

tidbitsTM

SUMMER '21 • COMPLIMENTARY

Caprese Greens Salad pg.14

PLUS:
LET'S DO BRUNCH,
SEAFOOD ON A STICK
AND MORE!

**SIMPLY
SEASONAL**
Salads & Bowls

 Roche Bros.



Celebrate American Cheese Month

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WisconsinCheese.com



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a letter from Rick Roche



At Roche Bros., our love of food is only exceeded by our passion to give our friends the best, and it all begins at the store. Roche Bros. has everything you need to create memorable meals all season long, from the freshest produce to quality

meat and seafood selections.

Surf and turf is a beloved summer classic that doesn't require a steakhouse visit. Pick up Certified Angus Beef brand steaks and fresh catches from Foley Fish to create five-star meals in your own kitchen. Elevate classic surf and turf at home with grilled steak and lobster paired with Cajun butter for a spicy kick. Find this tasty recipe on page 10, then flip to page 12 for more mouthwatering land and sea pairings.

Visit our produce department to pick up the freshest fruits and veggies from local growers. Throughout this edition, we've planted exciting ideas for prepping peak-season produce. Add your favorite fresh selections to brunch boards, seafood skewers, satisfying salads, grilled flatbreads, drool-worthy desserts and more!

We hope our fresh suggestions for BBQs, weeknight grilling and everything in between help you make the most delicious, memorable summertime meals.

Wishing all our friends a happy and healthy summer season!

Rick Roche



10 Surf & Turf

> Grilled Filet & Lobster Tail with Cajun Butter

13 Simply Seasonal Salads & Bowls

> Grilled Peach & Arugula Salad
> Caprese Greens Salad
> Grilled Veggie & Quinoa Bowls



4 Let's Do Brunch

> Brunch Charcuterie Board

8 Seafood on a Stick

> Grilled Curry Salmon & Mango Skewers with Cucumber-Yogurt Sauce
> Grilled Drunken Shrimp & Jalapeño Skewers



16 Sweet & Savory Summer Fare

> Foil Packet Strawberry-Rhubarb Crisp
> Air Fryer Apple Churros
> Grilled Hot Honey & Prosciutto Flatbread

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LET'S DO BRUNCH



If you thought brunch couldn't get any better, it's time to meet our brunch charcuterie board. This board offers the best of breakfast, plus lunchtime favorites, so you can create unique bite after bite that hits the spot every time. From smoked salmon and crusty breads to cheeses and fresh produce, we can help you pull together delicious brunch boards perfect for any occasion. Give this board a try, then use our charcuterie guide to build more palate-pleasing platters!

Brunch Charcuterie Board

Cabot® Wildly Horseradish Cheddar Cheese, Cabot® Hand-Rubbed Everything Bagel Cheddar Cheese, smoked salmon, mini cucumbers (cut into sticks), grape tomatoes, thinly sliced red onion, sliced hard-cooked eggs, capers, plain bagel crisps, baguette, olive oil

Build Your Best Charcuterie

The ultimate charcuterie board balances a combination of flavors, from sweet and savory to salty and spicy. Keeping the ingredients diverse will ensure there's something for everyone's tastes. Use our quick guide as inspiration to create uniquely flavorful boards for any occasion.

Meats: Cured and smoked meats are the stars of charcuterie boards. Feature smoky salami alongside melt-in-your-mouth prosciutto or spice things up with sopressata or hot capicola. Put a twist on tradition with smoked salmon that's perfect for pescatarians and offers rich, buttery flavors. Choose from a variety of quality, flavorful and sustainable smoked salmon selections in-store, and plan for about one to two ounces of meat per person.

Cheeses: When selecting cheeses, consider texture, flavor, type and style. Draw inspiration from the meats – mellow out rich meats with soft cheeses like mozzarella, Brie or goat cheese. Pair milder varieties, like prosciutto, with complex cheeses such as pungent blue cheese or sharp Manchego. Or, for a culinary adventure, try new varieties like Cabot® Hand-Rubbed Everything Bagel Cheddar Cheese that encrusts creamy Cheddar with onion, garlic and poppy seeds. Visit our Gourmet Cheese Shop for more diverse, cheesy selections.

