

RECIPE BOOK

Fresh Dress

damn! that's good

NO SUGAR

VEGAN



LOW CARB

DAIRY FREE

ORGANIC CANE SUGAR



MADE WITH OLIVE OIL
100%
Awesome
impressionnant
avec de l'huile d'olive

FISH FREE

LOW SODIUM

GLUTEN FREE
sans gluten

OMEGA 3
OMÉGA 3

ALL NATURAL
tout naturel

GREEN GODDESS

GREEN GODDESS SLAW

1 SMALL HEAD OF CABBAGE, SHREDDED FINE
2 CARROTS, PEELED AND SHREDDED
2 SCALLIONS, SLICED FINE
1 CUP FRESH DRESS GREEN GODDESS
1/2 CUP TOASTED SLIVERED ALMONDS
OR PEANUTS (OPTIONAL)

- PLACE CABBAGE, CARROTS AND SCALLIONS IN A LARGE BOWL.
 - POUR FRESH DRESS GREEN GODDESS OVER VEGETABLES, MIX WELL.
- COVER AND KEEP REFRIGERATED UNTIL SERVED.
- BEFORE SERVING ADD TOASTED SLIVERED ALMONDS OR PEANUTS.

PREPARATION TIME: 20 MINUTES

SERVES: 8 



CRISPY AVOCADO EGG ROLLS

2 RIPE AVOCADOS, PITTED, PEELED AND DICED
1/3 CUP CHOPPED CILANTRO
1/4 CUP FINELY DICED RED ONION
1 TBSP. RICE VINEGAR
2 TBSP. FRESH DRESS GREEN GODDESS, PLUS
MORE FOR DIPPING
10 EGG ROLL WRAPPERS
1 EGG, LIGHTLY BEATEN WITH 1 TSP. WATER
VEGETABLE OIL FOR FRYING

- COMBINE AVOCADO, CILANTRO, ONION, RICE VINEGAR AND 2 TBSP. OF FRESH DRESS GREEN GODDESS IN A SMALL BOWL.
- LAY ONE EGG ROLL WRAPPER IN FRONT OF YOU WITH A TIP POINTING DOWN. SPOON ABOUT 2 TABLESPOONS OF AVOCADO FILLING INTO THE MIDDLE OF THE WRAP. LIGHTLY BRUSH EACH CORNER WITH EGG WASH.
- FOLD BOTTOM CORNER UP AND OVER THE FILLING, TUCK EACH SIDE IN AND CONTINUE TO ROLL UP, SEALING TIGHTLY.
- PLACE ON A BAKING SHEET, SEAM SIDE DOWN.
- FILL A LARGE SKILLET A 1/4 INCH DEEP WITH OIL AND HEAT OVER MEDIUM-LOW HEAT.
- FRY EGG ROLLS ABOUT 5 MINUTES UNTIL CRISPY & GOLDEN BROWN ON ALL SIDES, USING TONGS TO TURN THEM SO THEY BROWN EVENLY.
- SERVE WARM WITH FRESH DRESS GREEN GODDESS AS A DIPPING SAUCE.

PREPARATION TIME: 45 MINUTES

SERVES: 5 



GREEN GODDESS

 NO SUGAR  DAIRY FREE  FISH FREE  LOW CARB  LOW SODIUM
sans sucre sans produits laitiers sans poisson sans gluten sans sodium

GREEN GODDESS

HEAVENLY ROASTED CHICKEN

- 1 WHOLE CHICKEN
- 4 RAINBOW CARROTS, PEELED
- 1 BUTTERNUT SQUASH, PEELED AND CUBED
- 4 SMALL BEETS, PEELED CUT IN 1INCH WEDGES
- 6 SMALL SHALLOTS
- 1 SWEET POTATO, PEELED AND CUBED
- 3/4 CUP FRESH DRESS GREEN GODDESS

- PREHEAT OVEN TO 350° F
- CLEAN CHICKEN AND PAT DRY. PLACE CHICKEN IN A LARGE ROASTING PAN.
- ARRANGE VEGETABLES AROUND THE CHICKEN.
- COAT CHICKEN AND VEGETABLES WITH FRESH DRESS GREEN GODDESS.
- COVER AND BAKE FOR 1.5 HOURS.
- REMOVE LID AND BAKE FOR AN ADDITIONAL HALF HOUR.

