



Veggie Power Blend™ Recipes

Mann's Veggie Power Blend™ is a colorful variety of julienne vegetables creating a party on your plate. Seven superfoods come together in one bag: golden beets, broccoli stalks, kohlrabi, Brussels sprouts, carrots, kale and radicchio.

The blend of veggies offers an unprecedented convenience for operators, who would otherwise need to purchase a very large quantity of different raw products AND apply significant labor hours

to clean, prep and process. It's an extremely versatile product that can be utilized raw, pickled or cooked with the opportunity to be included in a wide variety of menu applications such as appetizers, salads, sandwiches, and entrees.

Please enjoy the recipes provided and let us know how you're serving Mann's Veggie Power Blend™: email sales@veggiesmadeeasy.com.

Bon appetit!





Mann's Lemon Champagne Slaw

4 TB Lemon zest
1/2 C Honey
1/2 C Champagne vinegar
1 C Olive oil
2 LB Mann's Veggie Power Blend™
1 C Crumbled blue cheese
1 C Golden raisins
2 TSP Salt

***Procedure for one 2-pound foodservice pack
of Mann's Veggie Power Blend™***

1. In a bowl, combine parsley, lemon zest, honey and vinegar. Whisk to dissolve honey, then slowly add oil to combine.
2. Pour dressing over Mann's Veggie Power Blend™, blue cheese, raisins and salt. Toss well to combine.
3. Hold refrigerated, up to 24 hours.





Mann's Sour Cherry BBQ Panini

- 6oz Prepared BBQ Pulled pork
- 1 C Pickled sour cherry slaw (sub recipe)
- 2 TB Herb cheese spread (ex. Alouette)
- 2 EA Challah bread, 1/2 inch slice
- 1 T Butter, unsalted

Procedure per sandwich

1. Spread 1 tablespoon herb cheese evenly on each slice of challah bread.
2. Top 1 slice of challah bread with pulled pork, pickled sour cherry slaw, and top with second slice challah bread – press together.
3. Heat medium sauté pan or flattop grill to medium heat.
4. Place 1/2 tablespoon butter in pan, let melt and coat bottom of pan.
5. Place sandwich in pan and let it brown on one side for 2 minutes. With a spatula, apply light pressure on sandwich. Remove from pan.
6. Add in the other 1/2 tablespoon of butter to pan, let melt. Repeat browning sandwich on the second side.
7. Remove from pan, serve sliced in half.

Pickled Sour Cherry Slaw

- 1 ½ C Champagne vinegar
- ¼ C Salt
- 3 TB Black pepper, ground
- 6 TB Garlic, chopped
- 2 C Cherry juice
- 1½ LB Mann's Veggie Power Blend™
- 1 C Dry sour cherries, chopped

Procedure 3 quarts of pickled slaw

1. In a 1 gallon work bowl, combine champagne vinegar, salt, black pepper, garlic and cherry juice. Mix thoroughly to combine.
2. Add Mann's Veggie Power Blend™, let sit in brine liquid for 2 hours.
3. After 2 hours, drain off excess liquid. Add in dry sour cherries.
4. Hold refrigerated for up to 24 hours.



Fiery Power Blend Arepa

This northern South American flatbread is filled with lime-agave & aji chile-tossed Power Blend, queso crumbles and shredded pork carnitas

Arepa

- 2 C arepa flour
- 2 TSP kosher salt
- 2 TB vegetable oil

Combine arepa flour and salt in a medium bowl. Make a well in the center and add 2 ½ cups warm water. Using a wooden spoon, gradually incorporate dry ingredients, stirring until no dry lumps remain. Let rest 5 minutes to hydrate. Knead dough a few times in bowl, then divide into 8 pieces. Roll each piece on work surface into a ball, then gently flatten to about ½" thick and about 4" in diameter. Heat 1 table-spoon oil in a large nonstick skillet over medium heat. Add 4 arepas "patties" made into circles, cover, and cook until golden brown, 6-8 minutes. Uncover, flip, and cook (keep uncovered) until other side is golden brown, 6-8 minutes. Transfer arepas to a wire rack and let cool slightly.

