

Prep time: 10 min | Serves 2



Fresh and Flavorful Valentinos™ Caprese

Ingredients

1 pack of **Wholesum Valentinos™**, sliced

8 oz Mozzarella cheese

¼ cup (loose) basil leaves, plucked (no stem)

1 Tbsp olive oil

Salt and pepper to taste

Balsamic glaze to drizzle



Instructions

1. Arrange tomato slices on a platter, alternating them with the mozzarella slices.
2. Sprinkle the whole basil leaves on top of the tomato and cheese slices.
3. Drizzle on olive oil and balsamic glaze.
4. Sprinkle with salt and pepper.

Serving Suggestion: Toasted Sliced Baguette

Recipe Alternatives

- Additional ingredient options: Avocado, arugula, roasted peppers, zucchini noodles
- Substitute fresh basil with pesto sauce

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Prep time: 20 min | Serves 5



Grilled Veggie and Cheese Skewers

Ingredients

1 pack of **Wholesum Poppies™**

2 medium organic fresh zucchini, sliced, then halved

1 pack 8 oz Halloumi cheese, cubed

Olive oil

Garlic powder

Grated garlic

Salt

Pepper

Herbs for garnish



Instructions

1. Preheat barbecue grill to high and grease the grate. Combine oil, garlic powder and grated garlic in a medium bowl.
2. Add the Halloumi cheese to the garlic and oil mix and coat then remove.
3. Add tomatoes and zucchini to the bowl and mix. Season with salt and pepper.
4. Divide the ingredients between 6 metal skewers.
5. Grill skewers for 4-6 minutes with the grill lid closed, but turning frequently.

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Prep time: 10 min | Serves 1



Brites™ Mediterranean Quinoa Bowl

Ingredients

1 cup quinoa

2 cups water

4 **Red Wholesum Brites™** cut in half

4 **Yellow or Orange Wholesum Brites™** cut in half

3 black olives, pitted and halved

½ Tbsp of olive oil

2 Tbsp feta cheese crumbles

Salt

Pepper

Garlic powder

Organic basil

1 tsp white sesame seeds



Instructions

1. Rinse quinoa under running water.
2. Combine quinoa and 2 cups of water in a pot.
3. Bring to a boil for 10 minutes on high, then strain.
4. In a bowl, place cooked quinoa and top with Brites™ and black olives.
5. Drizzle with olive oil and add feta cheese crumbles.
6. Season with salt, pepper and garlic powder to taste. Garnish with basil and sesame seeds.

*Serving Suggestions: Warm pita bread.
Top with fried egg for more protein.*

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