



Indianapolis
Fruit Distributors of Fruits
Vegetables & Floral

Recipe Book

Grilled Fruit



*Fresh
Experience*
Summer Grilling

Garden Cut[®] Chicken Teriyaki Sandwich With Grilled Pineapple

INGREDIENTS:

1 Garden Cut[®] Whole Cored Pineapple, cut into rings

5 boneless skinless chicken breast

1 Cup teriyaki sauce

5 slices of provolone cheese

5 T mayonnaise

1 small red onion, cut into rings

5 hamburger buns

DIRECTIONS:

Place chicken in a baking dish and **pour** teriyaki sauce over the chicken. **Place** in refrigerator and marinate for at least 4-6 hours.

Preheat grill to medium-high heat.

Grill chicken for 6 minutes per side, until internal temperature reaches 175 degrees. **Grill** the cut Garden Cut[®] Whole Cored Pineapple 1 minute per side. **Toast** hamburger bun and **set** on a serving platter.

Place a pineapple ring on each chicken breast and **top** with a slice of cheese and melt.

Spread mayonnaise on each bun. **Place** chicken breast and onion on bun. **Add** additional toppings as desired.

Pineapple Gold Cored





Grilled Peaches (or other Stone Fruit)

INGREDIENTS:

2 pounds assorted stone fruit: plums, peaches, and nectarines (halved and pitted)

Olive oil

Greek yogurt

DIRECTIONS:

Heat grill to medium-high.

Drizzle stone fruit with olive oil.

Grill until juicy and charred, 2 to 4 minutes.

Remove with a metal spatula

Serve with a dollop of yogurt.

Peaches



Grilled Mango with Vanilla Ice Cream

INGREDIENTS:

1 ripe mango, peeled, pitted and sliced

1 lime, cut in half

1 tablespoon natural cane sugar

DIRECTIONS:

Preheat a grill pan or outdoor grill to 400 degrees.

Squeeze lime juice over mango wedges and sprinkle with natural cane sugar.

Place mango wedges on the grill for about 2 minutes per side, or until grill marks are evident.

Serve with vanilla ice cream or frozen yogurt.

Mango Slices - 1 LB



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A FRESH EXPERIENCE



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4501 MASSACHUSETTS AVE.
INDIANAPOLIS, IN 46143
PHONE - (317) 546-2425
www.indyfruit.com



Pears



Turkey Burger and Pear Sliders

INGREDIENTS:

(For Turkey Burger)

1 pound ground turkey
1/2 cup Italian-seasoned breadcrumbs
1 large egg, beaten
1 tablespoon minced dried onion
1 teaspoon Worcestershire sauce
1/2 teaspoon salt
1/2 teaspoon freshly ground pepper

(Assembly)

12 small slider roll/buns
1-2 Bartlett or Anjou pears sliced (or planked)
3/4 cup Chèvre goat cheese (or creamy goat cheese of your choice)
Arugula lettuce

DIRECTIONS:

To make Turkey Burgers

Combine all ingredients in large bowl.

Shape into 12 patties (to fit the buns you selected)

Pan-fry, broil, or grill until turkey burgers lightly browned and cooked through, about 5 minutes per side.

To make Pear Slices

Cut pears into 1/4-inch slices (or use a pear-planker) and spray lightly with nonstick spray.

Grill or broil pear slices until brown in spots, about 2 minutes per side

To Assemble

Separate 12 small slider rolls.

Spread bottom half with 1-2 tablespoons of your favorite creamy goat cheese (we used Chèvre).

Put cooked turkey burger and a pear slice on top of goat cheese and top with fresh arugula leaves and serve.



Grilled Watermelon Wedge Salad

INGREDIENTS:

Grilled watermelon
Goat cheese crumbles
Cooked quinoa
Lemon vinaigrette (*recipe below*)
Chopped romaine lettuce
Chopped kale
Balsamic drizzle

DIRECTIONS:

Start with fresh watermelon, **cut** into wedges. Make sure your grill grates are already **rubbed** down with canola oil so your food doesn't stick. **Brush** a light coat of honey on your watermelon slices. **Place** slices on the grill. **Cook** the slices for 10-15 seconds on one side, until grill marks appear. Only **grill** one side. **Build** salad base with fresh, hand-chopped kale and romaine. **Add** cooked quinoa and goat cheese crumbles. **Mix** with the Lemon Vinaigrette. **Top** with grilled watermelon and **finish** with a balsamic glaze drizzle.

LEMON VINAIGRETTE INGREDIENTS:

½ cup extra-virgin olive oil
4 tablespoons freshly squeezed lemon juice
1 small clove of minced garlic (roughly 1 teaspoon)
Salt to taste
Coarsely ground black pepper to taste

LEMON VINAIGRETTE DIRECTIONS:

Whisk together olive oil, lemon juice and garlic. Add salt and pepper; **whisk** together to combine.



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