



NEWS BITES

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

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DINING OUT IS BACK!

"In April, Yelp reservations were up 106% since January."

[\[Yelp\]](#)

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

Summer 2021 Edition

DEFINING "MODERN COMFORT"

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"The Spicy
(R)evolution
Continues!"

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DEFINING MODERN COMFORT FOODS

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:

Summer is here, and we are all ready to get back to social gatherings, brunching, and outside events! I love summer vegetables, and not just because tomatoes are juiciest and ripest and summer squash is plentiful. Our picking has moved north and out west and locally-grown produce is once again easy to pick up from your neighborhood grocery store.

The change of season is always exciting for the chef or home cook as it introduces new ideas of seasonings, flavors, and freshness. Personally, I'm feeling inspired by the nostalgic feeling we all have been craving over the last year, and twisting it to fit this bright, fresh time of year.

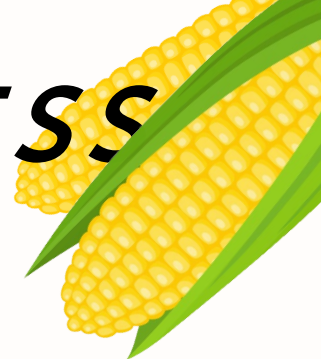
In a report from Datassential, "if 2020 was all about comfort foods, 2021 is all about expanding your definition of comfort. For an upcoming generation of consumers, "comfort" can mean a lot more than mac & cheese - it can mean global flavors, new brands they grew up eating, and healthy options that make them feel better."

In this edition of NewsBites I continue to take comfort food and change it up with some fun cooking methods as well as incorporating some niche flavors from around the world.

- Chef Wil



GRILLING FRESHNESS



"The Great Outdoors: Consumers the world over have no doubt started spending more time outdoors as a result of the pandemic, and that's likely to stick...Look for chains to develop outdoor-friendly foods and beverages."
([Technomic](#))

GRILLED SUMMER VEGETABLE SALAD

KEY INGREDIENTS:

Lipman® Fresh-Cuts zucchini sticks
Lipman® Fresh-Cuts yellow squash sticks
Lipman® Fresh-Cuts fajita-style bell pepper
Lipman® roma tomatoes
Red Onion
Asparagus
Yuzu Essence

Note from the chef:

By taking a campfire meal and adding in Asian flavor profiles, this dish is the ultimate hybrid innovation of cooking method and flavor profile!

ASIAN-FUSED SUMMER FOIL PACK

KEY INGREDIENTS:

Lipman® Fresh-Cuts coin-cut zucchini
Lipman® Fresh-Cuts coin-cut yellow squash
Lipman® Clipped & Cleaned green beans
Lipman® grape tomatoes
Soy sauce
Hoisin sauce
Asian-inspired spices





MEDITERRANEAN BEER-BATTERED SUMMER SQUASH FRITTERS

KEY INGREDIENTS

Lipman® local zucchini
Lipman® local yellow squash
Gruyere cheese
Hops of choice
Mediterranean herbs

THE LOCAL FLAVORS OF SUMMER

From a survey of consumers in ten different countries, 3 in 5 global customers say that they are interested in learning more about where their food comes from and how it is made. (Innova Market Insights via [Foodindustryexecutive.com](https://www.foodindustryexecutive.com)).

At Lipman, our produce is freshly grown 365 days a year here in North America by our own farmers and local farms that we partner with. We know where our fresh produce comes from, and we are happy to share our story. We are large enough to be local anywhere and are proud to promote the 50+ small- to medium-sized local growers we partner with.



