Pour plenty of vegetable oil into a frying pan.
- 4 Heat oil on high until hot.
- 5 Add soy and ground beef, stirring often. Once beef is evenly brown, set it aside.
- 6 Add carrots to pan and fry until soft.
- 7 Add onions and tomatoes and fry lightly.
- 8 Re-add beef and add baked beans.
- 9 Add salt, black pepper, cayenne pepper, and barbecue sauce to taste.
- 10 Simmer the chili. The longer it simmers, the thicker it will be.
- 11 Cut a crater in each bread roll and fill with chili. Place hat back on crater.

Instructions

Ingredients

6 eggs
 $\frac{1}{4}$ cup mayonaise
1 teaspoon mustard
salt
pepper
paprika

Instructions

- 1** Place eggs in pot of water and heat.
- 2** Turn off heat when water begins to boil. Cover pot and let eggs cook for 15 minutes.
- 3** Transfer eggs to a pot of cold water.
- 4** Let eggs cool for a minute and then gently crack and remove shell.
- 5** Slice each egg lengthwise and gently remove yolks.
- 6** Smush yolks, mayonaise, mustard, salt, and pepper in a plastic bag.
- 7** Cut corner off plastic bag and squeeze even amounts of mixture into each egg white.
- 8** Sprinkle eggs with paprika.

I'm craving something

bite-sized

creamy

zesty



Deviled Eggs

indulgent
smooth
velvety
silky
rich



creamy



Fried Zucchini



I'm craving something

fried

flaky

warm

1 large zucchini, sliced
 ½ cup milk
 2 eggs
 1 cup flour
 Italian seasoning
 salt
 black pepper
 vegetable oil

Ingredients



- 1 Make batter by beating the eggs and milk in a small bowl.
- 2 Mix flour, Italian seasoning, salt, and black pepper.
- 3 Cover a frying pan with $\frac{1}{4}$ " vegetable oil and heat. To check if oil is sufficiently hot, sprinkle a bit of flour on pan: flour should sizzle.
- 4 Dip each slice of zucchini and the batter and then roll in the flour mixture.
- 5 Cook in pan for 4 to 6 minutes, until slices are golden brown on each side.
- 6 Place zucchini on paper towels to soak up excess oil.
- 7 Serve hot, accompanied with a dip.

Instructions

Ingredients

20 grapes
10 strawberries
3 oranges
2 apples
2 kiwis
1 banana
 $\frac{1}{2}$ lemon
plain yogurt



I'm craving something



- 1 Peel kiwis, bananas, and oranges.
- 2 Remove apple cores.
- 3 Remove strawberry stems.
- 4 Cut fruits and place into bowl.
- 5 Cut and squeeze lemon.
- 6 Garnish with yogurt.

Instructions

Authentically Canadian Fruit Salad

Guacamole

I'm craving something



2 ripe avocados
 ½ red onion
 6 grape tomatoes
 1 chile
 1 tablespoon cilantro
 1 tablespoon lemon juice
 salt
 pepper

Ingredients



- 1** Slice avocados in half and remove the pits.
- 2** Scoop avocado innards into a bowl and mash them.
- 3** Chop the onion, tomatoes, and cilantro. For some kick, chop a chile also.
- 4** Mix chopped items with the mashed avocado.
- 5** Add lemon juice and a dash of salt and pepper.
- 6** Mix one last time for good measure.

Instructions



delectable
natural
bright
crisp
light

fresh

A graphic element consisting of the word "fresh" in a white, sans-serif font. The letters are partially obscured by a cluster of green, blade-like shapes resembling grass or blades of wheat, creating a fresh and natural feel.

Ingredients

- 3 tablespoons olive oil
- 3 cloves garlic, chopped
- 2 onions, chopped
- 2 cups celery, chopped
- 5 carrots, sliced
- 4 cups vegetable broth
- 2 cups water
- 4 cups tomato sauce
- ½ cup red wine
- 1 can kidney beans, drained
- 1 can green beans
- 2 cups spinach
- 3 zucchinis, quartered & sliced
- 1 tablespoon oregano
- 2 tablespoons basil
- salt
- pepper
- ¼ lb. pasta, cooked & drained

I'm craving something



aromatic



Minestrone Soup



- 1 In large stock pot, heat olive oil.
- 2 Add garlic and saute for 2 to 3 minutes.
- 3 Add onions and saute for 4 to 5 minutes.
- 4 Add celery and carrots and saute for 1 to 2 minutes.
- 5 Add vegetable broth, water, and tomato sauce, and bring to boil.
- 6 Add wine and reduce heat to low. Add kidney beans, green beans, spinach, and zucchinis.
- 7 Add oregano, basil, salt, and pepper. Simmer for 30 to 40 minutes.
- 8 Stir in pasta and cook for a few more minutes.

