

DELICIOUS RECIPES FOR FESTIVE OCCASIONS

A celebration of healthy
indulgence from Sunsweet®



YOUR INVITATION TO FESTIVE FLAVORS

FROM HOLIDAYS TO BIRTHDAYS TO IMPROMPTU CELEBRATIONS, FESTIVE TIMES CALL FOR FABULOUS DISHES. AND NOTHING ADDS INDULGENT FLAVORS TO RECIPES LIKE THE DELICIOUS PREMIUM DRIED FRUITS AND JUICES FROM SUNSWEET®

These recipes feature the very best *Sunsweet* has to offer—including sweet, flavorful Blueberries, Cherries, Prunes, Philippine Pineapple, Philippine Mango, Berry Blend, Antioxidant Blend and our own “secret ingredient” for stuffing, *Sunsweet* Prune Juice. Not only do they enhance the taste of every meal, they pack nutritious antioxidants, fiber, vitamins and minerals into every bite.

Sunsweet makes it easy to combine these wholesome ingredients into fun and delicious recipes that everyone will love. They'll help turn any festive occasion into a celebration of healthy indulgence.

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CONFETTI RICE SALAD WITH *SUNSWEEET* MANGO VINAIGRETTE

Confetti Rice Salad

2 cups long grain rice
3/4 cup red bell pepper, diced small
3/4 cup green bell pepper, diced small
1/2 cup carrots, peeled and diced small
1/2 cup red onion, diced small
1 cup smoked ham, diced small
1 cup *Sunsweet* Philippine Mango, diced small

Mango Vinaigrette

1/2 cup *Sunsweet* Philippine Mango
1/4 cup rice vinegar
1/4 cup water
1 cup olive oil

In a large saucepan bring rice and 1 3/4 cups water to a boil, reduce heat to low, cover and cook 20 minutes. Turn cooked rice onto a sheet pan or cookie sheet, sprinkle with 1 tsp. salt and allow it to cool. In a large bowl, combine the rest of the salad ingredients. Check seasoning. Make vinaigrette by boiling vinegar, water and mango for 1 minute. Add to blender and purée. Add olive oil slowly, while blender is running. Toss salad with Mango Vinaigrette and serve room temperature or refrigerated.

MAKES 4 to 6 SERVINGS



SUNSWEEET BLUEBERRY BISCOTTI

2 eggs
2/3 cup sugar
1 tsp. almond extract
1 3/4 cups flour
1/2 tsp. baking soda
1/4 tsp. salt
3/4 cup *Sunsweet* Blueberries
1/2 cup shredded or flaked coconut
1/2 cup whole raw almonds

Preheat oven to 350°F and line a baking sheet with parchment paper. Beat eggs, sugar and extract together in a medium bowl. Add flour, baking soda and salt, stirring to form a stiff dough. Stir in blueberries, coconut and almonds. Shape dough into a ball on a floured board. Press into a 10 x 7-inch rectangle (about 1/2-inch thick) on prepared baking sheet. Bake for 30 minutes; let cool slightly. Cut into very thin slices with a serrated knife and place on 2 baking sheets. Reduce heat to 200°F and bake for 12 to 15 minutes on each side or until just starting to brown around the edges. Let cool completely to crisp.

MAKES ABOUT 40 BISCOTTI



COUNTRY SAUSAGE, APPLE AND SUNSWEET CHERRY STUFFING

1 lb. sweet Italian sausage, casings removed
1 1/2 yellow onions, diced
5 celery stalks, diced
3 garlic cloves, minced
1 cup *Sunsweet* Cherries
3/4 cup *Sunsweet* Prune Juice
1 apple, peeled, cored and diced
1/2 cup parsley, chopped fine
2 eggs
1/2 cup chicken broth
5 cups French bread, cubed and dried

Preheat oven to 350°F. In a skillet, brown the sausage, remove excess fat and add the vegetables and garlic. Cook briefly, about 2 minutes, set aside. Put the cherries in a pan with the prune juice, bring to a boil, set aside. Put the bread cubes, sausage, vegetables, apples and parsley in a large bowl, season with salt and pepper. Whisk eggs and chicken broth together and pour over the bread mixture, stirring until everything is well distributed. Drain cherries and add to the stuffing mixture, tossing again. If the mixture is too dry, add more broth, 1/4 cup at a time. Place in a lightly greased 9x13-inch pan and cover with foil. Bake at 350°F for 30 minutes, remove foil and bake 10 minutes to crisp. Serve warm.

