

## Asian Turkey Stroganoff

### Yield – 6 svgs

1 cup Sliced Onions  
1 cup Sliced Mushrooms  
1 cup Sliced Red Peppers  
1 lb Local turkey strips cooked  
1 tbsp soya sauce  
1 tbsp hoisin sauce  
1 tsp chilli sauce  
1 cup sour cream  
1 cup chicken broth

1. Sautee onions, mushrooms and red peppers.
2. Add turkey strips and sauces.
3. Add chicken broth & sour cream and mix well.
4. Serve over egg noodles.

## Greek Chicken Bruschetta Flatbread

Flatbread  
Grilled Chicken Strips  
Feta Cheese  
Local Bruschetta Topping  
Shredded Mozzarella Cheese

1. Spread flatbread with chicken. Top with bruschetta mix, shredded mozzarella & crumbled feta cheese.
2. Bake until cheese is melted and slightly golden in colour.

### Bruschetta Topping:

Chopped Grape Tomatoes  
Diced Red Onion  
Fresh Mint – chopped  
Greek Salad Dressing

# Asian Chicken Salad Wrap with Cucumber & Mango Salsa

1	Wrap
#20 scoop	Gourmet Chicken Salad
#20 scoop	Cucumber & Mango Salsa
1	Lettuce leaf

1. Place chicken salad on to wrap
2. Add Cucumber & Mango Salsa
3. Top with lettuce leaf
4. Wrap into roll and cut in half.

NOTE: Extra toppings can be added as per customer request.

## Cucumber & Mango Salsa:

2 local cucumbers – diced with skin on  
2 cups mango (frozen) – diced small  
1 red onion – diced small  
1tsp red chilli flakes  
Fresh chopped cilantro  
1tbsp Light Soya Sauce  
1tsp Rice Vinegar  
Fresh Lime juice  
1tsp canola oil  
1 tsp sugar

Mix all ingredients in bowl. Adjust sweetness or tanginess of taste if required.

# Mediterranean Grilled Chicken & Vegetable Wrap

1	Wrap
30 ml	Hummus
8-10 pices	Chicken Strips
15 ml	Chopped Local Cucumbers
15 ml	Chopped Local Grape Tomatoes
15 ml	Chopped Local Orange Peppers
	Shredded Lettuce
5 ml	Balsamic Vinaigrette

1. Place Hummus on wrap
2. Top with shredded lettuce, cucumbers, grape tomatoes, orange peppers and chicken. Sprinkle with balsamic vinaigrette.
3. Roll into wrap. Cut in half and serve

NOTE: Extra toppings can be added as per customer request.

## **Mesquite BBQ Turkey Flatbread**

Flatbread

Grilled Local Turkey Strips

Sliced Red Onions - Local

Sliced Red Peppers - OGVG

Mesquite BBQ Sauce

Shredded Mozzarella Cheese

1. Spread flatbread with bbq sauce. Top with onions, peppers, turkey strips, and shredded mozzarella.
2. Bake until cheese is melted and slightly golden in colour.

# TUSCAN RICE

Yield – 6 servings

## Measure Ingredient

---

¼ cup Canola oil

---

1 cup Onions, chopped

---

2 Cloves garlic, minced

---

2 cups Diced OGVG Tomatoes

---

1 cup Diced Zucchini - Local

---

6 cups Cooked rice

---

Chicken Soup Base – to flavour

---

1 pinch Ground black pepper

---

Chopped Parsley

---

1. Cook Rice. Set aside.
2. In large skillet, sauté onions and garlic until soft. Add Rice and mix well.
3. Add chicken soup base flavouring & ground pepper.
4. Add diced tomatoes and stir lightly until just heated through.
5. Sprinkle with parsley before serving.