



**June '14**

**Keep Your Cool  
Menu Planner**

Be sure to check your cupboard  
before shopping for these items!

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# Grocery list

## Bread/Pasta/Rice/Flour:

Pasta, 1 lb  
Pita (6in), 4  
Quinoa, 1 cup  
Tortillas (8in), 8  
Ziti, 8 oz

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## Vegetables:

Arugula, 2 cups  
Asparagus, 1 cup  
Avocado, 3  
Baby spinach, 1 1/2 cup  
Carrot, shredded, 1/4 cup  
Celery, 1/4 cup  
Cherry tomatoes, 1 1/2 pints  
Cucumber, 1  
English cucumbers, 2  
Fresh basil, 1/4 cup  
Lettuce  
Parsley, 1/2 cup  
Peas, 1/2 cup  
Red bell pepper, 1/2  
Red cabbage, 1/2  
Scallions, 1/4 cup  
Spring lettuce mix, 5 oz bag  
Tomatoes, 2

## Misc. Items:

Coconut milk, 1 cup  
Diced tomatoes w/green chilis, 1 (10oz) can  
Diced tomatoes, 1 (14.5oz) can  
Dijon mustard, 3 tbsp  
Dried cranberries, 1/2 cup  
Mayo, light, 1 1/4 cup  
Pecans, 3/4 cup  
Relish, 1 tbsp  
Smoked paprika, 1/2 tsp  
Tomato juice, 3 cups  
Worcestershire sauce, 1 tbsp

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## Protein:

Bacon, 8 strips  
Chicken breast cutlets, 6  
Chicken, cooked & shredded, 2 cups  
Crab meat, 8 oz  
Shrimp, large, 12  
Turkey, sliced, 1/2 lb

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## Dairy:

Cheddar, 12 slices  
Fresh mozzarella, 8 oz  
Goat cheese, 4 oz  
Parmesan, grated, 1/4 cup

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## Fruits:

Apple, 1  
Peaches, 3  
Strawberries, 10

## Your Wildtree Products Shopping List "Keep Your Cool" Menu Planner Bundle

Cranberry Poppy Seed Vinaigrette  
Creamy Ranch Dressing & Dip Mix  
Opal Greek Seasoning Blend  
Fiesta Salsa Blend  
Lemon Pepper Blend  
Orange Balsamic Vinegar  
Roasted Garlic Grapeseed Oil  
Savory Spinach Dip  
Thai Sesame Sun Butter Sauce





## Grilled Caprese Chicken

Serves 6

- 1/3 cup Wildtree Orange Balsamic Vinegar
- 1 tablespoon Wildtree Roasted Garlic Grapeseed Oil
- 6 chicken breast cutlets (about 2 pounds)
- 8 ounces fresh mozzarella, sliced
- 2 tomatoes, sliced
- 1/4 cup fresh chopped basil

Bring the Orange Balsamic Vinegar to a simmer over medium heat in a small saucepan. Reduce heat slightly and continue simmering, stirring occasionally, for about 10 minutes or until vinegar is reduced and coats the back of a spoon; set aside. Preheat grill or grill pan to medium high heat. Rub the chicken with Roasted Garlic Grapeseed Oil. Season with salt and pepper if desired. Cook chicken for about 3 minutes on one side or until browned and slightly charred. Flip chicken, top each with mozzarella and tomato slices. Cover and continue cooking until chicken is completely cooked through (165°F). Transfer chicken to a platter. Drizzle with the balsamic reduction and fresh basil.

Calories 290; Fat 11 g; Saturated Fat 6 g; Carbohydrates 4 g; Fiber 1 g; Protein 42 g; Cholesterol 120 mg; Sodium 150 mg



## Thai Sesame Chicken Pita

Serves 4

- 2 cups cooked, shredded chicken
- 1/2 cup Wildtree Thai Sesame Sun Butter Sauce
- 1/4 cup sliced scallions
- 1/4 cup shredded carrot
- 1/2 cucumber, thinly sliced
- 4 (6 inch) pita

Toss shredded chicken with Thai Sesame Sun Butter Sauce, scallions, and carrots. Serve in a pita with cucumber slices.