Repeat with remaining oil and dough as needed. Split arepas with sharp serrated knife and stuff with fillings; serve with lime wedges for squeezing over. *Notes: Arepa flour is precooked corn flour, not to be confused with masa harina. Sometimes sold as masarepa or harina precocida, it can be found in Latin markets and some supermarkets. Harnia P.A.N. used for this recipe*

Aji Amarillo Lime-Agave Dressing

- 1 C mango puree
- 2 TB Dijon mustard
- 3 TB aji amarillo paste
- 2 TSP agave nectar or honey
- Grated zest of 1 lime
- 1 TB freshly squeezed lime juice
- Salt to taste

Power Blend "Salad"

- 1 medium jicama, peeled and sliced into 2-inch-long matchsticks
- 2 C Mann's Veggie Power Blend™
- ½ medium red onion, thinly sliced
- ⅔ C Aji Amarillo Lime-Agave Dressing
- Juice of 1 lime
- 2 TB extra virgin olive oil
- 1 TSP kosher salt
- Freshly ground black pepper
- 1 C crumpled pork rinds (chicharrón)
- ½ C salted roasted peanuts, coarsely chopped
- 1 TB finely chopped fresh cilantro
- 3 EA Green onions, thinly sliced

Put all the Power Blend in a mixing bowl then add the jicama and onion and toss it all together. Salt to taste. In a small mixing bowl, whisk the Aji Amarillo Dressing, lime juice, olive oil, salt and several generous grinds of black pepper. Pour the dressing over the power blend "salad" and toss gently to combine.

If you're not serving it right away, cover the bowl tightly with plastic wrap and keep it in the refrigerator for up to 4 hours.

Right before serving, sprinkle the slaw with the crumbled pork rinds and peanuts, toss just to combine, garnish with chopped cilantro and green onions, checking the salt once more and serve.

Pork Carnitas

- 1 TB chili powder
- 1 TSP ground cumin
- 1 TSP dried oregano
- 2 TSP salt, or more, to taste
- 1 TSP ground black pepper
- 4 LBS pork shoulder, excess fat trimmed
- 4 cloves garlic, peeled
- 2 onions, quartered
- 2 oranges, juiced
- 2 limes, juiced

In a small bowl, combine chili powder, cumin, oregano, salt and pepper. Season pork loin with spice mixture, rubbing in thoroughly on all sides. Place garlic, onions, orange juice, lime juice and seasoned pork shoulder into a slow cooker. Cover and cook on low heat for 8 hours or high for 4-5 hours.

Remove pork shoulder from the slow cooker and shred the meat before returning to the pot with the juices; season with salt and pepper, to taste, if needed. Cover and keep warm for an additional 30 minutes.

Preheat oven to broil. Place carnitas onto a baking sheet and broil until slightly crisp and crusted, about 3-4 minutes.

For plating

- Pork Carnitas
- Lime wedges (for garnish)
- Crumbled queso fresco
- Aji Lime-Agave Power Blend

Add a few ounces of pulled pork into the split arepa, 1-2 ounces of the Power Blend "salad" and 1 teaspoon crumbled queso fresco per each arepa and repeat as desired. Serve with lime wedges for squeezing into. This entire recipe makes about 10-12 Power Blend Arepas.





Pineapple Pesto Chicken Wrap

- 1 C Mann's Veggie Power Blend™
- 2 TB Pineapple pesto (sub recipe)
- 4 OZ Rotisserie chicken, shredded
- 2 TB Citrus aioli (sub recipe)
- 1 EA 12-inch wheat tortilla

Procedure per wrap

1. In a small bowl toss 1 cup of Mann's Veggie Power Blend™ with 2 tablespoons of pineapple pesto.
2. Spread citrus aioli evenly across tortilla, leaving ½-inch border.
3. Add shredded chicken and dressed Mann's Veggie Power Blend™.
4. Like a burrito, fold sides inward then roll from top to bottom. Slice in half to serve.

