

May you  
always find joy  
and fulfillment  
in sharing a meal  
with family and  
friends.

# The Gourmet SCOOP



## Tropical Paradise Fruit Pizza

*Fruit pizza is a classic and the perfect springtime dessert! It's easy to make, full of delicious flavour and so pretty. Enjoy a little bit of paradise in every bite with the dreamy combination of pineapple and coconut from our Tropical Paradise Dip & Dessert Mix!*

- 1 packet **Tropical Paradise Dip & Dessert Mix**
- 1 brick (250 g) cream cheese, softened
- 1 pkg. refrigerated cookie dough
- Assorted fresh fruit (strawberries, blueberries, kiwis, nectarines, raspberries, etc...)

Press cookie dough evenly in the bottom of a greased 12" round pan to form crust. Bake for 16-20 minutes or until golden brown; set aside and let cool. Combine the **Tropical Paradise Dip & Dessert Mix** with cream cheese and blend until smooth. Spread the mixture evenly on the crust and arrange the fruit pieces on top. Refrigerate for several hours before serving.



Serve  
with veggie  
sticks on  
the side!

## Sunset Wings

*The great flavour of our Vidalia Onion & Poppy Seed Dressing combined with our Sweet Heat Grill & Wing Sauce makes these chicken wings a delicious appetizer or a nice light lunch.*

- 40-50 chicken wings, seasoned with salt & pepper
- 1½ cups **Creamy Vidalia Onion & Poppy Seed Dressing**
- ½ cup **Sweet Heat Grill & Wing Sauce**

In a 4 litre or larger greased slow cooker, combine seasoned wings and 1¼ cups **Creamy Vidalia Onion & Poppy Seed Dressing**; stir well. Cover and cook on high for 2½ - 3 hours or on low for 4-5 hours, until tender. Preheat the broiler to high. Place the wings on a greased, rimmed baking sheet. Combine ½ cup **Sweet Heat Grill & Wing Sauce** with ¼ cup **Creamy Vidalia Onion & Poppy Seed Dressing** and brush half of the mixture on the wings. Broil 3-5 minutes or until browned. Remove from oven; turn wings. Brush with remaining sauce. Broil another 3-5 minutes or until browned. Serve with your favourite Sunset Gourmet Dip.

*March is a great month to gather your friends and discover all of the flavours of Sunset Gourmet!*  
**Ask your Consultant for details!**





Serve as  
a side with  
just about  
any meal!

## Wedge Salad

- ½ packet **Asiago Cheese & Spinach Dip Mix**
- ¼ cup mayonnaise
- ¼ cup sour cream
- ⅓ cup buttermilk
- 1 cup blue cheese, crumbled
- **Lemony Dill Seasoning**, to taste
- 1 head iceberg lettuce
- 6 strips of bacon, fully cooked and chopped
- Radishes, thinly sliced
- Cherry tomatoes, dice a few and cut some in half
- Fresh parsley, chopped

Combine the first six ingredients to make the dressing for the salad and refrigerate for an hour or longer to let the flavours blend together. Cut lettuce into wedges and place on individual salad plates. Drizzle dressing over lettuce wedges then top with bacon, cut tomatoes and a few slices of radish. Add additional blue cheese if so desired and garnish with chopped parsley.

## Whipped Feta Appetizer

- 250 g feta cheese, crumbled and at room temperature
- 125 g whipped cream cheese, at room temperature
- ½ packet **Asiago Cheese & Spinach Dip Mix**
- 2 green onions, sliced



## Mustard Glazed Salmon with Herbed Rice Pilaf



### Mustard Glazed Salmon

- 4 salmon fillets
- Salt & pepper
- 4 Tbsp. **Dilly-Licious Dill Pickle Mustard**
- 2 Tbsp. butter or olive oil

Season salmon fillet with salt & pepper. Spread **Dilly-Licious Dill Pickle Mustard** over the top of the salmon fillets. Melt butter and spread it evenly in the pan (or use olive oil). Over medium heat, pan-fry the salmon fillet (skin side down first) for about 4 minutes on each side. Serve the salmon skin side down. Spoon up the mustard that is left in the pan and spread over top of the salmon fillet.

### Herbed Rice Pilaf

- 3 cups chicken broth
- 1 ½ cups jasmine or long-grain white rice
- 1 Tbsp. **Onion, Garlic & Herb Seasoning**
- ¼ cup parsley, finely diced
- 1 Tbsp. butter

In a medium saucepan, bring chicken broth to a boil. Stir in rice and **Onion, Garlic & Herb Seasoning**. Reduce heat, cover and simmer for 15-20 minutes or until rice is tender and liquid is absorbed. Remove from heat and stir in chopped parsley and 1 tablespoon butter. Fluff with a fork.

Add crumbled feta to a food processor and pulse until small crumbs remain. Add in cream cheese and **Asiago Cheese & Spinach Dip Mix**; puree for 4-5 minutes, scraping down the sides when necessary, until feta is super creamy. Place in a serving bowl and top with green onions, olive tapenade or finely diced tomatoes. Serve with crackers, toasted baguette slices, toasted pitas wedges or vegetable sticks.