Calories 270; Fat 8 g; Saturated Fat 1.5 g; Carbohydrates 21 g; Fiber 4 g; Protein 28 g; Cholesterol 60 mg; Sodium 550 mg



## Spinach Pesto Pasta Salad

Serves 4

- 1/4 cup Wildtree Savory Spinach Dip
- 1/4 cup warm water
- 1 1/2 cup packed fresh baby spinach
- 1/4 cup grated Parmesan
- 1/4 cup Wildtree Roasted Garlic Grapeseed Oil
- 8 ounces ziti, or other pasta
- 1 cup chopped asparagus
- 1/2 cup peas

Hydrate Savory Spinach Dip with warm water for about 5 minutes. Transfer to a food processor along with spinach, Parmesan, and Roasted Garlic Grapeseed Oil. Blend until the mixture comes together and is completely combined. Prepare the pasta according to package directions. During the last 3 minutes of cooking add the asparagus and peas. Drain and toss with the prepared spinach pesto. Season with salt and pepper if desired. Can be served warm or chilled.

Calories 380; Fat 16 g; Saturated Fat 2.5 g; Carbohydrates 49 g; Fiber 4 g; Protein 12 g; Cholesterol 5 mg; Sodium 130 mg





## Chilled Cucumber Avocado Soup

Serves 4

- 2 English cucumbers, peeled, and chopped
- 2 avocado, chopped
- 1 cup coconut milk
- 1 cup water
- 4 teaspoons Wildtree Opa! Greek Seasoning Blend

Add all ingredients to a blender and puree until smooth. Serve immediately.

Calories 300; Fat 27 g; Saturated Fat 13 g; Carbohydrates 16 g; Fiber 9 g; Protein 5 g; Cholesterol 0 mg; Sodium 540 mg



## Crab Salad Melts

Serves 4

- ¼ cup light mayo
- ¼ cup celery, finely diced
- 1 tablespoon relish
- 1 teaspoon Dijon mustard
- 1 teaspoon Wildtree Lemon Pepper Blend
- 8 ounces crab meat
- 8 ounce demi baguette, cut into 8 slices
- 1 tablespoon Wildtree Roasted Garlic Grapeseed Oil
- 4 slices cheddar
- Lettuce

In a bowl combine the mayo, celery, relish, Dijon mustard, and Lemon Pepper Blend. Fold in the crab; set aside. Brush one side of each slice of bread with Roasted Garlic Grapeseed Oil. Preheat a skillet or griddle over medium heat. Place bread in pan oiled side down. Top each slice with ½ slice cheddar cheese. Cook until bread is toasted and cheese is starting to melt. Transfer to a platter or working surface. Top 4 slices with lettuce and crab mixture, then top with remaining slices of bread.

Calories 360; Fat 15 g; Saturated Fat 6 g; Carbohydrates 31 g; Fiber 1 g; Protein 24 g; Cholesterol 75 mg; Sodium 1050 mg



## Ranch BLT Pasta Salad

Serves 8

- 1 bag Wildtree Creamy Ranch Dressing & Dip Mix
- 1 cup light mayo
- 1 tablespoons Dijon mustard
- 1 pound pasta, prepared according to package directions
- 8 strips bacon, cooked and crumbled
- 1 avocado, diced
- 2 cups arugula
- 1 pint cherry tomatoes, halved

In a mixing bowl combine the Creamy Ranch Dressing & Dip Mix, mayo, and Dijon mustard. Fold in the remaining ingredients until everything is evenly coated. Serve chilled.

