



# NEWS BITES

*A Cornucopia of Fall Vegetables*

Vegetables + Carbs =  
the perfect combination for a  
flavor-rich side

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LOOKING AHEAD: STAY  
SUBSCRIBED TO SEE WHAT'S  
ON THE HORIZON FOR ALL  
THINGS LIPMAN!

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**NOW  
TRENDING:  
AIR FRYERS  
AND  
DEHYDRATORS**

*Fall 2021 Edition*

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

# AUTUMN HARVESTING

*As you plan for the season ahead, the NewsBites team strives to help inspire creativity among the upcoming produce trends. Transitioning from summer produce to fall and winter crops, we hope these recipes and trends drive new ideas among your fruit and vegetable grocery list.*

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## *Message from the Chef:*

Welcome Fall! I can smell it in the air, and I can see it in the trees...The season is changing and so are our recipe cravings. Slow cooked, hearty meals and layers of flavor are being brought back out and the inclusion of vegetable forward dishes has never been more top of mind.

In this edition of NewsBites, I hope to inspire some new ways to include fresh vegetables and fruits into your snacks and meals; have fun with it! After putting all these together (and eating them up), I know I will be applying more of these techniques and vegetables into our gatherings around the table this season.

I recommend getting input from others when creating your recipes; friends, co-workers and family! Collaborating on the food you're making is a great way to try new things and incorporate different ingredients to make a delicious meal. As the holidays are approaching, now is a perfect time to start testing these ideas!

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# The New Wave of “Comfort Food”



## BUTTERNUT SQUASH “FILET” WITH GREEN BEANS AND ROASTED CHICKPEAS

### KEY INGREDIENTS:

Lipman® Butternut Squash  
Olive Oil  
Lipman® Clipped & Cleaned Green Beans  
Chickpeas  
Fresh Herbs  
Minced Garlic  
Butter



### *Plant-Based Holidays: Celebrating Vegetables as Center of the Plate*

Vegetarian options are currently in high demand and we'll especially see this as we move into the holiday seasons. We are seeing more consumers forego the heavier, meat-forward holiday meals and replace them with more vegetarian plates.

“Americans are waking up to the deep nuances of this aromatic, wholesome, vegetable-heavy food,” according to [FSRMagazine.com](https://www.fsrmagazine.com).

Replacing meat-like dishes with vegetarian options is a great way to play around with new recipes like this butternut squash “filet,” seasoned well and nicely seared to experience that charred flavor in a unique way.

# Dehydration Nation: The Healthy Chip Trend Continues

Dehydrated fruits and vegetables are making a comeback as consumers have been testing out new cooking techniques at home.

“The global dehydrated vegetables market is projected to witness a steep rise in the forthcoming years due to fostering demand for a healthy convenience food product,” according to [Fortune Business Insights](#).

The increasing desire for healthier options paired with the demand for convenience gives dehydrated produce a new meaning. They have become the snack of choice over the years and are predicted to see continuous growth.

“Shifting consumer preference for healthy and nutritious foods owing to rise in obesity and growing aging population are driving the market for dried fruit. Furthermore, increased acceptance for nutritious packaged food and wide application of dried fruit in the dairy, bakery, snack, and confectionary industries have fueled the demand for dried fruit over the years,” [Grand View Research](#) stated in their recent report on dried fruit trends.



## DEHYDRATED TOMATO CHIPS

### KEY INGREDIENTS:

Lipman® Round Tomatoes  
Grated Parmesan  
Fresh Herbs  
Garlic

**According to a global food dehydrators market report, food dehydrators are predicted to grow at a CAGR of**

# 5.2%

**within the next 5 years.**  
([Industry Research](#))



# International Flavors Shine

Sports season is here, and with that are plentiful dips that go on the table. After seeing this year's TikTok trend of air fried pasta chips – well, we tried it and have to admit, it was better than expected, but that may have been because it was paired with one of my favorite dips, Baba Ghanoush!

