



CULINARY DEMONSTRATION TOOLKIT



Red, ripe and bursting with sweetly tart flavor, raspberries are a flavor favorite. The best way to enjoy this summer sensation year-round is to head to the freezer aisle. Help your clients and customers increase their ‘razzi-pe’ repertoire through engaging culinary demonstrations that help them think beyond smoothies and desserts.

Our Red Raspberry Culinary Demo Guide includes everything you need —from step-by-step instructions to educational messages and presentation recommendations—to conduct a successful demonstration for the following recipes:

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THIS TOOLKIT PROVIDES:

Grocery Shopping Lists
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Mise En Place Checklists
Culinary Talking Points
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**DEMO #1:
PICKLED RASPBERRY ONIONS**



Grocery List

- ☐ 2 cups frozen raspberries
- ☐ 2 cups red wine vinegar
- ☐ 1 teaspoon olive oil
- ☐ 2 tablespoons sugar
- ☐ 1 pound sweet onions

Demo Station Equipment

- ☐ Small clear dishes/bowls for measured ingredients
- ☐ Measuring cups
- ☐ Liquid measuring cup
- ☐ Measuring spoons
- ☐ 1 clean glass containers (i.e. 16-ounce Mason jars with lid)
- ☐ Fine mesh strainer OR cheesecake-lined strainer
- ☐ Plastic forks and cups for sampling, if desired

Mise en Place: What You'll Want to Show on Your Demo Table

Amount	Ingredient	Ingredient Tray
½ cup	Raspberry Vinegar	Pint jar with vinegar or pre-portioned in a small, clear dish
1 teaspoon	Oil, olive	Olive oil bottle or pre-portioned in a small, clear dish
2 tablespoon	Sugar	Sugar pre-pre-portioned in a small, clear dish
2 teaspoons	Salt, kosher	Salt pre-portioned in a small, clear dish
1 pound	Onions, sweet, peeled and julienne	1 lb of onions julienned in a clear container and whole onion with skin removed to demo slicing onion
1 cup	Raspberries, frozen, partially thawed	Frozen raspberries in clear container or in a clear measuring cup

Recipe: Pickled Raspberry Onions

Makes 16 ounces or 10, 1 ½ ounce servings

INGREDIENTS

For Raspberry Vinegar:

1 cup frozen raspberries

2 cups vinegar

For Pickled Raspberry Onions:

½ cup Raspberry Vinegar

1 teaspoon olive oil

2 tablespoons sugar

2 teaspoons salt, kosher

1 pound onions, sweet, peeled, and julienne

1 cup frozen raspberries, partially thawed

INSTRUCTIONS:

3 to 7 days prior to the cooking demo OR 2 hours prior to cooking demo:

1. Make the Raspberry Vinegar. Combine the frozen raspberries and vinegar together in a clean glass container; cover tightly. Refrigerate for 3 to 7 days prior to use. (*Note: for a quick pickle allow to sit at room temperature for up to 2 hours.*)
- 2.

During the cooking demo:

3. Pour the vinegar through a fine strainer or a cheesecloth-lined strainer into a clean glass container. Cover the container tightly and store in the refrigerator.
4. Combine the vinegar, oil, sugar and salt together in a medium size non-reactive container. Stir to dissolve sugar. Add the onions and raspberries. Toss well to blend and coat onions.

Final Recipe Presentation

- **Pickled Raspberry Onions:** finished product in glass mason jar with lid or other clear container
- **Raspberry Vinegar:** finished product in a glass mason jar with lid or other clear container

Culinary Notes

- For a quick pickle with the raspberry vinegar, allow it to sit at room temperature for up to 2 hours.
- Pickled onions are a crisp, fresh topping for sandwiches, salads or tacos.
- Create caramelized raspberry onion jam by draining the liquid and sautéing pickled onions with small amount of oil in a pan. Add a small amount of liquid such as apple cider, chicken /vegetable stock or water in the pan to assist in reducing and caramelizing the onions. Serve warm or cold as side sauce to roasted turkey or pork tenderloin.
- Raspberry vinegar can substitute for other vinegars in recipes to provide a variety of color and flavor.
- Pickle other vegetables in the raspberry vinegar: shredded cabbage, sliced cucumbers, julienned fennel, beets or cauliflower florets to create a variety of raspberry pickles.
- Adjust salt and sugar in the recipe to balance the recipe based on the sweetness of the vegetable used in pickling. Add a little chili heat with jalapeno slices for an extra zing.

Nutrition Notes

- Frozen raspberries are natural sweeteners – with benefits! They add a naturally sweet taste to foods while contributing fiber, vitamins, minerals and antioxidants to your diet.
- Frozen raspberries are often picked & packaged at their peak-season, thus offering produce that is both nutrient-rich and full of flavor.
- With frozen raspberries, it's always berry season. Because fresh raspberries have a short growing season, they are not always available in supermarkets all year long. You can find frozen raspberries in your freezer aisle 12 months a year.

