

FIX FROZEN VEGETABLES in the MICROWAVE!

The healthiest way to fix FROZEN vegetables is microwaved in a covered dish. Times will vary with the microwave's size and wattage so you may need to experiment some with yours (3-4 minutes on HIGH for 8 ounces of veggies is a good place to start.) When vegetables are heated thoroughly, carefully remove from microwave, uncover (watch out for the steam), stir them and then re-cover. As with all foods, the residual heat will cause the vegetables to continue to cook some after they have been removed from the microwave. Serve while hot!

A few ways to add variety to your vegetables:

Peas: Add undiluted Cream of Potato soup

Carrots and Corn: Butter them.

Green Beans: Add bacon or Cream of Mushroom Soup

Asparagus: Butter it. Sauté it. Top it with cheese sauce.

Broccoli and Cauliflower: Add your favorite cheese topping or undiluted Cream of Mushroom Soup

GRILLING BASICS and BASTING

FOR GAS or CHARCOAL OUTDOOR GRILL

Suitable meats: Beef steaks (T-bones, KC Strips, Ribeyes, Sirloin, Ground Beef, etc.), Pork Chops, Chicken Breasts, Lamb Chops and Fish Steaks. Grill Fish Fillets and Vegetables in foil or in a container so they don't fall into the fire.]

Beef and Pork: IMPORTANT - **Preheat** grill to **HIGHEST** temperature before putting meat on. Place **frozen** meat on the grill and sear it on each side for several minutes; it will stick to the grill until it is seared. Then, reduce heat to MEDIUM (or cool down a charcoal fire) and cook to desired doneness. Meat may be turned several times while cooking (USE TONGS OR SPATULA ONLY as a fork will puncture the surface and release the juices.) You may want to **baste the meat** (by brushing on garlic butter, BBQ or other seasoned sauces) as you turn the meat during cooking. Never add salt to the uncooked side of a steak as that will draw out the natural juices.

Poultry and Seafood: IMPORTANT - Use MEDIUM heat. Chicken breasts may be thawed slightly in advance, but it is not necessary. Because these products have very little internal fat, they are naturally lean and healthy, so don't cook them too long or at too high a temperature. Turn them several times from side to side while cooking. Seafood is done when it 'flakes' apart and is opaque white in color. Chicken should be opaque throughout with no visible juice.

FOR CONTACT GRILL (like George Foreman®, etc.)

Suitable meats: Most Beef Steaks (T-bones, Strips, Rib eyes, Sirloin, etc.) plus Pork Chops, Chicken Breasts, Lamb Chops, Fish Steaks or Fish Fillets are suitable. **BONELESS CUTS WORK BEST** because the bone does not prevent the meat from making direct contact with the grill and the meat cooks more evenly.

IMPORTANT! PREHEAT GRILL according to its directions. Thaw meat slightly and it will not overcook on the outside. A quick defrost in the microwave works well (see front page.) Place meat on the HOT grill and close the lid. Do NOT season the meat before you put it on the grill and DO NOT BASTE it as that may cause the meat to stick to the grill.

REMEMBER: Meats will continue to cook for several minutes after you remove them from the grill, so we suggest you undercook them just slightly.

Basic Pantry Supplies

General: Salt, Pepper, Sugar (white, brown, powdered), Flour, Corn Starch

Spices and Seasonings: Liquid Smoke, Garlic (powder or cloves), Onion (diced or flakes), Lemon-pepper, Cumin, Cinnamon, Chili powder, Poultry or Seafood Seasoning

Cooking Oils: Canola, Olive or Peanut, etc.

Dry Soup Mix (i.e., Lipton Onion Soup Mix)

Cream Soups (mushroom, tomato, celery, potato, etc.)

Sauces: Tomato Sauce, Soy Sauce, Pasta Sauce, Worcestershire Sauce, BBQ sauce, chili sauce, Alfredo Sauce, Heinz 57 Sauce

Dry: Minute Rice, Crackers, Bread Crumbs

Pasta: Egg noodles, spaghetti, elbo macaroni

Broth: Canned Beef and/or Chicken; Bouillon cubes

Canned Vegetables: Diced/canned tomatoes, Chili beans,

Basic Refrigerated Supplies

Milk, Butter (or Margarine), Eggs

Cheese (bulk or sliced, shredded or grated),

Condiments: Mustard, Catsup, Mayonnaise, Pickles, etc.