MAKES 8 to 12 SERVINGS

Visit Sunsweet.com for more stuffing recipes



SUNSWEEP BERRY CHUTNEY TORTE

Berry Chutney

1 cup *Sunsweet* Berry Blend
1 cup pomegranate juice
1/3 cup chopped onion
1/4 cup red wine vinegar
2 tsp. honey
1/8 tbs. each: cinnamon and allspice

Torte

2 8 oz. packages 1/2 less fat cream cheese, softened
1 8 oz. package fat free cream cheese, softened
Finely grated lemon zest and fresh thyme leaves
Whole grain crackers or baguette toasts

Stir together all chutney ingredients in a small saucepan and bring to a boil. Reduce heat to medium and cook for 30 minutes or until mixture is thick and syrupy and all excess liquid is absorbed, stirring frequently. Watch carefully during the last 5 minutes to avoid burning. Let cool completely. Stir together cream cheeses in a medium bowl. Line a 3 cup bowl with cheesecloth. Spread about 2/3 cup of cream cheese mixture into the bottom of the bowl. Top with 1/3 of the chutney, then repeat layers, ending with cream cheese. Press lightly to compress ingredients then invert onto a serving plate and remove cheesecloth. Cover with plastic wrap and refrigerate until ready to serve. Just before serving, top with lemon zest and thyme. Serve with whole grain crackers or baguette toasts.

MAKES 6 SERVINGS



MONKEY BREAD WITH *SUNSWEEET* BERRY BLEND

Monkey Bread

2 lbs. Bridgford's Ready Dough, thawed, cut in 1-inch pieces
1/2 cup sugar
1 tbs. cinnamon, ground
6 oz. butter, unsalted
1 cup brown sugar
1 cup *Sunsweet* Berry Blend
(alt: *Sunsweet* Cherries or Antioxidant Blend)

Lemon Cream Cheese Frosting (optional)

8 oz. cream cheese, softened
8 oz. butter, unsalted
1 lb. powdered sugar
2 tsp. lemon juice
1 tsp. vanilla extract

Preheat oven to 350°F and lightly grease a 9-inch Bundt® pan. Make a glaze by boiling the butter and brown sugar in a saucepan for 1 minute. Pour into bottom of Bundt® pan. Put the sugar and cinnamon in a plastic bag, add the cut dough, seal and shake. Layer the sugared dough pieces in the Bundt® pan adding some of the *Sunsweet* Berry Blend sprinkled over each layer, finishing with the dough. Bake for 40-45 minutes. Cool for 10 minutes before turning out onto a plate. For a special treat, glaze with frosting.

Lemon Cream Cheese Frosting

In a mixer, cream the butter and cream cheese together, add the powdered sugar and beat about 10 minutes. Mix in the lemon juice and vanilla and drizzle over cooled Monkey Bread.

MAKES 8 to 12 SERVINGS



BROCCOLI, BACON AND *SUNSWEEET* CHERRY SALAD

3 cups broccoli florettes, roughly chopped
2-3 slices bacon, chopped
1 cup *Sunsweet* Cherries
3/4 cup mayonnaise
1/4 cup cider vinegar
1/2 cup cashews

Bring a pot of water to boil and add the broccoli. Almost immediately, drain the water and put the broccoli in ice water to stop it from cooking. Drain. In a medium skillet over medium heat, cook the diced bacon until golden and crisp. Drain on paper towels. In a large bowl combine the broccoli, cherries, bacon and cashews. In a separate bowl, mix the mayonnaise and vinegar together and pour over the broccoli mixture. Toss to coat the broccoli mixture with the dressing and season with salt and pepper.

