

# Summertime Steak Flatbread Sandwich



Warm, fluffy flatbread with grilled steak slices, charred sweet corn, red onion, tomatoes and Romaine lettuce with seasoned steak sauce

## 24 Servings

### Ingredients

Sweet yellow and white mixed frozen corn, thawed	1-1/2 cups
Hanger Steaks, 3 oz	24
Vegetable Oil, trans fat free	2 tbsps
<b>Mrs. Dash Original Seasoning Blend (MD203)</b>	1/4 cup
Flatbread Wrap, 6" diameter, warmed	24
Low-Sodium Steak Sauce, commercially prepared	1/2 cup
<b>Mrs. Dash Original Seasoning Blend (MD203)</b>	2 tbsps
Red Onion, thinly sliced into rings, pulled apart (approx 96 rings needed)	1 medium
Red Pear Tomatoes, halved	48
Romaine Lettuce, thinly shredded	3 cups
Colby Jack Cheese, grated (optional)	3/4 cup

### Preparation

- 1: Cook corn in a non-stick pan, over high heat, for approximately 1 minute to slightly char the edges. Remove from heat and reserve warm.
- 2: Toss steaks with 2 tablespoons oil to lightly coat. Grill steaks to medium over hot grill. Remove from grill allowing meat to rest for 3-5 minutes and then slice each steak, across the grain into inch thick slices. Toss steak slices with 1/4 cup of Mrs. Dash Original Seasoning Blend and reserve warm.
- 3: On the bottom half of each warmed flatbread, spread 1 teaspoon of steak sauce. Sprinkle 1/4 teaspoon of Mrs. Dash Original Seasoning Blend evenly over the steak sauce on each flatbread.
- 4: Evenly distribute 1 tablespoon of charred corn, 4 red onion rings and 4 tomato halves over steak sauce and Mrs. Dash Original Seasoning Blend on each flatbread.
- 5: Place 1/8 cup of shredded lettuce and 1/2 tablespoon of cheese over the onions rings/tomato halves of each flatbread. Top lettuce with 3 oz. of sliced steak for each flatbread.
- 6: Fold wrap in half (top half folded over the steak and accompaniments) and serve immediately.
- 7: Option: Flank steak, flat iron steak or other lean cuts of beef could be utilized instead of the hanger steak.



### Nutrition Facts

Serving Size: 1 sandwich

Servings: 24

Amount/Serving	%Daily Value
<b>Calories</b> 290	
<b>Total Fat</b> 9g	13%
Saturated Fat 3.5g	17%
Trans Fat 0g	
<b>Cholesterol</b> 40mg	13%
<b>Sodium</b> 330mg	13%
<b>Total Carbohydrate</b> 26g	8%
Dietary Fiber 2g	8%
Sugars 2g	
<b>Protein</b> 26g	

**Vitamin A** 15% • **Vitamin C** 10%

**Calcium** 2% • **Iron** 10%

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**Mrs. Dash**  
Salt-Free,  
Flavor-Full  
No MSG

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# Oriental Sesame Chicken with Noodles



Crisp vegetables with a tangy red wine vinegar flavor make a delicious Asian taste experience

**24 Servings**

## Ingredients

Boneless, Skinless Chicken Breast Halves (4 oz halves)	24 each
<b>Mrs. Dash Original Seasoning Blend (MD203)</b>	3/4 cup
Sweet and Sour Sauce	2 qts
Sesame Oil, divided	6 tbsps
Oriental Noodles (Wonton Noodles, for example)	2-1/2 lbs

## Preparation

- Place chicken in large baking dish or hotel pan.
- Combine Mrs. Dash Original Seasoning Blend, sweet and sour sauce, and 1 tablespoon sesame oil in a small bowl. Reserve and set aside one quart.
- Pour remaining mixture over chicken, cover and marinate in refrigerator 1 to 2 hours, turning once.
- Remove chicken and discard used marinade.
- Grill chicken for 12–15 minutes or until it reaches an internal temperature of 170°F, turning once and brushing with 2 cups of reserved sauce.
- Discard reserved brushing sauce after cooking.
- Cook noodles according to package directions and drain from water.
- Heat remaining sesame oil in large skillet. Add noodles and stir-fry 3–5 minutes.
- Toss noodles with remaining 2 cups reserved sauce mixture.
- Top with cooked chicken. Sprinkle with toasted sesame seeds and chopped green onions, if desired.