Salad Dressings: Italian, Ranch, Vinegar & Oil, etc.



**Need More Information?
PLEASE CALL OR E-MAIL US!
SEE FRONT PAGE FOR
NUMBERS and ADDRESS!**

GREAT MULTI-PURPOSE CASSEROLE RECIPE

This simple, versatile casserole recipe can be made using chicken (white or dark meat), pork chops, hamburger steaks, minute steaks, pork cutlets, etc. IT'S VERY EASY!!!

Use a 9 X 13 casserole dish and put 2 cups dry Minute Rice in the bottom. Place a layer of frozen meat of choice on top of the rice and cover it with one can of cream soup (Cream of Mushroom, Cream of Chicken, etc.); add 1 can of water to the rice. Sprinkle w/chopped onions or onion flakes. Add salt, pepper and garlic powder if desired. Cover with foil and bake at 350 degrees for 45-60 minutes. Serve with your favorite vegetables.

BROWN GROUND BEEF STEAKS FROM 'FROZEN'

Place our frozen 1/2 pound ovals in heated skillet and cook them on one side until they begin to brown, then turn them over and brown the other side. As the meat is browning, continue to turn it from side to side and gently break it apart using a spatula. It will take only a few minutes.

OTHER HELPFUL TIPS:

- If you prefer you can thaw the ground beef for a minute or two in your microwave while the skillet is heating; the browning process will take a little less time.

- **IDEA** After browning it, season the ground beef for different uses (spaghetti sauce, tacos, etc.), then mark the different types of seasoned and browned ground beef in zipper bags and put them in your freezer. That way the browned ground beef will be ready to take out and use whenever you need it.



**Great Meals
In
Minutes**

REFERENCE GUIDE

HOW TO THAW MEAT IN YOUR MICROWAVE

For maximum flavor, we suggest you DO NOT thaw steaks, chops and ground beef before you fix them on an OUTDOOR gas or charcoal grill. But, if you're using an INDOOR contact grill (George Foreman, Cuisinart, etc.), we suggest you SLIGHTLY thaw our steaks, chops, ground beef and chicken breasts while you are preheating your contact grill. Simply remove the meat from the patented Bi-Vac packaging, place it on a plate, cover it and microwave it until the meat is just SOFT TO THE TOUCH on the OUTSIDE. Microwave ovens often vary, so you'll need to experiment a little with yours to see what works best. A good rule of thumb is to microwave - on HIGH - 2 minutes for the first pound and a minute for each additional one. Normally you'll only cook a pound or two on a contact grill, so the meat will easily thaw while you're waiting for the grill to heat.

We Make HEALTHY Eating FUN and EASY!

ROASTS - THE MULTI-MEAL WONDER...

One of the healthiest, tenderest, tastiest and easiest-to-fix cuts of meat is the roast - either beef OR pork! However, because many of us grew up eating tough roasts (or got tired of eating cold roast beef sandwiches when we were a kid), we miss out on the wonders of this versatile cut.

A beef or pork roast and a crockery cooker make a wonderful combination (see inside). But the BEST PART may well be the MANY DIFFERENT MEALS a roast will make - even after you served it for a Sunday dinner.

It can become the base for a hearty vegetable soup, or added with vegetables for stir-fry. Add your favorite BBQ sauce to it, and you've got barbecued beef. Fix it with some noodles for beef and noodles. Instead of chicken salad, shred it and make a beef salad sandwich. That shredded roast can make great enchiladas or quesadillas, too!

So, by fixing one roast in your Crock Pot®, (put it in frozen and let it cook while you're at work) you're actually making it possible to have a number of other delicious, meals, too.

**A la Carte® is a division of Guaranteed Foods, Inc.
8325 Monticello Rd. Ste. G, Shawnee, KS 66227
www.Askgfi.com or www.guaranteedfoods.com**

NEED MORE HELP OR IDEAS?

**913-888-5000 or 1-888-5000-GFI(434)
Email: customerservice@guaranteedfoods.com**

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ARE YOU BARBECUING or GRILLING??