"We're seeing a continuation of some of the Middle Eastern flavors that were trending well before the pandemic: tahini used both traditionally and incorporated into a wide array of foods from cookies to unique sauces," like this Baba Ghanoush recipe above ([IFT.org](https://ift.org)).

Consumers are very into trying new ingredients like the flavors of the Middle East and North Africa and trying them out with familiar recipes and vegetable-forward dishes.



## AIR FRYER PASTA WITH PUMPKIN BABA GHANOUSH

### KEY INGREDIENTS

Rigatoni Pasta  
Lipman® Eggplant  
Shallot  
Lemon Juice  
Tahini  
Harissa Sauce  
Lipman® Pumpkin  
Seasoned Pumpkin Seeds





## PATATAS BRAVAS WITH RED PEPPER TOMATO SAUCE

### KEY INGREDIENTS

Sweet Potatoes  
Suntastic® Red Bell Pepper  
Lipman® Round Tomatoes  
Dijon Mustard  
Smoked Paprika  
Mayo  
Lemon Juice



Tastewise reports potato salad consumption yearly growth rate is

# 27.65%

“**Sweet potatoes** were already doing well lately, and after a crazy 2020, consumers want them even more, according to The Packer’s Fresh Trends 2021 consumer survey...about 1/3 of consumers have opted for sweet potatoes within the past year, up from about a quarter the previous year.” ([\*The Packer\*](#))



## BELL PEPPER FINGERLING POTATO SALAD

### KEY INGREDIENTS

Fingerling Potatoes  
Mayo  
Dijon Mustard  
Honey  
Shallot  
Lipman Fresh-Cut™ Tri-colored Pepper  
Fresh Herbs



# Vegful Baked Goods



If you haven't baked your own bread yet this past year, now is the time to do it! "Sales of baking-related products grew by 24% to \$26.5bn in 2020 compared to 2019." [Food Navigator USA](#)



## BELL PEPPER & GREEN BEAN CORN BREAD

### *Key Ingredients:*

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



## VEGETABLE MEDLEY FOCACCIA

### *Key Ingredients:*

Focaccia dough  
Suntastic® Bell Pepper  
Red Onion  
Lipman® Clipped & Cleaned  
Green Beans  
Fresh Herbs



## WINTER SQUASH CHOCOLATE CHIP MUFFINS



### *Key Ingredients:*

Lipman® Butternut Squash  
Shortening  
Butter  
Light Brown Sugar  
Eggs  
Vanilla  
Chocolate Chips

# RECIPES

## BUTTERNUT SQUASH "FILET" WITH GREEN BEANS AND ROASTED CHICKPEAS

### Ingredients

 2 Large Butternut Squash  
Olive Oil  
 24oz Lipman® Clipped & Cleaned Green Beans  
32oz Canned Chickpeas  
Fresh Rosemary  
Fresh Oregano  
1 tsp Minced Garlic  
Butter

### Instructions

Cut the necks of the butternut squash and peel. Slice large pieces to look like steaks (about 2.5-3.5" thick). Should get 4 out of two butternut squash.

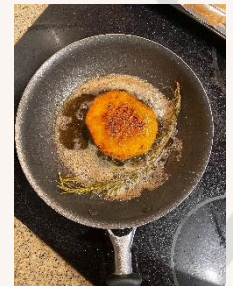
Place squash in a high-sided dish and pour enough olive oil in to cover. Add a rosemary sprig, oregano sprig, and minced garlic. Bake in oven at 200°F for 1.5-2 hours, until butternut squash is fork tender. Carefully remove from oil and place on a rack to drain.

Drain chickpeas from can, rinse with water and pat dry with paper towels. Toss chickpeas on a foil-lined sheet pan and spread out in an even layer. Roast in a 375°F oven until the outsides are crisp/crunchy. Toss a couple of times during cooking.

Cook green beans as instructed on bag.


