

Case 1

- #340 Nona's Gnocchi** **\$5.99 Lb**
Gnocchi, tomato, basil, mozzarella cheese, pepper and salt
Serve at room temperature or microwave on high for 3-4 minutes
- #341 Vegetable Egg Roll** **\$8.49 Lb**
Cabbage, broccoli, brown rice, celery, carrots, mushroom, bamboo shoots, water chestnut, onion and wonton skin
- #342 Brussel Sprouts with Pancetta** **\$4.99 Lb**
Brussel sprouts, chicken stock, garlic, olive oil, pancetta, salt and pepper
Heat in microwave on high 3-4 minutes or pan fry on medium stir
- #343 Fusilli Vegetable Pasta Blue** **\$5.99 Lb**
Fusilli pasta, blue cheese, mushrooms, basil, broccoli, zucchini, pine nuts, ricotta cheese, milk, scallion and basil
Serve cold or heat in microwave on high 3-4 minutes
- #344 Potato Pancakes** **\$6.99 Lb**
Potato, flour, eggs, onion, vegetable oil, whole milk, fruit fresh (contains no sulfites), salt and pepper
Serve warm, place on cookie sheet uncovered @ 350 degrees for 10-15 minutes
- #425 Fried Vegetable Rice** **\$6.49 Lb**
Rice, vegetable oil, scallions, peapods, carrots, red pepper, cabbage, onion, Vegetable broth, sesame oil, peppers soy sauce, garlic and ginger
Bake uncovered @ 350 degrees for 25 minutes or serve cold
- #447 Vegetable Quiche (South Beach Style)** **\$5.99 Lb**
Spinach, liquid egg substitute, shredded mozzarella (reduced fat cheese), green peppers, onion and Tabasco sauce
Bake uncovered @ 350 degrees for 25-30 minutes
- #921 Crunchy Broccoli Salad** **\$5.99 Lb**
Broccoli, carrots, raisins, bacon bits, mayonnaise, sweetened condensed milk, walnuts, salt and pepper
- #914 Greek Style Spinach Pies** **\$8.99 Lb**
Spinach, dill, feta cheese, butter, eggs, oregano and phyllo dough
Heat uncovered @ 350 degrees for 15-20 minutes
- #428 Dominican Potato Salad** **\$5.49 Lb**
Peeled and diced red potatoes, carrots, eggs, mayonnaise, oil, salt and vinegar

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- #561 Grilled Vegetables** **\$6.49 Lb**
Olive oil and assorted vegetables, paprika, bell pepper, corn syrup, vinegar, onion, garlic, salt and pepper
- #714 Grilled Italian Onions** **\$9.99 Lb**
Sweet Italian onions, sunflower oil, herbs, sugar and salt
- #715 Grilled Italian Artichokes** **\$9.99 Lb**
Artichokes, sunflower oil, wine, vinegar, herbs, sugar and salt
- #909 Olivetta** **\$5.49 Lb**
Black olives, green olives, red peppers, manza. olives, olive paste, olive oil, currants, garlic, rosemary, thyme and lemon zest
Serve cold
- #547 Suprise Southbeach Mashed Potatoes** **\$4.79 Lb**
Cauliflower, I Can't Believe It's Not Butter Spray, fat free Half and Half, salt and pepper
Bake covered @ 350 degrees for 20-25 minutes
- #500 Pear Shaped Tomato Salad** **\$5.99 Lb**
Yellow and red pear shaped tomatoes, fresh mozzarella cheese, basil, balsamic dressing and extra virgin olive oil
Serve cold
- #124 Stuffed Portabella** **\$5.99 Lb**
Portabella mushroom, spinach, cream, garlic, cracker crumbs, and butter
Bake @ 350 degrees for 15-20 minutes
- #669 Fried Artichoke Hearts** **\$5.99 Lb**
Artichokes, flour, sweetened condensed milk, seasoned breadcrumbs and Parmesan cheese
Bake @ 350 degrees for 10-15 minutes