To BARBECUE is to use LOW heat and cook SLOWLY. To GRILL is to use HIGH heat and cook QUICKLY! The cuts that are best for GRILLING include cuts that are more naturally tender: any beef 'loin' steaks (T-bones, strips, filets, rib eyes and sirloins), pork chops, boneless-skinless chicken breasts, lamb chops and fish steaks. The cuts that are best for BARBECUING are beef roasts and briskets, pork roasts and ribs, chicken parts with the skin still ON them (split breasts, thighs, drumsticks, wings, etc.)

REHEATING FOOD IN YOUR MICROWAVE

IF your microwave has a turntable, it is great for re-heating precooked products. Otherwise, foods will not heat evenly. When you are heating a pastry or breaded product, wrap it in paper towels to prevent it from getting 'doughy.' The paper towels will absorb the moisture away from the food. If you want to keep a product MOIST while microwaving it, always cover it with something to hold the moisture IN (a plastic or microwave wrap, a microwave dome lid, etc.) Microwave ovens do not produce heat! They only vibrate a product's moisture molecules. That's why food will not 'brown' in a microwave oven so you generally are not going to use it to actually 'cook' food in.

OUTDOOR GRILLING FOR TOMORROW...

Whether you have a gas or charcoal grill, you can save a lot of time and money - and have wonderful meals on your table quickly - when you GRILL FOR TOMORROW - TODAY! It's simple (see 'Grilling Basics...' on the back page).

With A la Carte, you always have a complete, healthy variety of meats for your grill stocked in your Foodservice Center®. So, when you fire up that grill, don't just fix two steaks for tonight's meal. Throw some pork chops, chicken breasts and ground beef on there, too, (you've got 'em on hand, so why not fix some tonight, and you won't have to cook tomorrow.) We suggest undercooking the 'extra' meats just slightly, put them on a plate, cover with plastic wrap or foil and put them in the fridge. Tomorrow night (or a day or two from now or whenever you're hungry) slip that entrée in the microwave and serve with a salad or vegetable. Dad can have a chop; mom a chicken breast and the kids can enjoy burgers. It's a lot quicker, healthier and less expensive than carry-out meals or a trip to the nearest 'fast' food place. You'll save time and money. Best of all, you'll eat HEALTHY!!

HOT BREAKFAST in 4 MINUTES (count 'em!)

Put the skillet on the stove, add butter or oil and heat it. As it's heating, put the toast or French toast in the toaster and our precooked bacon or sausage in the microwave (wrapped in paper towel.) Microwave for 30-45 seconds (or add a hash brown patty and heat for 2-3 minutes.) Scramble or fry a couple of eggs, butter the toast and put the bacon or sausage on the plate. You've got a hot breakfast in 4 minutes - for a lot LESS than the price of a fast food breakfast (while you'd still have been waiting in line at the fast food place.)



Your A la Carte® Quick Reference Guide to DELICIOUS and EASY MEALS!

7 WAYS to use this REFERENCE GUIDE

- Handy Meal Planner**
Quickly plan menus from your existing food inventory. Using an erasable pen, write the day of the week by which entrées you'll use to build your meals.
- Temps & Cooking Times**
Simply match the entrée in the first column with the cooking method at the top to find the proper times and temps in each box.
- Which Appliance to Use**
Shows different cooking methods you can use for each type and cut of meat.
- Make Meals Easier**
Discover the many quick and, easy meals you can enjoy using a variety of different appliances.
- What Goes With What**
Right-hand column gives suggestions of which side dishes to serve with different meats and entrees.
- Suggested Pantry Needs**
A list of the basic items to have on hand for any type of cooking you want to do. (see back page!)
- All the Basic "How To's"**
The basics of browning, grilling, thawing, fixing veggies, making casseroles, fixing quick breakfasts and microwaving are all here!

