



NEWS BITES

*"2021 WILL BE
THE YEAR OF
THE GRILLED
VEGETABLE"*

-BarbecueBible.com

*Looking ahead: stay subscribed to
see what's on the horizon for all
things Lipman!*

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YOU TOO CAN BE OR BE READY TO
COOL AS A BRING ON
CUCUMBER THE HEAT

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*Homemade Breakfasts
for the whole family*

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Spring 2021 Edition

[*GET THE FULL RECIPES TO
THIS NEWSBITES*](#)

GRILL UP THE GOODS

As you plan for the season ahead, the NewsBites team strives to help inspire creativity among the upcoming produce trends.

As you look to introduce new items within your menus and product SKUs, we aim to act as a source of inspiration and tribal knowledge in produce trends.

Produce trends are accelerating more than ever - so let's grow together!

Message from the Chef:

Grilling season is upon us, and I am ready for it. Utilizing the grill is one of my favorite ways to cook. As the weather warms up here in Dallas, the family and I are spending more time outdoors, which makes for grilling all the time (yes, even breakfast) and enjoying the meal on the patio.

Most people think about grilling steaks, burgers, or hotdogs but we sometimes forget the delicious

flavors that can be created over an open flame to really take fresh vegetables or fruits to the next level.

Inspiration from the Middle East, Africa, America and back to Asia are all found in this edition of NewsBites. I encourage you to keep trying new things in the kitchen (or on the grill) and use inspiration from all parts of the world in your meals and on your menus.

Peppers and cucumbers are in peak flavor for our greenhouses. In this edition of NewsBites I utilize our Suntastic® line of greenhouse-grown mini sweet peppers, cucumbers, and bell peppers in some fun and unique ways.

- Chef Wil

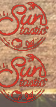


mini cucumber & mini sweet pepper RELISH TACOS



KEY RELISH INGREDIENTS:

Suntastic® mini sweet pepper, chopped
Suntastic® mini cucumber, chopped
Extra virgin olive oil
Red wine vinegar
Red onion, diced
Fresh parsley, chopped



"We are all cooking at home more often and expanding what we can wrap in a tortilla. Everyone loves a taco; now it's just time to be creative with your taco creations."

Mee McCormick, Chef & Founder of Pinewood Kitchen & Mercantile

SHAKSHUKA W/ MINI SWEET PEPPER EGG BOATS

KEY INGREDIENTS:



Suntastic® mini sweet peppers
Eggs
Crushed tomatoes
Petite diced tomatoes
White onion
Garlic
Za'atar seasoning
Parsley
Crusty bread



ZA'ATAR SALES ROSE BY

39%

THIS YEAR,

according to Laurentia Romaniuk,
Trend Expert and Sr. Product Manager
at Instacart





ASIAN CUCUMBER SALAD

KEY INGREDIENTS:



Suntastic® cucumber
Garlic
Rice vinegar
Soy sauce
Brown sugar
Sesame oil
Chiu chilis

“

All around the world chefs and home cooks alike have embraced tangy contrasts to balance heat in sauces and seasonings.


-([McCormick](#))

”

GRILLED BUFFALO CHICKEN FLATBREAD W/ *Creamy Cucumber*



KEY CREAMY CUCUMBER INGREDIENTS:

Suntastic® cucumber 
Shallot
Sour cream
White vinegar
Parsley
Dill

BRING ON THE HEAT

Heat and spice are here to stay, and offer a sensory experience like no other, according to McCormick. The spicy (r)evolution is here, and more people are interested in adding spice to their dishes. ([McCormick](#))



MEDITERRANEAN HERB RAINBOW VEGGIE SANDWICH

KEY INGREDIENTS

Suntastic® colored bell pepper 
 Red onion
 avocado
 Butter lettuce
 Basil
 Fennel
 Rosemary
 Boursin garlic
 Herb cheese
 Ciabatta bread

VEG-FORWARD

Younger consumers especially embrace the veggie-trend...millennials are a key driver of this shift as they are more health conscious and care more about the environment than previous generations, leading many of them towards a plant-based diet. ([International Trend Blog by Agrana](#))

They care more than ever about where their food comes from, which can also lead to these young adults teaching their children the same methods of thinking, driving a generational lifestyle of health conscious consumers.

