



*Serving produce as the center of the plate is especially applicable to the healthcare sector—try this satisfying cauliflower steak with hearty mushrooms and onions.*

## Trends

- Healthy food doesn't have to be bland—utilize the abundance of herbs and spices that are hot on today's menus (curry, fresh mint, harissa...) to make delicious dishes that still meet dietary guidelines.
- Visual impressions matter, so be sure to plate recipes with a variety of color and finesse.
- Pressed juices are fresh: make them from whole fruits and vegetables such as apples, beets, kale, carrots, cucumbers, and mangoes.
- Use meat as a condiment, rather than the center of the plate, to lower cholesterol and saturated fat content—focus meals on fiber- and vitamin-rich fruits and vegetables.
- Asian flavors are trending in all sectors—good for healthcare that many of the classic dishes are also made with cleaner techniques like steaming and stir-frying.
- Lighten up juices with seltzer or soda water—fewer calories and more exciting bubbles!

## Suggested Pairings

- Markon First Crop (MFC) Cucumbers: Light and refreshing cucumber is easily paired with many ingredients, including baby dill, carrots, lettuces, salmon, tomatoes, vinegar, and yogurt.
- MFC Oranges: lend sweetness and juice to produce items such as beets, spinach, and strawberries, as well as proteins like lean beef, chicken, tofu, and roasted pork.
- Ready-Set-Serve (RSS) Cantaloupe Chunks: Fresh, flavorful, and ready to serve! Easily add fruit to appetizers, salads, and healthy desserts. Use with bananas, basil, ginger, lime juice, ham, and prosciutto.
- RSS Bite-Size Cauliflower Florets: Use in salads, soups, stews, pizzas, and stir-fries. Pair with almonds, broccoli, chives, curry, lemons, and steak.
- RSS Brussels Sprouts: A favorite ingredient on menus! Capitalize on their nutty flavor: serve lightly sautéed or stir-fried with items like eggs, grapefruit, mushrooms, onions, and walnuts.
- RSS Lettuce Jammers: Healthy and gluten-free, these wraps are an ideal way to increase produce consumption overall. Fill with fruit salads, chopped turkey, Asian noodles, and grilled shrimp.



## Healthcare Essentials

- Produce as the Center of the Plate
- Low-Sodium Ramen
- Pressed Juices
- Whole-Grain Waffles
- Pickled Veggies
- Kids' Nutrition
- Roasted Garlic
- Customization
- Gluten-Free Options
- Shredded Beets
- Beverage Bubbles



- Fruity Desserts
- High-Nutrition Kale and Brussels Sprout Salads
- Grilling
- Hummus
- Fresh, Mild Salsas
- Stir-Fries
- Fresh-Cut Fruit
- Greek Yogurt
- Baked Veggie Chips



## Usage Ideas

### MFC Cucumbers

- Pickle thin strips of MFC Cucumber and use to add bitter notes to salads and sandwiches
- Pair with RSS Baby Carrots and serve slices with protein-rich dips like hummus and baba ghanouj
- Create hearty salads made with couscous, quinoa, bulgur wheat, and other tasty grains; stir in fresh produce like MFC Bell Peppers, MFC Cucumbers, RSS Baby Spinach, and MFC Cherry Tomatoes
- Purée with MFC Baby Dill and yogurt for a refreshing, low-calorie summer soup

### MFC Oranges

- Toss wedges of orange in green and mayonnaise-based salads
- Use slices of MFC Oranges in ice water, juices, and other beverages
- Keep desserts fat-free and vitamin-rich—freeze the juice of MFC Oranges for sorbets and granitas
- Lighten chocolate treats with a hint of orange pulp and zest

### RSS Cantaloupe Chunks

- The fresh flavor of cantaloupe adds tropical notes to fruit salads, salsas, and smoothies
- Use with whole-wheat waffles or top with granola for fruity breakfast options
- Make RSS Cantaloupe Chunks part of a low-calorie dessert by pairing with angel food cake
- Freeze chunks and serve with chopped MFC Mint and honey



### RSS Bite-Size Cauliflower Florets

- Roast florets with RSS Peeled Garlic and paprika—great color and flavor!
- Serve grilled RSS Bite-Size Cauliflower Florets with dill-feta-yogurt dipping sauce; works as a mid-day snack or side dish
- Boil and purée for a lower-carb mashed potato alternative
- Raw cauliflower makes an excellent French fry or chip alternative; serve florets with sandwiches and burgers

### RSS Brussels Sprouts

- Shred and toss into green, grain-based, and cole slaw salads
- Sauté with sliced almonds and golden raisins; serve with grilled chicken or lean beef

- Bake halved RSS Brussels Sprouts on flatbreads and pizzas
- Use shredded RSS Brussels Sprouts to top creamy soups such as potato, split pea, and roasted tomato

### RSS Lettuce Jammers

- Skip the bread and serve any type of sandwich filling in RSS Lettuce Jammers
- Asian stir-fries and curried rice dishes get extra crunch from these hand-held shells
- Keep it vegetarian: fill with falafel and quinoa patties for those on meat-free diets
- Fruit mixes such as RSS Rio Citrus Salad and RSS Fruit Salad Deluxe taste great served in these edible bowls



Simple, fruit-focused desserts work best for healthcare.



### 5-Star Food Safety

- Every case of RSS, MFC, or ESS you purchase from a member distributor has met or surpassed Markon's unparalleled standards for food safety.
- Our 5-Star Food Safety® Program is based on specifications, inspections, and information at five key points: fields, facilities, transportation, distributor warehouses, and operator kitchens.

### Sustainability

- Markon was the first to test sustainable practices that result in specific, verifiable, and measurable data; we continue to set new benchmarks, meet them, make adjustments, and pass these standards along to the rest of the produce community.