Meal Planner Use the space below to write the day you want to serve any entrée.	Entree The main 'center-of-plate' product around which you'll build your meal.	Outdoor Grill Dry heat cooking. Perfect for steaks, chops, chicken, burgers, fish & seafood.	Contact Grill (Example: George Foreman®) Grills both sides at once. Ideal for boneless cuts.	Oven Typically used for baking or roasting at temperatures of from 200-450 degrees.	Crockery Cooker (A Crock Pot®, for example) Ideal for slow cooking at low temperatures	Optional Methods Other cooking methods and appliances that may be suitable for your entrée.	Serve it with... Suggested side dishes you can serve with each entrée to make a quick, tasty meal!
	BEEF Steaks & Kabobs KC Strips, Club Sirloins, T-bones, Rib Eyes, etc. Kabobs and Kabob Cubes	Put frozen meat on HOT preheated grill. Sear each side on HIGH heat for 2-3 min. (until meat releases from the grill.) Reduce heat to MEDIUM. Cover & cook 5-8 minutes more on each side to desired 'doneness'. (Turn using tongs)	Thaw slightly in microwave 'til surface of meat is 'soft to the touch.' Place steaks on PRE-HEATED grill and cook 8-10 minutes to desired 'doneness.' Season only AFTER cooking to prevent meat from sticking to grill.	OVEN BROILED STEAKS Cook from frozen if desired. Pre-heat broiler to highest heat. Put steaks on broiler pan grid about 4-5" from the heat source. Sear 2-3 minutes/side, then broil 5-8 minutes more per side.	BEEF KABOBS and NOODLES Thaw kabobs slightly in microwave. Season and put in cooker adding 1 cup of Beef Broth. Cook on LOW for 8 hrs. Add the noodles about one hour before serving.	FRYING STEAKS in the SKILLET This is not a preferred method for fixing steaks but, if you do, use a HOT skillet, preferably, cast iron. Sear on HIGH on both sides. Reduce heat to MED HIGH. Turn meat & cook to desired doneness.	Salad or Fruit of choice Bread: Petit pan rolls or garlic toast Potatoes: Twice-baked, Baked Potato, Vegetables: Cut corn, Asparagus Spears, Broccoli Florets, etc. Dessert: Cheesecake topped w/berries
	BEEF Other Cuts Boneless Roasts, Brisket Round Steak, Cube Steak	NOT RECOMMENDED	NOT RECOMMENDED	Season to taste and place frozen roast or steak in preheated oven in a shallow pan or casserole dish. Cover with oil and bake approx. 1 hour per pound at 350F. Cook together with vegetables if desired or fix them separately.	Sear a frozen roast in 2 TBSP of oil in skillet. Season. Put in cooker with 1/4 cup of water. Cook on LOW for 8-10 hours. If desired, add veggies midway through cooking cycle OR microwave separately to prevent becoming 'mushy.'	OVEN BARBECUED BRISKET: Cook from frozen using this recipe! Season, wrap tight in HEAVY foil. Bake 6 hrs @ 250F. Cool thoroughly. Slice thin (cross grain). Add BBQ sauce. Heat for 1 hr @ 250F. Great sandwiches.	Salad or Fruit of choice Bread: Dinner rolls Potatoes: Rosemary Roasted, mashed, Yukon Gold, Tator Puffs. French Fries, Vegetables of choice Dessert: Pie or cake
	GROUND BEEF Use for burgers, steaks, chili, spaghetti, tacos, sloppy Joes, etc.	Burgers or hamburger steaks can be grilled directly from 'frozen.' Sear each side on HIGH heat 1-2 mins. Reduce heat to MED-HIGH and grill burgers 2-3 minutes per side. Grill steaks 5-8 min. per side. Don't season before cooking.	Hamburger steaks: Thaw slightly in microwave 'til surface is soft to the touch (app. 2 min. on HI.) Pre-heat grill and cook 6-8 minutes to desired doneness. Burgers: Thaw slightly as above. Pre-heat grill and cook 3-5 minutes till done.	Oven-Baked Steaks: Put frozen beef ovals in a casserole dish, cover with 'creamed' soup. Bake 45 min. @ 350F. Broiled Ground Beef Steaks: Place ovals on broiler pan grid 4-5" from heat. Sear 2 min./side; broil 4-5 min./side.	Brown Ground Beef Steaks in a skillet using directions in next column. Drain any excess moisture. Use the browned ground beef as a base for Chili, Steak Soup, Sloppy Joes, etc., in your crockery cooker.	BROWN GROUND BEEF in SKILLET or KITCHEN KETTLE®. Pre-heat on HIGH. Put meat in frozen. As it browns break it up with a spatula. Reduce heat; turn often. Continue until meat is brown. Season as desired.	Salad or Fruit of choice Bread: Garlic toast, buns Potatoes: French Fries, Steak Fries, Curly Fries, Jo-Jos, Waffle Fries Vegetables of choice Dessert: Apple-cinnamon Crisпитos