Preheat pan over med-high heat and add some oil and butter, sear butternut squash steaks until both sides are golden brown.

Serve on a plate and garnish with fresh rosemary and oregano.



## DEHYDRATED TOMATO CHIPS

### Ingredients

 4 firm Lipman® round tomatoes  
½ cup grated parmesan cheese  
2 tbs chopped fresh parsley  
1 tbs granulated garlic  
1 tsp salt  
1 tbs black pepper

### Instructions

Slice tomatoes ¼" thick and place on paper towels to dry some (5-10min).

Blend parmesan, parsley, garlic, salt and pepper together.


Move tomato slices to a rack on sheet pans and season with a light drizzle of olive oil and a sprinkling of seasoned parmesan.

Dehydrate in a 200°F oven for 5-6 hours, until tomato slices are crispy and "chips." If you have a dehydrator, dehydrate for 4 hours, check their progress, and dehydrate for another 3-4 hours until they are completely dried out and chip-like.



## AIR FRYER PASTA CHIPS WITH PUMPKIN BABA GHANOUSH

### Ingredients

 1 lb Rigatoni pasta  
1 large eggplant  
1 shallot  
1 tbs lemon juice  
6 oz tahini  
2 tbs harissa sauce  
2.5 cups pumpkin puree  
Seasoned pumpkin seeds  
Olive oil  
Salt & Pepper  
Parsley for garnish

### Instructions

Cut eggplant in half lengthwise, season with a little olive oil, salt, and pepper and roast meat side down in a 375°F oven until meat is soft (about 45-60 minutes).

If making your own pumpkin puree, scoop seeds out of a 2-3 lb pie pumpkin (save seeds to roast as garnish and snack), season with olive oil, salt and pepper and place in oven to roast with eggplant. May take slightly longer for meat to get soft.

While eggplant is roasting, mince the shallot and chop the parsley. Set both aside for later.

When eggplant and pumpkin are done roasting, scoop out meat of both and place in blender. Blend until smooth. Add shallot, lemon juice, tahini, and harissa sauce. Blend until desired smoothness. Season with salt and pepper.

For air-fried pasta, boil pasta until al-dente, then drain and dry. Toss in a bowl with a little olive oil and season with salt, pepper, garlic powder, and some of the parsley. Place pasta in air fryer at 400°F for 12-14 minutes, tossing 2-3 times.

Serve on platter with pumpkin baba ghanoush, garnish with parsley and pumpkin seeds.





# RECIPES

## PATATAS BRAVAS WITH CREAMY RED PEPPER TOMATO SAUCE

### Ingredients

2-3 medium sweet potatoes  
2 Lipman® red bell peppers  
4 Lipman® tomatoes  
Vegetable oil  
2 tbs Dijon mustard  
2 tbs smoked paprika  
2 cups mayo  
2 tbs lemon juice  
Salt & pepper

### Instructions

Cut bell peppers and tomatoes in halves. Remove pith and seeds from pepper. Place all skin side up on a parchment lined sheet pan and drizzle with oil, salt, and pepper. Roast in the oven at 350°F until soft, appx 15-20 minutes.

Peel skin off peppers and place in a blender with tomatoes. Blend until smooth. Add Dijon mustard, smoked paprika, mayo, and lemon juice and blend until well mixed. Season as desired with salt and pepper. Hold in refrigeration until time to plate.

Peel & cut sweet potatoes into 1" cubes. Boil potatoes until almost fork tender (want them to hold shape when picking them up). Remove from water and let drain.

Heat a high sided pan with oil for a shallow fry, and fry the sweet potato cubes, turning often, until crispy. Plate in a bowl and drizzle red pepper tomato sauce on top.

