



Green Bean and Moody Blue Salad

Yield: 4–6 Servings

Ingredients

- 1 ½ pounds French green beans (haricot vert)
- ½ cup red onion, thinly shaved
- 1 cup cucumber, sliced or cubed
- 1 cup grape tomatoes
- 2 tablespoons fresh oregano, chopped
- 6 tablespoons extra virgin olive oil
- 2 tablespoons red wine vinegar
- 1 tablespoon lemon juice
- ½ teaspoon hot sauce
- 1 teaspoon black pepper, cracked or coarsely ground
- 8 ounces **Moody Blue**, crumbled

Method

- Bring 2–3 quarts of salted water to a rapid boil, add French green beans and cook for one minute to blanch; refresh in cold water. Drain beans and refrigerate until dry.
- Place chilled beans in large mixing bowl and combine with red onion, cucumber, grape tomatoes, and oregano.
- Combine olive oil, vinegar, lemon juice and hot sauce in small bowl and whisk until well blended.
- Pour dressing over green bean and veggie mixture and toss.
- Top with crumbled **Moody Blue** and serve.



Montanella Stuffed Polenta and Tomato Salad

Yield: 6–8 Servings

Ingredients

- 1 package (approx. 13 ounces) instant Polenta
- 6 cups chicken broth
- 4 ounces **GranQueso**, grated
- 1 teaspoon black pepper, coarsely ground
- Salt to taste
- 8 ounces **Montanella**, thickly sliced
- 3 medium red tomatoes, sliced
- 3 medium yellow tomatoes, sliced
- 1 tablespoon shallot, finely chopped
- 1 teaspoon garlic, minced
- 1 tablespoon extra virgin olive oil
- Fresh basil for garnish (optional)

Method

- Prepare polenta according to package instructions using chicken stock instead of water. Stir in **GranQueso**, pepper, and salt.
- Line a small sheet pan with plastic wrap; pour polenta onto sheet pan and spread smooth with a spatula (approx. ½ inch thick).
- Loosely cover polenta with plastic wrap and refrigerate until firm.
- After polenta has cooled, cut into rounds using a circular cookie cutter.
- To serve, place one slice **Montanella** atop a round of polenta and top with a second round of polenta.
- Layer sliced tomatoes aside the stuffed polenta and sprinkle with garlic, shallots, and olive oil. Season with additional salt and pepper to taste and garnish with basil.



From an increase in diabetes to rising obesity rates, American diners are beginning to shift their consumption patterns towards healthier cuisine—Vegetables can play a pivotal role in offering “smart” menu options, and cheese is the ideal vehicle to make those veggies appealing.

- 49% of consumers say that they are trying to eat healthier this year (in 2010) compared to last year (2009). (Source: *Mintel Oxygen, Attitudes Towards Dining Out - US, January 2010*)
- When asked what three types of foods they consider most important to healthy eating, 64% of respondents say that “eating a lot of vegetables” is among the most important (Source: *Attitude Towards Food, Weight and Diet - US, May 2009*)
- Consumers find barriers to healthy out-of-home dining through lack of availability and affordability; 53% of consumers eat at home as a way to eat healthier (Source: *Mintel Trends in Healthy Dining, April 2010*)

Ways Consumers Eat Healthier While Dining Out (%)

Eating fewer fatty menu items **67%**

Eating more fruits and vegetables **52%**

Cutting calories by ordering less **49%**

Ordering smaller portions **38%**

Reducing sodium intake **36%**

Eating fewer/no carbs **27%**

Eating more organic & natural menu items **16%**

None of the above **2%**

Source: *Mintel Oxygen, Healthy Dining - US, May 2010*

Seasonally Fresh

Summer Cheese and Vegetable Pairings

SUMMER



Roth Käse
USA Ltd





Summer brings a bounty of vegetables to your kitchen. Why not dress them up by offering unique cheese and veggie pairings for a tastier, healthy option for the seasonally inspired dishes?



Seasonally Fresh - Summer Cheese and Vegetable Pairings

Summer brings a bounty of vegetables to your kitchen. Why not dress them up by offering unique cheese and veggie pairings for a tastier, healthy option for the seasonally inspired dishes? Studies show more consumers are seeking healthier meals, but that doesn't mean they're willing to compromise on flavor. That's why combining cheese and vegetables makes sense as a two-pack punch to any diet: cheese provides calcium and protein, and veggies supply vitamins and minerals. Bring cheese and veggies to the center of the plate this season by utilizing unique and innovative pairings from Emmi-Roth Käse USA.