PREPARATION TIME: 10 MINUTES

COOK TIME: 2 HOURS

SERVES: 6 



GREEN GODDESS PISTACHIO SALMON

- 6 7 OUNCE SALMON FILLETS, SKIN OFF
- 6 TBSP. FRESH DRESS GREEN GODDESS
- 1/2 CUP COARSELY CHOPPED PISTACHIOS

- PREHEATS OVEN TO 400° F
- PLACE SALMON ON A LIGHTLY GREASED COOKIE SHEET.
- COAT EACH PIECE WITH 1 TBSP. OF FRESH DRESS GREEN GODDESS.
- SPRINKLE EACH FILET WITH PISTACHIO.
- BAKE FOR 15-18 MINUTES OR UNTIL THE FISH IS COOKED THOROUGHLY AND FLAKES EASILY WITH A FORK.

PREPARATION TIME: 5 MINUTES

COOK TIME: 18 MINUTES

SERVES: 6 



GREEN GODDESS

ORGANIC CANE SUGAR • DAIRY FREE • FISH FREE • LOW SODIUM
sucre de canne biologique • sans produits laitiers • sans poissons • faible sodium

CREAMY CAESAR

GRILLED CHIKEN CAESAR SALAD

4 BONELESS, SKINLESS CHICKEN BREASTS
1 HEAD ROMAINE LETTUCE
1/2 CUP CROUTONS
FRESH DRESS CREAMY CAESAR TO TASTE

- PLACE CHICKEN BREAST IN A SHALLOW RIMMED DISH, POUR FRESH DRESS CREAMY CAESAR OVER THE CHICKEN TO MARINATE.
- COVER AND REFRIGERATE FOR A MINIMUM OF 1 HOUR, TURNING AT LEAST ONCE.
- REMOVE CHICKEN FROM DISH, DISCARD MARINADE.
- PLACE ON GREASED GRILL OVER MEDIUM HEAT; CLOSE LID AND COOK, TURNING ONCE, FOR A TOTAL OF 10 MINUTES OR UNTIL NO LONGER PINK INSIDE.
- TRANSFER TO CUTTING BOARD; TENT WITH FOIL AND LET STAND FOR 5 MINUTES.
- SLICE CHICKEN ACROSS THE GRAIN INTO THIN STRIPS.
- TEAR LETTUCE INTO BITE-SIZE PIECES; PLACE IN LARGE BOWL.
- ADD FRESH DRESS CREAMY CAESAR TO TASTE, TOSS LIGHTLY.
- TOP WITH SLICED CHICKEN AND GARNISH WITH CROUTONS.

PREPARATION TIME: 25 MINUTES

SERVES: 4 



MUSHROOM SPINACH STUFFED CHICKEN ROLLS

4 BONELESS, SKINLESS CHICKEN BREAST
8 OUNCE SLICED CRIMINI OR BUTTON MUSHROOMS
9 OUNCE BAG BABY SPINACH
1 SMALL SHALLOT, DICED
2 TBSP. CANOLA OIL
SALT AND FRESHLY GROUND PEPPER
2 EGGS, BEATEN

1/4 CUP FRESH DRESS CREAMY CAESAR,

PLUS ENOUGH TO BRUSH OVER CHICKEN BREAST

- PRE-HEAT OVEN TO 350° F, LIGHTLY GREASE A SMALL BAKING PAN.
- PLACE CHICKEN BREAST BETWEEN TWO SHEETS OF WAX PAPER AND POUND OUT CHICKEN WITH A MEAT Mallet OR THE BOTTOM OF A GLASS BOTTLE, STARTING AT THE CENTRE OF THE CHICKEN, WORKING OUTWARDS.
- HEAT CANOLA OIL IN A SKILLET OVER MEDIUM-HIGH HEAT. ADD SHALLOTS, SAUTÉ FOR ABOUT 3 MINUTES OR UNTIL TRANSPARENT, STIRRING OCCASIONALLY. ADD SLICED MUSHROOMS, SAUTÉ FOR 3 MINUTES. ADD FRESH SPINACH, COOK UNTILL WILTED. SEASON WITH SALT AND PEPPER.
- ADD FRESH SPINACH, COOK UNTILL WILTED.
- ADD THE BEATEN EGGS TO THE SKILLET AND STIR INTO VEGETABLES. PLACE IN A SIEVE TO DRAIN EXCESS LIQUID.

● PLACE MIXTURE INTO A MIXING BOWL. ADD 1/4 CUP FRESH DRESS CREAMY CAESAR, MIX WELL.

● DIVIDE MIXTURE INTO 4 PORTIONS AND PLACE IN THE CENTRE OF EACH CHICKEN BREAST. WRAP CHICKEN AROUND SPINACH AND PLACE SEAM DOWN IN GREASED BAKING PAN.