Fruits, Veggies & Spreads: Since boards are packed with cured, smoked and pickled components, lighten things up with fresh elements! Berries, melons, cucumbers and cherry tomatoes are perfect for summer boards, while winter boards give citrus, grapes, carrots and dried fruits a place to shine. Pair seasonal produce with tasty spreads like hummus, mustards, jams or preserves; choose one or set out a sweet and savory duo.

Bread: Flavorful bread delivers charcuterie ingredients from the table to your tummy! From toasted sourdough, ciabatta or mini bagels to multigrain crackers, breadsticks or crostini slices, select your favorite breads as the crispy carriers for your bold charcuterie bites.

Accents: Layer more flavors onto the board with a few finishing touches! Round out a smoked salmon board with salty capers, add dark chocolate and pretzels for a sweet and salty addition, or incorporate almonds, walnuts or pistachios for a protein-packed crunch that makes your board deliciously cohesive.

We'll cook. You feast.

Let us do the cooking for your special occasions. We have all the delicious entrees, sides, salads and desserts for your table.

- Fresh salads
- Grilled chicken
- Pulled pork
- Biscuits
- Desserts
- And so much more!

See our Spring Catering menu.



Scan or visit rb.social/catering to learn more.



www.rochebros.com



FIRE UP *the* FLAVOR



For grilling recipes and tips, visit McCormick.com.

SEAFOOD ON A STICK

Nothing screams “summer” quite like food on a stick! Make your skewers light, heart-healthy and delicious with our sweet and spicy seafood recipes. Get your seafood fix with these easy handhelds while adding sophisticated flair to any barbeque menu. Mix and match seafood selections, fruits and veggies, and marinades and sauces for succulent, satisfying skewers!



> Facts. Finds. Flavors.

Salmon Skewers: Serve over toasted coconut & slivered almond basmati rice with grilled red bell peppers and green onions.

Shrimp Skewers: Serve with grilled corn on the cob and a fresh green salad.

Grilled Curry Salmon & Mango Skewers with Cucumber-Yogurt Sauce

Prep: 20 minutes plus soaking
Grill: 6 minutes • Serves: 4

- 4 (12-inch) wooden skewers
- ½ cup plain nonfat Greek yogurt
- ¼ cup finely chopped red onion
- ¼ cup grated English cucumber
- 1 tablespoon chopped fresh cilantro
- 1 tablespoon fresh lemon juice
- ½ teaspoon fresh grated ginger
- 1¼ teaspoons curry powder
- ½ teaspoon kosher salt
- ¼ teaspoon ground black pepper
- ¼ teaspoon paprika
- 1¼ pounds skinless salmon fillets, cut into 1½-inch pieces
- 2 mangoes, peeled, pitted and cut into 1½-inch pieces (about 3 cups)
- 2 tablespoons olive oil

1. Prepare outdoor grill for direct grilling over medium-high heat. Soak skewers in water 20 minutes.

2. In medium bowl, stir yogurt, onion, cucumber, cilantro, lemon juice and ginger; cover and refrigerate. Makes about 1 cup.

3. In small bowl, stir curry powder, salt, pepper and paprika. Alternately thread salmon and mangoes onto skewers; brush with oil and sprinkle with curry powder mixture. Place skewers on hot grill rack; cover and cook 6 minutes or until internal temperature of salmon reaches 145°, turning occasionally.

