

Art Department



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**NO REALLY,
IT'S THIS EASY**

INDIAN INSPIRED GRILLED PIZZA

1 PKG. ARCHER FARMS INDIAN NAAN
1/3 C. ARCHER FARMS MANGO CURRY GRILLING SAUCE
16 FROZEN LARGE COOKED SHRIMP
SWEET PEPPERS, RED & GREEN ONION, CILANTRO TO TASTE

Try this effortlessly exotic dish and you'll never think of pizza the same way. And it starts with the sauce. First, coat the naan with olive oil and 2 T. of the mango curry. Add shrimp and brush with remaining sauce. Then dress it up with the veggies. Heat grill to medium. Cook over indirect heat for about 5 minutes, until the toppings are heated through. Garnish with cilantro. Serve warm to a captive audience.

ONLY AT 




**NO REALLY,
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SWEET AND SAVORY GELATO

ARCHER FARMS PISTACHIO GELATO
ARCHER FARMS EXTRA VIRGIN OLIVE OIL
ARCHER FARMS SEA SALT

When it comes to dessert, we all owe Italy a big debt of gratitude for giving us gelato. This rich, creamy delight is great on its own, but can be deliciously transformed with a few unexpected ingredients. Dish out some pistachio gelato, drizzle on a little olive oil for the perfect enhancement, then top off with a dash of flaky sea salt. Add spoons and give thanks to the Italians.

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Eat Smart

Full Plates

Each recipe uses a one-cup base of strained yogurt (nutritionals are for toppings only). We like full-fat—it packs more energizing protein and bone-building calcium—but if calfs are a concern, feel free to sub in 2 percent.

"EVERYTHING BAGEL"

Mix ½ tsp kosher salt, ¼ tsp sesame seeds, ¼ tsp poppy seeds, ¼ tsp caraway seeds, ¼ tsp dried chopped onion, and ½ tsp garlic powder with yogurt until thoroughly combined. Scoop with crudités or pita chips.

PER SERVING: 20 cal, 1g fat (0g sat), 2g carbs, 0g sugar, 480mg sodium, 1g fiber, 1g protein

ROASTED RED PEPPER

Combine yogurt with ½ tsp each extra-virgin olive oil and dried oregano. Toss ½ tsp each extra-virgin olive oil and oregano with ½ cup diced roasted red peppers and ½ tsp salt. Top seasoned yogurt with red pepper mixture.

PER SERVING: 20 cal, 1g fat (0g sat), 10g carbs, 0g sugar, 570mg sodium, 4g fiber, 0g protein

KALE, WHITE BEAN, AND CHORIZO

Place 1 cup chopped kale and ½ cup cannellini beans in a bowl. Drizzle with 1 tsp each extra-virgin olive oil and lemon juice, and season with salt and pepper to taste. Toss to combine. Top yogurt with kale mixture and scatter with 1 oz diced cured chorizo.

PER SERVING: 300 cal, 17g fat (5g sat), 25g carbs, 0g sugar, 480mg sodium, 6g fiber, 15g protein

SPICY CHICKPEA

Toss 1 cup chickpeas with 1½ tsp sambal oelek chili paste. Stir together yogurt, 2 thinly sliced scallions, and 1 Tbsp lime juice. Top with chickpea mixture.

PER SERVING: 270 cal, 2g fat (0g sat), 44g carbs, 2g sugar, 390mg sodium, 9g fiber, 10g protein

PROSCIUTTO, FIG, AND CRACKED PEPPER

Sprinkle yogurt with 1½ oz finely chopped prosciutto. Top with 2 quartered fresh figs and drizzle with 2 tsp balsamic vinegar. Scatter with coarsely cracked black pepper to taste.

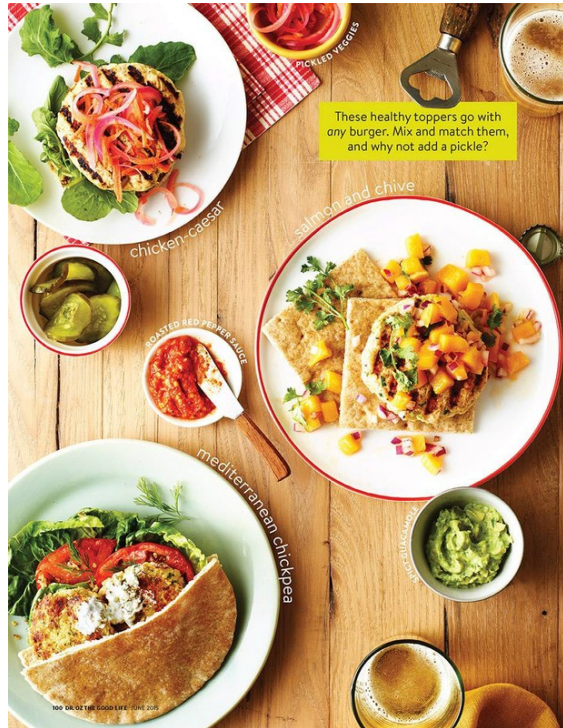
PER SERVING: 150 cal, 2g fat (0g sat), 22g carbs, 45mg sugar, 510mg sodium, 8g fiber, 5g protein

CARROT GINGER

Whisk together 1 tsp fresh-squeezed orange juice, ½ tsp extra-virgin olive oil, ¼ tsp finely grated ginger, and ½ tsp grated orange zest. Add 1 cup grated carrot and toss to combine. Top yogurt with carrot mixture and sprinkle with ½ cup chopped walnuts.

PER SERVING: 220 cal, 9g fat (2g sat), 18g carbs, 45mg sugar, 41g protein, 4g fiber, 8g protein

*All recipes make one serving.



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