Nutritional Information

Raspberry Vinegar

Yield 2 cups

Nutrition per once:

20 calories; 0g fat; 0g Saturated Fat; 0mg Cholesterol, 0mg Sodium, 4g Carbohydrates, 0g Fiber, 4g Sugar, 0g Protein

Pickled Raspberry Onions

Yield: 16 ounces or 10, 1 ½ ounce servings

Nutrition per 1 ½ once:

30 Calories, 0g Fat, 0g Saturated Fat, 0mg Cholesterol, 170mg Sodium, 6g Carbohydrates, 1g Fiber, 4g Sugar, 1g Protein

DEMO #2:
SPINACH AND FRISEE SALAD WITH PICKLED RASPBERRY ONIONS
& RASPBERRY VINAIGRETTE





Grocery List

- ☐ 1 cup Raspberry Vinegar (*from previous demo*)
- ☐ 1 teaspoon shallot
- ☐ 2 teaspoon Dijon mustard
- ☐ ½ tablespoon honey
- ☐ ½ teaspoon kosher salt
- ☐ ¾ cup olive oil
- ☐ 8 ounces baby spinach
- ☐ 8 ounces frisee lettuce
- ☐ 6 ounces Pickled Raspberry Onions (*from previous demo*)
- ☐ 2 ounces feta cheese
- ☐ 2 ounces slivered, toasted almonds

Demo Station Equipment

- ☐ Clear dishes/bowls for measured ingredients
- ☐ Blender for vinaigrette
- ☐ Measuring cups
- ☐ Liquid measuring cup
- ☐ Measuring spoons
- ☐ Spatula for combining ingredients
- ☐ Mixing bowl for salad
- ☐ Two spoons for tossing the salad
- ☐ 6-9 inch white or clear serving plate
- ☐ Small paper plates, plastic forks, and napkins for samples, if desired

Mise en Place: What You'll Want to Show on Your Demo Table

Amount	Ingredient	Ingredient Tray
1 cup	Raspberry vinegar	Pint jar with vinegar or pre-portioned in a small, clear dish
1 teaspoon	Shallot, fresh, peeled, and minced	Shallot pre-portioned and minced in small dish
2 teaspoons	Dijon mustard	Jar of mustard or pre-portioned in a small, clear dish
½ tablespoon	Honey	Jar of honey or pre-portioned in a small, clear dish
½ teaspoon	Salt, kosher	Salt pre-portioned in a small, clear dish
¾ cup olive oil	Olive oil	Olive oil bottle or pre-portioned in a small, clear dish
8 ounces	Baby spinach, cleaned and dried	Spinach pre-portioned in a clear bowl
8 ounces	Frisee lettuce, cleaned, dried, torn	Frisee pre-portioned in a clear bowl
2 ounces	Raspberry Vinaigrette	Use vinaigrette prepared during demo
6 ounces	Pickled raspberry onions	Pickled Raspberry Onions pre-portioned in small dish
2 ounces	Feta cheese, crumbled	Feta pre-portioned in a small, clear dish
2 ounces	Almonds, slivered and toasted	Almonds pre-portioned in a small, clear dish

Recipe: Spinach And Frisee Salad With Pickled Raspberry Onions & Raspberry Vinaigrette

INGREDIENTS

Makes 4 servings

For Raspberry Vinaigrette:

1 cup Raspberry Vinegar

1 teaspoon shallot, fresh, peeled, and minced

2 teaspoons Dijon mustard
½ tablespoon honey
½ teaspoon salt, kosher
¾ cup olive oil

Spinach and Frisee Salad:

8 ounces baby spinach, cleaned and dried
8 ounces frisee lettuce, cleaned, dried, and torn
2 ounces Raspberry Vinaigrette
6 ounces Pickled Raspberry Onions
2 ounces feta cheese, crumbled
2 ounces almonds, slivered and toasted

INSTRUCTIONS

1. First make the Raspberry Vinaigrette. In a blender combine all of the ingredients except the oil. With motor running, slowly add the oil in a steady stream.
2. When completely blended pour the vinaigrette into a clean, non-reactive container.
(Note: This can be covered and reserved in the refrigerator until ready to use.)
3. Next, assemble the salad. Combine the greens in medium size mixing bowl. Add the vinaigrette and toss well to coat the greens.
4. Place 4 ounces of the mixed greens on a serving plate.
5. Top the mixed greens with 1 ½ ounces of pickled onions, ½ ounce of feta cheese crumbles and ½ ounces of toasted almonds.

Final Recipe Presentation

- **Raspberry Vinaigrette:** finished product in a glass mason jar with lid or other clear container
- **Spinach and Frisee Salad with Pickled Raspberry Onions, Feta, Toasted Slivered Almonds and Raspberry Vinaigrette:** final plated version of salad to show how all the recipe components work together

Culinary Notes

- Making homemade salad dressings from scratch is just as easy as heading to the grocery store aisle to buy a pre-made one and shaking up the bottle – but you really notice the difference in flavor.
- Homemade raspberry vinaigrette can brighten up any plain salad even in the middle of winter.
- Like garlic, shallots grow in clusters, with several bulbs attached at the base. They have coppery skins and off-white flesh. Shallots are a delicious addition to salad dressings, mixed with tomatoes and herbs, or caramelized over low heat on the stove.
- Related to endive, radicchio, and escarole, frisee (pronounced "free-ZAY") is easily recognized by its feathered, curly leaves and distinct bitter flavor. While you'll often find

frisee mixed into salad greens in the supermarket aisle, it deserves to shine on its own, too!