4. Serve skewers with Cucumber-Yogurt Sauce.

Approximate nutritional values per serving (1 skewer, ¼ cup sauce): 416 Calories, 18g Fat (3g Saturated), 91mg Cholesterol, 324mg Sodium, 28g Carbohydrates, 3g Fiber, 37g Protein

Grilled Drunken Shrimp & Jalapeño Skewers

Prep: 20 minutes plus standing
Grill: 6 minutes • Serves: 4

- 4 jalapeño peppers, cut crosswise into ¾-inch pieces and seeded
- 2 garlic cloves, minced
- ¼ cup añejo tequila
- ¼ cup fresh cilantro leaves plus additional for garnish (optional)
- ¼ cup olive oil
- 2 tablespoons honey
- 1 tablespoon fresh lime juice
- ½ teaspoon kosher salt
- 1¼ pounds raw 16-20 count tail-on peeled and deveined shrimp, thawed if necessary
- 4 (8-inch) wooden skewers
- Lime wedges for serving (optional)

1. Prepare outdoor grill for direct grilling over medium-high heat.

2. In blender, purée 1 jalapeño, garlic, tequila, cilantro, oil, honey, lime juice and ¼ teaspoon salt 1 minute. Makes about ¾ cup.

3. Place shrimp and remaining 3 jalapeños in large zip-top plastic bag; pour half the tequila mixture over shrimp. Seal bag, pressing out excess air; gently massage and let stand 20 minutes. Soak skewers in water 20 minutes.

4. Remove shrimp and jalapeños from marinade; discard marinade. Alternately thread shrimp and jalapeños onto skewers. Place skewers on hot grill rack; cook, uncovered, 6 minutes or until internal temperature of shrimp reaches 145°, basting occasionally with remaining tequila mixture and turning once. Sprinkle skewers with remaining ¼ teaspoon salt; serve with lime wedges garnished with cilantro, if desired.

Approximate nutritional values per serving (1 skewer): 334 Calories, 16g Fat (2g Saturated), 244mg Cholesterol, 586mg Sodium, 10g Carbohydrates, 0g Fiber, 30g Protein

SURF & TURF

Skip the steakhouse and serve up restaurant-quality surf and turf at home! Make your surf and turf duos undeniably delicious with high-quality meats prepared just for you by our butcher paired with fresh, flavorful catches from Foley Fish. Give tenderloin steaks and lobster tails a spicy makeover with addictive Cajun butter that takes minutes to make. Then flip the page for more surf and turf inspiration!

Grilled Filet & Lobster Tail with Cajun Butter

Prep: 20 minutes plus soaking and standing

Grill: 18 minutes • Serves: 4

- 4 (10-inch) wooden skewers
- 2 garlic cloves, minced
- ½ cup unsalted butter (1 stick), softened
- 2 tablespoons chopped fresh parsley
- 2 teaspoons Cajun seasoning
- 2 teaspoons fresh lime zest
- ¾ teaspoon salt
- ¾ teaspoon black pepper
- 4 lobster tails (about 4 ounces each), thawed if necessary
- 2 beef tenderloin steaks (about 8 ounces each)
- 2 tablespoons olive oil

1. Soak skewers in water 20 minutes. Prepare outdoor grill for direct grilling over medium-high heat. In small bowl, stir garlic, butter, parsley, seasoning, lime zest and ¼ teaspoon each salt and pepper. Makes about ½ cup.

2. With scissors, cut lobster tail shells lengthwise down center; with fingers, spread shells apart slightly. Flip lobster tails over onto backs; insert skewer lengthwise into each tail through the center of the meat. Brush both sides of lobster tails and steaks with oil; sprinkle with remaining ½ teaspoon each salt and pepper.

3. Place steaks on hot grill rack; cover and cook 10 minutes or until internal temperature reaches 135° for medium-rare, turning once. Transfer steaks to cutting board; tent with aluminum foil and let stand 10 minutes. (Internal temperature will rise to 145° upon standing.)

4. Place lobster tails, cut side down, on hot grill rack; cover and cook 4 minutes or until shells are bright red. Transfer lobster tails, cut side up, to plate; stuff each with 1 tablespoon butter mixture. Place lobster tails, cut side up, back on grill rack; cover and cook 4 minutes or until internal temperature reaches 145°.

