

# Getting Creative with DRIED FRUIT

IDEAS TO BRING SUNSHINE INTO ALL YOUR MEALS

## BREAKFAST

**Sun dried tomatoes** and olives in a Greek omelet • **Sun dried fruit** & cream cheese stuffed French toast • Pecan, **sun dried peach** & spice cinnamon rolls • **Sun dried apricot**, blue cheese, walnut scones • **Baker's sun dried fruit medley** walnut bread • Italian omelet with fresh basil, **sun dried tomatoes** and mozzarella • **California sun dried apricot**, lemon grass & pistachio bread • Granola topped pumpkin muffins with **dried fruit** • Cinnamon, **sun dried peach** morning buns • Poached eggs Florentine topped with **sun dried tomato**, enhanced mornay sauce • **Sun dried fruit** & nut bagels • Healthy **dried fruit** & seed muffins • Oatmeal, flax, almond **sun dried fruit** bar cookies • **Sun dried California Bing cherry**, black pepper & walnut biscotti • Greek-style feta, spinach, **sun dried tomato** frittata • Baked apples stuffed with **sun dried fruit bits** • **Sun dried fruit** filled breakfast toaster tarts • Multi-grain **dried fruit** & nut bread • Healthier **dried fruit** & orange zest enhanced panettone • **Sun dried fruit** & nut focaccia bread • Morning Danish pastry with **sun dried fruit** filling • **Sun dried apricot** pull-apart rolls • Cinnamon toast sprinkled with **sun dried fruit bits** • Mini baguette sprinkled with spice, nuts & **diced sun dried fruit** • **Sun dried apricot** cream cheese coffee cake • Buckwheat pancakes sweetened with diced bits of **dried tart cherries** • **Sun dried apricot**-oat pancakes • Western Omelet with **sun dried tomatoes** and feta • Healthier cookies with **dried fruit bits** • Whole wheat flour apple cake with **dried diced cranberries** & walnuts • **Date** & honey polenta squares • Tropical pancakes made with **diced tropical blend** • **Dried cranberry** studded French toast casserole • Irish soda bread with **sun dried cherries** & nut morning biscotti • Toasted **dried cherry** whipped topping • **Sun dried apricot** fruit sauce • **ketchup** dipping sauce served Baking powder biscuits with jam • Noodle kugel served **sun dried apricot** & orange contemporary **sun dried fruit** & **sun dried fruit** hippie breakfast **fruit medley** oatmeal morning **cherry** spicy tea loaf • Spiced polenta compote • Dumplings filled with **sun** studded with **baker's fruit medley** • Steel-cut oats topped with seeds & **diced sun apricots** & **cherries** • Baked oatmeal & **sun** couscous with **dried fruit** • **Sun dried fruit** on a filled rugelach • Baked egg casserole with sautéed zucchini, mushrooms, peppers & **sun dried tomatoes** • **Sun dried fruit** energy bar cookies • Coconut pancakes with **diced tropical blend** • **Dried dates**, coconut, flax & nut butter *exercise "balls"* • California **dried date** shake • **Sun dried pear**, chive & cheddar muffins • Spiced quinoa with **sun dried Bing cherries** & toasted almonds • Warm **sun dried fruit** compote over ricotta filled crepes • Squash, **sun dried raisins** & nut muffins • Walnut, **dried fig** challah bread • Toasted barley, **sun dried mixed fruit** wholesome granola



