

FAMILY-FRIENDLY RECIPES:

Southern Delight®

Annie Murl's Crock Pot Pizza

A Delicious Family Favorite

INGREDIENTS

1 lb. Ground Beef	1 lb. Mild Breakfast Sausage (Kentucky's Finest preferred)
1 Tbsp. Fennel Seed	1/2 lb. Egg Noodles
2 Tbsp. Extra Virgin Olive Oil	2 8oz. Cans No Salt Added Tomato Sauce
2 Tbsp. Basil & Oregano No-Salt-Added Italian Seasoning	2 Jars Savory Apple & Honey No-Salt-Added Salsa (MILD)
Sliced Pepperoni	6 oz. Parmesan Cheese (shredded)
1 lb. Mozzarella Cheese (shredded)	

DIRECTIONS

Brown Sausage and Ground Beef together, adding Fennel Seed in skillet, and drain thoroughly. Cook noodle by package directions and drain. Whisk together Tomato Sauce, Olive Oil and Basil & Oregano Seasoning. Place 1/2 C. of cooked meat in bottom of 5 quart crock pot, then add a layer of 1/2 of noodles, add 1/2 of remaining meat, then 1 jar of Salsa, 1/2 of Tomato Sauce Mixture. Next make a layer of Pepperoni, cover with 1/2 of Mozzarella Cheese and 1/2 of Parmesan Cheese. Then repeat with one more layer of each, as above. Cover and cook on low for 3 1/2—4 hours. Serve with garlic bread and a salad. Simply delicious! Recipe for 5 qt crock pot, if using 4 quart then reduce meat, noodles and cheese slightly. Serves 8. Enjoy!

No Salt Added...*Just Great Taste!*TM

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Quick & Tasty Homemade Tomato Ketchup

An Easy, Low-Sodium, Heart-Healthy Recipe

INGREDIENTS

1 8 oz. Can No-Salt-Added Tomato Sauce
1.5—2 Tsp. Southern Delight No-Salt-Added CLASSIC Garlic & Mustard Seasoning Blend
*2 Tsp. Sugar
1/8 Tsp. Salt Substitute
2 Tbsp. Apple Cider Vinegar

DIRECTIONS

For mild flavored ketchup, begin with 1.5 tsp. of Classic Garlic & Mustard Seasoning Blend, and adjust to your preference. Simply whisk the ingredients together in a bowl and it's ready to serve. Store in a glass jar in the refrigerator. Makes about 1 cup. Enjoy!

* This recipe can easily be made sugar-free by substituting your preferred sugar substitute.

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Southern Delight®
Spinach-Artichoke Fettuccini Alfredo

An Easy, Heart-Healthy Recipe

INGREDIENTS

1 lb. Frozen Chopped Spinach 2 14 oz. Cans Artichoke Hearts (rinsed and drained)
1 lb. Fettuccini Pasta
1/4 C. Extra Virgin Olive Oil 2 Tbsp. Ground Rosemary
2 Tbsp. Southern Delight Basil & Oregano No-Salt-Added Italian Seasoning Blend
2 C. (1 1/3 Cans) Fat Free Evaporated Milk
3 Tbsp. Ground Flax Seed 1 C. Grated Parmesan Cheese
Additional Fat Free Evaporated Milk, if sauce thickens too much

DIRECTIONS

Prepare Fettuccini Pasta by directions on package, but without salt, cooking slightly less than al dente. Place Olive Oil in heavy pan over medium heat, adding Italian Seasoning and Rosemary, heating for a couple of minutes. Add Evaporated Milk and Flax Seed, Spinach, and Artichoke Hearts (rinsed and drained), stirring often, cooking for 5 min. Add Parmesan Cheese, stirring to combine well. Remove from heat. When Fettuccini is nearly al dente, drain and add to sauce. Return to heat and stir to completely combine and heat thoroughly. If sauce is thicker than desired, add a small amount of Evaporated Milk to thin. Serve immediately. Serves 4-6. Enjoy!

NOTE: Preparing as directed requires at least a 4 quart pan (preferably 6 qt). If not available, mix pasta and sauce in separate large bowl prior to serving.

No Salt Added...Just Great Taste!TM

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Southern Delight®
Creamy Dill & Chives Salad Dressing

An Easy, Low Sodium Recipe

INGREDIENTS

1 Tsp. Southern Delight Classic Garlic & Mustard No-Salt-Added Seasoning Blend
1 Tsp. Dried Dill
1 Tsp. Dried Parsley
1 Tsp. Dried Chives
1 Tsp. Coarse Black Pepper
2 Tsp. Ground Flax Seed
2 Tbsp. Apple Cider Vinegar
1 C. Low Fat Cultured Buttermilk
1 C. Mayonnaise (low fat or fat free preferred)

DIRECTIONS

Measure all dry ingredients into mixing bowl, adding Apple Cider Vinegar. Whisk together and add buttermilk and Mayonnaise. Whisk ingredients until completely mixed and smooth with no mayonnaise lumps remaining. For best flavor, pour into jar and refrigerate over night for flavors to develop. Makes 2 C. Enjoy.

No No-Salt-Added...Just Great Taste!

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