5. Remove skewers from lobster tails; cut steaks crosswise in half. Serve lobster tails and steaks with remaining ¼ cup butter mixture.

Approximate nutritional values per serving (½ steak, 1 lobster tail, 1 tablespoon butter mixture): 538 Calories, 38g Fat (18g Saturated Fat), 305mg Cholesterol, 1498mg Sodium, 1g Carbohydrates, 0g Fiber, 46g Protein



Watch how
to make
this recipe at:
bit.ly/RocheBrosYT





5 Surf & Turf Combinations for Easy, Elegant Meals

Skip the reservations at the steakhouse and make any night feel like a fancy occasion with homemade surf and turf. Prepping this iconic beef and seafood duo at home provides a broader range of options than the restaurant. Start with our classic Grilled Filet with Lobster Tail and Cajun Butter recipe on the previous page, then try more modern takes on surf and turf with the following flavorful land-and-sea pairings!



1. NEW YORK STRIP WITH JAPANESE-STYLE CRAB CAKES:

Infuse international flavors into your beef and seafood spread! Give New York strip, an exceedingly tender cut, a Japanese-inspired twist. Marinate the steak in a mixture of sesame oil, soy sauce, Worcestershire and ginger. Then pair it with homemade Japanese-style crab cakes made with Brothers Marketplace Shichimi Togarashi, an aromatic blend of spices traditionally used in Japanese cuisine. Find the crab cake recipe at rochebros.com and take your taste buds on a trip!

2. SEARED RIBEYE & BUTTER-POACHED LOBSTER:

Savor the traditional steak and lobster classic with a tasty twist by swapping out filet for pan-seared ribeye. Pan-searing uses high temperatures to impart foods with delicious caramelization. Sear ribeye for two to three minutes on both sides, then finish cooking in the oven for a crispy-on-the-outside, juicy-on-the-inside steak. Known for its rich, buttery flavor, ribeye makes the perfect partner to succulent, butter-poached lobster, an unimposing method that maximizes tenderness. Poach lobster until the internal temperature reaches about 140 to 145° and pan-sear steaks to 145° for medium-rare.

3. PROSCIUTTO-WRAPPED SCALLOPS & SKIRT STEAK WITH ROMESCO SAUCE:

Full of fire-roasted tomato and pepper flavor, romesco sauce brings a bright, satisfying zip to delicate scallops and beefy skirt steak. The best part about this pairing is that they're both quick-cooking proteins and the sauce comes together in a flash, creating a hearty plate of flavorful surf and turf that's ready in minutes.



4. SHRIMP & STEAK SKEWERS:

Looking to make this high-end meal more casual? Serve it up on skewers! Marinate shrimp and sirloin steak (the best cut for kabobs) in a garlic-butter marinade or your marinade of choice, then alternate on skewers and grill to perfection. While your surf and turf skewers grill, whip up different sauces like honey-garlic butter or herbaceous chimichurri for a dippable, easy-prepped meal.

5. SURF & TURF TAKES A FINGER FOOD FORMAT:

Who says turf is limited to steak? Take surf and turf to a handheld format with burgers! Pop your favorite rendition of crab, lobster or shrimp on top of juicy beef burgers. Or, transform scallops into mini seafood sliders topped with crispy crumbled bacon. Prep quick and easy homemade condiments that fit your meaty-fishy flavor profiles like garlic-herb butter, chive butter or cilantro-lime vinaigrette. Experiment with different combinations and enjoy burger night with a dash of luxury any day of the week!

SIMPLY SEASONAL

Salads & Bowls



Are you looking for new, easy ways to enjoy the bounty of seasonal produce? Turn to our bright bowls and sensational salads that are anything but boring and incredibly simple to prep. From leafy greens and nutrient-rich veggies to sweet-smoky grilled fruits, pick up fresh produce for these vibrant recipes that will nourish your body and delight your taste buds all season long!