## Nutrition Facts

Serving Size: 9 oz	
Servings: 24	
Amount/Serving	%Daily Value
<b>Calories</b> 430	
<b>Total Fat</b> 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 65mg	21%
<b>Sodium</b> 270mg	11%
<b>Potassium</b> 305mg	
<b>Total Carbohydrate</b> 62g	20%
Dietary Fiber 3g	12%
Sugars 16g	
<b>Protein</b> 26g	
<b>Vitamin A</b> 0%	<b>Vitamin C</b> 2%
<b>Calcium</b> 2%	<b>Iron</b> 10%

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# Crispy Baked Potato Wedges



Crispy baked potato wedges smothered in a seasoned buttery sauce and topped with grated parmesan cheese

**24 Servings**

## Ingredients

Unsalted Butter	3/4 cup
<b>Mrs. Dash Original Seasoning Blend (MD203)</b>	6 tbsp
Frozen Unseasoned Potato Wedges	4 lbs
Grated Parmesan Cheese	3/4 cup

## Preparation

- Combine butter and Mrs. Dash Original Seasoning Blend in medium saucepan; heat until butter is melted.
- Grease a large sheet pan with cooking spray.
- Arrange potato wedges in a single layer on prepared sheet pan.
- Pour melted butter mixture evenly over potatoes.
- Sprinkle evenly with Parmesan cheese.
- Bake at 375°F for 20–25 minutes or until golden brown and degrees are crisp.



Nutrition Facts	
Serving Size: 3 oz	
Servings: 24	
Amount/Serving	%Daily Value
<b>Calories</b> 150	
<b>Total Fat</b> 7g	10%
Saturated Fat 4g	20%
Trans Fat 0g	
<b>Cholesterol</b> 17mg	5%
<b>Sodium</b> 75mg	3%
<b>Total Carbohydrate</b> 19g	6%
Dietary Fiber 2g	8%
Sugars 0g	
<b>Protein</b> 3g	
<b>Vitamin A</b> 4%	<b>Vitamin C</b> 15%
<b>Calcium</b> 4%	<b>Iron</b> 4%

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# Vegetable Stir Fry



Crisp vegetables with a tangy red wine vinegar flavor make a delicious Asian taste experience

**24 Servings**

## Ingredients

Fresh Pea Pods	2-1/4 lbs
Corn Oil	3/4 cup
Carrots, peeled and thinly sliced	12 medium
Sugar	1 tbsp
Fresh Mushrooms, sliced	12 cups
Broccoli Florets	12 cups
Red Wine Vinegar	1/3 cup
Tomatoes, cut into wedges	6 small
<b>Mrs. Dash Original Seasoning Blend (MD203)</b>	1/3 cup

## Preparation

- 1: Blanch pea pods for 10 seconds, drain, cover with cold water, and set aside.
- 2: Heat oil in wok or large skillet, add carrots, sugar, and mushrooms; stir constantly for 1 minute.
- 3: Reduce heat, add broccoli and vinegar; cook for 1 minute.
- 4: Add tomatoes, pea pods, and Mrs. Dash Original Seasoning Blend; stir constantly until vegetables are crisp tender.

## Nutrition Facts

Serving Size: 6.5 oz  
Servings: 24

Amount/Serving	%Daily Value
<b>Calories</b> 120	
<b>Total Fat</b> 7g	10%
Saturated Fat 0.5g	2%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 35mg	1%
<b>Total Carbohydrate</b> 11g	3%
Dietary Fiber 4g	16%
Sugars 4g	
<b>Protein</b> 4g	

**Vitamin A** 110% • **Vitamin C** 120%  
**Calcium** 4% • **Iron** 8%

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# Herbed Rice Pilaf



A colorful rice pilaf with green peas and topped with the crunch of toasted almonds

**24 Servings**

## Ingredients

Unsalted Butter	2 tbsp
<b>Mrs. Dash Garlic &amp; Herb Seasoning Blend (MD293)</b>	1/4 cup
Onions, finely chopped	4 medium
Long Grain Rice	4 cups
Chicken Broth, low sodium	2 qts
Frozen Peas	2 lbs
Sliced Toasted Almonds	1 cup

## Preparation

- 1: Melt butter in large saucepan. Add Mrs. Dash Garlic & Herb Seasoning Blend and onions; saute for 5 minutes until onion softens.
- 2: Stir in rice.
- 3: Add chicken broth and simmer for 20 minutes until rice is almost cooked.
- 4: Add peas and simmer another 5-10 minutes until rice is fluffy.
- 5: Garnish with almonds and serve.