Instructions

Mutabal



I'm craving something



zesty



1 medium eggplant
3 tablespoons tahini
1 tablespoon yogurt
juice from one lemon
1 clove garlic
salt
olive oil

Ingredients

- 1 Pierce eggplant with a knife and place on stove over medium heat for 7 to 10 minutes.
- 2 Place eggplant on a plate and cover with plastic wrap.
- 3 Pound the garlic and mix with tahini, yogurt, and lemon juice.
- 4 Peel eggplant, dice, and add to dressing mix.
- 5 Add lemon juice and salt to taste.

Instructions



tangy
robust
piquant
flavorful
vigorous



Pepperoni Roll



Ingredients

2 ½ cups all-purpose flour
1 package active dry yeast
1 cup warm water
1 teaspoon sugar
1 teaspoon salt
2 tablespoons olive oil
8 oz. shredded mozzarella
8 oz. pepperoni, thinly sliced
1 egg white

I'm craving something





- 1** Dissolve yeast in warm water.
- 2** Combine the water, sugar, salt, flour, and oil in a large bowl.
- 3** Beat vigorously for 20 strokes and then let rest for 5 minutes.
- 4** Pre-heat oven to 350°F.
- 5** Roll dough into a large rectangle.
- 6** Spread pepperoni and cheese evenly over dough.
- 7** Roll up dough and shape into horseshoe or keep as a roll.
- 8** Coat the roll with egg white.
- 9** Line flat pan with aluminum foil, and place dough on pan. Use a second piece of foil to make a dome, and cover the dough with it.
- 10** Bake for 40 minutes, remove dome foil, and bake for another 15 minutes or until golden brown. Slice before serving.

Instructions

Salmon Bake



salmon
green onion
mayonaise
pepper
salt
thyme
rosemary
oregano
cilantro

Ingredients

- 1 Blanch onions.
- 2 Cut salmon to desired size and filet in half.
- 3 Spread mayonaise on salmon. Sprinkle herbs and seasoning between filet.
- 4 Make a cross with the green onions and place salmon on top. Fold up green onions and wrap.
- 5 Flip over and place in an oiled pan. Sprinkle salmon lightly with oil.
- 6 Bake at 375°F for 15 minutes.

Instructions

I'm craving something



Ingredients

1 ½ lbs. ground beef
1 can refried beans
4 cups mixed shredded cheddar and Monterey Jack cheese
8 oz. sour cream
1 cup guacamole
1 cup salsa
2 oz. black olives, chopped
½ cup tomatoes, chopped
½ cup green onions, chopped

Instructions

- 1 Brown ground beef in a skillet.
- 2 Drain fat from beef and allow to cool to room temperature.
- 3 Spread beans across bottom of tray.
- 4 Sprinkle 2 cups of cheese blend over beans.
- 5 Spread the cooled ground beef over the cheese.
- 6 Slowly spread sour cream over the ground beef.
- 7 Spread guacamole over sour cream.
- 8 Spread salsa over guacamole.
- 9 Sprinkle remaining cheese on the dip, then olives, tomatoes, and onions.



I'm craving something

hearty

zesty

spicy

Seven-Layer Dip

Tomato Cups



creamy

cool

fresh

I'm craving something

3 tomatoes
150 grams mayonaise
250 grams macedonia
 $\frac{1}{2}$ onion

Ingredients

- 1 Cut tops of tomatoes off and scoop out pulp.
- 2 Dice onion and mix with tomato pulp.
- 3 Add macedonia and mayonaise and mix well.
- 4 Fill tomatoes with mixture.

Instructions

Ingredients

1 oz. large shrimp, washed
⅓ cup olive oil
1 onion
4 tomatoes
1 teaspoon oregano
salt
pepper

Instructions

- 1 Dice onion and tomatoes.
- 2 Place olive oil, onion, tomatoes, and shrimp in a pan.
- 3 Add oregano and pepper.
- 4 Cover pan and cook for about 8 minutes. Serve with pasta or rice.