Grilled Peach & Arugula Salad

Prep: 15 minutes

Grill: 10 minutes • Serves: 4

- $\frac{1}{3}$ cup sliced almonds
- 2 medium peaches (about 1 pound), halved and pitted
- 1 small red onion, sliced into $\frac{1}{2}$ -inch-thick rounds
- Nonstick grilling spray
- 1 package (5 ounces) baby arugula
- $\frac{1}{2}$ cup fresh blueberries
- $\frac{1}{4}$ cup crumbled Gorgonzola cheese
- $\frac{1}{4}$ cup **Stonewall Kitchen Champagne shallot walnut vinaigrette**

1. Prepare outdoor grill for grilling over medium-high heat. In small skillet toast almonds over medium heat 5 minutes or until lightly browned and fragrant, stirring occasionally.

2. Spray both sides of peaches and onion rounds with grilling spray. Place peaches, cut side down, and onion on hot grill rack; cook, uncovered, peaches 5 minutes and onions 10 minutes or until grill marks appear, turning once. Let cool.

3. Serve arugula topped with blueberries, cheese, almonds, peaches and onion drizzled with vinaigrette. Makes about 8 cups.

Approximate nutritional values per serving (2 cups): 250 Calories, 17g Fat (4g Saturated), 10mg Cholesterol, 296mg Sodium, 19g Carbohydrates, 4g Fiber, 7g Protein

Caprese Greens Salad

Prep: 15 minutes • Serves: 4

- 1 large beefsteak tomato, chopped
- 1 small shallot, thinly sliced
- ½ (8-ounce) container mozzarella pearls, drained
- 2 tablespoons balsamic glaze
- 2 tablespoons chopped fresh basil

- 1 tablespoon extra virgin olive oil
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 container (5 ounces) mixed greens
- ¼ cup chopped roasted and lightly salted pistachios

1. In large bowl, toss tomato, shallot, mozzarella, balsamic, basil, oil, salt and

pepper; fold in greens. Makes about 7 cups.

2. Serve salad sprinkled with pistachios.

Approximate nutritional values per serving (1¾ cups): 186 Calories, 12g Fat (4g Saturated), 20mg Cholesterol, 281mg Sodium, 14g Carbohydrates, 3g Fiber, 8g Protein



Grilled Veggie & Quinoa Bowls

Prep: 20 minutes plus marinating

Grill: 10 minutes • **Serves:** 4

- 3 green onions, ends trimmed
- 2 Roma tomatoes, halved lengthwise
- 1 ear sweet corn
- 1 medium Enjoya pepper, halved lengthwise and seeded
- 2 cups halved radishes
- 1¼ cups Southwest marinade
- 1 small avocado, peeled and pitted
- 2 tablespoons plain nonfat Greek yogurt
- 2 packages (8.8 ounces each) ready to serve organic red & white quinoa
- ¼ cup roasted salted sunflower seeds

1. Place onions, tomatoes, corn, pepper and radishes in large zip-top plastic bag; pour 1 cup marinade over vegetables. Seal bag, pressing out excess air; gently massage and refrigerate at least 30 minutes or up to 1 hour.

2. In medium bowl, mash avocado with back of fork. Whisk in yogurt and remaining ¼ cup marinade; cover and refrigerate.

3. Prepare outdoor grill for direct grilling over medium-high heat. Remove vegetables from marinade; discard marinade. Place vegetables



on hot grill rack; cover and cook onions and tomatoes 5 minutes, and corn, pepper and radishes 10 minutes or until grill marks appear, turning once. Transfer vegetables to cutting board. Cut onions, tomatoes and pepper into 1-inch pieces; cut corn kernels from cob.

4. Prepare quinoa as label directs; divide into 4 bowls. Top quinoa with vegetables and avocado mixture; sprinkle with sunflower seeds.

