

Recipe Mailers

Popular mailers for “keeping in touch” with your customers. These are formatted on the standard 4-1/4” x 5-1/2” postcard stock that can be mailed with reduced postage and will normally enjoy a much longer self life.

Illustrated below is the card front - followed by various recipe examples on page 2 thru 6. We can also include your name/address imprinting in your choice of font and border colors can be changed to match your company’s logo.



Continued on page 2 thru 6 . . .

Romano Chicken

Rollups of chicken, Swiss and Parmesan cheeses, ham and herbs - breaded and quickly cooked in the microwave.
Prep time: 15 min; Cook Time: 4 min; Ready in: 20 min



Ingredients

4 skinless, boneless chicken breast halves -
pounded to 1/4 inch thickness
1/4 pound Swiss cheese, sliced
1/4 pound ham, sliced thin
2 tablespoons grated Parmesan cheese
1-1/2 teaspoons paprika
1/2 teaspoon garlic salt
1/2 teaspoon dried tarragon
1/2 teaspoon dried basil leaves
1 tablespoon butter, melted
1/3 cup dry bread crumbs



Nutrition Facts

Servings per recipe: 6
Amounts per Serving:
Calories: 235
Total Fat: 11.6g
Cholesterol: 75mg
Sodium: 585mg
Total Carbs: 6.1g
Dietary Fiber: 0.3g
Protein: 25.5g

Preparation

1) Place chicken breasts on a pan. Place Swiss cheese and ham slices on top and roll up, securing with toothpicks if necessary. In a small bowl combine the Parmesan cheese, paprika, garlic salt, tarragon, basil and bread crumbs. Mix together and dip rollups in mixture to coat. 2) Drizzle with melted butter and cook on High in microwave for 4 minutes, or until chicken is cooked through and juices run clear.

This tasty dish is sure to be a hit with your friends and family. And, if someone you know is in need of my professional services, I'd appreciate it if you'd pass on my name.

Absolutely Amazing Ahi This tantalizing appetizer mingles fresh ahi, avocado, cucumbers and spice and will impress the most knowledgeable food critic. Prep time: 10 min; Cook Time: 15 min; Ready in: 25 min



Ingredients

3/4 pound sashimi grade tuna steak, diced
1/2 cup diced cucumber
1 avocados - peeled, pitted and diced
1/4 cup chopped green onion
1-1/2 teaspoons red pepper flakes
1 tablespoon toasted sesame seeds
1-1/2 teaspoons lemon juice
2 teaspoons sesame oil
1/2 cup soy sauce



Nutrition Facts

Servings per recipe: 6
Amounts per Serving
Calories: 155
Total Fat: 8.2g
Cholesterol: 26mg
Sodium: 1245mg
Total Carbs: 5.8g
Dietary Fiber: 2.4g
Protein: 15.6g

Preparation:

1) In a medium bowl, combine the tuna, cucumber, avocado, green onion, red pepper flakes and sesame seeds. Pour in the lemon juice, sesame oil and soy sauce and stir carefully to blend so as not to mash the avocado. Place this bowl into a larger bowl that has been filled with ice. Chill in the refrigerator for 15 minutes but no longer . . . as the terrific freshness of the fish will be lost. 2) Once chilled, remove the bowl from the ice and invert onto a serving plate. Serve with toasted bread or your favorite crackers.

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Best Spinach Dip Ever

A flavorful spinach mixture fills a tasty bread bowl. Prep time: 15 min; Ready in: 6 hrs, 15 min



Ingredients

- 1 cup mayonnaise
- 1 (16 oz) container sour cream
- 1 (1.8 oz) package dry leek soup mix
- 1 (4 oz) can water chestnuts, drained and chopped
- 1/2 (10 oz) package frozen chopped spinach, thawed and drained
- 1 (1 lb) loaf round sourdough bread



Nutrition Facts

Servings per recipe: 24
Amounts per Serving
Calories: 167
Total Fat: 12.1g
Cholesterol: 14mg
Sodium: 288mg
Total Carbs: 12.4g
Dietary Fiber: 0.8g
Protein: 2.8g

Preparation

- 1) In a medium bowl, mix together mayonnaise, sour cream, dry leek soup mix, water chestnuts & chopped spinach. Chill in the refrigerator 6 hours or overnight.
- 2) Remove top and interior of sourdough bread. Fill with mayonnaise mixture. Tear removed bread chunks into pieces for dipping.

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Grilled Portobello Mushrooms

These meaty mushrooms marinate in oil, onion, garlic and vinegar for an hour before they're tossed on a hot grill to cook to perfection. Prep time & cook time: 20 minutes, ready in 1hr, 20 min.



Ingredients

- 3 portobello mushrooms
- 1/4 cup canola oil
- 3 tablespoons chopped onion
- 4 cloves garlic, minced
- 4 tablespoons balsamic vinegar



Nutrition Facts

Servings per recipe: 3
Amounts per Serving
Calories: 217
Total Fat: 19g
Cholesterol: 0mg
Sodium: 13mg
Total Carbs: 11g
Dietary Fiber: 1.9g
Protein: 3.2g

Preparation:

- 1) Clean mushrooms and remove stems - reserve for other use. Place caps on a plate with the gills up.
- 2) In a small bowl, combine the oil, onion,, garlic and venegar. Pour mixture evenly over the mushroom caps and let stand for 1 hour.
- 3) Place over hot grill for 10 minutes. Serve immediately

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Marinated Grilled Shrimp

Succulent tasting shrimp marinated in tomato sauce, red wine vinegar, basil, cayenne pepper - and cooked on an outdoor grill with skewers. Prep time: 15 Cook time: 6 minutes, ready in 55 min.



Ingredients

3 cloves garlic, minced
1/3 cup olive oil
1/4 cup tomato sauce
2 tablespoons red wine vinegar
2 tablespoons chopped fresh basil
1/2 teaspoon salt
1/4 teaspoon cayenne pepper
2 lbs fresh shrimp, peeled & deveined



Nutrition Facts

Servings per recipe: 6
Amounts per Serving
Calories: 274
Total Fat: 14.7g
Cholesterol: 230mg
Sodium: 480mg
Total Carbs: 3g
Dietary Fiber: 0.2g
Protein: 31g

Preparation:

- 1) In a large bowl, stir together the garlic, olive oil, tomato sauce and red wine vinegar. Season with basil, salt and cayenne pepper. Add shrimp and stir until evenly coated. Cover and refrigerate for 30 minutes to one hour, stirring once or twice.
- 2) Preheat grill for medium heat. Thread shrimp onto skewers, piercing once near the tail and once near the head. Discard marinade.
- 3) Lightly oil grill grate and cook shrimp 2 to 3 minutes per side or until opaque.

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