- To toast your own almonds, spread them in a single layer on a baking sheet and place in a 350 °F oven for about 10-15 minutes, flipping halfway through. Be sure to keep an eye on them so they don't burn.

Nutrition Notes

- Only about 15 percent of the U.S. population meets the daily fruit intake recommendation while nearly 80 percent do not meet the recommendation. Frozen fruit is a convenient, accessible, flavorful, and nutrient-packed option to help individuals meet their daily fruit intake recommendation.
- The 2015 Dietary Guidelines recommendations for achieving and maintaining a healthy body weight included consuming dietary patterns that are higher in vegetables and fruits and lower in sugar-sweetened foods and beverages. Click here for the full list of recommendations: https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf
- Keeping frozen raspberries in your freezer is a naturally sweet and flavorful way to brighten up savory salads. Unless the ingredient list says otherwise, frozen raspberries don't contain any added sugar—they are just as nature made them. Fresh, ripe raspberries are simply washed with water prior to flash freezing – that's it.

Nutritional Information

Raspberry Vinaigrette

Yield 2 cups

Nutrition per ½ ounce:

50 calories; 5g fat; 0.5g Saturated Fat; 0mg Cholesterol, 35mg Sodium, 1g Carbohydrates, 0g Fiber, 14g Sugar, 0g Protein

Spinach and Frisee Salad

Yield: 4 servings

Nutrition per salad:

230 Calories, 16g Fat, 3.5g Saturated Fat, 15mg Cholesterol, 400mg Sodium, 15g Carbohydrates, 5g Fiber, 7g Sugar, 8g Protein

DEMO #3:
RASPBERRY, SRIRACHA, AND GINGER GLAZED SALMON



Grocery List

- ☐ 4 ounces or about 1 cup ginger
- ☐ 4 cups frozen raspberries
- ☐ 1 cup Mirin
- ☐ 1 cup apple juice
- ☐ 1-2 teaspoons Sriracha
- ☐ 4-5 ounce filet portions of raw salmon
- ☐ 2 teaspoons olive oil
- ☐ 1 teaspoon kosher salt
- ☐ Black pepper, to taste

Demo Station Equipment

- ☐ Small clear containers/bowls for measured ingredients
- ☐ Measuring cups
- ☐ Liquid measuring cup
- ☐ Measuring spoons
- ☐ Cutting board
- ☐ Paring knife for ginger
- ☐ Medium sauce pan
- ☐ Induction burner
- ☐ Spoon for induction pan
- ☐ Fine mesh strainer

- ☐ 2 small-sized bowls for divided
Raspberry Sriracha Ginger Glaze

- ☐ Baking sheet for salmon
- ☐ Pastry brush for brushing salmon
- ☐ White dinner plate
- ☐ Small plates, plastic forks, and napkins for samples, if desired

Mise en Place: What You'll Want to Show on Your Demo Table

Raspberry Sriracha Ginger Glaze

Amounts for Demo	Ingredients	Ingredient Tray
4 ounces or about 1 cup	Ginger, peeled and sliced ¼ inch thick	Hand of ginger, container with sliced ginger
4 cups	Frozen raspberries, thawed	Frozen raspberries in a clear container
1 cup	Mirin	Bottle of Mirin or pre-portioned in a clear measuring cup or container
1 cup	Apple juice	Bottle of apple juice or pre-portioned in a clear measure cup
1 cup	Water	1 cup of water or glass carafe or bottle of water
1 to 2 teaspoons (adjust heat to desired level)	Sriracha sauce	Sriracha bottle or pre-portioned in small container

Glazed Salmon

Amount	Ingredient	Ingredient Tray
4 filet portions, raw (5 ounces each)	Salmon	4 portion cut filets on a plate
1 filet prepared	Salmon with glaze	1 portion on dinner plate for final presentation of cooked salmon with glaze
2 teaspoons	Oil, olive	Olive oil bottle or pre-portioned in clear container
1 teaspoon	Salt, kosher	Pre-portioned in a small, clear dish

To taste	Pepper, black fresh cracked	Pepper mill or pre-portioned in a small, clear dish
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Recipe: Raspberry, Sriracha, and Ginger Glazed Salmon

Makes 4 servings

INGREDIENTS

For Raspberry Sriracha Ginger Glaze:

4 ounces or about 1 cup ginger, peeled and sliced ¼ inch thick
 4 cups frozen raspberries, thawed
 1 cup Mirin
 1 cup apple juice
 1 cup water
 1-2 teaspoons (adjusted heat to desired level) Sriracha sauce

For Glazed Salmon:

4 filet portions, raw (5 ounces each) salmon
 2 teaspoons olive oil
 1 teaspoon kosher salt
 Black fresh cracked pepper, to taste

INSTRUCTIONS

1. Preheat the oven to 400 degrees F.
2. Season salmon with salt, pepper and olive oil. Set aside.
3. Next, make the Raspberry Sriracha Ginger Glaze. Combine all ingredients in medium sauce pan and cook over medium-high heat.
4. Bring to a boil, reduce heat and simmer until liquid is reduced by one-third and slightly thickened. *(Note: the Sriracha sauce increases in heat level when the sauce is reduced.)*
5. Remove from heat and strain through fine mesh strainer into two small-sized bowls. *(Note: This can be kept in the refrigerator prior to use.)*
6. Brush the first batch of **Raspberry Sriracha Ginger Glaze** onto seasoned salmon portions prior to baking.
7. Place salmon filets on a baking sheet and place in hot oven.
8. Bake about 8 to 12 minutes until salmon is done and remove pan from oven
9. At the end of the baking, prior to service, brush the second batch of glaze onto the salmon. Use about 1/2 to 1 ounce of glaze per salmon portion.