Tuga Shrimp

Tuna Cakes

I'm craving something

flaky

bite-sized

fried

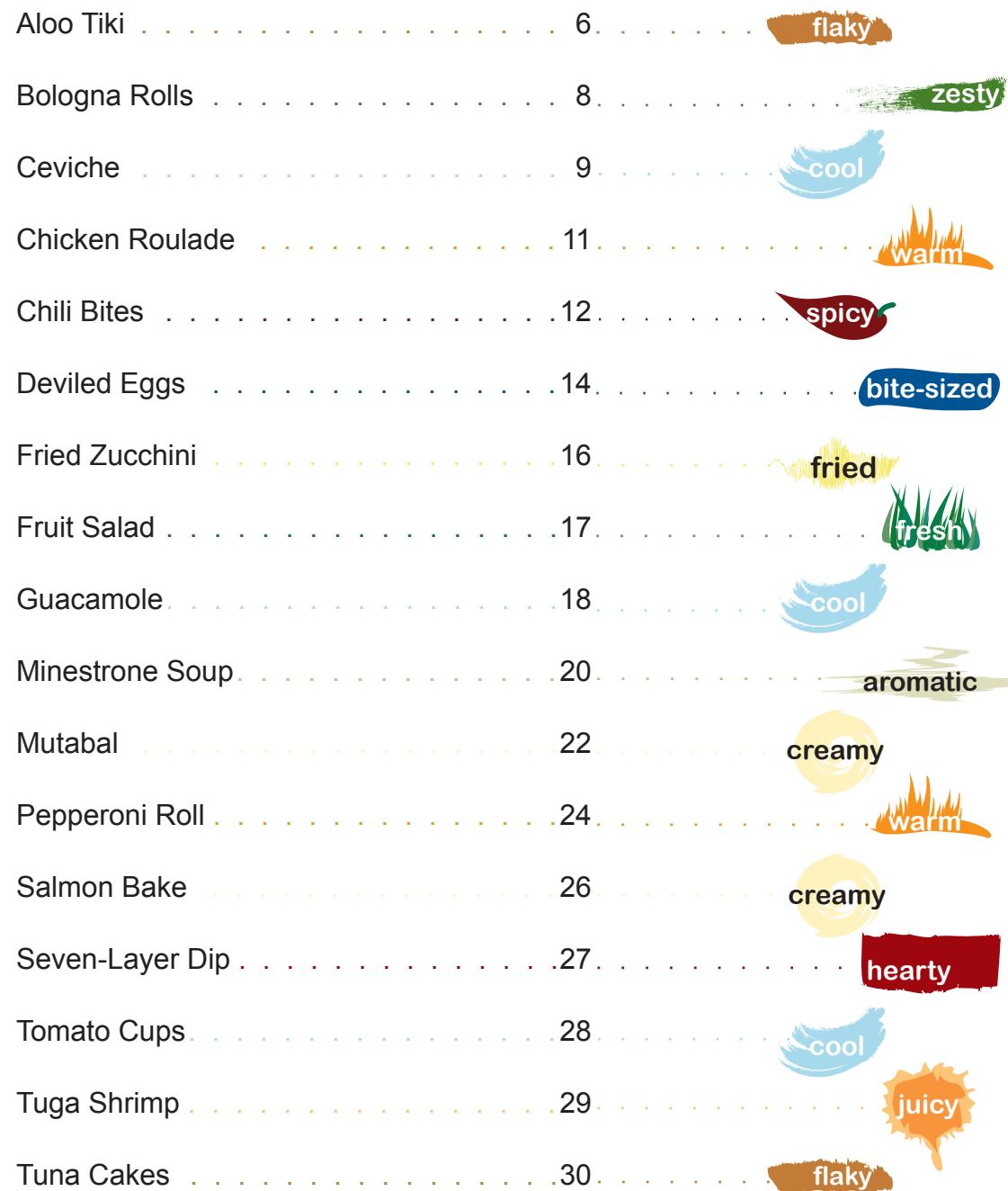


- 1 Soak bread in water until soft.
- 2 Mash bread and squeeze out water.
- 3 Add eggs, tuna, and garlic, mixing well after each ingredient.
- 4 With two spoons, shape mixture into cakes. Add parsley if desired.
- 5 Heat oil in pan.
- 6 Fry cakes in oil until brown.

1 medium loaf of bread
3 cans tuna
2 eggs
1 clove of garlic
oil
parsley

Ingredients

Instructions



I'm craving something...