## LUNCH

Veggie chili with **sun dried tomato** & ancho chili cornbread • Spicy **sun dried tomato** cornbread • Roasted turkey, arugula, cheese & **dried cranberry** chutney roll-up • **Sun dried tomato**, veggie & feta quiche • Chicken legs with honey & Moroccan spiced **sun dried fruit** sauce • **Sun dried tomato**, artichoke heart & feta pizza • Quinoa fresh citrus salad topped with **dried cranberries** & toasted almonds • Baked eggs in a **sun dried tomato**, black olive, anchovy sauce • Barley waldorf salad topped with **All-American dried fruit blend** & walnuts • Butter-garlic sautéed **sun dried tomatoes** over grilled burgers • Grilled chicken on ciabatta topped with **sun dried cherry** & shallot chutney • Grilled steak sandwiches with **sun dried tomato** garlic butter • Turkey sweet 'n sour "sloppy joes" made with **dried currants** & capers • **Golden raisin**, broccoli rabe, toasted garlic pasta • Turkey burger with spinach & **diced dried prunes** • Baked potatoes with **sun dried tomato** feta topping • **Dried pomegranate aril** sauced sticky chicken wings • Grilled shrimp & **sun dried tomatoes** on top of creamy grits • Lettuce wrapped roast turkey with **dried date** & kumquat chutney • Sweet & savory turkey burgers made with **sun dried tomatoes** & **golden raisins** • Double **sun dried tomato** cream & spinach soup • **Sun dried apricot** red pepper sauce glazed salmon, shrimp, tofu bowl • Puff pastry **sun dried tomato** tart with herbed ricotta filling • Sliced duck, **dried cherry** chutney, caramelized onion flatbread • Mediterranean lentil & **sun dried tomato** salad • Chicken salad with blue cheese crumbles & **diced apricots** • Linguini topped with roasted cauliflower & **sun dried tomato** sauce • Burger topped with whipped **sun dried apricot** & blue cheese butter • Chickpea, broccoli & **sun dried tomato** Greek salad • Roasted eggplant-**sun dried apricot** stew over herbed rice • Cream of **sun dried tomato** soup with garbanzo beans & wilted spinach • Shredded chicken salad topped with **All-American dried fruit blend** • Grilled vegetable, **sun dried tomato** frittata • Sautéed **sun dried mixed fruit** & nut herbed linguini • Fusilli salad with tuna, **sun dried tomatoes** & caper sauce • Shaved fresh asparagus salad topped with slivered Parmesan & **dried cherries** • Veggie wrap filled with **sun dried tomato** hummus, lentils & greens • Grilled white fish, **dried currants**, olives, lemony vinaigrette • **Sun dried tomato** & vegetable savory strudel • Chickpea, **dried sun dried tomato** savory pancakes • Black Forest Ham & cheese Panini with **sun dried fruit** chutney • Orzo, **sun dried tomato** Mediterranean salad • Shaved Brussels sprouts, Parmesan & **dried tart cherry** salad • Cinnamon, black pepper, **diced dried apricot** spiced baba ghanoush with pita triangles • Grilled eggplant slices rolled up with fontina cheese & **sun dried tomato** filling • Grilled chicken breast sautéed in **sun dried tomato**, garlic butter sauce • Cream of potato, kale, **sun dried tomato** sprinkled soup • Organic field greens served with wedges of cheese & wine-enriched **sun dried cherries** • Sweet & savory meatballs with **golden raisins** & **sun dried tomatoes** • Roast turkey topped with **sun dried pear** horseradish & brie • Pepperoncini, black olive, **sun dried tomato**, feta flatbread • Herbed couscous mixed with sausage bits, roasted fennel & sherry-infused **dried mixed fruit** • Tuna salad made with **sun dried tomato** & pickles