Pineapple Pesto

- 2 TB Fresh flat leaf parsley, chopped
- 1 C Pineapple, diced
- 2 TB Fresh Basil, chopped
- 1 TB Fresh Garlic, chopped
- ⅔ C Olive oil

Procedure to yield 1 – ½ cups

1. In a food processor or robot coup; combine parsley, pineapple, basil, garlic, olive oil, and parmesan cheese. Pulse or process to desired consistency.
2. Hold refrigerated, up to 48 hours.

Citrus Aioli

- 1 ½ C Mayonnaise
- 2 TB Lemon juice
- 2 TB Orange juice

Procedure to yield 1 – ½ cups

1. In a 1 quart work bowl; combine all ingredients, mix thoroughly to combine.
2. Hold refrigerated, up to 48 hours.





Bacon Veggie Skillet

2 TB Hot Chili Oil (ex. Dynasty)
½ C Eggs, whisked
½ C Water
1 TB Flour
1 ¼ C Mann's Veggie Power Blend™
2 TB Prepared bacon, chopped
½ TSP Salt
1 TB Green onion, thinly sliced
2 TB Spicy Crema (sub recipe)

Procedure per skillet

1. Warm a 9-inch non-stick skillet (or cast-iron skillet) over medium heat then add chili oil to coat the pan.
2. In a bowl whisk together eggs, water, and flour until smooth.
3. Add Mann's Veggie Power Blend™, bacon and salt; toss until ingredients are combined.
4. Pour vegetable-egg mixture into skillet and spread out to fit skillet. Cook on one side for 5-6 minutes or until lightly golden brown.
5. Once skillet is golden brown on one side, use a rubber spatula to lightly pull away the contents of pan from the sides, flip contents and transfer pan to a 350-degree oven for 15-18 minutes or until eggs are firm set.

6. When finished cooking transfer to plate (if using a cast-iron skillet leave in pan for added visual).
7. Drizzle with spicy crema and sprinkle with green onion.

Spicy Crema

1 ¼ C Mexican crema
¼ TSP Cayenne pepper
2 TB Sriracha sauce

Procedure yields 1¼ cups

Combine ingredients in a bowl and mix to blend.

Serving options:

- For a breakfast application serve topped with a fried egg in a cast iron skillet.
- For a side application, serve topped with a grilled protein (i.e. chicken, steak, shrimp, etc.)

Green Papaya Thai Power Salad

Toss Mann's Veggie Power Blend™ with a traditional Thai favorite and serve with sticky rice for a light vegetarian meal.

Salad

1 small green (firm, unripe) papaya, about a 2# papaya
1 C cherry or grape tomatoes, cut in half
4 C Mann's Veggie Power Blend™
½ C toasted peanuts, chopped (plus some for garnish)
1 bunch green onions, thinly sliced (plus some for garnish)
¼ C dried shrimp
1 clove garlic, minced
1-2 TB sriracha, depending on how spicy you like it
2 TB fish sauce
2 TB coconut oil, melted but cool
3 TB lime juice, about 2 limes
2 TB brown sugar
¼ cup fresh cilantro leaves (plus some for garnish)
Cut lime wedges for garnish

First peel the green papaya, then use the largest grater you have (like what you would use to make scalloped potatoes) and grate the green fruit, rotating it as you go to avoid hitting the inner seeds. If you don't have a grater, try the second method, which is the one they use in Thailand. Use a carrot peeler peel then cut the "peeled" strips into julienne papaya with a sharp knife.

Add to your food chopper or processor the garlic, sriracha, fish sauce, oil, lime juice and brown sugar. Process until liquid turns reddish from the sriracha.

Place the shredded papaya, Mann's Veggie Power Blend™, tomatoes, green onions and dried shrimp in a large bowl. Pour the dressing over and toss. Salt to taste and let sit for 10 minutes, then add the peanuts and toss. Mound on a large platter and garnish with remaining cilantro and peanuts. Serve with a side of sticky rice and lime wedges.