*Approximate nutritional values per serving:
436 Calories, 24g Fat (2g Saturated), 0mg Cholesterol,
785mg Sodium, 55g Carbohydrates, 14g Fiber, 11g Protein*

> Facts. Finds. Flavors.

Omit the yogurt for a vegan dish.

Make it your own by swapping the quinoa with another protein-packed grain such as bulgur, couscous or oats (They're not just for breakfast!).

How to Build Better Seasonal Salads

Celebrate fresh, seasonal produce in nutritious, next-level salads! If you're bored of the same ingredient combinations, use our fresh and flavorful ideas that go beyond the standard staples to make your salads memorable and mouthwatering.

Mix Up Your Greens: Try kale – a nutrient-dense, crunchy veggie with three grams of protein, or baby spinach, another nutritional powerhouse that's tender, slightly sweet and helps reduce inflammation and boost metabolism. Arugula is a more delicate option that adds a kick to salads with its herbaceous, peppery notes. Other nourishing greens include endive, watercress, escarole and napa cabbage.

Pump Up the Protein: Make salads heartier with grilled chicken, pork tenderloin, shrimp, salmon or hard-cooked eggs, or add veg-friendly protein sources like black beans, roasted chickpeas, tofu, tempeh, lentils or edamame. Infuse extra flavor into proteins with enticing marinades.

Go for the Grains: Packed with fiber and vitamin B, whole grains satisfy you longer and boost energy levels. Quinoa, barley, farro and wheat berries are excellent options providing color, texture, flavor and nutrients to salads.

Fresh & Fruity: Sweet fruits add juicy, refreshing elements to salads while balancing out the savory flavors. Go with summer ripe fruits like berries, peaches, watermelon and mangoes, and elevate their flavors by grilling them first.

It's Crunch Time: Packed with plant-based protein and healthful fats, nuts and seeds enhance salads with their distinct, delicious crunch. Whether they're whole, sliced or slivered, experiment with walnuts, almonds, pecans, sunflower seeds, shelled pumpkin seeds, pistachios and pine nuts.



SWEET & SAVORY Summer Fare



 Watch how to
make this recipe
at: bit.ly/RocheBrosYT

Step up to the grates for a strawberry-rhubarb crisp made in a foil packet that doubles as a plate for minimal cleanup! Or enjoy the sweetness of apple churros prepped in a flash in an air fryer. Top either treat with your favorite Roche Bros. ice cream! For more savory summer flavor, try grilled flatbread topped with delicate prosciutto, shaved asparagus and a kick of hot honey. It's perfect for cookouts!

Foil Packet Strawberry-Rhubarb Crisp

Prep: 15 minutes plus standing
Grill: 15 minutes • Serves: 4

- Nonstick cooking spray
- 2 cups coarsely chopped strawberries
- 1½ cups chopped rhubarb
- ¼ cup cane sugar
- 1 tablespoon cornstarch
- 1 tablespoon fresh lemon juice
- ½ cup old-fashioned rolled oats
- ⅓ cup whole wheat flour
- ¼ teaspoon ground cinnamon
- ⅛ teaspoon salt
- 6 tablespoons cold unsalted butter, cut into small pieces
- 1⅓ cups **Roche Bros. vanilla ice cream**

1. Prepare outdoor grill for direct grilling over medium-high heat. Cut 4 (12-inch) squares aluminum foil; spray with cooking spray.

2. In large bowl, stir strawberries, rhubarb, 2 tablespoons sugar, cornstarch and lemon juice; divide onto center of foil squares.

3. In food processor, pulse oats, flour, cinnamon, salt and remaining 2 tablespoons sugar 3 times; add butter and pulse 10 times or until pea-size pieces form. Divide oat mixture over rhubarb mixture. Bring 2 edges of foil up over topping and fold to seal; fold sides of foil to seal completely. Place packets, sealed side up, on hot grill rack; cover and cook 15 minutes or until fruit is tender and topping is golden brown. Let stand 5 minutes.

