



Maryland Crab Cakes

Ingredients

#08159 Maryland Crab Cake 3 oz \$1.40 ea
#01302 Dijon Mustard \$0.25 per oz
#04532 Lemons \$0.41 ea
#04742 Mayonnaise \$0.07 per oz
#07636 Arcadian Blend \$0.20 per oz
#14402 Balsamic Glaze \$0.49 per oz

In a mixing bowl put 12 oz of mayonnaise and 10 oz of Dijon Mustard and the juice of 2 lemons. Mix well together adding salt and pepper to taste.

In a small bowl place 3 oz of Arcadian Blend and toss with lemon juice then lightly salt and pepper. Place your lettuce blend on a serving plate and top with 2 crab cakes and drizzle with 1 oz balsamic glaze and 2 oz of the Dijon mustard sauce.

\$4.19 per completed dish



Feisty Feta Baked Cod

Ingredients

#01194 8-10 oz Prime Cod Loin \$0.38 per oz
#16177 Feisty Feta \$0.32 per oz
#04415 Grape Tomatoes \$0.17 per oz
#04455 English Cucumber \$0.08 per oz
#04638 Green Onions \$0.62 per bunch
#18276 Kalamata Olives \$0.22 per oz
#04532 Lemons \$0.41 ea

Slice 2 pints of grape tomatoes, 2 English cucumbers, 16 oz of sliced kalamata olives, and bunch of green onions chopped. Toss with olive oil and 1 lemon juiced then season with salt and pepper to taste.

Bake one piece of cod with 2 oz of Feisty Feta at 350 degrees for about 8-10 minutes. Plate and top with 3-4 oz of fresh vegetable mix.

\$4.70 per completed dish



Feisty Feta Baked Cod

Ingredients

#01194 8-10 oz Prime Cod Loin \$0.38 per oz

#16177 Feisty Feta \$0.32 per oz

#04415 Grape Tomatoes \$0.17 per oz

#04455 English Cucumber \$0.08 per oz

#04638 Green Onions \$0.62 per bunch

#18276 Kalamata Olives \$0.22 per oz

#04532 Lemons \$0.41 ea

Slice 2 pints of grape tomatoes, 2 English cucumbers, 16 oz of sliced kalamata olives, and bunch of green onions chopped. Toss with olive oil and 1 lemon juiced then season with salt and pepper to taste.

Bake one piece of cod with 2 oz of Feisty Feta at 350 degrees for about 8-10 minutes. Plate and top with 3-4 oz of fresh vegetable mix.

\$4.70 per completed dish

Chocolate Peanut Butter Cream

PIE



ATLANTIC
FOOD
DISTRIBUTORS