● BRUSH FRESH DRESS CREAMY CAESAR ON THE TOP AND SIDES OF THE CHICKEN ROLL.

● COVER AND BAKE FOR 20 MINUTES, UNCOVER AND CONTINUE BAKING FOR 10 MINUTES.

PREPARATION TIME: 40 MINUTES

COOKING TIME: 30 MINUTES

SERVES: 4 



CREAMY CAESAR

NO SUGAR • NO TRANS FAT • FRESH SPINACH • LOW CARB • LOW SODIUM
sans sucre • sans gras trans • sans produits laitiers • sans gluten • sans sodium

WICKED CAESAR

WICKED BABY SPINACH SALAD

- 6 CUPS BABY SPINACH
- 1 SMALL RED ONION, SLICED IN RINGS
- 3 HARD BOILED EGGS, SLICED IN CIRCLES
- 4 MEDIUM SIZE MUSHROOMS, WASHED AND SLICED
- 4 TBSP. FRESH DRESS WICKED CAESAR
- 1/3 CUP BACON BITS, CROUTONS OR SUNFLOWER SEEDS (OPTIONAL)

- PLACE SPINACH IN A MIXING BOWL, TOSS WITH FRESH DRESS WICKED CAESAR.
- ARRANGE RED ONION, EGGS AND MUSHROOMS ON TOP OF SPINACH. GARNISH WITH YOUR CHOICE OF BACONS BITS, CROUTONS OR SUNFLOWER SEEDS.
- SERVE IMMEDIATELY.

PREPARATION TIME: 10 MINUTES
SERVES: 6 🍴🍴🍴🍴🍴🍴



WICKED SOUVLAKI

- 4 PITA BREAD ROUNDS, WARMED
- 4 PORTIONS OF EITHER BEEF, CHICKEN OR LAMB
- 1 CUP FRESH DRESS WICKED CAESAR FOR MARINATING PLUS 4 TBSP. FOR TOPPING
- 1/4 CUP CHOPPED MINT
- 1/4 CUP KALAMATA OLIVES
- 2 TOMATOES, DICED
- 1 SMALL RED ONION, SLICED
- 4 SKEWERS

- CUT YOUR MEAT INTO 1 INCH CUBES, PLACE IN A SEALABLE BAG.
- POUR FRESH DRESS WICKED CAESAR OVER MEAT. MIX, SEAL AND REFRIGERATE OVERNIGHT OR FOR AT LEAST 3 HOURS, TURNING OCCASIONALLY.
- THREAD MEAT ONTO SKEWERS, PLACE ONTO WELL HEATED GRILL (IF A GRILL IS NOT AVAILABLE A LIGHTLY OILED SKILLET WILL WORK).
- GRILL EACH SIDE UNTIL COOKED THROUGH.
- REMOVE FROM SKEWER, PLACE ON WARMED PITA BREAD ROUNDS.
- TOP WITH FRESH DRESS WICKED CAESAR, CHOPPED MINT, TOMATO, RED ONION AND PITTED KALAMATA OLIVES.

SERVES 4 🍴🍴🍴🍴
PREPARATION: 20 MINUTES
COOKING TIME: 5-10 MINUTES



WICKED CAESAR

NO SUGAR • 0% SODIUM • 100% AWESOME IMPRESSIONNANT • 100% ALL NATURAL • OILY FREE • 25% FRESH • 40% CARB • 40% SODIUM • 100% PRODUCE • 100% POTENTIUM • FIBRE • GLUCOSE • FIBRE • SODIUM • 355 mL • OMEGA 3

LEMON GARLIC

TACOS WITH MANGO AVOCADO SALSA

FOR THE FISH

1 LB. OF HALIBUT

OR COD CUT INTO 3/4 INCH CUBES

1/2 CUP FRESH DRESS LEMON GARLIC

4 6 INCH CORN TORTILLAS

- PLACE FISH IN A SHALLOW DISH, DRIZZLE FRESH DRESS LEMON GARLIC OVER FISH.
- COVER AND REFRIGERATE FOR 20 MINUTES.
- HEAT A NON-STICK SKILLET OVER MEDIUM-HIGH HEAT, SPRAY WITH COOKING SPRAY. PLACE FISH ON SKILLET, DISCARDING MARINADE. COOK FISH, STIRRING OCCASIONALLY UNTIL COOKED THROUGH, 4-5 MINUTES.
- PLACE ON WARMED CORN TORTILLAS, TOP WITH MANGO AVOCADO SALSA.