Rice

2 C sticky rice
2+ ½ C water
½ TSP salt

Place 2 cups sticky rice in your rice cooker. Add 2+ 1/2 cups water and stir.

Let the rice stand at least 40 minutes (or longer if you want - up to 4 hours).

Add the salt and stir once more. Turn on your rice cooker.

When your rice cooker switches off (after 15-20 minutes), let the rice sit at least five minutes extra. Serve immediately as a side to the Green Papaya Thai Power Salad.



The Power of Panzanella Salad

This summer favorite gets a boost with the addition of Mann's Veggie Power Blend™

Salad

4 C Mann's Veggie Power Blend™
2 TB extra virgin olive oil
1 TB freshly squeezed lemon juice
a couple pinches sea salt
2 C English/hot house cucumber, medium dice (leave skin on)
2 TB small capers (reserve one tbsp. for garnishing)
½ C shaved Pecronio Romano
1 TB fresh basil, rough chopped
1 TB flat leaf parsley, small leaves
1 TB green onion, minced
½ C roasted red pepper strips

Preheat oven to 400°F

Toss Power Blend with olive oil, salt and pepper. Spread evenly onto a sheet tray and bake 10-12 minutes.

To assemble salad, mix the Power Blend with sun dried tomatoes, ¾ of the cucumbers, half the capers, all the herbs, all the roasted peppers, half the cheese and a pinch of salt and fresh cracked black pepper. Add Red Wine-Mustard Dressing (sub recipe) and mix well with warm garlic croutons (sub recipe). Spread onto 4 serving plates or if serving family style, one large platter. Once plated add the remaining ingredients to garnish and serve.

Red Wine-Mustard Dressing

3 TB olive oil
1 TB red wine vinegar
1 TB whole grain mustard
1 TSP honey
generous pinch of sea salt

Whisk all ingredients together. Season to taste.



Garlic Ciabatta Bread Croutons

4 C larger Ciabatta (or garlic Ciabatta) cut into larger
1 ½-2 x 1 ½-2 inch cubes
1 TB extra virgin olive oil
1 TB melted butter
2 fat cloves garlic, finely minced or grated on a microplane
(or 1 ½ teaspoon garlic powder if fresh garlic isn't available)
a couple pinches flaky or kosher sea salt
A couple of twists of cracked black pepper

Melt oil and butter in a small saucepan over low heat. When it is melted, grate in the garlic and stir to combine. Cook just until the garlic starts to simmer, immediately remove from heat and let cool slightly. Preheat oven to 400°F

Place bread cubes in a mixing bowl. Pour the garlic oil over the top and toss to coat, using your hands to squish the oil into the bread. Spread out bread cubes on a cookie sheet, sprinkle with salt and place in the oven. Toast for 10-12 minutes, tossing a couple times during cooking. Croutons are ready when they are slightly crisp and golden around the edges yet still soft-ish in the middle. Toss into the salad while still warm.

Fish Power Taco

Pimenton-grilled Mahi with a Baja inspired power slaw, pickled red onion and plenty of charred pineapple hot sauce

Charred pineapple hot sauce

2 C chopped peeled and cored fresh pineapple, cut into large slabs/planks for easy grilling
½ yellow bell pepper, halved lengthwise again and seeded
1 fresh red jalapeño, halved lengthwise and seeded
1 fresh habanero, seeded and minced
Juice of 1 lime
Salt and freshly ground black pepper to taste

Baja Power Slaw

1 ½ LB Mann's Power Blend™
1 bunch cilantro, stems reserved for another use and leaves thinly sliced or minced

Baja Power Slaw Dressing

½ C mayonnaise
½ C sour cream
Juice of 1 lime
1 clove garlic minced
Salt and freshly ground black pepper to taste

Fish

2 LB Mahi fillet, skinned cut into 12, 3- to 4-inch strips about ¾ in thick and approximately 2 oz. per strip
1 TB smoked paprika/Pimentón
Salt and freshly ground black pepper to taste
12 corn tortillas
½ C pickled red onion for garnish
Cilantro sprigs for garnish

Charred Pineapple Preparation

On a preheated outdoor grill over moderately high heat, sear and soften the pineapple, bell pepper, and jalapeño, turning occasionally with tongs. Transfer the vegetables to a blender and add the lime juice, then puree the mixture. Season the sauce with salt and freshly ground black pepper and keep at room temperature.

