



SUMMER FOOD

WITH SOLSTICE

15-MINUTE GREEK SALAD



Total Time: 15 minutes
Yield: 4 servings

INGREDIENTS

- 2 tablespoon extra-virgin olive oil
- 1 tablespoon red wine vinegar
- 1 teaspoon Dijon mustard
- ¼ teaspoon salt, plus more to taste
- Freshly ground pepper to taste
- 4 cups peeled, seeded and chopped cucumbers
- 1 cup halved cherry tomatoes
- ½ cup mixed olives, pitted if desired
- ½ cup thinly sliced red onion
- 2 ounces crumbed feta cheese

INSTRUCTIONS

- 1.** Whisk oil, vinegar, mustard, salt, and pepper in a large bowl.
- 2.** Add cucumbers, tomatoes, olives, onion, and feta and stir to combine. Taste for salt and adjust if necessary.
- 3.** Serve and enjoy!



Recipe courtesy of **LAURA WICKS**
ACCOUNT MANAGER OF SALES

“The secret to this recipe is the dijon mustard.”

CAPRESE CIABATTA TOAST

Total Time: 10 minutes

Yield: 2 servings

INSTRUCTIONS

- 1. Toast bread:** Toast ciabatta bread in a toaster until golden brown. Alternatively, you can also place it in the oven to toast at about 350 degrees F for about 2-3 minutes each side. When toast is done, remove it to a plate and set aside.
- 2. Prep ingredients:** Slice the garlic cloves and mix with the olive oil in a small bowl, then set aside. Then slice tomatoes into bite-size pieces. Slice mozzarella balls in half. Slice basil leaves.
- 3. Build toast:** To make toast, drizzle the olive oil with minced garlic on top of the toasted bread. Then place sliced tomatoes and mozzarella on top of the toast. Sprinkle the sliced basil on top, add a pinch of salt and pepper. Add a dash of red pepper flakes, if desired. Then enjoy!



INGREDIENTS

- 2 slices ciabatta bread
- 1 teaspoon olive oil
- 1 garlic clove minced
- 6 whole cherry tomatoes or 1 roma tomato
- 1 ounce mozzarella balls about 4-6 small balls
- 1 tablespoon fresh basil sliced
- 1 pinch salt and pepper
- 1 pinch red pepper flakes



Recipe courtesy of **CRISTIAN ALFARO**,
SALES COORDINATOR

*“A twist on the traditional caprese salad
recipe served on crispy ciabatta toast.
Only 5 minutes to make!”*



WATERMELON FETA SKEWERS



Total Time: 15 minutes
Yield: 4 servings

INGREDIENTS

- 2 cups of cubed watermelon
- 1 cup of cube feta cheese
- Basil leaves
- Mint leaves
- Balsamic dressing of choice
- Toothpicks or bamboo skewers

INSTRUCTIONS

- 1.** Skewer kabobs starting with watermelon, then cheese, herb of choice and then watermelon again.
- 2.** Add to plate before dousing with your favorite balsamic dressing.



Recipe courtesy of **NORI PINO**
REGIONAL VICE PRESIDENT OF SALES

"These bites are easy to make for a crowd and taste fantastic."



FLANK STEAK WITH CHIMICHURRI SAUCE

Total Time: 35minutes

Yield: 6 servings

INSTRUCTIONS

- 1.** Make the marinade by combining all the ingredients together in a jar or in a bowl. Either shake the ingredients together or whisk them together and then pour them over the steak in a large, air-tight bag. Seal it up and let it sit in the fridge for 30 minutes, or overnight.
- 2.** Combine the chimichurri ingredients together in a blender or food processor. You want these ingredients to be chopped and mixed together well, but stop mixing way before you hit “smoothie” level blending. Use the “pulse” button on your food processor for best results.
- 3.** Preheat a skillet with some oil in it on your stovetop or heat up your grill to medium-high heat. Add the steak and sear on each side for 6-8 minutes. You want the steak to be browned on the outside and light pink on the inside.
- 4.** Let the steak rest for a few minutes, then when you’re ready to eat it, slice it across the grain, add chimichurri sauce over the top and dig in!