	Brie	Buttermilk Blue/ Moody Blue	Chevre	Cotija	Feta	Fontina	Fresh Mozzarella	GranQueso	Gruyère	Havarti	Mascarpone	Montanella	Queso Fresco/ Blanco	Emmentaler/Swiss
Avocado	Salads, Sandwiches, Stuffings		Salads, Sandwiches, Dips & Dressings	Guacamole, Salads, Tex-Mex Applications	Dips & Dressings, Cold Pasta Salads, Sandwiches						Dips & Dressings, Soups		Dips & Dressings, Salads, Sandwiches, Tex Mex Applications	Burgers, Sandwiches, Egg Dishes
Corn				Grilled on the Cob, Rice & Grains, Salads, Salsa	Salads, Rice & Grains, Stuffings, Cold Pasta	Casseroles	Salads, Stuffings, Salsa			Casseroles			Tex-Mex Applications, Salads, Stuffings, Salsa	Casseroles
Cucumbers		Salads, Sandwiches	Salads, Sandwiches	Tex-Mex Applications, Salsa	Salads, Salsas, Sandwiches, Tzatziki, Soups, Dips		Salads				Soups			Sandwiches, Salads
Green Beans	Gratins, Casseroles, Salads	Salads, Gratins	Salads		Salads							Casseroles, Gratins		
Chanterelle/ Mushrooms	Sauces, Pizza & Flatbreads, Pasta, Sandwiches, Soups, Egg Dishes/Quiche		Crostini, Sandwiches, Sauces, Soups, Tarts			Crostini, Casseroles, Pasta, Pizza & Flatbreads, Sandwiches, Tarts, Egg Dishes/Quiche	Pasta, Pizza & Flatbreads, Salads, Sandwiches	Crostini, Pasta, Rice & Grains	Casseroles, Gratins, Pizza & Flatbreads, Sandwiches, Tarts, Egg Dishes/Quiche			Casseroles, Gratins, Pizza & Flatbreads, Sandwiches, Tarts, Egg Dishes/Quiche		Burgers, Gratins, Sandwiches, Tarts, Egg Dishes/Quiche
English Peas	Pasta, Rice & Grains, Salads, Stuffings		Pasta, Rice & Grains, Salads, Stuffings							Pasta, Rice & Grains, Salads	Pasta, Rice & Grains, Salads, Stuffings, Soups, Sauces			Pasta, Salads
Yellow Squash and Zucchini			Sandwiches, Egg Dishes, Tarts			Casseroles , Pasta, Pizza & Flatbreads, Sandwiches, Stuffings		Casseroles, Pasta, Sandwiches, Stuffings		Casseroles , Pasta, Pizza & Flatbreads, Sandwiches, Stuffings				Casseroles, Pasta
Eggplant				Pasta, Salads, Stuffings	Pasta, Pizza & Flatbreads, Salads, Sandwiches, Stuffings, Tapenade, Crostini	Casseroles, Pasta, Pizza & Flatbreads, Sandwiches, Stuffings, Eggplant Parmigiana	Salads, Crostini, Sandwiches	Casseroles, Pasta, Sandwiches, Stuffings		Casseroles, Pizza & Flatbreads, Sandwiches				
Tomato		Burgers, Salads, Soups, Stuffings, Tarts	Salads, Sandwiches, Bruschetta, Soup, Tarts, Dips & Dessings, Pasta, Stffings, Egg Dishes	Tex-Mex Applications, Salsa, Salads, Pasta, Rice & Grains, Egg Dishes, Stuffings	Salads, Sandwiches, Bruschetta, Tarts, Dips & Dressings, Pasta, Stuffings, Sauces, Egg Dishes	Casserole, Crostini, Sandwiches, Stuffings, Pasta, Pizza & Flatbreads, Egg Dishes/Quiche	Salads, Pizza & Flatbreads, Pasta, Sandwiches, Bruschetta, Cold Soups	Casserole, Salads, Pasta, Sandwiches, Stuffings, Bruschetta	Casseroles, Egg Dishes/Quiche, Tarts, Crostini, Burgers	Casseroles, Egg Dishes/Quiche, Salads, Sandwiches	Sauces, Soups		Salads, Casseroles, Egg Dishes/Quiche, Tarts, Crostini	Tex-Mex Applications, Salsa, Salads, Bruschetta