Pickled Red Onions Preparation

1 large red onion, thinly sliced
1 C cider vinegar
1 TSP salt
1 TSP agave nectar

Blanch sliced red onions in a small saucepan of boiling water to cover for 1 minute and drain in a colander. Then return them to the pan and add a cup of cider vinegar, a teaspoon of salt, agave nectar and just enough cold water to barely cover the onions. Bring to a boil over high heat and simmer the onions, about 1 minute. Transfer the onions and brine to a non-corrosive container and chill. Use as needed

Baja Power Slaw Preparation

In a large bowl whisk together all of the dressing ingredients then add the Power Blend. Season with salt and black pepper to taste.

Fish Preparation

Prepare a grill for moderately high heat.

While the grill is heating, cut the fish crosswise into the strips. In a medium-sized mixing bowl, combine the Pimenton, salt and pepper with 1 tablespoon of canola oil. Add fish strips and toss to coat. Season the strips well with salt and freshly ground black pepper.

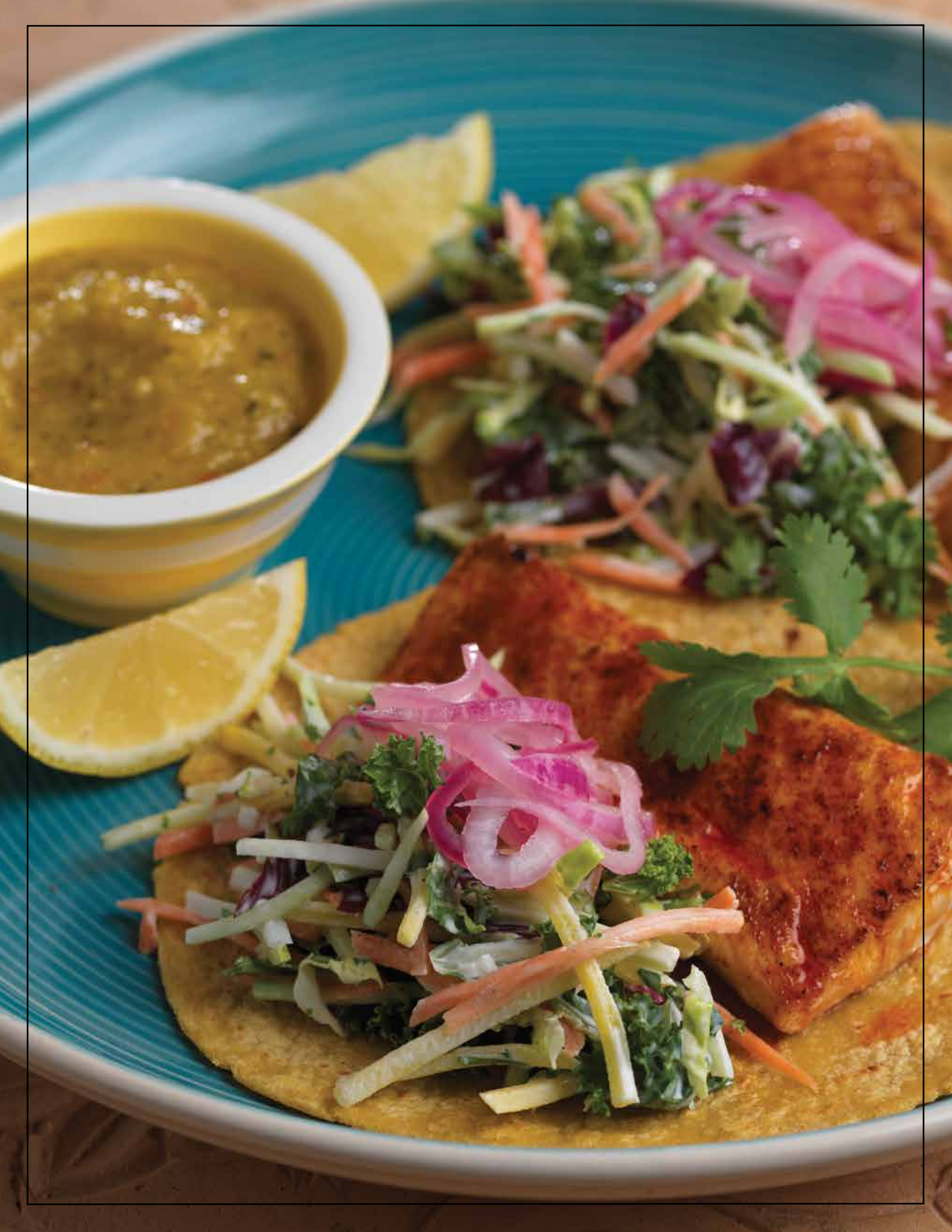
Divide the tortillas into 2 stacks and wrap each stack in foil. Warm the tortillas on the grill, turning once or twice, until heated through, about 20 seconds per side. Keep warm in a kitchen towel.