Calories 360; Fat 18 g; Saturated Fat 2 g; Carbohydrates 40 g; Fiber 3 g; Protein 10 g; Cholesterol 20 mg; Sodium 560 mg



## Summer Salad with Pecan Crusted Goat Cheese

Serves 4

4 ounces goat cheese  
1/3 cup pecans, crushed  
5 ounce bag spring mix (or other lettuce)  
10 strawberries, hulled and sliced  
1/3 cup Wildtree Cranberry Poppy Seed Vinaigrette

Divide goat cheese into 16 equal sized pieces and roll into balls. Roll each in crushed pecans, pressing gently if necessary to make the pecans stick. Divide lettuce among 4 plates. Top with strawberries and pecan crusted goat cheese. Serve with Cranberry Poppy Seed Vinaigrette.

Calories 220; Fat 18 g; Saturated Fat 5 g; Carbohydrates 10 g;  
Fiber 3 g; Protein 7 g; Cholesterol 15 mg; Sodium 200 mg



## Peach Quinoa Salad

Serves 4

1 cup quinoa, dry, prepared according to package directions  
1/4 cup Wildtree Cranberry Poppy Seed Vinaigrette  
3 peaches, chopped  
1/2 pint grape tomatoes, quartered  
1/2 cup parsley

Once the quinoa is cooked, transfer to a bowl and toss with Cranberry Poppy Seed Vinaigrette. Refrigerate until chilled. Fold in the peaches, tomatos, and parsley.

Calories 260; Fat 7 g; Saturated Fat 0.5 g; Carbohydrates 45 g;  
Fiber 4 g; Protein 7 g; Cholesterol 0 mg; Sodium 90 mg





## Turkey Wraps with Red Cabbage & Apple Slaw

Serves 8

- 1/3 cup Wildtree Cranberry Poppy Seed Vinaigrette
- 1 tablespoon Dijon mustard
- 1/2 red cabbage, shredded
- 1 apple, thinly sliced
- 1/2 cup dried cranberries
- 1/2 cup pecans, toasted (optional)
- 8 (8 inch) wraps or flour tortillas
- 1/2 pound sliced turkey
- 8 slices cheddar

Whisk together the Cranberry Poppy Seed Vinaigrette and Dijon mustard in a mixing bowl. Add the next 4 ingredients and toss to coat in the dressing. Serve in a wrap with the turkey and cheddar.

Calories 410; Fat 21 g; Saturated Fat 8 g; Carbohydrates 41 g; Fiber 4 g; Protein 17 g; Cholesterol 40 mg; Sodium 860 mg

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## Gazpacho with Smoky Shrimp

Serves 4

- 1 (14.5 ounce) can diced tomato
- 1 (10 ounce) can diced tomato with green chili
- 3 cups tomato juice
- 1/2 red bell pepper, rough chopped
- 1/2 cucumber, rough chopped
- 1/4 cup Wildtree Fiesta Salsa Blend
- 1/4 cup Wildtree Orange Balsamic Vinegar
- 1 tablespoon Worcestershire sauce

- 12 large shrimp (about 1/2 pound)
- 1 teaspoon Wildtree Roasted Garlic Grapeseed Oil
- 1/2 teaspoon smoked paprika

Combine both cans of diced tomatoes, tomato juice, red bell pepper, and cucumber in a blender. Blend to desired consistency. Transfer to a bowl and stir in Fiesta Salsa Blend, Orange Balsamic Vinegar, and Worcestershire sauce. Refrigerate for at least 2 hours. When you are ready to serve, cook the shrimp. Preheat a nonstick skillet over medium high heat. Toss the shrimp with Roasted Garlic Grapeseed Oil and smoked paprika. Sauté shrimp until completely cooked through. (Shrimp can also be skewered and grilled.) Serve chilled soup with cooked shrimp. Can also be served with fresh basil and avocado if desired.

Calories 200; Fat 2.5 g; Saturated Fat 2.5 g; Carbohydrates 28 g; Fiber 5 g; Protein 15 g; Cholesterol 85 mg; Sodium 550 mg

