

The “Un-Chicken Salad” Picnic

Enjoy our recommendations for a picnic that’s unique and tasty.

The *Patriot Ledger* recently asked us to create a healthy picnic menu that didn’t rely on the usual items you might typically pack into your basket. Our approach: since picnics are special occasions, why not prepare a four-course meal. We put together two menus, each with an appetizer, a soup/salad course, a main course and a cheese course. Pack your basket, get outside and let us know what you think.



Summer Cool-down Menu

First Course

Fruit Center’s Own Guacamole with “FoodShouldTasteGood”
Tortilla Chips

Second Course

Fruit Center’s Own Mozzarella Salad

Third Course

Asparagus Wrapped in Prosciutto and Mozzarella with
a Baguette

Fourth Course

“Rising Sun” Key Lime Torta with Cranberries with “Stonewall
Kitchen” Sea Salt Crackers

Beverage

Prosecco
OR
Fruit Center’s Own Raspberry Lime Rickey

World Traveler Menu

First Course

Peppadews with Mozzarella Balls

Second Course

Fruit Center’s Own Gazpacho

Third Course

Hummus Wrap with Lemon Hummus, Tabouli and Roasted
Red Peppers

Fourth Course

Mango Ginger Stilton with “Pepparkakor” Original Swedish
Ginger Snaps

Beverage

“Gavoli” Sparkling Juice
OR
“Lorina” Lemonade

How to prepare...

Peppadews with Mozzarella Balls — Peppadews are small, sweet red peppers from South Africa. They’re just big enough to nicely hold a small-sized mozzarella ball. Simply take a Peppadew pepper and place a mozzarella ball inside.

Asparagus Wrapped in Prosciutto — Drizzle fresh asparagus with olive oil, sprinkle with garlic powder and bake 10 minutes at 350°. Let cool. Place a slice of prosciutto on a cutting board with a slice of mozzarella on top of the prosciutto. Place a piece of asparagus at one end and roll the meat and cheese around the asparagus.

Hummus Wrap — Take a wrap of your choice and spread on lemon hummus, followed by tabouli. Slice jarred roasted red peppers (or roast your own) and place them on the tabouli. To roll the wrap, fold over the left and right sides about one inch towards the center, and roll the wrap away from you, tucking in the sides as necessary.

Our Mozzarella Salad is available in our deli department, and our Guacamole and Gazpacho are available in our refrigerated case.

FRUIT CENTER