INGREDIENTS

Flank Steak Marinade

- ½ cup vegetable oil
- ⅓ cup soy sauce
- ¼ cup red wine vinegar
- 2 tablespoons fresh lemon juice
- 1 ½ tablespoons Worcestershire sauce
- 1 tablespoon Dijon mustard
- 2 cloves garlic, minced
- ½ teaspoon ground black pepper

Chimichurri Sauce

- 1 1/2 cups well packed (42g) fresh parsley
- 1/2 cup well packed (20g) fresh cilantro
- 1/4 cup (9g) fresh oregano or 1 tsp dried
- 1/4 small red onion or one small shallot
- 3 garlic cloves
- 3 Tbsp red wine vinegar
- 2 Tbsp fresh lemon juice
- 1/2 tsp salt, then more to taste
- 1/4 tsp red pepper flakes (optional, to taste)
- 3/4 cup olive oil



Recipe courtesy of **JORGE OCAMPO**,
DIRECTOR OF CLIENT SERVICES

“Your next go-to summer grilling recipe.”



FINGERLING POTATOES



Total Time: 45 minutes
Yield: 6 servings

INGREDIENTS

- 1lb baby fingerling potatoes
- ½ litre of chicken stock
- 2 cloves of garlic minced
- 1 shallot chopped
- ½ stick of butter
- ¼ cup extra virgin olive oil
- ½ tbsp Freshly ground pepper
- Parsley chopped

INSTRUCTIONS

- 1.** In a large saucepan place your baby fingerling potatoes covered with chicken stock.
- 2.** Add a moderate slice of a stick of butter (half stick) along with one shallot, garlic, and olive oil.
- 3.** Allow to simmer until potatoes start to boil and larger bubbles appear, basically allow the stock and starch to thicken for about 25 to 30 mins.
- 4.** Garnish with fresh ground pepper and diced parsley to your liking. Your potatoes are ready to serve!



Recipe courtesy of **JORGE OCAMPO**,
DIRECTOR OF CLIENT SERVICES



WATERMELON MARGARITA

Total Time: 15 minutes

Yield: 4 servings

INSTRUCTIONS

- 1.** Add salt or sugar to a small plate. Use a lime wedge and rub the lime juice against the rim of the glass in a circular motion. Then dip the cup upside down onto the salt and press down, moving slowly to ensure all sides are covered.
- 2.** Add watermelon, tequila, triple sec, lime juice, honey and ice to a blender. Leave out ice if making on the rocks.
- 3.** Blend until completely smooth.
- 4.** Pour into salted (or sugar) rim glass and serve with lime.



INGREDIENTS

- 4 cups frozen watermelon (keep fresh if serving on the rocks)
- 1/2 cup tequila -I prefer white, Don Julio or Patron
- 1/4 cup triple sec – I used Cointreau
- 1/3 cup fresh lime juice
- 1 cup of ice
- Salt or sugar for the rim
- Sliced limes for garnish



Recipe courtesy of **ANDREW HICKEY**
COPYWRITER, MARKETING

An easy watermelon margarita recipe that can be served frozen or on the rocks!



SUMMER AMBROSIA



INGREDIENTS

- 8 ounce tub of whipped topping (thawed)
- 1 cup sour cream
- 1 1/2 cups sweetened coconut flakes
- 1 1/2 cups mini marshmallows
- 20 ounce can pineapple tidbits (drained well)
- 15 ounce can mandarin orange segments (drained well)
- 1 cup red or green seedless grapes (sliced in half)
- 10 ounce jar of maraschino cherry halves (drained well)
- 1/2 cup chopped pecans (optional)



Recipe courtesy of **YVONNE ROSETE**,
ACCOUNT EXECUTIVE OF SALES

"Delicious for the whole family to enjoy!"

Total Time: 15 minutes

Yield: 6 servings

INSTRUCTIONS

- 1.** In a medium bowl, combine 8 ounce tub of whipped topping with 1 cup sour cream.
- 2.** Stir in 1 1/2 cups sweetened coconut flakes and 1 1/2 cups mini marshmallows.
- 3.** Then gently fold in 20 ounce can pineapple tidbits (drained well), 15 ounce can mandarin orange segments (drained well), 1 cup red or green seedless grapes (sliced in half), 10 ounce jar of maraschino cherry halves (drained well) and 1/2 cup chopped pecans (if using).
- 4.** Once combined, put some plastic wrap on it or put it in a bowl with a lid and refrigerate for about an hour before serving.




Solstice