HOW TO BUILD A BETTER SALAD
With very little effort, you can enjoy the best looking and best tasting lunch at work. Glass jar salads are not only gorgeous (and you eat with your eyes first!), but they hold the freshness of your ingredients longer.

Layers
1. Fill a clean, wide-mouthed glass jar with 2-3 tbsp The Fresh Market Salad Dressing.
2. Layer firm, bite-sized vegetables directly on top of dressing (broccoli, peppers, tomatoes).
3. If desired, add beans, gravins, or pasta on top of firm vegetables.
4. Sprinkle 1-2 tbsp cheese over firm vegetables or grains, if using.
5. Top cheese with ¼-⅓ c chopped cooked chicken, steak, or shrimp on top of cheese.
6. Add soft vegetables (mushrooms), seeds, nuts, and dried fruits over protein.
7. Fill the remainder of the jar with salad greens, then seal the jar.

To serve, shake the contents of the jar into a large, shallow bowl. The shaking process will evenly distribute the dressing over the greens and toppings.

Salad Dressing Marinade
1 c The Fresh Market Salad Dressing (recommend Roasted Garlic Balsamic Vinegar)
1 lb chicken strips, sirloin steak strips, or peeled and deveined shrimp
Kosher salt and freshly ground black pepper to taste

Pour salad dressing into a large, resealable plastic bag. Add chicken, steak, or shrimp. Seal bag and shake to coat. Refrigerate chicken and steak at least one hour, or overnight. Shrimp should only marinate 30 minutes.

Preheat your preferred cooking device (oven, broiler, grill, skillet) to 350°F. Remove the protein from the plastic bag, discarding the marinade. Season the protein with salt and pepper, then cook until desired doneness. Sirloin steak strips should be browned around the edges and slightly pink in the center. Chicken should be brown on all sides, with clear juices. Shrimp should be barely pink in color. Steak and chicken can be left in strips or chopped into smaller, bite-sized pieces, as desired.

SUMMER PASTA SALAD WITH SIRLOIN STEAK, BROCCOLI, AND GRAPE TOMATOES
Serves 4

½ lb The Fresh Market Artisan Penne Pasta
1 c broccoli florets
1 c cooked and chopped marinated sirloin steak strips*
2 c salad greens
1 tbsp The Fresh Market California Extra Virgin Olive Oil
1 clove garlic, minced
1 c grape tomatoes
Kosher salt and freshly ground pepper
½ c The Fresh Market Salad Dressing (recommend Peppercorn Ranch or Vidalia and Dijon)
½ c crumbled feta

Cook pasta according to package directions. In the last 2 minutes of cooking, add broccoli florets to the boiling water. Drain the pasta and broccoli and rinse thoroughly with cold water to stop the cooking. Drain again and transfer the pasta and broccoli to a large mixing bowl. Add the cooked and chopped sirloin steak and salad greens on top of the pasta, but do not mix.

In a small sauté pan, heat olive oil over medium heat. Add garlic to the oil and cook 30 seconds, being careful not to burn the garlic. Add the tomatoes to the pan in a single layer; season with salt and pepper, to taste. Reduce heat to low and cook 5-7 minutes, stirring frequently, so that all sides of the tomatoes cook evenly, until the tomatoes soften. Add tomatoes to the pasta mixture along with the salad dressing. Toss gently to coat the entire mixture with dressing and wilt the greens slightly. Season with salt and pepper, to taste. Sprinkle with feta immediately before serving.

*We recommend cooking the sirloin steak strips using the recipe for Salad Dressing Marinade.

MELON SMOOTHIES
Serves 2

2 c melon, cut into ½” chunks
1 c Greek yogurt
1 c fruit juice of your choice
1 c ice

Combine all ingredients in a blender and process until it reaches the desired thickness.

LOOKING FOR DIFFERENT WAYS TO USE YOUR LITTLE BIG MEAL INGREDIENTS?

— Try These Recipes —

QUICHE WITH CHICKEN, MUSHROOMS, AND PEPPERS
Serves 6-8

½ pkg refrigerated pie crust
2 tbsp The Fresh Market Unsalted Butter
2 tbsp The Fresh Market California Extra Virgin Olive Oil
2 cloves garlic, minced
½ c chopped onion
½ c chopped bell pepper (any color)
¼ c sliced fresh mushrooms
½ lb chicken breast strips, cut into bite-sized pieces
3 The Fresh Market Cage Free Eggs
½ c The Fresh Market Half and Half
½ tsp The Fresh Market Ground Mustard
¼ tsp kosher salt
¼ tsp freshly ground black pepper
½ c blue cheese crumbles

Preheat oven to 450°F. On a lightly floured surface, roll pie crust and roll into a 12” circle. Place crust in a 9” deep dish pie plate; fold edges under, and crimp. Prick bottom and sides of pie crust with a fork. Bake 6-8 minutes, then remove pie plate to a wire rack to cool. Reduce oven temperature to 375°F.

Heat butter and olive oil in a large skillet over medium-high heat until butter melts. Add garlic, onion, bell pepper, and mushrooms and cook until tender, 6-8 minutes. Use a slotted spoon to remove vegetables to another bowl, leaving as much oil in the pan as possible. Add chicken to pan and cook until browned on all sides and the juices run clear, 5-6 minutes. Remove chicken from pan and set aside.

In a small bowl, whisk together eggs, half and half, mustard, salt, and pepper.

To assemble, sprinkle blue cheese over prepared crust. Sprinkle chicken and vegetables over cheese. Pour egg mixture over the filling. Bake 30 minutes or until the center is set. Let cool on a wire rack for 10-15 minutes before serving.

Serve with a lightly dressed salad for a simple and light summer meal.