

FEBRUARY 2026

GOURMET *Scoop*

So Easy. So Delicious!



PULL UP A CHAIR.
TAKE A TASTE.
COME JOIN US.
LIFE IS SO ENDLESSLY
DELICIOUS.

- RUTH REICHL -

MEXICAN CHICKEN WITH SALSA

- 3-4 boneless, skinless chicken breasts
- 1 Tbsp. Mexican Fiesta Rub & Seasoning
- 2 tsp. Sunset Seasoned Salt
- 2 tsp. Chef's Blend - All Purpose Seasoning

Combine seasonings in a small dish. Season chicken breasts with seasonings and refrigerate for several hours to allow the seasonings to marinate. The chicken can then be grilled or cooked stove top. When cooked, place chicken breast on top of a bed of cooked wild and brown rice. Top with warmed corn salsa.



CORN, BLACK BEAN AND MANGO SALSA

- 1 Jar Peach & Mango Habanero Salsa
- ½ lime
- 1 Tbsp. Oh! So Garlic
- 1 can (199 mL) kernel corn (can use fresh corn that has been cooked)
- 1 cup black beans

Place Peach & Mango Habanero Salsa in a bowl, add juice from lime and Oh! So Garlic. Rinse and drain black beans, drain corn; add corn and beans to the salsa. Refrigerate for 1 hour before serving. Leftovers can be kept covered in the fridge.

EGG BITES

- 1/3 cup blended cottage cheese
- 1/3 cup milk
- 6-7 eggs
- 2 tsp. Lemony Dill Seasoning
- 1 tsp. Sunset Seasoned Salt
- 1 tsp. Cheesy Bacon & Chive Seasoning
- Black Pepper
- 3 strips bacon, cooked crisp and crumbled
- 1/2 cup grated Swiss or cheddar cheese
- 2 cups chopped veggies- choose cooked leftovers or add raw (peppers, grape tomatoes, onion, asparagus, spinach and/or mushrooms)



If you are looking for a great "Grab & Go" Snack- this is it!

Preheat oven to 325°F — the lower temp prevents rubbery eggs. In your blender add cottage cheese, blend until smooth, add eggs, milk and seasonings. Blend for 20 seconds. Grease your muffin tins. Drop your add ins to the muffin tin (about a tablespoon) and top up with egg mixture. Bake for approximately 18-22 minutes until mixture is set.



SPINACH, CHICKEN AND VEGGIE SALAD

- 2 cups fresh baby spinach, chopped into bite-sized pieces
- 8 cherry tomatoes, halved
- 1 fully cooked seasoned chicken breast, diced
- 1 cup chopped assorted vegetables – peppers, celery, cauliflower, carrot
- ½ cup cubed aged cheddar cheese
- ¼ cup pumpkin seeds

Place all dressing ingredients in a blender and blend until well combined. Place all salad ingredients in a serving bowl and drizzle with dressing.

Dressing

- ¾ cup Greek Yogurt
- ¾ cup blended cottage cheese
- 1 Tbsp. mayonnaise (optional- add if you want a creamier dressing)
- 2 tsp. **Jalapeno Ranch Dill Pickle Seasoning Blend**
- 2 tsp. **Onion, Garlic & Herb seasoning**
- Juice of ½ lemon
- ¼ cups milk

Dressing can be stored in a salad jar in the refrigerator for several days.



QUINOA SALAD

▪ 1 ½ cups cooked quinoa	Dressing
▪ 8 cup grape tomatoes, cut in half	▪ 2 Tbsp. Meyer Lemon Infused Olive Oil
▪ ¾ cup feta cheese	▪ 3 Tbsp. fresh lemon juice
▪ 1 cup chopped cabbage or other greens	▪ 2 tsp. Mango Chili Lime Seasoning
▪ 2-3 mini cucumbers, sliced	▪ 1 tsp. Garlic Pepper with a Twist of Lemon
	▪ 1 Tbsp. liquid honey
	▪ 1 Tbsp. light soy sauce
	▪ Black pepper

Prepare dressing and set aside. In a serving bowl place cooked quinoa along with all other salad ingredients. Toss with dressing and serve as a side with chicken or enjoy on its own.



A winner from our
Family Faves
Freezer Meal
Workshop

SMOKY SWEET SLOW COOKER PULLED PORK

- 3 lbs. (1.36 kg) boneless pork loin
- 1 Tbsp. **Sunset Seasoned Salt**
- 1 Tbsp. **Chef's Blend - All Purpose Seasoning**
- 1 Tbsp. **Oh! So Celery**
- 1 ½ cups apple juice, divided
- 1 cup **Sunset Gourmet's Smoky Sweet Grilling Sauce**

Combine all seasonings. Rub the spice mixture onto all sides of the pork loin. Place in a large bowl or resealable bag and refrigerate for an hour or more. Place the seasoned pork loin in a slow cooker along with ¾ cup apple juice. Cook on high for two hours then low for 4 hours. Remove pork from slow cooker and shred. Return shredded pork to the slow cooker along with the **Sunset Gourmet's Smoky Sweet Grilling Sauce** and apple juice. Slow cook for another 45 minutes on low. (You can add additional **Sunset Gourmet's Smoky Sweet Grilling Sauce** if you prefer a more saucy pulled pork.) Serve on buns with coleslaw or try pulled pork on Mac & Cheese!

Coleslaw dressing- combine ½ cup mayonnaise with ½ cup **Pineapple Jalapeno Jelly**.