



Mr. Food
TEST KITCHEN

Farm-Fresh Recipes



Featuring:

SALAD SAVOY[®]
LEAFY VEGETABLE

STEAMIN'
GREENS[™]

**BRIGHT
LIGHTS**



Welcome to cooking with Salad Savoy[®] and Bright Lights[™]!

Dear Friend,

I love to stroll through the aisles of the produce section of the supermarket to see what's new and exciting on the counters. And I'm always looking for fresh ways to incorporate good-for-us fruit and veggies into our everyday menus.

Salad Savoy and Bright Lights have to be among my best finds ever. These products really stand out from the crowd because of their beautiful, bright colors. I just couldn't pass them up! I took home a few bunches and gave 'em a try in some of my favorite recipes. Boy, did they bring about a whole range of options! Now I can't imagine cooking without 'em!

Just when I thought it couldn't get any better, along came the perfect marriage of these two products, Steamin' Greens[™] – a magnificent combination of bite-sized Salad Savoy and Bright Lights, mixed and packaged together!

Each of these products offers us great taste, extraordinary color, big beautiful leaves, lots of vitamins, and, of course, lots of versatility! And because they're so versatile, we can steam 'em, sauté 'em, braise 'em or even microwave 'em along with any of our favorite seasonings! Add them to garden-fresh salads, stir-fry dishes, soups, casseroles, pasta and more for a hands-down winner.

And since all of these are available year 'round, we can serve 'em up at any holiday or occasion – including an everyday breakfast, lunch or dinner! Why, you'll find loads of ways to keep 'em on the menu!

Just one bite and you'll taste the difference – I sure did! So try Salad Savoy, Bright Lights, and Steamin' Greens in my favorite recipes on the following pages, then add them to your own favorites too! They're guaranteed to inspire lots of new reasons to say...

"OOH IT'S SO GOOD!![®]"





So what are **Salad Savoy** and **Bright Lights?**

Salad Savoy: “The Versatile Vegetable”

- Is a close relative to kale, cabbage, broccoli and cauliflower
- Is a wonderful vegetable that has flourished because of its great color, taste and nutrition
- Is a “one-and-only”! Ask for it by name. Beware of imitations!
- Is available in both brilliant violet and white heads
- Provides a mellow flavor for any dish, whether served raw or cooked

Bright Lights:

- Is a new generation of the popular leafy green, Swiss chard
- Features oversized leaves and a delicate flavor
- Is available in exciting colors like gold, orange, pink, red, and white with leaves that are mostly medium to deep green with colorful veins throughout
- Is an exciting combination of taste, color, and nutrition

Steamin’ Greens:

- Features a tasty combination of Salad Savoy and Bright Lights
- Is bite-sized and perfect for soups, salads, jazzing up recipes or as a garnish
- Is loaded with Vitamin A, Vitamin C, calcium, and iron
- Is fat-free, cholesterol-free and low in calories

Contents

Salad Savoy

Asian Salad	5
Greek Strudel	6
Garden Quiche	7

Bright Lights

Pesto Linguine	8
Easy Stuffed Greens	9
Piña Colada Salad	10

Steamin' Greens

Garlicky Greens	11
Smashed Potatoes	12
Hearty Minestrone Soup	13
Very Veggie Lasagna	14

Asian Salad

“With its unique flavor and appearance, Salad Savoy elevates just about any dish. And since Salad Savoy is available year ‘round, this easy-to-prepare salad is perfect any time you need a go-along that’s as delicious as it is beautiful!”

8 to 10 servings

2 heads Salad Savoy, washed and cut into bite-sized pieces
2 tablespoons peanut oil
1/2 cup sesame seeds
4 garlic cloves, minced
2 tablespoons soy sauce
1/4 cup white vinegar
1/2 cup sugar
3/4 cup vegetable oil
1 can (8.25 ounces) mandarin oranges, drained



- 1.** In a medium saucepan, heat the peanut oil over medium heat. Add the sesame seeds and garlic, and sauté for 3 to 5 minutes, until the seeds are golden.
- 2.** Reduce the heat to medium-low; add the soy sauce, vinegar, sugar, and vegetable oil, and cook for 2 minutes.
- 3.** Place the Salad Savoy and mandarin oranges in a large bowl; top with the warm dressing and toss to coat completely. Serve immediately.