Nutrition Facts	
Serving Size: 5.5 oz	
Servings: 24	
Amount/Serving	%Daily Value
<b>Calories</b> 185	
<b>Total Fat</b> 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 4mg	1%
<b>Sodium</b> 80mg	3%
<b>Total Carbohydrate</b> 31g	10%
Dietary Fiber 3g	12%
Sugars 13g	
<b>Protein</b> 6g	
<b>Vitamin A</b> 15%	<b>Vitamin C</b> 2%
<b>Calcium</b> 15%	<b>Iron</b> 6%

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# Roasted Vegetables



Seasonal new potatoes, colorful bell peppers and chunked zucchini covered in tangy balsamic vinegar roasted until browned and topped with Parmesan cheese

**24 Servings**

## Ingredients

New Red Potatoes, par-boiled, quartered	6 cups
Olive Oil	2 cups
<b>Mrs. Dash Garlic &amp; Herb Seasoning Blend (MD293)</b>	1 cup
Balsamic Vinegar	3 cups
Red Peppers, wedged	2 medium
Yellow Peppers, wedged	4 medium
Zucchini, chunked	5 cups
Green Onions, pieced 1-inch long	8 small
Shredded Parmesan Cheese	3 cups

## Preparation

- 1: In a large saucepan, add the quartered new potatoes and cover with water.
- 2: Bring to a boil and reduce heat; simmer for 7-10 minutes, drain, cool, and set aside.
- 3: Heat olive oil and Mrs. Dash Garlic & Herb Seasoning Blend for 2-3 minutes in a small saucepan.
- 4: In a large mixing bowl, toss the vegetables with the vinegar; add the oil mixture to the bowl and toss until the vegetables are well coated.
- 5: With a slotted spoon, transfer the vegetables onto a full-size sheet pan (17" x 22" x 1") and bake at 400°F for 15-20 minutes, turning frequently, until nicely browned and roasted.
- 6: Sprinkle with Parmesan cheese before serving.



## Nutrition Facts

Serving Size: 5 oz  
Servings: 24

Amount/Serving	%Daily Value
<b>Calories</b> 240	
<b>Total Fat</b> 21g	32%
Saturated Fat 4g	20%
Trans Fat 0g	
<b>Cholesterol</b> 4mg	1%
<b>Sodium</b> 80mg	3%
<b>Total Carbohydrate</b> 11g	10%
Dietary Fiber 1g	12%
Sugars 6g	
<b>Protein</b> 6g	

**Vitamin A** 11% • **Vitamin C** 63%  
**Calcium** 15% • **Iron** 4%

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# Lettuce Wraps



Seasoned ground turkey in a sauteed bell pepper and onion, black bean, corn and tomato sauce served in fresh iceberg lettuce topped with sour cream and cilantro

**24 Servings**

## Ingredients

Iceberg Lettuce	2 heads
Lean Ground Turkey	2 lbs
<b>Mrs. Dash Garlic &amp; Herb Seasoning Blend (MD293)</b>	1/4 cup
Olive Oil	2 tbsps
Red Pepper, thinly sliced	1 cup
Onion, thinly sliced	1 cup
Black Beans, canned, drained	2 cups
Frozen Corn, defrosted, drained	2 cups
Tomato Sauce	2 cups
Sour Cream, fat free	2 cups
Fresh Chopped Cilantro, optional	1/4 cup

## Preparation

- 1: To prep the iceberg lettuce cups, remove the core, rinse the head with cold water, and shake off the excess water. Cut in half and separate the leaves. Pat the leaves dry with paper towels and hold for assembly.
- 2: In a large skillet, brown the ground turkey and season with Mrs. Dash Garlic & Herb Seasoning Blend; remove turkey from the pan and hold for assembly.
- 3: Heat oil in same skillet; add red pepper and onions and saute for 2 minutes.
- 4: Add the cooked ground turkey back to the pan along with the black beans, corn, and tomato sauce; cook for another 2 minutes. Keep warm for service.
- 6: In the middle of a lettuce cup, place a scoop of the turkey mixture, top with sour cream and a sprinkle of cilantro. Do not overfill the lettuce cups.