## SNACK TIME

**Baker's Fruit Medley** mixed with chocolate nibs, sunflower seeds & spice • **Sun dried apricot** mascarpone sugar-sprinkled pizza • **Sun dried tomato** cornmeal snacking cake • Brown butter sautéed herbs, nuts & **mixed sun dried fruit** • **Diced fruit** center-filled dark chocolate orbs • Fresh & **sun dried peach** & berry crumble • Chocolate covered **sun dried Bing cherries** • **Dried Fruit** Snack Packs • Mozzarella, basil & **sun dried tomato** mini kebabs • White chocolate, toasted almond, **sun dried fruit** melody bark • Brandy plumped **dried apricot** wrapped in caramel • Chocolate covered **dried Apricots** • Dried Date shakes, **sun dried cherry** shakes, all flavors of fruit shakes • add **sun dried fruit** bits to all bran flakes • Caramelized **sun dried apricots** dipped in nuts • Heavenly fruit bars with marshmallow, pecans, chocolate & **dried fruit chunks** • **Sun dried tomatoes** in herbed cream cheese dip • **Sun dried fruit** stuffed soft pretzels • Granola bars with chewy **sun dried fruit** center • Hand-rolled pretzels with **diced sun dried tomato** bits • Swap out a candy bar for California **sun dried apricots** & dark chocolate nibs • **Sun dried tomato powder** on potato chips • Spicy sweet Chex party mix with **sun dried fruit bits** • Garlicy **sun dried tomato** hummus • **Sun dried fruit** sweet-hot jerky • Pizza jerky made with **sun dried tomatoes** • Sweet rice & **sun dried fruit** sushi rolls • **Sun dried tomato** cheese bread • **Sun dried apricot** garlic dip • Coconut & **tropical dried fruit** pudding • Southwestern cornbread with jalapeno & **sun dried tomatoes** • Cedar plank roasted salmon with drunken white **raisins** & chives • **Sun dried tomato** pita thins • Yogurt, granola, **sun dried fruit** parfait • Chocolate covered **sun dried "fruit cocktail"** bits • Hot 'n spicy assorted **dried fruit** & nuts • **Sun dried fruit** topped baked Brie • Italian cheese torte with layers of **sun dried fruit** • Brandied **sun dried Bing cherries** enrobed in dark chocolate • **Sun dried tomato** foccaccia • **Sun dried apricots** with blue cheese & sugared walnuts • **Dried date** stuffed with goat cheese • Wrap a **sun dried tomato** around fresh mozzarella • Rice Krispy, **dried fruit** & marshmallow treats • Peanut butter **sun dried fruit** crunchy cereal snack stacks • **Dried apple slices** dipped in low fat caramel & nuts • **Dried dates** filled with chocolate & nut pieces • Caramel corn with **dried cranberry** pieces • Popcorn **sun dried fruit** balls • Feta, **sun dried tomato** filled filo triangles • Almond thumbprint cookies with **dried Moroccan fruit** relish centers • Rye Krisp crackers topped with Jarlsberg and **Baker's Fruit Medley** jam • **Sun dried tomato** and roasted veggie flatbread • Toasted bagel topped with blue cheese and **diced sun dried pears** • Bowl of **sun dried fruit** mixed with dark chocolate bits and nuts • Pita chips dipped into whipped goat cheese and **diced sun dried cherries** • Red wine infused **sun dried peaches** • Sea weed salad topped with **sweet golden raisins** • **Sun dried fruit**, nut & seeds energy bar • Pizza bagel made easy using **sun dried tomato ketchup** & mozzarella