PREPARATION TIP: To keep Salad Savoy looking garden-fresh, run it under cold water, shake off the excess moisture and store it in a resealable plastic storage bag in the refrigerator.

Greek Strudel

“Imagine sinking your teeth into this flaky pastry stuffed with a flavorful filling of feta cheese and sautéed Salad Savoy. It’s perfect for holidays and ‘regular’ days!”

6 to 8 servings

8 cups shredded Salad Savoy, with stems removed
2 cups water
1/2 cup (2 ounces) crumbled feta cheese
2 tablespoons onion soup mix (from a 2-ounce package)
2 eggs
1 frozen puff pastry sheet, slightly thawed (from a 17.25-ounce package)



- 1.** Preheat the oven to 400°F.
- 2.** In a medium saucepan, bring the Salad Savoy and water to a boil over medium-high heat. Reduce the heat to low then cover and steam for 7 minutes, or until tender; drain, rinse with cold water, and drain again.
- 3.** In a medium bowl, beat 1 egg then add the feta cheese, onion soup mix, and cooled Salad Savoy; mix well. Place the pastry on a baking sheet and unfold. Spoon the mixture lengthwise down the center of the dough. Cut slits in the dough 1 inch apart lengthwise down each side of the filling.
- 4.** Beat the remaining egg and brush it over each 1-inch dough strip; alternately fold the dough from each side over the filling. Brush the top of the pastry with beaten egg.
- 5.** Bake the strudel for 20 to 25 minutes, or until golden. Remove it from the baking sheet and cut into strips. Serve immediately.

DID YOU KNOW? Salad Savoy is loaded with Vitamin A, Vitamin C, calcium, and iron? It’s even fat-free and low in calories! It’s true- Salad Savoy is “not just another pretty face”!

Garden Quiche

“For a tasty change of pace, try Salad Savoy in your quiche! No matter the occasion – brunch, lunch, parties and more, this rich and creamy quiche will be a real centerpiece!”

6 to 8 servings

6 cups finely chopped white Salad Savoy
1 cup water
2 eggs
1 cup half-and-half
1 cup shredded Monterey Jack cheese
1 cup shredded Swiss cheese
1 teaspoon onion powder
1/4 teaspoon ground nutmeg
1/2 teaspoon salt
1/4 teaspoon black pepper
One 9-inch ready-to-bake deep dish pie crust



- 1.** Preheat the oven to 350°F.
- 2.** Place the Salad Savoy and water in a large soup pot. Cover, and cook over medium heat for 10 to 15 minutes, or until tender. Drain, let cool, and drain again, squeezing out any excess water.
- 3.** In a medium bowl, beat the eggs and half-and-half until well combined. Add the Monterey Jack cheese, Swiss cheese, Salad Savoy, onion powder, nutmeg, salt, and pepper; mix well then pour into the pie crust.
- 4.** Bake for 40 to 45 minutes, or until firm. Let sit for 5 minutes then cut into wedges and serve.

PREPARATION TIP: To separate Salad Savoy leaves, place the core of the head on a firm surface. Place your hands over the leaves and push down with a sharp, quick motion.

Pesto Linguine

“Bright Lights, a new generation of Swiss chard, has stems that come in a variety of colors from gold and white to orange, pink, and red, and give everything from our salads to pasta dishes a whole new look. Wait ‘til you see how it transforms this delicious pesto!”

4 to 6 servings

2 cups chopped and lightly packed
Bright Lights
1 pound linguine
1 cup olive oil
1 cup grated Parmesan cheese
4 garlic cloves
1/2 cup walnuts
1 teaspoon salt
1/2 cup reconstituted sun-dried
tomatoes, cut into strips



- 1.** Cook the linguine according to the package directions; drain.
- 2.** Meanwhile, in a blender or food processor, combine all the remaining ingredients except the sun-dried tomatoes; blend until smooth.
- 3.** In a large bowl, toss the linguine with the pesto sauce and sun-dried tomatoes. Serve immediately.

SERVING SUGGESTION: Top with additional shaved Parmesan cheese, if desired.

Easy Stuffed Greens

“If you’re looking for a change-of-pace entrée, look no further! Here’s an updated version of classic Stuffed Cabbage that’s sure to solve any weekday dinner dilemma. See for yourself!”