Final Recipe Presentation

- **Raspberry Sriracha Ginger Glaze:** Finished glaze in clear container
- **Raspberry Sriracha Ginger Glazed Salmon portion:** Final recipe on dinner plate

Culinary Notes

- The glaze can also be prepared and served as a rustic sauce and does not need to be strained. Grate the ginger instead of slicing.
- The glaze can be reduced so that it is sweeter and thicker by continuing to cook and reducing the sauce by one-half or two-thirds. It can be served as a spicy jam with roasted meat, on top of savory waffles or as a sandwich spread.
- Use the glaze as a marinade for chicken or pork in grilling or roasting. Season the meat with salt and pepper. Rub the raw meat with the glaze. Place in a plastic bag. Store in the refrigerator for a 2-3 hours prior to cooking. Remove from bag prior to cooking. Grill or roast meat until desired doneness.

Nutrition Notes

- A one -cup serving of frozen raspberries contains up to 6 grams of fiber, or 1/3 of the USDA daily-recommended value. This is significant since most Americans don't eat enough fiber. Adults 50 years old and under need about 25 – 38 grams of fiber a day, depending upon their gender.
- The 2020 Dietary Guidelines highlights that limited evidence suggest(s) that dietary patterns higher in vegetables, fruits, nuts, legumes, and seafood were generally associated with reduced risk of age-related cognitive impairment, dementia, and/or Alzheimer's disease. Keeping frozen raspberries in your freezer means you always have a serving of fruit available at your fingertips!
- The 2020 Dietary Guidelines highlights that limited evidence (or number of studies) suggest(s) dietary patterns emphasizing seafood, vegetables, fruits, and nuts, were generally associated with reduced risk of depression in men and non-perinatal women. Keeping frozen raspberries in your freezer means you always have a serving of fruit available at your fingertips!

Nutritional Information

Raspberry Sriracha Ginger Glaze

Yield 2 cups

Nutrition per 1 fluid ounce:

60 Calories, 0g Fat, 0g Saturated Fat, 0mg Cholesterol, 25mg Sodium, 14g Carbohydrates, 1g Fiber, 7g Sugar, 1g Protein

Glazed Salmon

Yields 4 servings

310 Calories, 13g Fat, 2g Saturated Fat, 90mg Cholesterol, 320mg Sodium, 14g Carbohydrates, 1g Fiber, 7g Sugar, 33g Protein

DEMO #4: RASPBERRY RED PEPPER RELISH



Grocery List

- ☐ 2 teaspoons olive oil
- ☐ ½ cup red onion
- ☐ 1 ½ cups canned roasted red peppers
- ☐ 2 ½ cups frozen raspberries
- ☐ ¼ cup apple juice
- ☐ 1 tablespoon molasses
- ☐ 2 tablespoons balsamic vinegar
- ☐ 1 teaspoon Worcestershire sauce

Demo Station Equipment

- ☐ Small clear containers/bowls for measured ingredients
- ☐ Measuring cups
- ☐ Liquid measuring cup
- ☐ Measuring spoons
- ☐ Cutting board

- ☐ Paring knife
- ☐ Medium sauce pan
- ☐ Induction burner

- ☐ Spoon for induction pan
- ☐ Plastic spoons and cups for sampling, if desired

Mise en Place: What You'll Want to Show on Your Demo Table

Amount	Ingredient	Ingredient Tray
2 teaspoon	Olive oil	Olive oil bottle or in small container pre-portioned
½ cup	Onion, red, peeled, small dice	Whole peeled red onion and clear container with small dice red onion pre-portioned
1 ½ cups	Peppers, red, roasted, peeled, seeded, small dice, canned, drained	Clear container with pre-portioned and 1-2 whole red pepper roasted on a plate for presentation
2 ½ cups	Raspberries, frozen	Frozen raspberries partially thawed for demo in clear container or in a clear measuring cup
¼ cup	Apple juice	Apple juice bottle or pre-portioned small, clear dish
1 tablespoon	Molasses	Small jar or pre-portioned in small, clear dish
2 tablespoons	Balsamic vinegar	Bottle of vinegar or pre-portioned amount in small, clear dish
1 teaspoon	Worcestershire sauce	Bottle of sauce or pre-portioned amount in small container

Recipe: Raspberry Red Pepper Relish

Makes 12 servings

INGREDIENTS

2 teaspoons olive oil

½ cup red onion, peeled, diced

1 ½ cups canned roasted red peppers, drained (*Note: Fresh peppers can be used to reduce the sodium level*)

2 ½ cups frozen raspberries

¼ cup apple juice

1 tablespoon molasses

2 tablespoons balsamic vinegar
1 teaspoon Worcestershire sauce

INSTRUCTIONS

1. Heat the oil in saucepan over medium heat. Add the onions to pan to sweat for 2 to 3 minutes until tender.
2. Add the remaining ingredients to pan. Bring to a boil, reduce heat to simmer. Simmer until liquid is reduced by one-half to two-thirds and slightly thickened.
3. Remove from heat and reserve chilled until ready to serve.