## Nutrition Facts

Serving Size: 5 oz	
Servings: 24	
Amount/Serving	%Daily Value
<b>Calories 115</b>	
<b>Total Fat</b> 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 32mg	10%
<b>Sodium</b> 260mg	10%
<b>Total Carbohydrate</b> 11g	3%
Dietary Fiber 2g	8%
Sugars 4g	
<b>Protein</b> 4g	
<b>Vitamin A</b> 8%	<b>Vitamin C</b> 25%
<b>Calcium</b> 6%	<b>Iron</b> 6%
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# Pork Rib Bites



Bite-sized pork ribs basted with a signature tangy molasses barbecue sauce

**24 Servings**

### Ingredients

Chopped Onion	3 cups
Dark Molasses	1 cup
Ketchup	2 cups
Dijon mustard	1/3 cup
<b>Mrs. Dash Garlic &amp; Herb Seasoning Blend (MD293)</b>	1/3 cup
Pork Back Ribs, cut into 1"-2" pieces	9 lbs

### Preparation

- 1: Combine the onion, molasses, ketchup, mustard, and Mrs. Dash Garlic & Herb Seasoning Blend; mix well.
- 2: Add pork rib pieces to the mixture and refrigerate for at least 4 hours.
- 3: Bake at 250°F for 4 hours or until the ribs are fall off the bone tender.
- 4: Chill the ribs in the sauce, portion them into 6 ounce portions, place back into refrigerator.
- 5: For service you can microwave or place into a preheated oven until they are hot (160°F–180°F) lay onto plate for service.
- 6: NOTE: If you are reheating in an oven be careful to not allow the pieces to burn. Optional: use additional Mrs. Dash as a pork rub. Rib tips can be substituted.

Nutrition Facts	
Serving Size: 8 oz	
Servings: 24	
Amount/Serving	%Daily Value
<b>Calories</b> 550	
<b>Total Fat</b> 40g	61%
Saturated Fat 15g	75%
Trans Fat 0g	
<b>Cholesterol</b> 140mg	46%
<b>Sodium</b> 360mg	15%
<b>Total Carbohydrate</b> 17g	5%
Dietary Fiber 0.5g	2%
Sugars 13g	
<b>Protein</b> 28g	
<b>Vitamin A</b> 4%	<b>Vitamin C</b> 8%
<b>Calcium</b> 10%	<b>Iron</b> 15%
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# Asparagus Soup



Fresh and smooth asparagus soup in a base of leeks, onions and potatoes in chicken broth and seasoned with lemon

**20 Servings**

## Ingredients

Olive Oil	2 Tbsp
Leeks, cleaned and sliced	2 small
Onions, chopped	2 small
Russet Potatoes, peeled and cubed	6 medium
Fresh Asparagus, cut into 1" pieces	4 lbs
Low Sodium, Low Fat Chicken Broth, low sodium	3 qts
<b>Mrs. Dash Lemon Pepper Seasoning Blend (MD263)</b>	2 Tbsp
Fresh Lemon Juice	2 Tbsp
Low Fat Sour Cream	1/3 cup

## Preparation

- 1: In a stock pot over medium heat, add olive oil, sauté leeks and onions, about 3 minutes.
- 2: Add potatoes and asparagus, reserve 20 tips for garnish. Sauté for 5 minutes. Add broth and simmer until potatoes are tender, about 20 minutes. Remove from heat and set aside to cool.
- 3: Working in batches, puree cooled soup in food processor until smooth.
- 4: Return soup to stock pot and stir in Mrs. Dash Lemon Pepper Seasoning Blend and lemon juice.
- 5: Blanch reserved asparagus tip. Ladle soup into bowls, lay asparagus tip on top, drizzle with sour cream.
- 6: Substitute vegetable stock for vegetarian soup.



## Nutrition Facts

Serving Size: 9.86 oz fl  
Servings: 20

Amount/Serving	%Daily Value
<b>Calories</b> 120	
<b>Total Fat</b> 3g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 5mg	1%
<b>Sodium</b> 83mg	3%
<b>Total Carbohydrate</b> 18g	6%
Dietary Fiber 3g	12%
Sugars 0g	
<b>Protein</b> 6g	

**Vitamin A** 0% • **Vitamin C** 0%  
**Calcium** 0% • **Iron** 0%

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# Green Beans with Caramelized Onions



Bright and tender green beans with sweet caramelized onions in a lemon pepper seasoning