PARMESAN GARLIC SUMMER SQUASH CHIPS

KEY INGREDIENTS

Lipman® Fresh-Cuts coin-cut zucchini
Lipman® Fresh-Cuts coin-cut yellow squash
Parmesan
Garlic





BBQ SUMMER SQUASH SHEET PAN MEAL

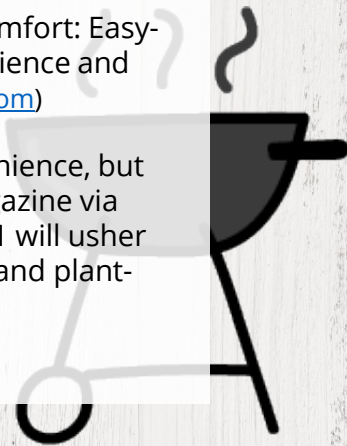
Key Ingredients:

Lipman® Fresh-Cuts half moon-cut zucchini
Lipman® Fresh-Cuts half moon-cut yellow squash
Lipman® clipped & cleaned green beans
Smoked sausage
Sweet potato
Pearl onion
BBQ sauce

FOODIE BIPARTISANSHIP

What's better than a flavorful meal that comes together on one pan? "Seeking Comfort: Easy-to-prepare comfort foods are on the rise as consumers look to balance convenience and quick preparation times with flavorful meal options." ([ProgressiveGrocer.com](https://www.progressivegrocer.com))

Coupled with the interest to try something new, consumers are eager for convenience, but also flexibility. "Everything in moderation," according to Food Technology Magazine via [IFT.org](https://www.ift.org). "With consumers vacillating between decadence and detoxification, 2021 will usher in a year of foodie bipartisanship in which blended foods, featuring both meat and plant-based products, will win the day."



STUFFED SUMMER SQUASH SKINS

Key Ingredients:

Lipman® local zucchini
Lipman® local yellow squash
Fresh Lipman® tomato
Jalapeno, Habanero, Fresno peppers
Cheddar
Bacon
Red onion

Chiles obsession:

with hundreds of varieties,
each chile brings a unique
level of heat, distinctive flavor,
and usage to the table."

([McCormick](https://www.mccormick.com))



RECIPES

GRILLED SUMMER VEGETABLE SALAD

Ingredients

1 large Lipman® zucchini, sliced thick
1 large Lipman® yellow squash, sliced thick
1 Lipman® red bell pepper (fajita sliced)
1 Lipman® yellow bell pepper (fajita sliced)
1 lb asparagus
2-3 Lipman® roma tomatoes (quartered)
1 small red onion (quartered)
1 lemon, cut into wedges

Dressing:

1oz yuzu essence
1 tsp red pepper flakes
2oz olive oil
1 tsp Dijon mustard
Pinch of S&P

Instructions

Preheat grill to high.

Prep fruits and vegetables, then drizzle with oil, salt, and pepper.

Grill produce until tender, approx 10 minutes, and assemble on platter. Dress with yuzu vinaigrette and enjoy warm.

Serves 3-4



SUMMER FOIL PACK

Ingredients

1 package of Lipman® Fresh-Cuts' coin-cut mixed summer squash
10oz Lipman® Clipped & Cleaned green beans
1lb fresh catch-of-the-day seafood
1/2pt Lipman® grape tomatoes
½ red onion, diced
1tbs minced garlic
2 ears corn
1/8 tsp cumin
½ tsp paprika
½ tsp ground ginger
½ cup soy sauce
¼ cup hoisin sauce
1tsp chopped fresh thyme
Juice of ½ lime
S&P to taste

Instructions

Preheat grill on high, or start a fire and let it burn down until you have a nice bed of coals to cook on/under.

In a bowl, mix together prepped red onion, minced garlic, cumin, paprika, ginger, soy sauce, hoisin sauce, thyme, juice of ½ lime and a pinch of S&P. Set aside.

Layer two pieces of heavy-duty foil and place the seafood or protein of choice in the center (I chose local Texas Red Fish). Repeat in 4 separate foil wraps to create 4 servings.

Place zucchini and squash coins, green beans, grape tomatoes, and corn off the cob around the protein. Drizzle the soy sauce mixture over all ingredients of each foil piece.

Carefully fold the first layer of foil to create a sealed "pouch" to prevent juices from leaking. Flip the pouch over and wrap the second layer of foil around the other end to create a completely sealed pouch.

Once wrapped tightly, place foil packs on the grill and close lid or dig out some coal and place foil packs in the bed of coals with remain coals on top. Cook for about 12-15 minutes and pull the packs off the heat. Peel back the foil to create a boat structure and serve in the foil for a rustic summer grilling meal!