Final Recipe Presentation

- **Raspberry Red Pepper Relish:** Show finished product in clear container

Culinary Notes

- Use **Raspberry Vinegar** instead of balsamic vinegar for a more intense raspberry flavor.
- Relish can be served warm or cold.
- Serve the Raspberry Red Pepper Relish as a condiment for roasted meat, vegetables or a sandwich topper.
- Honey or brown sugar can be used instead of molasses for balancing the sweetness in the recipe.
- Serve this sweet-savory relish with roast pork, roast turkey or black bean burger as a side relish or as a sandwich spread.

Nutrition Notes

- Frozen raspberries are an excellent source of vitamin C. Vitamin C is an antioxidant, a powerful compound that may play a role in reducing inflammation.
- When consumed in the amounts recommended, fruit contributes substantial amounts of two nutrients of public health concern: fiber and potassium.
- According to the United States Department of Agriculture (USDA), half of your plate – yes, half – should be filled with fruits and/or veggies. Add frozen raspberries to breakfast, lunch or dinner! For more information, check out Choose My Plate: <http://www.choosemyplate.gov/>

Nutritional Information

Raspberry Red Pepper Relish

12 ounces or 1 ½ cup or 12 - 1 ounce servings

Nutrition per 1 ounce:

35 Calories, 1g Fat, 0g Saturated Fat, 0mg Cholesterol, 250mg Sodium, 6g Carbohydrates, 1g Fiber, 4g Sugar, 1g Protein

DEMO #5:
BLACK BEAN TACOS WITH SASSY RASPBERRY SALSA



Grocery List

- ☐ 1 small shallot
- ☐ One large lime
- ☐ 1 small onion
- ☐ 1 large Poblano pepper
- ☐ 2 cups frozen raspberries
- ☐ 1 avocado, sliced
- ☐ ½ cup tomato juice
- ☐ ½ teaspoon kosher salt
- ☐ 1 small red or green jalapeno
- ☐ ½ cup cilantro
- ☐ ¾ teaspoon ground cumin
- ☐ ¾ teaspoon ground coriander
- ☐ pinch of red pepper flakes, if desired
- ☐ 1 teaspoon of honey
- ☐ 1 tablespoon extra virgin olive oil
- ☐ 1, 15-ounce can black beans, drained and rinsed
- ☐ 8 soft corn tortillas
- ☐ 4 ounces sharp cheddar cheese, grated

Demo Station Equipment

- ☐ Small clear dishes/bowls for measured ingredients
- ☐ Small bowl for Sassy Raspberry Salsa
- ☐ Measuring cup
- ☐ Liquid measuring cup
- ☐ Measuring spoons
- ☐ Cutting board
- ☐ Paring knife to dice the shallot, jalapeno, and Poblano pepper, and to slice the lime and avocado
- ☐ Chef's knife to chop the cilantro and dice the onion
- ☐ Microplane for lime zest
- ☐ Can opener to open the black beans
- ☐ Strainer to rinse the black beans
- ☐ Cheese grater to grate the cheddar cheese
- ☐ Large skillet
- ☐ Induction burner
- ☐ Spoon for induction skillet
- ☐ Dinner-sized plate for displaying finished product
- ☐ Small paper plates and napkins for samples, if desired

Mise en Place: What You'll Want to Show on Your Demo Table

Sassy Raspberry Salsa

Amounts for Demo	Ingredients	Ingredient Tray
1 small	Shallot, finely diced, about ¼ cup	Finely diced shallot pre-portioned in a small, clear dish (<i>optional: demo dicing shallot</i>)
1 large, or about 2 tablespoons	Juice of one large lime, about 2 tablespoons and zest of one large lime	Whole lime to demo slicing lime for juice and zest

¼ teaspoon	Salt, kosher	Salt pre-portioned in a small, clear dish
1 small	Red or green jalapeno, seeded and diced	Diced jalapeno pre-portioned in a small, clear dish <i>(optional: demo dicing and seeding jalapeno)</i>
¼ cup	Cilantro, chopped	Chopped cilantro pre-portioned in a small, clear dish <i>(optional: demo chopping cilantro)</i>
¼ teaspoon	Cumin, ground	Cumin pre-portioned in a small, clear dish
¼ teaspoon	Coriander, ground	Coriander pre-portioned in a small, clear dish
2 cups	Frozen raspberries, thawed to room temperature	Frozen raspberries partially thawed for demo in clear container or in a clear measuring cup
1 teaspoon	Honey	Jar of honey or pre-portioned in a small, clear dish

