



RECIPES

SUMMERTIME COLESLAW

- 2 cups fresh savory cabbage
- 1 cup fresh purple cabbage
- 1 cup carrots, peeled and shredded
- 1 ½ Tbsp. red onion, peeled and finely diced
- ¾ cup Cains Fat Free Raspberry Vinaigrette Dressing
- ½ cup sour cream
- 1 Tbsp. poppy seeds
- 2 Tbsp. sugar
- Salt & pepper to taste
- ½ cup fresh raspberries, cleaned and washed (Optional)

Wash and cut cabbage into thin, ribbon-like pieces. Add other cut vegetables and mix well in a large bowl. In a separate small bowl, mix dressing, sour cream, poppy seeds and sugar. Add salt and pepper to taste. Add dressing mixture to vegetables and blend well. Cover and refrigerate overnight. Optional: before serving, carefully mix fresh raspberries into coleslaw.

HONEY MUSTARD TURKEY SALAD

- 4 cups cooked turkey, cut into bite sized pieces
- 3 celery stalks, thinly sliced
- ½ cup walnuts, coarsely broken
- ¼ tsp salt

- Ground black pepper to taste
- ¾ cup Cains Mayonnaise
- ¼ cup Naturally Delicious Honey Mustard Vinaigrette Dressing
- ½ cup red grapes, sliced in half
- French bread or lettuce

Mix turkey, celery and walnuts together. Add salt and black pepper. In a separate bowl, mix or whisk mayonnaise and dressing together well. Add mayonnaise mixture to turkey and blend. Add sliced grapes. Serve on crusty French bread or on a bed of crisp lettuce.

MARYLAND CRAB SLAW

- 2 Granny Smith apples, cored, seeded, halved and thinly sliced
- 4 tsp. lemon juice
- 2 cups red and green cabbage, shredded
- 1/2 cup carrots, shredded
- 1 can (6 oz) white or lump crabmeat, drained
- Creamy Dijon Dressing
- 1/2 cup Cains Mayonnaise
- 2 Tbsp. Dijon mustard
- 1-1/2 tsp. Worcestershire sauce

Combine mayonnaise, mustard and Worcestershire sauce to make dressing. Cover and refrigerate. Combine apples and lemon juice in medium salad bowl. Stir in cabbage, carrots and crabmeat. Add dressing and mix well.



- All Natural
- No Artificial Colors or Preservatives
- Made with Canola Oil - Low in Saturated Fat
- Contains Omega-3 and Omega 6 Fatty Acids
- Rich in Omega-3 ALA
- No High Fructose Corn Syrup
- Trans Fat Free
- Packed 4/1 gal.

- 30464 **NEW!** Honey Mustard Vinaigrette
- 29548 Separated Balsamic Vinaigrette
- 29823 Caesar
- 30128 French
- 30922 Separated Italian
- 30936 Peppercorn Parmesan
- 30983 Buttermilk Ranch



- Packed 4/1 gal. -

- 29530 Nf&Nc Rasp Vinaigrette
- 29610 Chunky Bleu Cheese
- 29620 Buffalo Bleu Cheese
- 30505 Creamy Italian
- 30770 Lite Italian
- 30985 Gourmet Buttermilk Ranch
- 30987 Lite Buttermilk Ranch
- 31030 Deluxe Russian
- 31740 Deli Mayonnaise
- 31810 Mastermixt Mayonnaise
- 31835 Xtra Heavy Mayonnaise



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