



December 2018 Webinar
New Products for 2019



Better Body Foods Avocado Oil Mayo

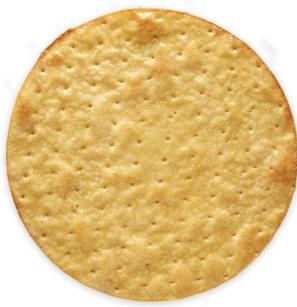
#1537 \$12.99

Better Body Foods Almond Oil

#1538 \$8.99

Better Body Foods Organic Antioxidant Fruit & Fiber

#1539 \$14.99



Caulipower Pizza Crusts

#1546 (2) \$8.99

#1547 (12) \$19.99

#1560 (4) \$13.33

Riced Veggies Recipes



Butternut Squash Pancakes

Ingredients

- 3 cups Del Monte Riced Butternut Squash #1518
- 2 eggs
- 1/2 Cup milk
- 1/2 tsp vanilla
- 1 Cups all-purpose flour
- 1 tsp baking powder #2847
- 1/4 tsp ground cinnamon #1005

Directions

Put butternut squash in a microwave safe bowl. Microwave on high, uncovered, for 10 minutes (stirring half-way through).

In large bowl, beat eggs with wire whisk until fluffy. Stir in milk, vanilla, flour, baking powder and cinnamon just until flour is moistened (batter will be slightly lumpy); do not over mix or pancakes will be tough. Stir in Butternut Squash.

Brush griddle or skillet with vegetable oil. Heat over medium-high heat (375°F.)

For each pancake, pour about 1/4 cup batter onto griddle. Cook 1 to 2 minutes or until bubbly on top and dry around edges. Turn, cook 1 to 2 minutes or until golden brown.



Cauliflower Medley Meatballs

Makes 40 meatballs

Ingredients

- 3 cups Del Monte Riced Cauliflower Medley #1520
- 1 lbs ground pork
- 1 lbs ground beef
- 1/8 Cup ground ginger #1420
- 1/8 Cup soy sauce
- 1 tsp sesame seed oil
- 2 cloves garlic, finely chopped
- 2 eggs
- 1 1/2 Cups panko breadcrumbs #

Directions

Heat oven to 375°F. Line eight 15×10×1-inch pans with foil. Lightly spray with cooking spray. In a microwave safe bowl, measure out 1.5lbs of Cauliflower Medley. Microwave on high, uncovered, for 12 minutes (stirring halfway through). Repeat with the remaining 1.5 lbs of riced cauliflower medley. In large bowl, combine pork, beef, ginger, soy sauce, sesame seed oil, garlic, eggs and breadcrumbs; mix well. Shape into 1 ½-inch balls. Place balls onto foil lined pan. Bake for 15 to 20 minutes or no longer pink in center (165°F).



Charred Cauliflower & Sweet Potato Tacos w/ Southwest Slaw

Makes 10 tacos

Ingredients

- ¼ Cup avocado oil #3515
- 3 cups Del Monte Riced Cauliflower & Sweet Potato #1519
- 1/2 Tbsp chili powder #1014
- 3 Cups coleslaw
- 1/2 Cups thinly sliced celery
- 1/4 Cup coarsely chopped cilantro
- 1/8 Cup thinly sliced green onions (about 4 onions)
- 1/4 Cup fresh lime juice
- 1/2 tsp garlic salt #1019
- 10 corn tortillas (6 inch), warmed as directed on package
- 1 jalapeño peppers, thinly sliced

Directions

In large nonstick skillet, heat oil over medium heat. Add Cauliflower & Sweet Potatoes, cook 8 to 10 minutes or until potatoes are tender and golden brown. Stir in chili powder until well mixed. Meanwhile, in large bowl, combine coleslaw, celery, cilantro, onions, lime juice and garlic salt until well mixed. Fill each tortilla with about ¼ cup potato filling, 1/3 cup coleslaw and 3 jalapeño slices.

Riced Cauliflower Loaded "Potato" Salad

Ingredients

- 3 tablespoons mayonnaise
- 1 tablespoon avocado oil #3515
- 1 teaspoon apple cider vinegar
- 3 cups Riced Veggies Cauliflower, cooked, drained and cooled #2743
- 4 slices bacon, cooked and crumbled #4835
- 1/2 cup shredded cheddar cheese #1866
- 3 green onions, chopped

Directions

Combine mayonnaise, olive oil and vinegar in large bowl. Stir in Riced Veggies Cauliflower, bacon, cheese and green onion until evenly coated. Season to taste with salt and pepper. Garnish with additional bacon, cheese and green onion, if desired.

From <https://www.greengiant.com/recipes/riced-cauliflower-loaded-potato-salad/>



Butternut Squash Quinoa Casserole

Makes 8 servings (½ cup each)

Ingredients

- 3 cups Del Monte Riced Butternut Squash #1518
- 1/3 Cups quinoa #8940
- 2 Tablespoons olive oil
- 1 Cups chopped onion #5772
- 6 cloves garlic, finely chopped
- 1/4 tsp chipotle powder
- 1/4 tsp garlic powder #1021
- 1/4 tsp garlic salt #1019
- 1 Cup shredded Colby Jack cheese #1860
- 1/4 Cup chopped green onions

Directions

Heat oven to 375°F. Prepare quinoa as directed on package.

Put butternut squash in a microwave safe bowl. Microwave on high, uncovered, for 10 minutes (stirring half-way through). In large skillet, heat oil on medium heat. Add onion and garlic, cook 2 to 3 minutes, stirring occasionally until tender. Remove from heat; stir in butternut squash, quinoa, chipotle powder, garlic powder and garlic salt until well mixed. Spoon into 2 13x9 inch glass baking dishes. Sprinkle with cheese. Bake 15 to 20 minutes or until cheese is melted and thoroughly heated. Sprinkle with onions.



Skillet Cheesy Chicken and Veggie "Rice"

Yield: 2 servings, Serving Size: 1 1/2 cups

Ingredients

- 1/2 lb boneless, skinless chicken breast, cubed small #5513
- 1/2 teaspoon kosher salt
- 1/4 teaspoon garlic powder
- black pepper, to taste #1029
- 1 teaspoons avocado oil #3515
- 2 cloves crushed garlic
- 1/4 cup chopped onion #5772
- 3 cups riced cauliflower medley #1520
- 1/3 cup cheddar #1866

Directions

Season chicken with 1/4 teaspoon kosher salt, garlic powder and black pepper, to taste.

Heat a large nonstick skillet over high heat. When hot add 1/2 teaspoon oil and add half of the chicken. Cook 2 to 3 minutes on each side, until no longer pink in the center and browned on the edges. Set aside. Repeat with remaining chicken.

Add the remaining 1/2 teaspoon of oil, onion and garlic and cook over medium heat about 2 minutes, until soft. Add the riced vegetables (frozen), 1/4 teaspoon salt and pepper and cook 5 to 6 minutes, until heated through.

Return the chicken to the skillet, top with the cheese and cover.

Cook low heat until the cheese is melted, about 2 to 3 minutes.

From <https://www.skinnytaste.com/skillet-cheesy-chicken-and-veggie-rice/>