Black Bean Tacos

Amount	Ingredient	Ingredient Tray
1 tablespoon	Olive oil	Olive oil bottle or pre-portioned in a small, clear dish
1 small	Onion, cut in small dice	Diced onion pre-portioned in a small, clear dish <i>(optional: demo dicing onion)</i>
1 large	Poblano pepper, cut in small dice	Olive oil bottle or pre-portioned in a small, clear dish
¼ teaspoon	Salt, kosher	Salt pre-portioned in a small, clear dish
½ teaspoon	Cumin, ground	Cumin pre-portioned in a small, clear dish
½ teaspoon	Coriander, ground	Coriander pre-portioned in a small, clear dish
Pinch	Red pepper flakes, if desired	Spice jar of red pepper flakes or pre-portioned in a small dish

1, 15-ounce can	Black beans, drained and rinsed	Beans pre-portioned in a small, clear bowl
½ cup	Tomato juice	Tomato juice container or pre-portioned in a small, clear dish
¼ cup	Cilantro leaves	Pre-portioned in a small, clear dish
8	Corn tortillas	Corn tortillas on a plate
1 medium	Avocado, sliced	Sliced avocado placed on a small plate (<i>optional: demo slicing avocado</i>)
4 ounces	Sharp cheddar cheese, grated	Sharp cheddar cheese placed on in clear dish (<i>optional: demo grating cheese</i>)

Recipe: Black Bean Tacos with Sassy Raspberry Salsa

Makes 8 servings

INGREDIENTS

For Sassy Raspberry Salsa

1 small shallot, finely diced, about ¼ cup
 Zest and juice of one large lime, about 2 tablespoons
 ¼ teaspoon salt, kosher
 1 small red or green jalapeno, seeded and diced
 ¼ cup cilantro, chopped
 ¼ teaspoon ground cumin
 ¼ teaspoon ground coriander
 2 cups frozen raspberries, thawed to room temperature
 1 teaspoon of honey

For Black Bean Tacos

1 tablespoon extra virgin olive oil
 1 small onion, cut in small dice
 1 large Poblano pepper, cut in small dice
 ¼ teaspoon salt, kosher
 ½ teaspoon ground cumin
 ½ teaspoon ground coriander
 Pinch of red pepper flakes, if desired
 1, 15-ounce can black beans, drained and rinsed
 ½ cup tomato juice

¼ cup cilantro leaves
8 soft corn tortillas
1 avocado, sliced
4 ounces sharp cheddar cheese, grated

INSTRUCTIONS

10-15 minutes prior to the cooking demo:

1. Add the shallot, lime zest and juice, sea salt and jalapeno to a small bowl. Stir and let the mixture sit for at least 10 minutes to give the shallot time to mellow and lose its bite.

During the cooking demo:

2. Stir in the cilantro, cumin and coriander.
3. Add the raspberries and honey, and toss gently, trying not to break them up too much. Set aside; the salsa will get better the longer it sits.
4. Next, make the black bean tacos. Heat a large skillet over medium heat. Add the olive oil, onion, poblano pepper, salt, cumin, coriander and red pepper flakes. Cook until onion is translucent, stirring occasionally, about 8 – 10 minutes.
5. Stir in the black beans and the tomato juice. Let the black bean mixture simmer for a few minutes until it thickens. Remove from heat and stir in the cilantro.
6. Divide the black bean mixture evenly among the corn tortillas. Top with shredded cheese, slices of avocado and the Sassy Raspberry Salsa.

Final Recipe Presentation

- **Black Bean Tacos with Sassy Raspberry Salsa:** Show finished product on a dinner plate

Culinary Notes

- The salsa and black bean taco filling can be made ahead of time and quickly assembled for a family dinner or lunch the next day.
- These tacos are great served with a side of colorful red cabbage and carrot slaw! Try our recipe for Red Raspberry Red Cabbage Slaw (available on our website). Slaw salads can also be made ahead of time and hold up well without wilting.
- Canned beans are a fast and easy alternative to dried beans. Simply drain and rinse the beans to remove excess sodium.
- The smoking point of olive oil is between 380 and 410 °F depending on the quality of the oil, and well above the temperature required for all but the highest-heat cooking.

Nutrition Notes

- At 80 calories per 1 cup serving, frozen raspberries are a great choice for those aiming to maintain their weight.

- According to the Dietary Guidelines, diets that emphasize plant-based foods are associated with less environmental impact and linked with more health promoting properties.
- A growing body of research indicates a link between recommended healthy dietary patterns and positive health outcomes. Strong evidence shows that healthy eating patterns such as those that are high in plant-foods – like fruits – are associated with a reduced risk of cardiovascular disease. Moderate evidence suggests healthy eating patterns are also associated with a reduced risk of obesity and chronic diseases, particularly, hypertension, type 2 diabetes and certain cancers.