FOR THE SALSA

1 MANGO, PEELED AND CUBED

1 FIRM RIPE AVOCADO, PEELED AND CUBED

1/2 SMALL RED ONION, PEELED AND DICED

1/2 CUP COARSELY CHOPPED CILANTRO

1 SMALL JALAPEÑO, SEEDED AND DICED

1/2 CUP FRESH DRESS LEMON GARLIC

- PLACE ALL INGREDIENTS IN A SMALL BOWL AND TOSS, SET ASIDE.

PREPARATION TIME: 20 MINUTES

COOK TIME: 10 MINUTES

SERVES 6-8 🍷🍷🍷🍷🍷🍷🍷🍷

MEDITERRANEAN SPRING SALAD

2 HEADS ROMAINE LETTUCE, CUT FINE

4 GREEN SCALLIONS, SLICED FINE

2 TBSP. MINCED FRESH PARSLEY

2 TBSP. MINCED FRESH CILANTRO

1/2 CUP FENNEL, DICED FINE

FRESH DRESS LEMON GARLIC DRESSING

1/4 CUP CHOPPED HOASTED HAZELNUTS
(OPTIONAL)

- PLACE LETTUCE IN LARGE SALAD BOWL.
- ADD ALL REMAINING INGREDIENTS, TOSS TO COAT.
- GARNISH WITH ROASTED HAZELNUTS (OPTIONAL).

PREPARATIONS TIME: 15 MINUTES

SERVES: 4 🍷🍷🍷🍷



LEMON GARLIC

* NO SUGAR * LOW CARB * NO SOODIUM * VEGAN
sans sucre sans gluten sans sodium végétalien

RASPBERRY VINAIGRETTE

GOURMET RASPBERRY SALAD

8 CUPS GOURMET MIX SALAD GREENS
OR BABY SPINACH
1/2 PINT SLICED STRAWBERRIES
1/2 CUP CUBED AVOCADO
1 SMALL RED ONION, CUT IN RINGS
HANDFUL OF CARAMELIZED PECANS
1/2 CUP CRUMBLed GOAT CHEESE
1/2 CUP FRESH DRESS RASPBERRY VINAIGRETTE

- PLACE GREENS IN A SALAD BOWL.
- ADD FRESH DRESS RASPBERRY VINAIGRETTE DRESSING, TOSS TO COAT.
- TOP WITH STRAWBERRIES, AVOCADO, ONION, CARAMELIZED PECANS AND GOAT CHEESE.

CARAMELIZED PECANS

1 1/2 CUPS PECANS
2/3 CUP WHITE SUGAR

- HEAT A SKILLET ON LOW HEAT.
- ADD PECANS AND TOAST FOR 3 MINUTES.
- ADD THE SUGAR AND MIX WITH A WOODEN SPOON UNTIL SUGAR MELTS AND COATS PECANS.
- KEEP STIRRING UNTIL SUGAR TURNS BROWN AND CARAMELIZED.
- SPOON PECANS ONTO A PREPARED SHEET OF SILVER FOIL, SEPARATE PECANS AND COOL.

PREPARATION TIME: 30 MINUTES
SERVES: 6-8 

HAMPTONS SUMMER GOAT CHEESE MEDALLIONS

1 8 OUNCE LOG OF GOAT CHEESE
2 TBSP. DRIED CRANBERRIES
(SWEETENED OR UN-SWEETENED)
2 TBSP. ROASTED SHELLED PISTACHIOS
1/2 TBSP. FRESH DRESS
RASPBERRY VINAIGRETTE

- PLACE DRIED CRANBERRIES AND PISTACHIOS IN A FOOD PROCESSOR. PULSE A FEW TIMES FOR A ROUGH CHOP. REMOVE AND PLACE ON A FLAT DISH.
- ROLL GOAT CHEESE LOG IN THE CHOPPED MIXTURE, GENTLY PRESSING THE NUTS AND CRANBERRIES INTO THE CHEESE.
- COVER AND REFRIGERATE.
- BEFORE SERVING DRIZZLE FRESH DRESS RASPBERRY VINAIGRETTE ON TOP OF LOG.
- SLICE AND SERVE ON YOUR FAVOURITE CRACKERS.

PREPARATION TIME: 10 MINUTES
SERVES: 6 



RASPBERRY VINAIGRETTE

 NO SUGAR  LOW CARB  NO SODIUM  VEGAN
sans sucre sans gluten sans sodium végétalien

Fresh Dress

damn! that's good

CONCORD, ONTARIO

WWW.FRESHDRESS.CA