GRILLED BACON-WRAPPED STUFFED MINI SWEET PEPPER

KEY INGREDIENTS





Suntastic® mini sweet pepper
 Cream cheese
 Sharp cheddar
 Center-cut bacon
 Chili powder
 Brown sugar
 Garlic powder
 Creamy poblano or jalapeno ranch



RECIPES

SHAKSHUKA W/ MINI SWEET PEPPER EGG BOATS

Ingredients

 Appx 3-4 Suntastic® mini sweet peppers
6 eggs
 3 large Crimson™ tomatoes, chopped (or 56oz (2 large cans) crushed tomatoes)
14.5oz (1 can) petite diced tomatoes
1 tbsp olive oil
½ cup ¼" diced white onion
1 tbsp minced garlic
2 tbsp za'atar seasoning
Salt & pepper
Parsley
Favorite crusty bread



Instructions

Preheat stainless steel pan on stove over medium-high heat. Add olive oil and diced onion, cooking until almost translucent. Add garlic, za'atar seasoning, salt and pepper and cook for 1-2 more minutes.

Add your fresh and canned tomatoes to pan and let come to a simmer. Reduce heat and simmer to reduce for 30-45 minutes or until desired thickness.


Preheat oven to 350°F and place thick 1-1.5" buttered slices of bread on a sheet pan to toast. Toast until golden brown.

While tomatoes simmer, cut mini sweet peppers vertically and remove seeds and stem. This will create boats for the eggs in the tomato sauce.

When sauce is at desired thickness, add mini sweet peppers and drop eggs inside to create the egg boats. Cover and cook until eggs are over-easy and serve with crusty bread!

FRESH MINI SWEET PEPPER AND CUCUMBER RELISH ON ROASTED CHICKEN TACOS

Ingredients

 Relish:
8oz ¼" chopped Suntastic® mini sweet peppers
6oz ¼" diced Suntastic® cucumber
1 tbsp extra virgin olive oil
2 tbsp red wine vinegar
1 tsp paprika
½ cup ¼" diced red onion
¼ cup fine chopped parsley

Tacos:

2 thin sliced chicken breasts
Zucchini half-coins from 1 Lipman™ zucchini
10oz container Suntastic® grape tomatoes
Salt & pepper



Instructions

Relish:

Combine mini sweet pepper, cucumber, and red onion in a bowl; in a separate bowl, whisk together olive oil, red wine vinegar, paprika, and parsley. Once mixed well, combine oil mixture with vegetable blend and toss. Adjust seasoning with salt and pepper as desired.

Tacos:


Take thin sliced chicken breasts and place them on a foil-lined baking sheet, drizzle with olive oil and season with salt and pepper. Add zucchini and grape tomatoes and also season with oil, salt and pepper.

Roast in oven at 375°F for 15-20 minutes (until internal temp. of chicken reaches 165°F and tomatoes start to blister).

Toast tortillas on the stove top in a pan or over open flame, slice chicken against the grain into strips and serve on the sheet-pan with fresh mini sweet pepper & cucumber relish.

ASIAN CUCUMBER SALAD

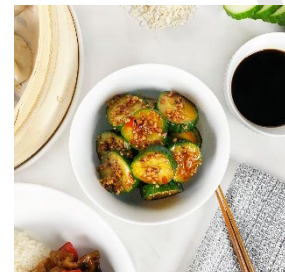
Ingredients

 1 lb bag Suntastic® mini cucumber, coined
2 tbsp. minced garlic
1 tbsp. rice vinegar
1 tbsp. soy sauce
1 tsp brown sugar
½ tsp sesame oil
1 tsp chiu chow chilis in oil
Salt to taste

Instructions

In a bowl mix soy sauce, vinegar, brown sugar, sesame oil, garlic, and chiu chow chili oil. Add cucumber coins to the bowl and toss to coat.

Serve on the side with meal of choice!