## DINNER TIME

Turkey slices with tangy-sweet **dried cranberry** chutney • Pork loin stuffed with **dried fruit** & bread dressing • **Sun dried tomato** chicken sausages • **Sun dried diced peaches**, **dried diced apple** sausages • Grilled flat iron steak topped with **sun dried tomato** herbed topping • Roasted, **sun dried fruit** pilaf stuffed chicken breasts • Hake with **sun dried tomatoes** bread crumb topping • Scallops sautéed in a **sun dried tomato** cream sauce • Roasted pork with drunken **dried prune** sauce & onions • Simmered bourbon chicken stew topped with slivered **sun dried peaches** • Sweet 'n moist meatloaf made with **dried prunes** & **sun dried apricots** • Lamb roasted with **sun dried apricots**, oregano & lemons • **Dried bing cherry** venison sausage • Pork chops with **sun dried apples** & **dried cherries** • Steamed clams topped with **sun dried tomato** aioli • Spinach, ricotta, **sun dried tomato** stuffed chicken breasts • Greek-style roasted lamb with almonds & **sun dried apricots** • Succulent chicken breasts with **sun dried pear**, brie herbed bread stuffing • Turkey meatloaf Italian style with **sun dried tomatoes**, seasoned crumbs & garlic • **Dried blueberry** venison sausages • Moroccan lamb stew with mint & **sun dried apricots** • Halibut topped with **sun dried tomato**, garlicy toasted parsley crumbs • Condiment of fresh herbs, olive oil, garlic, **baker's fruit medley** & citrus • Maple, **dried cranberry** pork sausages • Pork medallions with onion & **sun dried apricot** sauce • Mixed **dried berries** over roast duck • **Sun dried tomato**, golden raisin chicken sausage • **Dried pineapple**, habanera simmered pork • **Sun dried tomato**, sage & sage brown butter sauce chicken • **Dried apricot**, habanera simmered pork • **Sun dried tomato**, golden raisin chicken sausage • Dijon chicken sausages with **sun dried cherry** & lemon pepper • Hake smothered in **sun dried tomato** cream sauce • Chicken & veggie roll-ups with **sun dried tomato** mayonnaise • Grilled porterhouse topped with **sun dried apricot** blue cheese butter • Roasted lamb with **sun dried apricots** & pine nuts • **Dried Figs**, dried dates & chicken Moroccan bastilla • Beef brisket with **spiced dried apricots** & leeks • Smoked salmon topped with **sun dried apricot** chutney • Veal chops with **dried cherry**, sage cream • Sweet & savory braised chicken legs in **baker's fruit medley** & olives • Beef tenderloin served with **sun dried tomato** garlic butter dollops • Worcestershire Dijon **sun dried fruit medley** chicken pan sauce • Italian sweet & sour **dried tomato** & **golden raisin** chicken braise • **Sun dried peach** & pepper salsa served with grilled sea bass • Poached salmon on jasmine & **dried fruit** rice • Tomato based, poached **dried fruit** beef stew • Braised lamb shanks with **sweet sun dried apricots** & warm spices • Chicken & **dried fruit** curry • **Sun dried pear** & Dijon cream sauce over grilled white fish • Herb & **dried cherry** stuffed veal breast • Spinach & **dried tomato** baked oysters • Spring pea & **sun dried tomato** pasta with ricotta & fresh parsley topping • Grilled **sun dried tomato** polenta squares • White beans with **sun dried tomato** & spinach sauce • Pork tenderloin with wine-enriched **sun dried pear** & **apricot** sauce • Fettuccine with **sun dried tomato** Alfredo sauce • Tuna, caper, anchovy & **sun dried tomato** sauce • Pasta with blue cheese Alfredo and **sun dried apricot** • Grilled rib-eye steaks served with **sun dried tomato** cream • Breaded chicken tenderloin with warm **dried cherry** sage compote • Sweet & sour Venetian-style sea bass with **tart dried cherries** • Creamy **sun dried tomato** sauce • Grilled flank steak topped with **sun dried tomato** cheese gratin • Roast brisket served with Arborio rice & red wine **dried peaches** • Tagine of lamb, spices & **sun dried fruit** • Halibut with caramelized leeks & **sun dried tomato** topping • Slow roasted pork served with sage sautéed **dried apricots** • Grilled white fish with spinach, **golden raisin** sauté • Roasted chicken thighs with mustard, **dried prune** cream sauce • North African lamb tagine with **dried apricots** & dates • Spiced short ribs of beef with fennel, **sun dried tomato** red wine sauce • Chicken, leek & **sun dried tomato** Parmesan sprata • Catalanian-warm grilled white fish with **dried currants**, chickpeas & fennel • Lamb & **sun dried apricot** ragout with warm spice blend • Ground lamb, ricotta, **diced dried apricot**, herbed **dried cannelloni** • **Sun dried cherry** shallot pan finishing sauce poured over pork chops • Roasted leg of lamb with **dried apricot**, herbed rice stuffing • **Sun dried peach** stuffed pork shoulder with soy-honey **sun dried peach** glaze