Serves 3-4



## WARM FINGERLING POTATO SALAD

### Ingredients

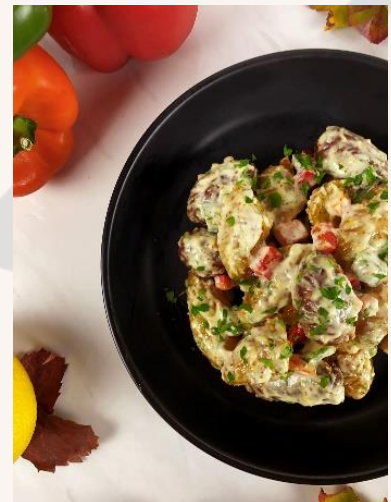
1.5 lb fingerling potatoes  
1 cup mayo  
3 tbs Dijon mustard  
2 tbs honey  
1 minced shallot  
Lipman's Fresh-Cut diced pepper mix (red, green, and orange bell pepper)  
1 tsp chopped parsley  
1 tsp chopped thyme  
Salt & pepper

### Instructions

Whisk together Mayo, Dijon Mustard, Honey, Parsley and Thyme. Season to taste with S&P.

Boil fingerling potatoes until fork tender. Drain. Toss fingerling potatoes and diced bell peppers, in sauce until evenly coated (may have some left over).  
Serve warm.

Serves: 3-4



## PEPPER & GREEN BEAN CORN BREAD

### Ingredients

Favorite Cornbread Mix  
12 oz Lipman® Clipped & Cleaned Green Beans  
1 Suntastic® Red Bell Pepper  
1 Suntastic® Orange Bell Pepper  
Shredded Cheese

### Instructions

Make favorite cornbread mix and place in cast iron skillet. Add vegetables on top and press into batter a little.

Bake following cornbread recipe until toothpick comes out clean. Top with shredded cheese immediately after baking if desired.

Serves: 8 slices



# RECIPES

## VEGETABLE MEDLEY FOCACCIA

### Ingredients

Favorite focaccia dough recipe

Lipman Bell Pepper slices

Red Onion

Lipman® Clipped & Cleaned green beans

Dried oregano

Salt & Pepper

Olive oil

### Instructions

Use your favorite focaccia recipe and prepare according to instructions up until point of shaping it into pan. Spread it out on an oiled sheet pan and let rise according to instructions. Place vegetables, oregano, salt and pepper on top, drizzle with more olive oil and bake at 450°F for 20-30 minutes.

Serves: appx 20-24 slices



## WINTER SQUASH CHOCOLATE CHIP MUFFINS

### Ingredients

2.5 cups butternut squash puree

½ cup shortening

¼ cup butter

½ cup light brown sugar

2 lg eggs

2 tsp vanilla extract

3 cups flour

4 tsp baking powder

2 tsp baking soda

1 cup chocolate chips

### Instructions

Butternut squash puree:

Cut 2 large butternut squashes into 1" cubes (peeling and removing seeds). Place cubes on a parchment lined sheet pan and roast in the oven at 400°F until soft to mash, appx 30-35 minutes. Remove roasted squash and place in a bowl or mixer and mash until smooth.

Muffins:

Cream together shortening, butter, and sugar in a stand mixer or hand mixer. Add in eggs, vanilla, and butternut squash puree.

In a separate bowl, mix together flour, baking powder, and baking soda. Add dry ingredients into mixing bowl slowly just until combined. Fold in chocolate chips.

Line muffin tins with desired liners and scoop mixture evenly to make 24 muffins.

Bake at 325°F for 22-25 minutes, until toothpick comes out clean. Drop a couple of chocolate chips on top for extra goodness!

Serves: 24 muffins







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# HUNGRY YET?

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

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

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## *Upcoming Events...*

NOVEMBER  
11

### **LIPMAN'S DAY OF GOOD FROM THE GROUND UP**

*Lipman offers its second annual Day of Good companywide, giving every office an opportunity to volunteer in their communities.*

DECEMBER  
15

### **NEW YORK PRODUCE SHOW**

*Come see us in NYC where we'll be featuring some of our newest offerings, including our value-added fresh-cut line.*