RECIPES

GRILLED BUFFALO CHICKEN FLATBREAD W/ CREAMY CUCUMBERS



Ingredients

½ lb Suntastic® mini cucumber, coined
1 small shallot, diced
¼ cup sour cream
1 tbsp. white vinegar
1 tsp chopped fresh parsley
1 tsp chopped fresh dill
Pinch of kosher salt
Fresh cracked pepper

Flatbread:

1 lb shredded cooked chicken
2/3 cup buffalo sauce
1 cup shredded mozzarella cheese
Salt & pepper to taste
Homemade pizza dough or store-bought flatbread crust

Instructions

Chicken:

Marinate chicken breasts in ½ cup buffalo sauce for 1-2 hours. Remove from marinade and grill on high until internal temperature reached 165°F then remove from grill. Discard buffalo sauce used for marinating.

Place cooked chicken in a stand mixer with the paddle attachment and mix on medium-low to shred chicken. May also be shredded by hand.

Cucumbers:

While the chicken marinades, take a bowl and combine sour cream, white vinegar, shallot, parsley, and dill. Once mixed, add cucumber coins and toss to cover all the coins. Add salt & pepper to season, as desired.

Assembly:

Brush flatbread with remaining buffalo sauce, then add a thin layer of mozzarella cheese, the shredded buffalo chicken, and top with a little more mozzarella.

Place flatbread on medium heat grill until cheese is melted and crust is crispy. When flatbread is ready, place cucumber on top and drizzle with some remaining sauce from the bowl, slice, and enjoy!



MEDITERRANEAN HERB RAINBOW VEGGIE SANDWICH



Ingredients

2 Suntastic® red bell pepper
2 Suntastic® yellow bell pepper
1/3 red onion
1 avocado
4-6 leaves of butter lettuce
2 tbsp. olive oil
1 tsp chopped basil
½ tsp fennel
½ tsp rosemary
Kosher salt
Fresh cracked pepper
2.5 oz boursin garlic & herb cheese (softened)
4 slices favorite bread (I used ciabatta)

Instructions

Preheat grill on high. If you have a grill tray (to prevent smaller pieces from falling between the grates), slice bell peppers and red onion into 1in slices and drizzle with olive oil, salt, and pepper. If you do not have a grill tray, drizzle olive oil and season salt and pepper onto whole bell pepper and onion

Grill peppers and onion until a light char starts to form and meat of the pepper becomes soft.

Butter and toast bread on the grill as the peppers and onion finish cooking.

Rough chop basil, fennel, and rosemary. Mix together in a small bowl.

To assemble: spread garlic & herb cheese on bottom piece of grilled bread, stacked with bell pepper, onion, avocado slices, and sprinkle with fresh herb blend. Top with some lettuce and bread.



GRILLED BACON-WRAPPED STUFFED MINI SWEET PEPPERS



Ingredients

16oz bag mini sweet pepper
¼ cup cream cheese, softened
4oz extra sharp cheddar
10-12 slices center-cut bacon
½ tsp chili powder
½ tsp light brown sugar
¼ tsp garlic powder
½ tsp black pepper
Creamy poblano or jalapeno ranch

Instructions

Preheat grill to medium heat. Halve the mini sweet pepper and remove the seeds (tip: keep the stem to help assemble!).

In a bowl, mix cream cheese, extra sharp cheddar (shredded), chili powder, light brown sugar, garlic powder, and black pepper.

Fill peppers with mixture then freeze on a baking sheet for 10 minutes. Remove from freezer and wrap each half with a slice of bacon, making sure the ends overlap. If needed, secure with a toothpick.

Place on grill cheese side up and cook until bacon is crispy. If bacon starts to burn before crisping, place in a 350°F oven to finish. Serve with a side of poblano or jalapeno ranch for dipping!



HUNGRY YET?

Stay in “the know” on all new Lipman products and trends - exciting things to come!

[Be subscribed to receive more NewsBites trends, recipes, and tasty visuals.](#)

Upcoming Events...

JUNE
22

CENTER FOR PRODUCE SAFETY SYMPOSIUM

Join our Director of Food Safety, Suresh DeCosta, to discuss the important topic of food safety.

JULY
21

PMA FOODSERVICE EXPO

Join us in California to talk all things produce! Stop by our booth 219 to meet with some of our folks.

AUGUST
7

LIPMAN'S BACKPACK GIVEAWAY & BACK TO SCHOOL EVENT

We are excited to be back in person for our largest charity event each year in Immokalee, FL. Reach out for interest in sponsoring!