Nutritional Information

Black Bean Tacos with Sassy Raspberry Salsa

Makes 8 tacos

Nutrition per 1 taco with salsa:

250 Calories, 10g Fat, 3.5g Saturated Fat, 15mg Cholesterol, 310mg Sodium, 31g Carbohydrates, 8g Fiber, 4g Sugar, 10g Protein



DEMO #6:



RASPBERRY MEYER LEMON CHIA JAM

Grocery List

- ☐ 2 cups frozen raspberries
- ☐ 2 tablespoons maple syrup
- ☐ 2 tablespoons chia seeds
- ☐ 1 teaspoon vanilla extract
- ☐ 1 large Meyer lemon

Demo Station Equipment

- ☐ Small clear dishes/bowls for measured ingredients
- ☐ Induction burner
- ☐ Small saucepan
- ☐ Spoon for induction saucepan
- ☐ Measuring spoons
- ☐ Measuring cup
- ☐ Cutting board for slicing lemon
- ☐ Paring knife for slicing lemon
- ☐ Microplane for lemon zest
- ☐ Sterilized jar
- ☐ Plastic spoons and cups for sampling, if desired

Mise en Place: What You'll Want to Show on Your Demo Table

Amount	Ingredient	Ingredient Tray
2 cups	Frozen raspberries	Frozen raspberries in clear container or in a clear measuring cup
2 tablespoons	Maple syrup	Bottle of maple syrup or pre-portioned in a small, clear dish
2 tablespoons	Chia seeds	Bag of chia seeds or pre-portioned in a small, clear dish
1 teaspoon	Vanilla extract	Bottle of vanilla or pre-portioned in a small, clear dish
1 large	Meyer lemon	Whole Meyer lemon to demo slicing lime for juice and zest

Makes 18 servings

INGREDIENTS

2 cups frozen raspberries
 2 tablespoons maple syrup
 2 tablespoons chia seeds
 1 teaspoon vanilla extract
 Zest and juice of one large Meyer Lemon, about 2 tablespoons

INSTRUCTIONS

1 day prior to the cooking demo, make a batch of Raspberry Meyer Lemon Chia Seed Jam so it has time to thicken.

During cooking demo:

1. Put all ingredients into a small saucepan and boil several minutes until thick.
2. Transfer to sterilized glass jar and allow to cool and thicken overnight.

Final Recipe Presentation

- **Raspberry Meyer Lemon Chia Jam:** Show finished, thickened product in sterilized jar.

Culinary Notes

- Chia seeds are a great way to make homemade jam without any pectin or added sugar. They absorb several times their mass in liquid, creating a jelly-like substance in the process.
- The best ratio of fruit to chia seeds is about two cups of fruit to two tablespoons of chia seeds. You can start with this ratio and add more chia seeds one teaspoon at a time if you'd like a thicker consistency.
- Since chia jam does not require the addition of added sugar, it tends to be less sweet. In our recipe you can substitute honey, agave, or regular sugar to replace the maple syrup.
- Although chia jam is never quite as thick or sticky as regular jam, you can still spread it on toast, spoon it over yogurt, or stir it into oatmeal like regular jam.
- You can skip the cooking step altogether and simply combine mashed, uncooked raspberries with the other ingredients – just be prepared that your jam may be a bit more syrupy and less flavorful.
- To sterilize a jar, fill a one-quart jar with boiling water. Leave it for a minute and then empty it. Allow it to dry out naturally without wiping, so it remains sterilized.

Nutrition Notes

- Freezing raspberries is a gentle preserving process, which requires only cold air and water that maintains the integrity, flavor, and nutritional benefits of fresh raspberries. A one-cup serving of frozen red raspberries has only about 80 calories but provides 28% of the daily vitamin C requirement, 21% of the daily fiber requirement, 40% of the daily manganese requirement, and all with only 1 gram of fat (none of it saturated or trans fats) and, no cholesterol.

Nutritional Information

Raspberry Meyer Lemon Chia Jam

Makes 18, 1 tablespoon servings

Nutrition per 1 tablespoon serving:

20 Calories, 0.5g Fat, 0g Saturated Fat, 0mg Cholesterol, 0mg Sodium, 4g Carbohydrates, 1g Fiber, 2g Sugar, 0g Protein

DEMO #7:

SASSY FROZEN RASPBERRY SMOOTHIE



Grocery List

- ☐ 1 cup frozen raspberries
- ☐ ¾ cup almond milk, unsweetened
- ☐ 1 frozen banana
- ☐ 1 tablespoon ground flaxseed
- ☐ 2 dates, pitted

Demo Station Equipment

- ☐ Small clear dishes/bowls for measured ingredients
- ☐ Measuring cup
- ☐ Liquid measuring cup
- ☐ Measuring spoons
- ☐ Blender
- ☐ Tall glass
- ☐ Plastic cups for sampling, if desired

Mise en Place: What You'll Want to Show on Your Demo Table

Amount	Ingredient	Ingredient Tray
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1 cup	Raspberries, frozen	Frozen raspberries in clear container or in a clear measuring cup
$\frac{3}{4}$ cup	Almond milk, unsweetened	Almond milk container or pre-portioned
1	Banana, frozen	Peeled or unpeeled
1 tablespoon	Flaxseed, ground	Bag of ground flaxseed or pre-portioned in a small bowl
2	Dates, pitted	In a clear, small bowl or container

Recipe: Sassy Frozen Raspberry Smoothie

Makes 1 serving

INGREDIENTS

1 cup frozen raspberries
 $\frac{3}{4}$ cup almond milk, unsweetened
 1 frozen banana
 1 tablespoon ground flaxseed
 2 pitted dates

INSTRUCTIONS

1. Combine all ingredients in a blender, secure with lid and puree until smooth.

Final Recipe Presentation

- **Sassy Frozen Raspberry Smoothie:** Show finished product in clear tall glass.

