



*Sunset Gourmet*  
FOOD COMPANY INC.

# THE GOURMET SEPTEMBER 2025 SCOOP

The eye-catching, vibrant colour of fruits and vegetables that are in abundance at this time of the year adds texture and excitement to our meals.



## Blueberry Breakfast Quesadilla

- 1 large flour tortilla shell (or substitute two smaller ones)
- ¼ cup fresh blueberries
- 1 tsp. honey
- 3 Tbsp. cream cheese, softened
- 1 ½ tsp. **YGY Easy Eats Bursting Berry Blend**

In a small bowl, mix cream cheese with honey and **YGY Easy Eats Bursting Berry Blend**. Lay the tortillas flat and spread the cream cheese mixture over half. (If using smaller tortilla shells, spread the mixture over the entire shell and top with another) Scatter blueberries evenly over the cream cheese. Heat a nonstick pan over medium heat and add a small pat of butter. Place the quesadilla in the skillet and cook for 2-3 minutes per side.

Breakfast,  
Lunch  
or Dinner



## Zucchini Bake

- 4 medium zucchinis, sliced in ½" thick rounds
- 2 Tbsp. **Fresh Harvest Garlic Olive Oil**
- Black Pepper
- 1 Tbsp. **Sunset Seasoned Salt**
- 1 Tbsp. **Onion, Garlic & Herb Seasoning**
- 3 eggs
- 1 cup grated Parmesan cheese
- Chopped parsley for garnish

Preheat oven to 350°F. In a large fry pan, place olive oil, heat and add zucchini rounds, saute until lightly browned on both sides. Drain on paper towel. Arrange zucchini in lightly sprayed baking dish. In a small bowl, whisk eggs until frothy, add seasonings and Parmesan cheese. Pour over zucchini. Bake for 15 minutes, or until crust turns golden brown. Serve hot.

## Oven Baked Vegetables

- 6 cups fresh assorted vegetables, washed and cut into uniform pieces
- 2 Tbsp. **Fresh Harvest Garlic Olive Oil**
- 2 tsp. **Sunset Seasoned Salt**
- 1 Tbsp. **Onion, Garlic & Herb Seasoning**
- 1 Tbsp. **Italian Rustico Seasoning Blend**
- Black pepper

Heat oven to 450°F. Spray a 15x10x1-inch pan with cooking spray. In a large bowl, toss all ingredients to coat. Spread evenly in pan. Bake 15 to 20 minutes, stirring once halfway through baking time, until vegetables are tender and lightly browned.







## Sweet Maple Pork Tenderloin Shish Kabobs

*\*Thanks to Lorna Munday-Meevis for the recipe and photo.*

- 2 pork tenderloins, silver skin removed and cut into 1-inch pieces
- 5-6 cups assorted vegetables (zucchini, peppers, red onion, cherry tomatoes)
- 1 Tbsp. **Onion Garlic & Herb Seasoning**

### Marinade

- 2 Tbsp. **YGY Easy Eats Sweet Maple Vinaigrette**
- ¼ cup avocado oil
- ¼ cup white balsamic vinegar
- 1 tsp. dry mustard powder

Marinate the pork tenderloin pieces in the marinade for 2-3 hours. Season the vegetables with **Onion, Garlic & Herb Seasoning**.

When ready to assemble, thread the skewers, alternating between meat and vegetables. Preheat the BBQ to medium-high, place the kabobs on the grill and turn often to avoid burning. Cooking time will be 10-15 minutes. If using wooden skewers, soak for several hours to prevent burning.



## Sweet N' Spicy Stuffed Peppers

- 200g (.2 kg) ground chicken
- 2 Tbsp. Olive Oil
- 1 tsp. **Sunset Seasoned Salt**
- 1 box **Sweet & Spicy Peach Jalapeno Cheeseball Mix** (use both mix and topping)
- ¼ cup **Peach & Mango Habanero Salsa**
- 1 ½ cups cooked rice
- 15 oz. can tomato sauce
- 1 small can black beans, rinsed and drained
- 1 can kernel corn, drained
- 6 - 7 large bell peppers
- 2 cups shredded white Cheddar cheese

In a large skillet, add olive oil and add chicken. Brown ground chicken over medium-high heat with **Sunset Seasoned Salt**; drain. Stir in remaining ingredients. Wash peppers, cut off tops and seed. Place peppers in a greased casserole dish. Fill each pepper with chicken mixture. Cover; bake at 350°F for 40 minutes. Remove from oven, sprinkle with cheese; continue baking, uncovered, for 5 minutes or until cheese melts



## Grilled Veggie Pizza

- 4 cups assorted sliced veggies (zucchini, mushrooms, peppers and onions)
- 1 Tbsp. **Oh! So Garlic**
- 1 Tbsp. **Mediterranean Greek Seasoning Blend**
- 2 tsp. olive oil
- 1 prepared large pizza crust or naan breads
- 1 cup store-bought or homemade pizza sauce
- Olives (optional)
- 2 cups mozzarella cheese

Slice or chop the veggies and place them in a bowl. Drizzle with olive oil, sprinkle with seasonings and marinate for a minimum of 20 minutes. Grill veggies over medium heat until nicely charred. Spread pizza sauce over pizza crust or naan bread. Top up with grilled veggies and cheese. Place the pizza on the grill or in a grill pan and cook for 15 minutes until crust is browned and cheese is melted.