

*Mediterranean  
Chickpea Apple  
Vegetables*

**120 grams Tree Top Apple juice concentrate, 70 brix**

**10 grams Northwest Naturals Lemon Juice Concentrate**

200 grams IQF blanched green beans, julienne sliced 2½" x ¼"

100 grams IQF red bell peppers, julienne sliced 2½" x ¼"

125 grams IQF zucchini squash, julienne sliced 2½" x ¼"

75 grams IQF yellow squash, julienne sliced 2½" x ¼"

75 grams IQF blanched white onions, julienne sliced 2 ½" x ¼"

100 grams IQF blanched carrots, julienne sliced 2 ½" x ¼"

75 grams IQF diced tomatoes, ¼" x ¼"

150 grams IQF cooked chickpeas or garbanzo beans

75 grams toasted pine nuts

54.3 grams extra virgin olive oil

4.38 grams minced garlic, frozen

3.43 grams sea salt

2.44 grams coarsely ground black pepper

1.46 grams saladizer gum

3 grams apple flavor

1.22 grams IQF parsley

2.45 grams IQF basil

4 steam pouches

**Cooking Method On Back.**

INNOVATION  
**WITHOUT**  
DUPLICATION



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**NATURALS**

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**TREETOP**  
REAL FRUIT FROM REAL PEOPLE™

## Mediterranean Chickpea Apple Vegetables (Continued)

### Method:

1. Ready mixture of the IQF vegetables.
2. Mix thyme, salt, pepper, butter sauce, flavor, dill, and onion powder and reserve.
3. Blend concentrates with garlic and dry mix.
4. Toss mixture with vegetables last minute and hold frozen.
5. Portion and seal in steam pouch and freeze immediately.

### Cooking instructions:

Place frozen pouch in microwave oven with perforation facing up. Cook for 2 minutes on high setting. Shake bag and cook for additional 1 minute. Carefully cut off top of pouch and serve.



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