

FAMILY-FRIENDLY RECIPES:

Southern Delight®
Savory Apple & Honey Salsa-Smothered Chicken

A Quick & Easy Recipe

INGREDIENTS

16 Frozen Chicken Tender Strips
Southern Delight Classic No-Salt-Added Seasoning
1/4 C. Extra Virgin Olive Oil
2* Jars Southern Delight No-Salt-Added Savory Apple & Honey Salsa

DIRECTIONS

Place frozen chicken in Olive Oil in electric skillet or large skillet, seasoning generously with Southern Delight Classic No-Salt-Added Seasoning Blend. Sauté at medium heat, covered for 15-20 min, turning to thoroughly cook both sides (covering greatly reduces the cooking time for the frozen chicken). Uncover or partially cover during the last 5 min. of cooking time. Pour 2* jars of Southern Delight No-Salt-Added Savory Apple & Honey Salsa (Mild, Medium or Hot) over the chicken. Cover and simmer for 15 min., stirring occasionally.

Serve over rice, pasta, or simply by itself. It's simply wonderful.

Serves 4. Enjoy!

* You may like to try using more salsa, particularly if you serve with pasta or rice.

No Salt Added...Just Great Taste!™
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Southern Delight®
Kentucky Proud Salsa Joes

INGREDIENTS

1 lb. Ground Beef
1/2 lb. Kentucky's Finest Sausage (mild) *or your favorite breakfast sausage*
1 Tbsp. All Purpose Flour
2 Tbsp. Southern Delight Basil & Oregano Italian No-Salt-Added Seasoning Blend
1 C. Kenny's Farmhouse Cheese (White Cheddar, Asiago or Monterey Jack) *or your favorite cheese*
1/2 C. Sliced Almonds
2 Jars Southern Delight No-Salt-Added Savory Apple & Honey Salsa (mild, medium or hot)

DIRECTIONS

Brown 1 lb. Ground Beef and 1/2 lb. Kentucky's Finest MILD Sausage, drain well. Sprinkle 1 Tbsp. All Purpose Flour over meat and stir to coat meat. Add 2 Tbsp. Southern Delight Basil & Oregano Italian No-Salt-Added Seasoning Blend, stirring to combine. Add 1 C. Kenny's Farmhouse Cheese, 1/2 C. Sliced Almonds and 2 Jars Southern Delight No-Salt-Added Savory Apple & Honey Salsa—Mild, Medium or Hot, stirring to blend completely. Cook over medium heat for 5 min, or until completely warmed and cheese is completely melted.

Serve on toasted hamburger buns. Serves 8. Enjoy! It's also great over chips, as a dip and even over pasta.

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Southern Delight®

Whole Wheat Spaghetti & Artichoke Tomato Sauce

A Quick Reduced-Sodium Vegetarian Dinner Entrée

INGREDIENTS

¼ C. Pure Virgin Olive Oil
2 Jars Southern Delight No-Salt-Added Savory Apple & Honey Mild Salsa
3 Tbsp. Southern Delight Basil & Oregano No-Salt-Added Italian Seasoning
4 Roma Tomatoes
2 14.5 oz. cans Crushed Tomatoes
1 C. Quartered Artichoke Hearts (rinsed & chopped)
1 lb. Box Whole Wheat Thin Spaghetti

DIRECTIONS

Bring 4 quarts water to a boil, adding 1 lb. box of Whole Wheat Thin Spaghetti, stirring often. Cook according to directions on the pasta package (except do not add salt). Place ¼ Pure Virgin Olive Oil in hot deep skillet. Dice 4 Roma Tomatoes (do not peel). Add 2 cans Crushed Tomatoes, 2 jars Southern Delight No-Salt-Added Savory Apple & Honey Mild Salsa, and 3 Tbsp. Basil & Oregano No-Salt-Added Italian Seasoning. Stir thoroughly to mix. Dice 1 C. Artichoke Hearts and stir in. Cook at high heat for 5 min, stirring continuously. Serve over Whole Wheat Thin Spaghetti.

Some great options for this recipe - add 1C. Sliced Almonds, 1 small can black olives (sliced or chopped), 1 small can sliced mushrooms, ½ C. Italian Sausage, etc. The sky's the limit as to what you can do with this easy and delicious recipe. Total Cooking Time—about 10 min. Serves 8. Enjoy!

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Heart Healthy Tomato-Basil-Parmesan Bisque

A Quick & Easy Low-Fat, Low-Sodium Recipe

INGREDIENTS

1/2 Cup Extra Virgin Olive Oil *or* Reduced-Fat Soft Margarine
2 14.5 oz. Cans No-Salt-Added Diced Tomatoes
4 8 oz. Cans No-Salt-Added Tomato Sauce
3 Tbsp. Southern Delight Basil & Oregano No-Salt-Added Italian Seasoning Blend
1 12 oz. Can Skim or Fat Free Evaporated Milk
1/2 Tsp. Sodium Free Salt Substitute
1/2 Tsp. Garlic Powder
1/4 Tsp. Coarse Black Pepper

Garnish each bowl with:
Reduced Sodium Croutons
1 Tbsp. Shredded Parmesan Cheese
A Sprinkling of Parsley Flakes

DIRECTIONS

Start with Olive Oil in pan, adding No-Salt-Added Diced Tomatoes, cooking for 3-5 min. over medium heat. Add No-Salt-Added Tomato Sauce, Basil & Oregano No-Salt-Added Italian Seasoning Blend, Garlic Powder, Coarse Black Pepper and Salt Substitute. Reduce heat to simmer, add the Fat Free Evaporated Milk and stir until smooth. Simmer for 15 minutes, stirring often. Serve with Reduced Sodium Croutons, Shredded Parmesan Cheese and a sprinkling of Parsley Flakes. Serves 6. Enjoy!

No Salt Added...Just Great Taste!™

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