8 servings

1 bunch Bright Lights, washed and trimmed
1-1/2 pounds ground beef
1/2 cup plain bread crumbs
1 egg
1 teaspoon salt
1/4 teaspoon pepper
1 can (16 ounces) whole-berry cranberry sauce
1 jar (28 ounces) spaghetti sauce
1 tablespoon lemon juice
1/4 cup packed dark brown sugar
6 gingersnap cookies, crushed



- 1.** Cut the extended stems off 8 whole Bright Lights leaves and set aside the remaining part of the whole leaves. Chop the stem ends, along with any remaining leaves, and place over the bottom of a 9” x 13” baking dish.
- 2.** Preheat the oven to 350°F.
- 3.** In a medium bowl, combine the ground beef, bread crumbs, egg, salt, and pepper until well mixed. In a large bowl, combine the cranberry and spaghetti sauces, the lemon juice, and brown sugar; mix well.
- 4.** Lay the reserved Bright Lights leaves on a flat surface and place equal amounts of the meat mixture at the stem end of each leaf. Fold up envelope-style and place seam side down on top of the chopped leaves in the baking dish. Pour the cranberry sauce mixture over the top of the rolls and sprinkle with the crushed gingersnaps.
- 5.** Cover tightly with aluminum foil and bake for 55 to 60 minutes, or until tender and no pink remains in the beef.

DID YOU KNOW? Bright Lights leaves are so pliable, there’s no steaming needed to make them easy to roll around the scrumptious filling.

Piña Colada Salad

“This tropical recipe gives us another way to enjoy the tastes of a popular island drink... in a good-for-us salad!”

8 to 10 servings

1 bunch Bright Lights, cut into bite sized pieces (about 14 cups)
1 can (20 ounces) pineapple chunks, drained
1 can (8.5 ounces) cream of coconut
1/4 cup apple cider vinegar
1 package (0.7 ounces) dry Italian salad dressing mix



- 1.** In a large bowl, combine the Bright Lights and the pineapple chunks.
- 2.** In a small bowl, combine the remaining ingredients; mix well. Pour the dressing over the salad, toss to mix well; serve.

SERVING SUGGESTION: Add a few maraschino cherry halves to each serving as a colorful garnish.

Garlicky Greens

“Since Steamin’ Greens, a multi-colored blend of Salad Savoy and Bright Lights, comes already cut into bite-sized pieces, it’s the perfect quick veggie to add to soups and so many other dishes, or even to sauté, as in this flavor-packed dish.”

4 servings

8 cups Steamin’ Greens
1/4 cup olive oil
1/3 cup chicken broth
4 garlic cloves, minced
1/8 teaspoon salt
1/4 teaspoon black pepper



- 1.** In a large skillet, heat the oil over medium-high heat. Add the Steamin’ Greens and sauté for 2 minutes.
- 2.** Stir in the remaining ingredients, cover, and cook for 8 to 10 minutes, or until the Steamin’ Greens are tender.

OPTIONS: If you’d like, go ahead and add sliced mushrooms and/or chopped onion to the skillet along with the Steamin’ Greens.

DID YOU KNOW? The United States Department of Agriculture suggests, as a general rule, that Americans consume 3 to 5 servings of vegetables each day? That includes 1 cup of raw leafy vegetables, such as Steamin’ Greens, which should be added to our plates regularly – in any of a variety of ways – as part of a healthy diet.

Smashed Potatoes

“When you’re looking for a real showstopper, these potatoes will do it! Far from your ordinary smashed potatoes, these are packed with a whole new flavor and look. Why, you may never have plain old mashed white potatoes again!”

6 to 8 servings

8 cups Steamin’ Greens, finely chopped
2-1/2 pounds red potatoes, cut into 1-inch chunks
1/2 cup (1 stick) butter, softened
1 cup sour cream
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1 teaspoon salt
1 teaspoon black pepper



- 1.** Place the potatoes in a soup pot; add enough water to cover the potatoes. Place the Steamin’ Greens over the top, and bring to a boil over high heat.
- 2.** Reduce the heat to medium, cover, and cook for 15 to 20 minutes, or until the potatoes are fork-tender; drain then place the mixture in a large bowl.
- 3.** Add the remaining ingredients and, using an electric beater, beat the mixture until smooth. Serve hot.

FANCY IT UP... By simply topping these with a sprinkle of shredded Cheddar cheese! Mmm mmm!

Minestrone Soup

“Minestrone soup has been a classic favorite in Italian cooking for ages. When you add Steamin’ Greens to the mix, it becomes not only extra-hearty, but extra-scrumptious! Why, a serving of this soup is sure to bowl you over!”

