

Simply healthy living.
Simply great taste.



For more delicious recipes go to www.simplyorganicfoods.com



Oceans of flavor.



www.simplyorganicfoods.com

Preparation time
5 minutes

Cooking time:
3 minutes

Ease of preparation
easy

Shrimp Dip

- 4 ounces baby shrimp
- 8 ounces cream cheese, softened
- 2 tablespoons Simply Organic® Seafood Seasoning
- 1 teaspoon vegetable oil

Directions: Sauté the shrimp in the oil and Seafood Grilling Seasoning for 2 to 3 minutes. Place cream cheese in a medium mixing bowl. Add shrimp and stir until completely blended. Chill until ready to serve.

Makes 10 servings.

Nutrition Facts: As prepared, each serving contains 90 calories, 8 g of fat, 40 mg of cholesterol, 170 mg of sodium, 1 g of carbohydrates and 4 g of protein.



www.simplyorganicfoods.com

Preparation time
15 minutes

Cooking time:
5 minutes

Ease of preparation
easy

Mango Salsa

- ½ cup caramelized onions
- 2 ripe peeled and finely diced mangos
- 1 tablespoon lime juice
- 1 packet Simply Organic® Mild Chili Mix

Directions: If caramelizing onions, heat skillet on high with a tablespoon or less of vegetable oil. Sauté until medium brown and soft. Set aside. Peel and finely dice mangos and place in a large mixing bowl. Sprinkle lime juice over fruit. Stir in Mild Chili Mix and then the caramelized onions. Makes 2 cups.

Makes 16 servings.

Nutrition Facts: As prepared, each serving contains 25 calories, 0 g of fat, 0 mg of cholesterol, 110 mg of sodium, 6 g of carbohydrates and 0 g of protein.



www.simplyorganicfoods.com

Preparation time
5 minutes

Cooking time:
10 minutes

Ease of preparation
very easy

Garlic Snack Mix

- 2 cups unsalted mixed nuts
- 1½ tablespoons vegetable oil
- 1 packet Simply Organic® Garlic and Herb Marinade Mix

Directions: Preheat oven to 250°F. In a plastic bag, shake nuts, Garlic and Herb marinade mix and oil together. Spread evenly on a ungreased cookie sheet. Bake 10 minutes (or longer, to desired roasted flavor).

Makes 10 servings.

Nutrition Facts: As prepared, each serving contains 180 calories, 15 g of fat, 0 mg of cholesterol, 170 mg of sodium, 8 g of carbohydrates and 5 g of protein.



Keep the flavor,
kick the heat.



30 minute marinade,
great as a rub.

Simply healthy living. Simply great taste.



For more delicious recipes go to www.simplyorganicfoods.com



www.simplyorganicfoods.com

Preparation time
15 minutes

Cooking time:
none

Ease of preparation
easy

Spicy Chicken Dip

- 3 cups cooked and finely diced chicken
- 1/4 cup low fat yogurt
- 4 (approximately 2 cups) Roma tomatoes
- 1 packet Simply Organic® Spicy Guacamole Dip Mix
- 1/2 cup shredded cheese

Directions: In a large mixing bowl, stir chicken and yogurt together. Add tomatoes and Spicy Guacamole Dip Mix, stir. Blend in shredded cheese and refrigerate.

Makes 40 servings.

Nutrition Facts: As prepared, each serving contains 15 calories, 0 g of fat, 15 mg of cholesterol, 180 mg of sodium, 1 g of carbohydrates and 3 g of protein.



*Holy Guacamole!
This is one spicy dip.*



www.simplyorganicfoods.com

Preparation time
5 minutes

Cooking time:
none

Ease of preparation
very easy

Fruit Chutney

- 1 cup peeled and diced mixed fruit
- 1 tablespoon red wine vinegar
- 1 packet Simply Organic® Apple Basil Vinaigrette Dressing Mix

Directions: In a medium bowl, mash fruit (or use a food processor). Add Apple Basil Dressing Mix and vinegar, and mix. Chill and serve as a relish.

Makes 8 servings.

Nutrition Facts: As prepared, each serving contains 15 calories, 0 g of fat, 0 mg of cholesterol, 130 mg of sodium, 4 g of carbohydrates and 0 g of protein.



*Sugar free. Fat Free.
Low Calorie.*



www.simplyorganicfoods.com

Preparation time
10 minutes

Cooking time:
10 minutes

Ease of preparation
easy

Peanut Butter Chocolate Cereal Snack

- 1 cup butter
- 1 cup peanut butter
- 1 package Simply Organic® Cocoa Biscotti Mix
- 8 cups squared cereal (as with other snack mixes)
- 3 cups powdered sugar

Directions: In a medium sauce pan on low heat, melt the butter and peanut butter. Stir in package contents. Spread cereal on cookie sheet. Pour liquid mixture evenly over cereal. Carefully pour into sealable bag such as paper grocery sack. Add half (1 1/2 cups) of the powdered sugar. Seal and shake. Add the remaining powdered sugar and shake again. Clean cookie sheet and spread snack mix out to set and cool.

Makes 44 servings.

Nutrition Facts: As prepared, each serving contains 140 calories, 7 g of fat, 10 mg of cholesterol, 105 mg of sodium, 18 g of carbohydrates and 2 g of protein.



*Gluten free.
Low fat.*