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# FRESH FLAVORS RECIPE

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## CRAB CAKE SALAD WITH SRIRACHA HORSERADISH REMOULADE

*Serves 4*

### INGREDIENTS

- 4 crab cakes
- 2 tbsp TFM Canola Oil
- 1 jar Terrapin Ridge Farm® Sriracha Horseradish sauce
- 1 tbsp capers, chopped
- 2 tsp Maille® Dijon mustard
- 1 shallot, minced
- 4 c mixed salad greens
- Lemon wedges for garnish

### PREPARATION

Preheat a nonstick skillet over medium-high heat for 2 minutes. Add the oil and swirl to coat. Add crab cakes, fry for 6 minutes on each side. Remove crab cakes from skillet and set aside on platter; cover with foil to keep warm.

*(Over)*



SCAN THIS QR CODE to see this month's recipes in action! Or, check with your local store for demo times and dates. *Download a free app to get started or see the video online:* <http://bit.ly/1X9iVVG>



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A decorative graphic on the left side of the title, featuring a yellow bell pepper, a purple mushroom, and a green leaf.A decorative graphic on the right side of the title, featuring a green leaf, a purple mushroom, and a yellow bell pepper.

Meanwhile, combine the Terrapin Ridge Sriracha Horseradish sauce, capers, Maille Dijon mustard and shallot in a large bowl, mix until well combined. Serve crab cakes over greens and add a dollop of the remoulade sauce. Garnish with lemon wedges.



# FRESH FLAVORS RECIPE

## ITALIAN STYLE TURKEY SOUP

Serves 6

### INGREDIENTS

- 2 tbsp TFM Olive Oil
- 2 large carrots, cubed
- 1 small onion, diced
- ½ c Chloe® Chardonnay
- 8 c water
- 2 tbsp Better than Bouillon® Chicken base
- 4 c turkey, cooked and cubed
- ½ c Le Grande® Garden Pesto
- 1 can fire roasted diced tomatoes
- 1 can TFM Cannellini beans, rinsed and drained
- 1 tbsp rosemary, chopped
- 3 tbsp thyme
- ¼ tsp each salt and cracked pepper
- ½ c grated Parmesan cheese



*This recipe  
pairs perfectly with*  
CHLOE®  
CHARDONNAY

(Over)



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# FRESH FLAVORS RECIPE

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## PREPARATION

Heat oil in a large saucepan or Dutch oven over medium-high heat. Add the carrots and onion, sauté until vegetables are tender about 10 minutes. Remove pan from heat and add Chole Chardonnay, stir to break up any browned bits from the bottom. Add water and Better than Bouillon paste; stir to incorporate the paste into a broth. Add turkey, LeGrande Garden Pesto, tomatoes, beans, and herbs, stir to incorporate. Lower heat and cover, simmer for 30-45 minutes. Season soup with salt and pepper. Serve warm with parmesan cheese and a toasted baguette.



# FRESH FLAVORS RECIPE



## GLUTEN FREE GRANOLA BARK

Serves 6

### INGREDIENTS

- 12 oz dark chocolate (60% or higher), chopped
- 1 tbsp Swerve® all natural zero calorie sweetener
- 1 tbsp TFM Coconut Oil
- 2 c Bakery On Main® Extreme Fruit and Nut Granola, additional for topping
- ¼ c unsweetened coconut flakes, additional for topping
- 1 tbsp chia seeds

### PREPARATION

Place chocolate, Swerve sweetener and coconut oil in a heatproof bowl. Fill a medium sauce pan with two inches of water and let simmer. Place the bowl on top and gently stir with a spatula until mixture is completely melted and smooth. Add the Bakery On Main Extreme Fruit and Nut Granola, coconut flakes, and chia seeds to the bowl and stir to combine. Line a baking sheet with parchment paper and pour the chocolate mixture onto the baking sheet. Spread into an even layer with a spatula.

(Over)



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# FRESH FLAVORS RECIPE

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The title 'FRESH FLAVORS RECIPE' is centered between two horizontal teal lines. On either side of the text are decorative icons: a yellow fruit with a green leaf, a purple vegetable, and another yellow fruit with a green leaf.

Sprinkle more of the Bakery On Main Extreme Fruit and Nut Granola and coconut on top. Set the baking sheet aside until the chocolate has cooled to room temperature then place in the refrigerator to set completely, about 2-3 hours. Once set, break into pieces and store in an airtight container. Enjoy with yogurt or fresh fruit.