10 to 12 servings

4 cups Steamin’ Greens, chopped
3 cans (14 ounces each)
ready-to-use beef broth
1 can (15 ounces) red kidney beans
1 can (14 to 16 ounces) cannellini
beans (white kidney beans)
1 can (28 ounces) crushed tomatoes
1 small onion, chopped
1 package (10 ounces) frozen
mixed vegetables
1 teaspoon garlic powder
1-1/2 teaspoons salt
1/2 teaspoon black pepper
1 cup uncooked elbow macaroni
Grated Parmesan cheese (optional)



1. In a soup pot, combine all the ingredients except the macaroni and Parmesan cheese. Bring to a boil over medium-high heat then add the macaroni. Reduce the heat to low and simmer for 30 minutes, or until the macaroni is tender.

2. Serve topped with a sprinkle of Parmesan cheese, if desired.

SERVING SUGGESTION: Serve with crusty Italian bread so your family can sop up every last bit of tasty soup.

Very Veggie Lasagna

“Adding Steamin’ Greens to everyday lasagna is a great way to give it a garden-fresh twist. Just you wait – when greens are made this way, even the kids will love eating them!”

6 to 9 servings

8 cups packed and chopped Steamin’ Greens
9 lasagna noodles
3 tablespoons olive oil
1 medium onion, chopped
3 garlic cloves, minced
1 pound sliced fresh mushrooms
1/8 teaspoon ground nutmeg
1/2 teaspoon salt
1/2 teaspoon black pepper
1 jar (16 ounces) Alfredo sauce
1 container (15 ounces) ricotta cheese
1-1/2 cups shredded mozzarella cheese, divided
1 cup grated Parmesan cheese, divided
3 medium tomatoes, thinly sliced



- 1.** Cook lasagna according to package directions; drain. Pre-heat oven to 350°F.
- 2.** In a large skillet, heat olive oil over medium heat. Add onion, garlic, and mushrooms, and sauté for 2 to 3 minutes, or until onions are tender. Add Steamin’ Greens and reduce heat to medium-low; cover, and cook for 10 minutes, or until vegetables are tender. Stir in nutmeg, salt, and pepper.
- 3.** Meanwhile, in medium bowl, combine Alfredo sauce, ricotta, 1/2 cup mozzarella cheese, and 1/2 cup Parmesan cheese; mix.
- 4.** In a 9” x 13” baking dish, layer one-third of sauce, 3 noodles then one-third vegetable mixture and one-third tomatoes. Repeat layers 2 more times, ending with tomatoes. Cover with foil and bake 1 hour.
- 5.** Remove from oven, top with remaining Parmesan and mozzarella cheese and bake uncovered for 5 minutes, or until cheese is melted.



Mr. Food
TEST KITCHEN

Mr. Food and the Mr. Food Test Kitchen has been a bright spot in the news for millions of daily viewers nationwide for more than 30 years. Nationally syndicated by CBS/King World and airing in over 120 television markets, the 90-second vignette is the longest-running news insert in television history. In addition, the popular website, mrfood.com, offers recipes, information, cookbooks and food-related products. The Mr. Food brand has published over 50 top-selling cookbooks featuring triple-tested recipes that embrace its no-nonsense food preparation philosophy.



"OOH IT'S SO GOOD!!"

Now Mr. Food is sharing his no-fuss recipes and tips using Salad Savoy... "The Versatile Vegetable"®!

Salad Savoy... Not Just Another Pretty Face!

In 1983, John Moore, president of Salad Savoy Corporation, created Salad Savoy – a new vegetable, not a brand of vegetable. Through detailed research and development, this new veggie was born in Salinas, California, where it is grown and processed today with an abundance of TLC so that it can be distributed nationwide and enjoyed by all.

www.saladsavoy.com

(831) 455-0204 FAX: (831) 455-1861

SALAD SAVOY®
LEAFY VEGETABLE

**STEAMIN'
GREENS™**

**BRIGHT
LIGHTS**

www.mrfood.com

Design by Rachel Johnson

Photography by The Hal Silverman Studio

Mr. Food, Mr. Food Test Kitchen, OOH IT'S SO GOOD!! and the Mr. Food likeness are trademarks of Ginsburg Enterprises Incorporated. © Copyright 2012 by Ginsburg Enterprises Incorporated.

All rights reserved. Material may not be reproduced in whole or part.