Culinary Notes

- If a hearty meal doesn't sound appetizing during a heat spell, enjoy a whole meal, fruit smoothie for an on-the-go breakfast or lunch.
- Smoothies are a great vehicle to add extra nutrition to your day and are great snacks for busy kids and active bodies. Load them up with frozen raspberries, omega-3 rich flax seeds or chia seeds, and even toss in a handful of leafy greens if you like!
- Because you don't have to worry about frozen fruit spoiling, you can always have it on hand to use in your favorite recipes. You can use only the amount you need, and then reseal the bag for the next time.

- To retain the polyunsaturated fatty acids in the flaxseeds, store your flaxseed—whole or ground—in an airtight container in the fridge or freezer. Your best bet is to buy whole flaxseeds and to grind only what you need.

Nutrition Notes

- Raspberries have an incredible way of making an average smoothie really splash. By blending in one cup of frozen raspberries with your smoothie, you're delivering your body 6 grams of additional fiber.
- The moment a ripe berry is picked from the bush, it's susceptible for nutrient loss, but because raspberries are flash-frozen within hours, those good-for-you nutrients are essentially "locked in."
- A one-cup serving of frozen red raspberries has only 80 calories, is an excellent source of vitamin C, and provides 6 grams of fiber. Vitamin C is an antioxidant, a powerful compound that may play a role in reducing inflammation associated with and chronic disease.

Nutritional Information

Sassy Frozen Raspberry Smoothie

Makes 1, 14 ounce smoothie

Nutrition per 1 smoothie: 310 Calories, 6g Fat, 0mg Cholesterol, 105mg Sodium, 41g Carbohydrate, 64g Sugar, 8g Fiber, 37g Protein

DEMO #8:
"FAKE IT 'TIL YOU CAN MAKE IT"
RASPBERRY LEMON CHEESECAKE PARFAITS



Grocery List

- ☐ 2 ounces cream cheese
- ☐ 2 ounces reduced-fat Greek yogurt
- ☐ 1 teaspoon sugar
- ☐ 1 lemon
- ☐ 1 cup frozen raspberries
- ☐ 2 graham crackers

Demo Station Equipment

- ☐ Small clear dishes/bowls for measured ingredients
- ☐ Mixing bowl
- ☐ Spatula
- ☐ Whisk **or** electric hand mixer
- ☐ Measuring cup
- ☐ Measuring spoons
- ☐ Microplane
- ☐ Ziploc freezer bag
- ☐ 2 parfait bowls
- ☐ Plastic spoons and plates for sampling, if desired

Mise en Place: What You'll Want to Show on Your Demo Table

Amount	Ingredient	Ingredient Tray
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2 ounces	Cream cheese, softened	Pre-portioned in a small, clear dish
2 ounces	Reduced-fat Greek yogurt	Pre-portioned in a small, clear dish
1 teaspoon	Sugar	Bag of sugar or pre-portioned in a small, clear dish
1 teaspoon	Lemon juice	Pre-portioned in a small, clear dish
1	Lemon zest	Whole lemon to display zesting with a microplane
2 cups	Frozen raspberries, thawed	Frozen raspberries in clear container or in a clear measuring cup
2	Graham crackers	Whole Graham crackers in a clear plastic freezer bag (<i>note: demonstrate breaking them up</i>)

Recipe: Raspberry Lemon Cheesecake Parfaits

Makes 2 servings

INGREDIENTS

2 ounces cream cheese, softened
 2 ounces reduced-fat Greek yogurt
 1 teaspoon sugar
 1 teaspoon lemon juice
 The zest from one lemon
 2 cups frozen raspberries, thawed
 2 graham crackers

DIRECTIONS

2. Whisk together cream cheese, Greek yogurt, sugar, lemon juice and lemon zest.
3. Put graham crackers into Ziploc bag and crush with hands into coarse crumbs.
4. Fill each of 2 parfait bowls with 1 cup thawed raspberries. Top with cream cheese yogurt, and sprinkle with graham cracker crumbs.

Final Recipe Presentation

- **Raspberry Lemon Cheesecake Parfaits:** Show finished product in a clear parfait glass

Culinary Notes

- While this recipe may typically be viewed as a dessert, it can also be treated as a snack! The combination of fat and protein will help keep you feeling full and satisfied until your next meal.
- There are lots of other fun ways to substitute Greek yogurt in your recipes. You can use it in place of sour cream and mayonnaise.
- Depending on how much lemon flavor you like, you may want to add a little bit more lemon juice to the Greek yogurt/cream cheese mixture.

Nutrition Notes

- The majority of people are falling short on their calcium needs. Aim to have three to four servings of calcium-rich foods such as milk, yogurt or cheese each day to keep your bones strong and healthy.
- To keep our bodies in tip-top shape, the USDA recommends we fill up half our plate with fruits and vegetables. Keeping frozen fruit on hand is a great way to make that a cinch!

Nutritional Information

Raspberry Lemon Cheesecake Parfaits

Makes 2 parfaits

Nutrition per 1 parfait:

260 Calories, 12g Fat, 7g Saturated Fat, 35mg Cholesterol, 180mg Sodium, 32g Carbohydrate, 16g Sugar, 9g Fiber, 8g Protein