On a clean grill rack, grill the fish, covered, turning it once after 2-3 minutes, until it is opaque and just cooked through, about 5-6 minutes total. Transfer the fish to a platter and keep it warm, covered.

Assemble the Fish Power Tacos:

Divide the fish among the warm tortillas and top it with lots of Baja Power Slaw. Garnish the tacos with the pickled red onions, cilantro sprigs and serve them with the pineapple hot sauce. Serves approximately 4







Farmer's Chopped Salad

4 OZ Rotisserie Chicken, shredded
2 C Mann's Veggie Power Blend™
¼ C Cherry tomatoes, halved
1 TB Dried blueberries
1 TB Goat cheese, crumbled
¾ C Almonds, sliced, toasted
1 C Mann's Arcadian Harvest
½ C Cornbread croutons (sub recipe)
3 TB Rosemary lemon dressing (sub recipe)

Procedure per salad

1. In a bowl; combine chicken, Mann's Veggie Power Blend™, cherry tomatoes, dried blueberries, goat cheese crumbles, toasted almonds, and Mann's Arcadian Harvest.
2. Toss with rosemary lemon dressing and garnish with cornbread croutons.

Rosemary Lemon dressing

1 C Olive oil
¼ C Lemon juice
¼ C White wine vinegar
1 TSP Salt
¼ TSP Black pepper, ground
2 TB Honey
2 TB Fresh rosemary, chopped

Procedure for 2 ¼ cups

1. Whisk all ingredients together in a bowl to combine well.

Cornbread crouton

6 C Prepared cornbread, large dice
6 TB Olive oil

Procedure for 2 ¼ cups

1. In a 1 quart work bowl; combine cornbread and olive oil tossing gently to coat.
2. Bake at 350°F for 4 to 6 minutes or until croutons are crisp and lightly browned.



Mann's Thai Coconut Slaw

2 TB Fresh ginger, chopped
1/2 C Fresh cilantro, rough chopped
1/4 C Lime juice
1/2 TB Cayenne pepper
2 C Coconut milk
1 C Mayonnaise
2 LB Mann's Veggie Power Blend™
2 C Mann's Snap Peas, sliced on a bias
1 TB Salt

1. In a bowl combine ginger, cilantro, lime juice, cayenne pepper, coconut milk, mayonnaise, and salt. Whisk thoroughly to combine.
2. Add Mann's Veggie Power Blend™, Mann's Snap Peas and salt, tossing to coat.
3. Hold refrigerated, up to 24 hours.