4. Carefully open foil packets; serve topped with ice cream.

Approximate nutritional values per serving (1 packet): 405 Calories, 23g Fat (14g Saturated), 65mg Cholesterol, 113mg Sodium, 47g Carbohydrates, 5g Fiber, 5g Protein



Air Fryer Apple Churros

Prep: 20 minutes plus freezing
Air Fry: 32 minutes • Serves: 8

- ¼ cup unsalted butter
- 1½ teaspoons raw cane sugar
- ⅛ teaspoon salt
- ⅓ cup all-purpose flour
- ¼ cup whole wheat flour
- ¼ teaspoon ground cinnamon
- 2 large eggs
- ½ small Fuji or Gala apple, peeled and finely chopped
- 2 tablespoons powdered sugar
- Nonstick cooking spray

1. Line rimmed baking pan with parchment paper. In medium saucepan, heat butter, cane sugar, salt and ½ cup water to a simmer over medium-high heat. Stir in flours and

⅛ teaspoon cinnamon; remove from heat and stir until incorporated. Add eggs, 1 at a time, making sure each egg is fully incorporated before adding the next; stir in apple. Makes about 1½ cups.

2. Transfer dough to piping bag fitted with large star tip; pipe 4-inch-long churros, 1 inch apart, on prepared pan and freeze 20 minutes. Makes about 24 churros.

3. Preheat 3-quart air fryer to 350° for 5 minutes. In small bowl, whisk powdered sugar and remaining ⅛ teaspoon cinnamon.

4. Lightly spray churros with cooking spray. In 4 batches, air fry churros 8 minutes or until golden brown, carefully turning once; dust with powdered sugar mixture.

Approximate nutritional values per serving (3 churros): 122 Calories, 8g Fat (4g Saturated), 62mg Cholesterol, 53mg Sodium, 11g Carbohydrates, 1g Fiber, 3g Protein



Watch how to
make this recipe
at: bit.ly/RocheBrosYT



Grilled Hot Honey & Prosciutto Flatbread

Prep: 15 minutes

Grill: 8 minutes • Serves: 4

- Nonstick cooking spray
- 3 tablespoons honey
- $\frac{1}{4}$ teaspoon crushed red pepper
- $\frac{1}{8}$ teaspoon ground red pepper
- 4 spears asparagus, trimmed and thinly shaved with vegetable peeler
- 1 cup baby arugula
- 1 tablespoon extra virgin olive oil
- 1 tablespoon fresh lemon juice
- 1 package (11 ounces) refrigerated thin pizza crust
- 1 cup shredded mozzarella cheese
- $\frac{1}{2}$ cup shredded Parmesan cheese
- 6 slices prosciutto, torn into 2-inch pieces

1. Prepare outdoor grill for direct grilling over medium-low heat. Line cookie sheet with aluminum foil; spray with cooking spray. In small bowl, whisk honey, crushed red pepper and ground red pepper.

2. In medium bowl, toss asparagus, arugula, oil and lemon juice.

3. Unroll pizza crust on prepared cookie sheet. Starting at center, press out dough to 10 x 15-inch rectangle; spray with cooking spray. Using foil, invert crust onto hot grill rack; cook, uncovered, 3 minutes or until bottom of crust is golden brown, watching carefully to prevent burning. With large spatula, turn crust; cook 1 minute. Leaving $\frac{1}{2}$ -inch border, top crust with cheeses and prosciutto; cover and cook 4 minutes or until bottom of crust is golden brown and cheese melts, rotating flatbread once.

4. Transfer flatbread to cutting board; cut into 8 slices. Serve flatbread topped with asparagus mixture and drizzled with honey mixture.

Approximate nutritional values per serving (2 slices): 478 Calories, 17g Fat (7g Saturated), 39mg Cholesterol, 1294mg Sodium, 62g Carbohydrates, 2g Fiber, 22g Protein



STONEWALL KITCHEN

Snack
Happy



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