	CHICKEN Breasts & Kabobs Boneless/Skinless Breasts Kabobs on Skewers	Thaw slightly in microwave or cool water. Pre-heat grill to MEDIUM heat and grill breasts for 12-15 minutes, turning them during cooking. Meat should be white inside when done. If desired, baste with garlic butter or BBQ sauce as you grill.)	Thaw slightly in microwave or cool water. Preheat grill and cook breasts for 5-6 minutes or until meat is white throughout. Season chicken only after cooking to prevent it from sticking to the grill.	Place layer of frozen chicken breasts in casserole dish, season and cover with favorite creamed soup or sauce. Bake at 325-350F for 45-60 minutes. (For variations, see the Multi-purpose Casserole recipe on the back page.)	Put frozen chicken breasts in cooker. Add 1 can Cream of Chicken or other creamed soup, plus 1/2 can water & 1 pkg. of Lipton's Onion Soup mix. Slow cook on LOW for 6-8 hours.	KITCHEN KETTLE® or Dutch Oven Preheat on MED HIGH. Place frozen breasts in bottom with slight amount of oil. Turn from side to side and brown until done. Add Asparagus Spears a few minutes before end of cook cycle.	Salad or Fruit of choice Bread: Dinner Rolls or Petit Pan Rolls Potatoes: Twice-baked, Steak fries Vegetables: Broccoli Florets, Corn, Asparagus Spears, Mixed Vegetables Dessert: Apple Cinnamon Crisпитos
	CHICKEN Other Parts Thighs, Legs, Drumsticks, Split Breasts, etc.	Cuts are ideal for barbecuing on your grill. Preheat grill to MEDIUM. Thaw product first if desired. Baste with BBQ sauce or other seasoning as you cook chicken for 35-45 mins., turning often. Juices should run clear when done.	NOT RECOMMENDED	Put thawed chicken parts, in baking dish (uncovered), skin side up. Sprinkle with Lawry's Seasoning Salt or other seasoning of choice and bake for 45-60 minutes @ 375F. Juices should be clear when thoroughly done.	BBQ CHICKEN: Put frozen parts into cooker. Add BBQ sauce and season if desired. Cook on LOW for 8-10 hrs. BAKED CHICKEN: Put frozen parts into cooker. Add seasoning and/or creamed soup. Cook on LOW for 8-10 hrs.	TANGY CHICKEN: Brown 6-8 chicken pieces in 3 tbsp. butter; put in shallow pan, skin side up. Mix ½ cup Heinz 57 & ½ cup water and pour over chicken. Cover w/foil; bake @ 350F for 45 min. Remove foil last 10 min. for browning.	Salad or Fruit of choice Bread: Garlic toast or dinner rolls Potatoes: Mashed or twice-baked Vegetables: Any! Dessert: Gourmet Cookies or Pie
	PORK Chops & Kabobs Boneless or Bone-In Chops Kabobs on Skewers	Put frozen meat on HOT preheated grill. Sear each side on HIGH heat for 2-3 minutes. Reduce heat to MEDIUM and grill 5-7 minutes more on each side. Baste cooked sides with garlic butter if desired. Use tongs to turn the meat.	Thaw 'til surface of chops is 'soft to the touch (you can micro 2 chops on HIGH for approx. 2 min. while preheating grill.) Grill 8-10 mins. to desired 'doneness.' Season only after cooking to prevent meat from sticking to grill.	Pre-heat oven to 350F. Place single layer of frozen chops in casserole dish. Season, cover with cream soup and bake for 50-60 minutes. For variations, see the Multi-Purpose Casserole recipe on the back page.	Put frozen chops in cooker. Add 1 can cream of Mushroom soup, 1/2 can water and 1 pkg. of Lipton's Onion Soup mix. Slow cook on LOW for 8-10 hours. Fix vegetables separately in microwave.	FRYING CHOPS in the SKILLET Preheat skillet on HIGH! Sear chops on each side. Season if desired, reduce heat, cover and cook until meat is done (white throughout). Be careful not to overcook and dry out the chops.	Salad or Fruit of choice Bread: Petit Pan Rolls or Garlic Toast Potatoes, Rice or Pasta of choice Vegetables: Garlic and Herb Pasta with Vegetables, Baby Carrots, Peas Dessert: Apple or Cherry Pie