MAKES 4 to 6 SERVINGS



SUNSWEEP PRUNE UPSIDE DOWN CAKE

Glaze

4 tbs. butter, unsalted
3/4 cup brown sugar
3 cups *Sunsweet* Pitted Prunes

Cake

1 stick butter, unsalted
1 cup sugar
1 tsp. vanilla extract
2 eggs, separated
1 1/2 cups flour, all purpose
2 tsp. baking powder
1/4 tsp. salt
1/2 cup milk
1/4 tsp. cream of tartar

Preheat oven to 350°F. Melt butter and brown sugar over low heat while stirring until sugar crystals have melted. Turn off heat and pour glaze into an 8-inch round cake pan. Place prunes on top of glaze in a spiral pattern. You may have some prunes leftover. Set pan aside. In a bowl, sift together flour, baking powder and salt. In a mixer, cream butter and sugar together. Add egg yolks and vanilla. With the mixer on low, add half the flour mixture and beat, then add the milk, and finish with the other half of the flour. Whip the egg whites and cream of tartar to soft peaks, fold into the batter, then pour the cake batter on top of the prunes and bake at 350°F for 1 hour or until toothpick inserted in center comes out clean. Cool for 20 minutes. To un-mold the cake, invert the pan onto a cake plate. Gently tap the bottom of the cake pan to release any prunes and slowly remove the cake pan. Serve as is or with whipped cream.

MAKES 8 to 12 SERVINGS



HAWAIIAN PULLED PORK SANDWICHES WITH TANGY SUNSWEEP PRUNE BBQ SAUCE

Pork

3 lbs. pork shoulder roast, boneless
2 yellow onions, peeled and quartered
1/8 tsp. liquid smoke (1/2 tsp. for Dutch oven)
2 cups chicken broth (6 cups for Dutch oven)
1 tbs. salt
2 tbs. olive oil

Heat a heavy bottomed frying pan over high heat 3-4 minutes, add 2 tbs. olive oil. Season the pork roast with salt on all sides and brown in the pan, 3 minutes per side. Put pork in a crock pot. Add the onions, broth and liquid smoke. Cook the pork 10-12 hours on low setting. Alternatively, put the browned roast in a Dutch oven with 6 cups of broth and 1/2 tsp. liquid smoke and bake, covered 3-4 hours at 325°F. When meat is cool enough to handle, remove fat and shred the meat. Toss with *Sunsweet* Prune BBQ Sauce (recipe to follow) and serve piled high on toasted buns or slider rolls and serve with *Sunsweet* Pineapple Slaw (recipe to follow).

MAKES 4 to 6 SERVINGS

BBQ Sauce

1 yellow onion, diced
4 garlic cloves, chopped
1 9 oz. bag *Sunsweet* Pitted Prunes
2 tbs. soy sauce
2 tbs. Worcestershire sauce
1 tbs. fresh ginger, grated fine
1 1/4 cups brown sugar
1/2 cup cider vinegar
2 tbs. Dijon mustard
1 cinnamon stick
1 tbs. chili powder
1 tsp. cumin, ground
2 cups tomato sauce
6 oz. tomato paste
2 tsp. olive oil

Heat a saucepan over medium heat and add 2 tsp. of olive oil. Add onion and garlic and cook until soft. Add the rest of the ingredients, bring to a boil and simmer for 30 minutes over low heat. Cool and remove the cinnamon stick and place sauce in a blender. Blend until smooth. Sauce keeps for two weeks when refrigerated.

SUNSWEEP PINEAPPLE SLAW

1 cup *Sunsweet* Philippine Pineapple
1/2 cup cider vinegar
1/4 cup water
1 cup mayonnaise
4 cups green cabbage, shredded fine
1 cup red cabbage, shredded fine
1 carrot, peeled and grated
8 oz. can pineapple, crushed

Put green and red cabbage in a large bowl with the carrots and canned pineapple. Heat dried pineapple in vinegar and water mixture in microwave safe bowl on "high" for 1 minute. Put warmed, softened pineapple and vinegar and water mixture in a blender and blend on high to purée. Mix with 1 cup mayonnaise and add to bowl with cabbage. Toss until dressing is well-distributed. Refrigerate.

MAKES 4 to 6 SERVINGS

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