Serves: 4



PARMESAN GARLIC SUMMER SQUASH CHIPS

Ingredients

1 package Lipman® Fresh-Cuts' coin-cut mixed summer squash (sliced in even ¼" cuts)
1 cup grated parmesan
1 tsp garlic powder
½ tsp red pepper flakes, or more to taste
S&P

Instructions

Preheat oven to 425°F. Line a baking sheet with parchment paper and spray with nonstick spray.

Mix parmesan, garlic powder, red pepper flakes, and a pinch of salt and pepper together in a small bowl.

Place squash coins on baking sheet side by side without leaving much room between coins. TIP: to make them extra crispy, sprinkle coins with salt, let sit for approx 10 minutes, then pat dry with a paper towel to remove excess moisture.

Spoon a thin layer of parmesan mixture over each squash coin and bake in the oven for 15-17 minutes until golden brown.

Serve immediately with dipping sauce of choice!

Serves: 4-6



RECIPES

MEDITERRANEAN SUMMER SQUASH FRITTERS

Ingredients

1 large Lipman® zucchini squash
1 large Lipman® yellow squash
1 1/3 cup flour
1 cup shredded gruyere cheese
2 eggs
¾ cup beer of choice
1 tbs garlic powder
1 tbs S&P
3 tsp finely cut chives
1 tsp oregano
½ cup mayo
Lemon

Instructions

Shred squashes on a box grater and place on paper towels for 20-30 minutes to remove excess moisture.

Preheat oil in a deep pan to 375°F. Mix shredded squashes with shredded cheese, garlic powder, salt, pepper, and flour to coat.

In a separate bowl, whisk 2 eggs then add beer of choice. Combine beer and egg mixture with squash mixture. Scoop zucchini mixture into balls and gently drop into hot oil. Fry until golden brown on all sides. Season again with S&P immediately after they come out and serve hot.

For a dip: combine mayo, chives, oregano, and the juice of a lemon.

Makes 5-6 fritters



BBQ SUMMER SQUASH SHEET PAN MEAL

Ingredients

1 package Lipman® Fresh-Cuts® coin-cut mixed summer squash
12oz Lipman® clipped & cleaned green beans
12oz smoked sausage
1 large sweet potato
1 small jar of pearl onions
8oz favorite BBQ sauce

Instructions

Preheat oven to 400°F. Dice sweet potato into 1" cubes and cut sausage into 1" thick pieces.

Toss squash coins, green beans, sweet potato, and onion in a small amount of oil and place on parchment lined sheet pan. Also place smoked sausage pieces throughout the pan.

Bake for 10 minutes. Remove and drizzle with your favorite BBQ sauce. Bake for an additional 15 minutes. Serve over a bed of rice or some Texas toast and enjoy!

Serves 3-4



STUFFED SUMMER SQUASH SKINS

Ingredients

2 large Lipman® yellow squash
1 large Lipman® zucchini
1 cup shredded cheddar
4oz bacon bits, cooked
¼ diced red onion
½ Lipman® tomato, diced
1 Lipman® jalapeno, diced with seeds removed
1 Lipman® habanero, diced
2 Lipman® Fresno peppers, diced
1tbs minced garlic
S&P

Instructions

Preheat oven to 400°F and spray a baking sheet with nonstick cooking spray.

Cut each squash and zucchini in half lengthwise and scoop out the pulp from each half leaving about ¼" thickness of a shell. Save some of the pulp and chop it finely.

Mix together chopped squash pulp, cheese, bacon bits, red onion, tomato, peppers, and garlic. Season with S&P.

Place squash skins on baking sheet and mound filling inside. Bake for appx 15 minutes or until cheese has browned and squash skins have started to soften. Serve with your favorite sauce.

Serves 6



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...

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!

SEPTEMBER
10

SEPC'S SOUTHERN INNOVATIONS

See us in Savannah, GA where we will showcase our Grown True® line of fresh organic produce.

SEPTEMBER
15

ORGANIC PRODUCE SUMMIT

Join us in Monterey, CA where we will showcase our Grown True® line of fresh organic produce for the first time as exhibitors!