



CHARRED BROCCOLI SALAD

With Blue Plate® Light Mayonnaise with Greek Yogurt

Yield: 4 servings

Ingredients

STEP 1

4 bunches broccoli, approximately
8 cups cut florets (fresh or frozen)
5 Tbsp. olive oil
2 tsp. kosher salt
Yellow curry powder to taste, up to 2 tsp.

STEP 2

1 cup sliced skin-on almonds
2 Tbsp. ginger, minced
6 tsp. olive oil
Yellow curry powder to taste, up to 4 tsp.

STEP 3

½ cup Blue Plate® Light Mayonnaise
with Greek Yogurt
1 cup dried cherries or raisins

Directions

Preheat your oven to broil. In a mixing bowl, toss the broccoli florets with olive oil, kosher salt, and yellow curry powder from Step 1.

Place on baking sheet on the bottom shelf of the oven and roast for approximately 15 minutes or until cooked through and lightly charred. Remove from oven and let cool to room temperature.

In an 8-10-inch sauté pan, place the sliced almonds, minced ginger, garlic, and olive oil from Step 2. Turn flame to medium low and let cook slowly while stirring frequently for 10 minutes or until the almonds are golden brown. Look for a gentle sizzle of the ingredients in the oil to ensure your pan does not get too hot. Once almonds are golden, add the curry powder and cook for an additional 1 minute. Remove from the heat and pour over the cooked broccoli.

Stir in the Blue Plate Light Mayonnaise with Greek Yogurt and dried cherries. Enjoy this salad warm or chilled.



SHRIMP TZATZIKI

With Blue Plate® Light Mayonnaise with Greek Yogurt

Yield: 4 servings, or 2 cups

Ingredients

STEP 1

- ¾ pound (or 20 each) peeled shrimp, cut into thirds (fresh or frozen)
- ¼ cup extra virgin olive oil
- 1 tsp. kosher salt

STEP 2

- 1 cup cucumber, seeds removed and diced small
- 1 Tbsp. chopped dill
- 1 Tbsp. fresh-squeezed lemon juice
- ¼ tsp. lemon zest
- ¼ tsp. ground caraway
(or substitute ground celery salt)
- 2 Tbsp. Blue Plate® Light Mayonnaise with Greek Yogurt

STEP 3

- 4 slices rye bread
(or bread of your choice)
- 1 garlic clove cut in half

Directions

In a 10-12-inch sauté pan, heat the olive oil over medium heat. Add the shrimp and cook until they are cooked through. Remove from the heat and separate the shrimp from any remaining oil in the pan. Reserve the oil to brush the bread with in Step 3.

Let shrimp cool completely, then fold in all ingredients from Step 2.

Set your oven on the broil setting. Brush each slice of bread with remaining oil from cooking the shrimp. Add more olive oil if you don't have enough left over from cooking the shrimp.

Bake bread until golden. Remove from oven and lightly rub each slice with the garlic half.

Set aside and serve with shrimp tzatziki.



SPICY CHICKEN SALAD SANDWICH

With Blue Plate® Light Mayonnaise with Greek Yogurt

Yield: 4 sandwiches

Ingredients

STEP 1 (with fresh, uncooked chicken)

2 large chicken breasts, *boneless and skinless*
2 large chicken legs, *boneless and skinless*
2 tsp. salt
To taste black pepper, freshly milled
2 Tbsp. olive oil

**Use rotisserie or leftover chicken for one less step!*

STEP 2

½ cup red onion, diced small
½ cup celery, diced small
¼ cup scallions, sliced (both green and white)
¼ cup cilantro, chopped
1 Tbsp. mint, chopped
¾ cup Blue Plate® Light Mayonnaise with Greek Yogurt
2 Tbsp. sriracha chili sauce or to taste
½ tsp. kosher salt

STEP 3

1 cup sliced pickles
4 sandwich buns (or bread of your choice)

Directions

For fresh chicken, preheat the oven to 400°F. Place the chicken in a bowl and season with salt, pepper, and olive oil. Lay the chicken on a baking sheet and bake for approximately 20 minutes, or until the chicken is cooked through. Remove the chicken from the oven and let cool to room temperature.

Dice the chicken into small pieces and set aside. Place all of the ingredients from Step 2 into a bowl with the diced chicken and stir.

Place your oven on the broil setting, and toast all of the buns until golden brown. Remove from the oven, place a large spoonful of salad on the bun, and top with sliced pickles.