

MAY 2026

# GOURMET Scoop

So Easy. So Delicious!

Discover a world of flavours, where every bite is a delight for your taste buds.

From lunch to dinner, we have you covered!



## Pork Stir-Fry

- 1 ½ lbs. (.680 kg) pork tenderloin, cut into strips
- 3 Tbsp. olive oil, divided
- 2 tsp. **Sunset Seasoned Salt**
- 2 tsp. **Onion, Garlic & Herb Seasoning**
- 1 small yellow onion, diced
- 1 large pepper - red, orange or green, cut into strips
- 1 carrot, cut into thin strips
- Green onion, chopped

### Sauce

- 3 Tbsp. **YGY Easy Eats™ Sesame Ginger Blend**
- 1/3 cup soy sauce
- 1 Tbsp. cornstarch
- ¼ cup orange juice

In large skillet, heat 2 tablespoons olive oil over medium-high heat. Add pork tenderloin and sprinkle with seasonings, cook until no longer pink, about 5-6 minutes; remove from skillet. Add onion, peppers, carrots and remaining olive oil to skillet; stir-fry 5 minutes or until tender crisp. Return pork to the skillet. Combine 3 tablespoons **YGY Easy Eats™ Sesame Ginger Blend**, 1/3 cup soy sauce, 1 tablespoon. corn starch and ¼ cup orange juice, add to the stir fry. Simmer for 5-10 minutes until sauce is thickened. Add diced green onion. Serve over rice or rice noodles.



## Spicy Roasted Vegetables with Chickpeas

- 2 zucchini, washed, quartered and sliced
- 2 celery stalks, cut into 1" pieces
- 10 cherry tomatoes
- 1 red pepper, seeded and diced
- ½ white onion, roughly chopped
- 1 can (540 mL) chickpeas, rinsed and drained
- 2 Tbsp. **Fresh Harvest Garlic Olive Oil**
- 2 tsp. **Onion, Garlic & Herb Seasoning**
- 2 tsp. **Mango Chili Lime Seasoning**
- 2 tsp. black pepper
- 2-3 Tbsp. **Chipotle Aioli Sweet Heat Sauce**
- Fresh parsley

Pre-heat oven to 400°F. Place all vegetables and chickpeas onto a large sheet pan and drizzle with olive oil and sprinkle with seasonings. Roast vegetables until tender and lightly browned, about 35 minutes. Place in a serving bowl and toss with **Chipotle Aioli Sweet Heat Sauce** and garnish with fresh parsley.



## Glazed Salmon Filets



- 6 salmon fillets
- 2 Tbsp. oil
- 1 tsp. **Sunset Seasoned Salt**
- 1 tsp. **Garlic Pepper with a Twist of Lemon**
- ½ cup **Peaches, Pineapple & Peppers Grilling Sauce**
- ¼ cup soy sauce
- Sesame seeds, optional

Line a baking sheet with tin foil or parchment paper, brush with olive oil. Sprinkle both sides of salmon fillets with all seasonings. Place in a preheated 400°F oven. Combine **Peaches, Pineapple & Peppers Grilling Sauce** with soy sauce. Brush sauce over salmon, turn and brush other side; bake for 10 to 12 minutes. Add a sprinkling of sesame seeds. Serve with additional sauce.



## Light and Refreshing Well Dressed Salad

- 4 cups chopped romaine lettuce
- 2 hard-boiled eggs, chopped
- 1 small chicken breast, seasoned, cooked and chopped
- ½ red pepper, cut into strips
- 2 celery stalks, cut into ½ inch pieces
- Salt & pepper

### Dressing

- 3 Tbsp. **Smoky Chipotle Honey Mustard**
- 1 ½ Tbsp. rice vinegar
- 1 ½ Tbsp. Sesame oil

Place all salad ingredients in a serving bowl. Place all dressing ingredients in a shaker jar, mix well and drizzle half over salad, toss and add more as needed. Store any remaining dressing in a tightly covered jar in the refrigerator. This dressing makes a great marinade as well. If you prefer a creamier dressing, add a tablespoon of mayonnaise.

## Chicken Caesar Salad Wrap



- 1 large fully cooked chicken breast or 6 chicken tenders, cut into bite-sized pieces
- 1 large tomato, diced
- 1 head romaine lettuce, cleaned and chopped
- 4 large tortilla shells

### Caesar Salad Dressing

- 1 cup mayonnaise
- ⅓ cup sour cream or Greek yogurt
- 2 Tbsp. lemon juice
- 2 Tbsp. **YGY Easy Eats™ Caesar Dressing**

Combine all dressing ingredients and refrigerate for an hour or more. Combine half of the salad dressing with lettuce and tomatoes, add chicken. Spread the salad mixture on a wrap; drizzle with more dressing if desired, or refrigerate remaining dressing for another time. Wrap, roll and enjoy. Repeat with remaining wraps.

## Tuna and Vegetable Pasta Salad



- 5 cups cooked fusilli pasta
- 2 cans white, solid or chunk tuna, well drained
- 1 large or 2 small cucumbers, diced
- 1 cup broccoli florets
- 10 cherry tomatoes, halved
- ½ each red and orange bell peppers, diced
- 1 small red onion, sliced
- ½ cup grated cheddar cheese
- Salt & black pepper

### Dressing

- ½ cup **Sweet Onion Aioli Sauce**
- ½ cup **Creamy Vidalia Onion & Poppy Seed Dressing**
- ¼ cup mayonnaise

Prepare salad dressing by combining all ingredients, mix well and set aside. Combine all salad ingredients in a large bowl, toss with salad dressing. Chill until ready to serve.