**24 Servings**

## Ingredients

Unsalted Margarine	6 tbsp
Sweet Onions, peeled and cut into strips	6 large
Sugar	7 tbsp
Green Beans, trimmed	4-1/2 lbs
Vegetable Cooking Spray	
<b>Mrs. Dash Lemon Pepper Seasoning Blend (MD263)</b>	6 tbsp

## Preparation

- 1: Heat margarine in a large skillet, add onion, and then sprinkle with sugar.
- 2: Cook over low heat until onions are golden and tender, about 20 minutes.
- 3: Place green beans in a large sauce pan and cover with water. Boil green beans 10-15 minutes or until tender; drain and place in bowl.
- 4: Spray hot beans with vegetable cooking spray and sprinkle with Mrs. Dash Lemon Pepper Seasoning Blend; toss well.
- 5: Garnish with caramelized onions.



## Nutrition Facts

Serving Size: 4.5 oz  
Servings: 24

Amount/Serving	%Daily Value
<b>Calories</b> 80	
<b>Total Fat</b> 3g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 1mg	0%
<b>Total Carbohydrate</b> 12g	4%
Dietary Fiber 4g	16%
Sugars 7g	
<b>Protein</b> 1g	

**Vitamin A** 6% • **Vitamin C** 15%  
**Calcium** 4% • **Iron** 2%

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# Lemon Chicken



Skillet-sautéed, lemon-coated chicken breast covered in a sweet citrus sauce

24 Servings

## Ingredients

Flour	1-1/3 cups
<b>Mrs. Dash Lemon Pepper Seasoning Blend (MD263)</b>	1/2 cup
Boneless, Skinless Chicken Breast (4 oz halves)	24
Unsalted Butter	1/4 cup
Lemons	4 medium
Brown Sugar	1/4 cup
Chicken Broth, low sodium	1 qt

## Preparation

- Mix flour and Mrs. Dash Lemon Pepper Seasoning Blend; dredge chicken in mixture.
- Heat butter in large skillet and sauté chicken on both sides, then place chicken in lightly greased baking dish.
- Squeeze lemons. Stir together lemon juice, brown sugar, and chicken broth. Pour over chicken.
- Bake at 350°F for 35 minutes or until chicken reaches an internal temperature of 165°F.



## Nutrition Facts

Serving Size: 6.5 oz  
Servings: 24

Amount/Serving	%Daily Value
<b>Calories</b> 190	
<b>Total Fat</b> 3.5g	5%
Saturated Fat 1.5g	7%
Trans Fat 0g	
<b>Cholesterol</b> 75mg	25%
<b>Sodium</b> 95mg	3%
<b>Total Carbohydrate</b> 8g	2%
Dietary Fiber 0g	0%
Sugars 2g	
<b>Protein</b> 28g	

**Vitamin A** 2% • **Vitamin C** 10%  
**Calcium** 2% • **Iron** 6%

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# Shrimp Broccoli Linguine



Fresh sautéed shrimp and broccoli florets seasoned with lemon herbs and served over linguine

**24 Servings**

## Ingredients

Dry Linguine Pasta	3 lb
<b>Mrs. Dash Lemon Pepper Seasoning Blend (MD263)</b>	3/4 cup
Olive Oil	1/2 cup
Medium Frozen Shrimp, thawed, peeled & deveined	3 lbs
Broccoli Florets	9 cups
Shredded Romano Cheese	2-1/4 cups

## Preparation

- 1: Prepare the linguine per package instructions, adding 6 tablespoons Mrs. Dash Lemon Pepper Seasoning Blend to the boiling water.
- 2: Cook pasta to al dente; drain.
- 3: While the pasta is cooking, heat the olive oil in a large pan and saute the shrimp and broccoli for 5 minutes.
- 4: Add the remaining Mrs. Dash Lemon Pepper Seasoning Blend, cooked linguine, and Romano cheese to pan; toss until well combined.



## Nutrition Facts

Serving Size: 7.5 oz

Servings: 24

Amount/Serving	%Daily Value
<b>Calories</b> 370	
<b>Total Fat</b> 9g	13%
Saturated Fat 3g	15%
Trans Fat 0g	
<b>Cholesterol</b> 100mg	33%
<b>Sodium</b> 225mg	9%
<b>Total Carbohydrate</b> 47g	15%
Dietary Fiber 2g	8%
Sugars 2g	
<b>Protein</b> 23g	

**Vitamin A** 13% • **Vitamin C** 53%

**Calcium** 17% • **Iron** 22%

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