

It's the perfect time of the year
to savour the flavours of all the

fresh garden vegetables



Burger Bowl

- 1 lb. (.454kg) ground beef
- 1 Tbsp. **Signature Steakhouse Rub & Seasoning**
- 1 Tbsp. **Oh! So Garlic**
- 4 cups chopped lettuce
- 1 small red onion, thinly sliced
- Pickles, sliced
- 10-15 cherry tomatoes, halved or whole
- 1 cup grated cheese

Dressing Sauce

- 2 tsp. **Mango Chili Lime Seasoning**
- 1/3 cup sour cream
- 1/3 cup mayonnaise
- 1/4 cup **Awesome Everything Sauce**

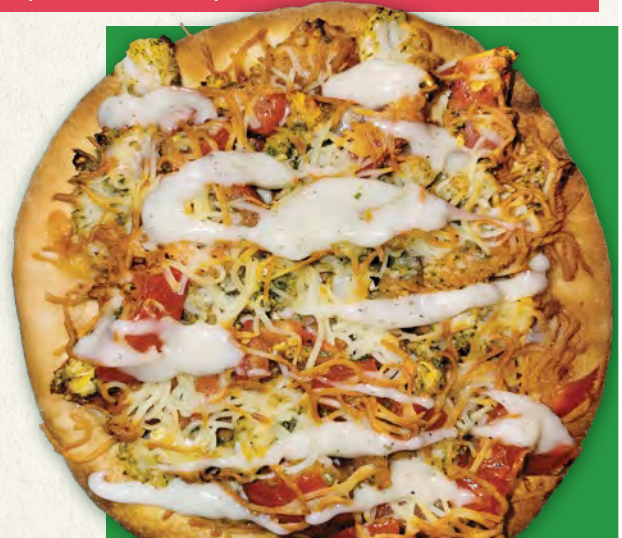
Place ground beef in a skillet over medium heat, season with **Signature Steakhouse Rub & Seasoning** and **Oh! So Garlic**. Cook for 5-7 minutes until fully cooked. Drain any liquid, set aside. Mix sauce ingredients and set aside. In a serving bowl or individual bowls, place lettuce, onions, tomatoes, pickles and cheddar cheese; top with seasoned cooked beef. Serve dressing on the side. Additional items may be added-cottage cheese, peppers, avocado, crisp bacon, chickpeas.

Bruschetta Naan Pizza with Shrimp

**Thanks to Annelie Soto for the recipe and photo.*

- 4 pieces Naan bread
- 1 packet **Bruschetta Seasoning Blend**
- 4 Roma tomatoes, diced
- 1 Tbsp. **Fresh Harvest Garlic Olive Oil**
- 1 tsp. fresh lemon juice
- 1 cup cooked shrimp, chopped
- 1 cup Parmesan, freshly grated
- **Creamy Parmesan & Black Pepper Ranch Sauce**

Pre-crisp Naan bread in the air fryer for 3 minutes (or 6 minutes in a 400°F oven). Mix **Bruschetta Seasoning Blend**, diced tomatoes, oil, lemon juice and shrimp together. Distribute mixture evenly over Naan, top with cheese. Air fry for approximately 7 minutes (or 14 minutes in the oven), checking halfway for desired doneness. Before serving, drizzle with **Creamy Parmesan & Black Pepper Ranch Sauce**.





Avocado Shrimp Bruschetta Appetizer

- 1 Tbsp. fresh lemon juice
- ¼ cup olive oil
- 10 medium-sized cooked shrimp. Leave 3-4 whole for garnish and cut remainder into ½ inch pieces
- 1 avocado, peeled and diced
- 1 packet **Bruschetta Seasoning Blend**
- 4 Roma tomatoes, diced
- 1 small red onion, chopped
- ½ cup chopped cilantro optional

In a large mixing bowl, combine **Bruschetta Seasoning Blend**, tomatoes, lemon juice, onion and olive oil. Mix well and set aside for 30 minutes. Before serving, mix in diced shrimp and avocado, serve with pita crisps, crackers, or toasted baguette slices.



a delicious choice at this time of the year with all of the fresh veggies from your garden or market

Chicken Sheet Pan Dinner

- 3 chicken breasts- cut into 2-3 inch pieces
- ¼ cup oil
- 2-3 Tbsp. **Smoky Pecan Rub & Seasoning**
- 5-6 cups vegetables of your choosing, cut into 1" pieces

Place oil and seasoning in a resealable bag and squeeze bag to combine. Place chicken in the bag; close bag and squeeze to thoroughly coat the meat. Marinate for 30 minutes in the refrigerator (do not discard bag with oil and seasoning; will use later to coat vegetables). Preheat oven to 400°F. Lightly spray a sheet pan with non-stick cooking spray (or line with parchment paper). Place marinated chicken onto the sheet pan. Place vegetables in the resealable bag containing the marinade and toss to coat. Arrange vegetables around chicken and bake for 30 minutes or until chicken is cooked through and reaches an internal temperature of 165°F. This can also be baked on the BBQ at medium/high heat.



Greek Salad

- 6 cups lettuce, rinsed, dried and chopped
- 1 red onion, thinly sliced
- 1 jar (250 mL) Kalamata olives
- 2 large tomatoes, cut into wedges(or use cherry tomatoes, halved)
- 1 cucumber, sliced
- 1 cup feta cheese, crumbled
- ¼ cup chopped parsley, (optional)

In a large salad bowl, combine lettuce, onion, olives, tomatoes, cucumber and feta cheese.

Greek Salad Dressing

- 1 Tbsp. **Mediterranean Greek Seasoning Blend**
- 2 tsp. **Italian Rustico Seasoning**
- ⅓ cup olive oil
- ¼ cup red wine vinegar

Whisk seasonings with olive oil and red wine vinegar, drizzle over salad and toss