## DESSERT MENUS

**Sun dried fruit** stuffed cinnamon baked apples • **Sun dried pears** served with whipped blue cheese • **Dried apricots** soaked in Sauterne topped with goat cheese & pistachios • Poached **dried apricots** pudding with mascarpone & honey • Baklava with **sun dried fruit**, honey & nut filling • Warm **dried date** pudding • Artisan cheese & **sun dried fruit** plate • **Dried fruit** & nut galette • Spicy winter **sun dried fruit**, apple & pear compote • **Sun dried apricot** squares with sweet lemon drizzle • Baked multi-grain, brown butter **dried fruit** pastries • Dip **dried white figs** in dark chocolate • Pavlova topped with **sun dried strawberries** & crunchy pistachios • **Sun dried dried fruit** stirred into mascarpone • Sweetened ricotta swirled with **sun dried apricot** & chocolate pieces • Sweet crostini topped with warm brandy, **sun dried fruit** compote & brie • Pear William dolloped with **sun dried pear** whipped crème Anglaise • **Sun dried apricot** almond bars • Brandy soaked **dried cherries** in Italian cannoli • Irish oatmeal, **raisin** & whiskey pudding • Italian **dried fruit** & nut tart • Crisp, nutty **dried cranberry** Florentine cookies • Mini cheese cake cups with **sun dried apricot** bottoms • Sweet rice & **dried fruit** sushi • **Dried fruit** nutty white fudge • Sweet cheese, **sun dried cherry** filo purses • Chewy, crispy linzer bars with real **sun dried fruit** filling • Sauterne poached **dried prunes** topped with honey, yogurt & nuts • Bourbon caramel truffle with a dried bourbon-**dried cherry** center • Rich Hungarian walnut-**raisin** tartlets with maple drizzle • **Dried fruit** filled Lady Baltimore cake • Hazelnut, brown butter **dried cherry** bars with vanilla bean ice cream • Chocolate, nut, **dried fruit** tart • **Dried cranberry**-walnut streusel apple pie • Japanese-style hot **dried fruit** filled cookies • Drunken **dried fruit** marzipan fruit cake • **Sun dried apricot**, walnut delectable Sacher torte • Strawberry roulade layered with **sun dried apricot**-honey butter • Spiced polenta dolloped with **dried fruit** honey compote • Brandy-soaked minced **sun dried fruit** & toasted chopped nuts Sugarplums • Genoise rolled in Grand Marnier **dried apricot** mascarpone cream • Grilled banana & **dried date** skewers • Star anise flavored **tart dried cherry** yogurt cake • Elegant frangipane-**sun dried apricot** filled torta • **Dried pear**, 5 spice glazed cake • **Sun dried fruit** jam filled cookies • **Sun dried fruit halves** dipped in a chocolate brandy fondue • Southern fried **dried peach** hand pies • Low-fat **sun dried apricot** yogurt panna cotta • **Sun dried fruit** stuffed wedding cookies • Italian cheesecake made with **sun dried fruit** ricotta • Brandied **sun dried fruit** cake • **Sun dried fruit** & nut gingerbread

## COCKTAIL TIME

Chili paste **sun dried tomato** tapenade • Sautéed **dried fruit**, herbs & nuts • Roasted eggplant **sun dried tomato** dip • **Sun dried apricot**, spiced bourbon infusion • Savory **sun dried tomato** cheese puffs • Toasted pine nuts, Parmesan, **sun dried tomato** dip • **Dried cherry** lamb meatballs glazed with limoncello • Brew artisanal beer using **dried apricots**, **dried cherries** or **dried pears** • Endive whipped goat cheese & **dried cherry** "boats" • Vodka infused **sun dried apricot** garnish skewer • Veggies & dip with with zesty lemon, **sun dried tomatoes**, smashed garlic, anchovies and herbs • **Dried fruit** & nut horseradish cheese ball • **Sun dried pear** ginger vodka • **Sun dried tomato** ricotta gougeres • Rosemary, **dried cherry** vodka infusion • Spicy lamb, **golden raisin** stuffed grape pine nut pesto • Skewered manchego, **California dates** stuffed with nuts, **pears**, zesty blue cheese crostini

