

Golden Jewel
Blend® Cranberry
& Apple Salad



IN HARVEST

Golden Jewel Blend® Cranberry & Apple Salad

Ingredients:

Yield: 6, 1/2-cup servings

2 c. chicken stock or lightly salted water
8 oz. InHarvest Golden Jewel Blend®
¼ c. apple-cider vinegar
½ c. canola or light olive oil
1 garlic clove, minced
¼ c. light-brown sugar
1 t. kosher salt
¼ t. coarsely ground black pepper
1 t. Dijon mustard
1 Granny Smith apple, medium dice
1 c. dried cranberries
¼ c. chopped flat-leaf parsley
1 t. chopped fresh thyme
½ c. sliced almonds

Directions:

1. In a small pot, bring the stock or water to a boil. Add InHarvest Golden Jewel Blend. Cover, reduce heat and simmer for 12 minutes. Remove from heat; set aside to cool.
2. To make the vinaigrette, in a food processor or immersion blender combine the vinegar, oil, garlic, brown sugar, salt, pepper and mustard. Blend well.
3. In a bowl, combine the cooked Golden Jewel Blend, apple, cranberries, herbs and almonds. Stir in the vinaigrette. Let rest for a few minutes before serving.

Latin Chipotle
Quinoa Salad



IN HARVEST

Latin Chipotle Quinoa Salad

Ingredients:

Yield: about 10, half-cup servings

8 oz. InHarvest Red Quinoa or
Tri-Color Quinoa
1½ T. chipotle in adobo sauce (use sauce only,
add chipotle for more heat)
2 c. water
3 T. lime juice, freshly squeezed
1/3 c. extra virgin olive oil
1 T. sugar (adjust to taste)
1 bunch scallions, diced, green parts only
½ c. cilantro, fresh, chopped
1 c. roasted corn
2 Roma tomatoes, seeded and diced
1 avocado, diced, firm avocados work best
1 lime, juice to coat avocado

Directions:

1. Bring water to a boil, stir in InHarvest quinoa. Reduce to a simmer and cover for about 15 minutes, or until liquid is gone. Cool quinoa quickly.
2. Slowly whisk olive oil into lime juice and adobo sauce until blended. Adjust flavor with sugar (and salt if desired).
3. Add chipotle lime dressing to red quinoa and mix well.
4. Dice avocado and coat with lime juice to prevent browning.
5. Gently stir in remaining ingredients and mix well. Chill before service.

*Serve in a wrap, or as stuffed bell peppers or tomatoes. Add grilled chicken or shrimp if desired.

Pickled Farro Salad
with Pistachios
& Parm



IN HARVEST

Pickled Farro Salad with Pistachios & Parm

Ingredients:

Yield: 16 salads

- 8 oz. InHarvest Farro
- 2 c. apple cider vinegar, divided
- 1 c. water
- 8 oz. baby arugula
- ½ c. radishes washed, thinly sliced
- 1 c. carrots, thinly sliced
- 1 T. sugar
- 1 T. kosher salt
- ½ c. red bell peppers, julienned
- ½ c. shaved parmesan cheese
- ¼ c. lemon juice
- ½ t. cracked black pepper
- 1 c. pistachios, roughly chopped

Dressing:

- ½ c. olive oil
- ½ c. lemon juice
- 1 garlic clove, minced

Directions:

1. In a medium pot, bring 1 c. of water, 1 c. of apple cider vinegar and 1t. salt to a boil. Add InHarvest Farro, cover and reduce heat to a simmer. Cook for 25-30 minutes or until all liquid is absorbed.
2. Remove from heat, place in refrigerator to cool.
3. Combine radishes and carrots in a small bowl with remaining vinegar, sugar and remaining salt. Let sit for 1 hour. Drain liquid and rinse in colander.
4. In a large bowl, combine chilled Farro, radishes, carrots, bell peppers, arugula and parmesan cheese. To make the dressing, stir together garlic, lemon juice and olive oil. Toss salad with dressing, plate and garnish with pistachios and cracked black pepper.

Nutrition Facts

Per serving: 190 cal., 5 g pro., 19 g carb., 2 g fiber, 11 g fat (2 g sat. fat), 0 mg chol., 150 mg sod., 3 g sugar

Roasted Poblanos Stuffed with Aztec Blend™, Chorizo & Sweet Corn



IN HARVEST

Roasted Poblanos Stuffed with Aztec Blend™, Chorizo & Sweet Corn

Ingredients:

Yield: 6 servings

- 2 1/2 c. water or stock
- 8 oz. InHarvest Aztec Blend™
- 6 poblano chile peppers
- 1/2 lb. chorizo sausage, ground
- 1 1/2 c. roasted corn kernels
- 1/4 c. sliced scallion
- 1/4 c. chopped cilantro
- Juice from 1 lime
- 3 oz. Cotija cheese, crumbled

Directions:

1. In a pot on the stovetop, bring the water or stock to a boil. Add InHarvest Aztec Blend to the pot and stir. Reduce heat and let simmer, covered, for 25 minutes.
2. Lay the cooked grain out in a thin layer on a sheet pan. Reserve chilled in the refrigerator.
3. Roast or grill the peppers until slightly blistered and/or charred and tender. (The peppers will steam in their own heat.)
4. When the peppers are cool enough to handle, use a paring knife to make a lengthwise slit from the bottom to top of each pepper. (Do not cut the stems.) Scoop out the seeds. Set the cleaned peppers aside.
5. In a pan, sauté the chorizo until cooked through. Drain excess fat.
6. Stir in the cooked Aztec Blend and roasted corn and heat through.
7. Stir in the scallion, cilantro and lime juice.
8. Stuff each pepper with 1 c. of Aztec Blend/chorizo mixture. Garnish each with 1/2 oz. of crumbled Cotija. Serve warm.

Ruby Wild Blend™
Breakfast Burrito



IN HARVEST

Ruby Wild Blend™ Breakfast Burrito

Ingredients:

Yield: 8 burritos

2 c. water

8 oz. InHarvest Ruby Wild Blend™

½ T. ground cumin

Kosher salt and ground black pepper, to taste

½ c. chopped cilantro

½ T. lime juice

¾ T. vegetable oil

8 large eggs, beaten

4 oz. cheddar cheese, grated

1 c. salsa

8 8" whole-grain tortillas

Directions:

1. In a pot, bring the water to a boil. Add InHarvest Ruby Wild Blend, cumin, salt and pepper. Simmer, covered, for 30 minutes or until all water is absorbed.
2. Using a rubber spatula, fold in the cilantro and lime juice. Cover and hold until ready to assemble burritos.
3. At service, wrap the tortillas in foil and heat in a 350°F oven for 15 minutes.
4. While the tortillas are heating, on the stovetop, heat a large pan over medium-high heat. Add the vegetable oil. Add the eggs and cook, stirring, until cooked through.
5. To build the burritos, place ½ c. cooked rice in the center of each tortilla and spread it out to the right and left edges. Top the rice on each tortilla with ¼ c. scrambled egg. Top the egg on each tortilla with ½ oz. cheese. Top the cheese on each tortilla with ⅓ c. salsa. Fold the bottom of each tortilla up and over the filling. Fold in the edges and roll up each burrito. Serve.