	PORK Other Cuts Roasts, Country Style Ribs, Tenderloin, Pork Steaks	Ideal for BARBECUING (cook slow over low heat.) Thaw first and pre-season with a suitable 'rub' if desired. Cover while slow cooking at 225-250 degrees. Baste during cooking to add flavor & keep the meat moist.	NOT RECOMMENDED	TENDERLOIN: Season & sear in skillet in 2 TBSP of oil while pre-heating oven to 350F. Place meat in casserole dish, cover with foil & bake for approx. 1 hr. Meat should be white in middle when done. Do not overcook.	PORK ROAST or STEAKS: Cook from frozen. Season to taste, put in crockery cooker with small amt. of water. Cook on LOW for 8-10 hours. If desired, add veggies midway through cooking cycle - or fix them in the microwave separately.	COUNTRY STYLE RIBS IN OVEN Cook from frozen in shallow pan. Add barbecue sauce and/or season to taste. Cover with aluminum foil and cook for 6 hours @ 250 degrees until meat separates from the bones.	Salad or Fruit of choice Bread: Dinner rolls or Garlic Toast Potatoes: Mashed, twice-baked Side Dishes: Green vegetables, Flame-Roasted Fuji Apples, applesauce Dessert: Gourmet Cookies
	FISH & SEAFOOD Steaks Halibut, Swordfish, Mahi-Mahi, Yellowfin Tuna, etc.	Spray grill with Pam and preheat to MED. HIGH. Put frozen seafood steaks on the grill and turn them several times during cooking. If desired, season with lemon-pepper, butter, etc. (See Grilling section on back page for other tips.)	Thaw slightly. Spray grill with Pam and pre-heat it. Grill for 8-10 min. per 1" of thickness. Season with lemon-pepper or butter if desired after cooking. Cook until fish is opaque and flakes apart easily. Do not overcook.	Place frozen fish in greased baking dish. Brush with melted butter (and lemon juice / lemon-pepper if desired.) Season to taste. Bake in center of oven at 450F. Cook until fish is opaque and flakes apart easily.	Crockery Cooker NOT recommended for cooking fish steaks or fillets, but try this recipe for SEAFOOD CHOWDER: Chop up, combine and sauté in butter in skillet: 2 stalks celery, ½ onion, 2-3 small potatoes, 2-3 garlic cloves, 4-5 diced bacon strips. Add 20 oz. Scallops to the mix; cook till scallops are opaque; set aside. In Crock Pot, mix 2 cans Cream of Potato soup w/1 qt. milk; heat on LOW till warm. Add 1# diced, CPD* Shrimp and sautéed mix to the pot. Salt and pepper. Heat on LOW for 1-2 hours.	OVEN STEAMED FISH Season frozen fish with lemon juice & butter, wrap tightly in greased heavy-duty foil. Bake on cookie sheet in center of preheated oven at 450F for 20 minutes per inch of thickness.	Salad or Fruit of choice. Bread: Petit Pan or Dinner Rolls Potatoes: Waffle fries or tator puffs Vegetables: Any green vegetable or mixed vegetables Dessert: Lemon Meringue Pie
	FISH & SEAFOOD Fillets Orange Roughy, Snow Cod, Tilapia, Salmon, Catfish, etc.	Put frozen fillets in pre-oiled (Pam, etc.) wire basket or slotted skillet over grill pre-heated to MED HIGH. Cooking time is 12-15 mins. per inch of thickness. Cook on both sides and turn several times. Do not overcook!	NOT recommended for 'SKIN-ON' fillets because they do not cook evenly on each side. For 'skinless' fillets, follow the same directions as for seafood steaks above.	Follow same directions as in the box immediately above (for Fish Steaks.) IMPORTANT: When oven-baking fish or seafood with skin on one side of it, put the skin side down in the BOTTOM of your dish.	BAKED FISH in MICROWAVE Place 2 frozen fillets on a dish, cover and cook on HIGH for 2-3 minutes. Season with melted butter, lemon juice, etc., cover and cook for 3-4 more mins. or until fish flakes apart easily.	Salad or Fruit of choice. Bread: Petit Pan or dinner rolls Potatoes: Waffle fries or tator puffs Vegetables: Any green vegetable Dessert: Apple-cinnamon or Cherry Crisпитos	