

# Citrus Pear<sup>®</sup>

## ADDITIONAL SERVING SUGGESTIONS

### 3 BEAN TURKEY CHILI

Add cooked rice or quinoa  
Serve over baked potato or sweet potato

### BALSAMIC BEEF KABOBS

Add chopped red potatoes, red or yellow onions, zucchini, or cherry tomatoes prior to grilling  
Great for camping! Keep frozen and cook on the grill or over the fire pit

### BALSAMIC CHICKEN

Serve over thinly sliced sourdough bread topped with mozzarella cheese  
Serve on pizza with tomato sauce, mozzarella, and fresh basil  
Serve over spaghetti squash

### BBQ BEEF SANDWICHES

Serve over salad or sandwich thins for a lower carb option!

### BBQ CHICKEN

Serve on pizza with additional BBQ sauce, sliced red onions, and cilantro  
BBQ chicken salad

### BEEF STROGANOFF

Serve over zoodles, mashed potatoes, rice, or cauliflower rice  
Top with fresh sautéed mushrooms

### BEEF WITH BROCCOLI

Serve over brown rice ramen or cauliflower rice

### BREAKFAST FOR DINNER

Bake at 350°F for 20 min (or to 165 F) in 9x13 pan. Serve with salsa  
Add a can of diced green chilis and serve as breakfast burrito  
Thaw and cook in muffin tin for individual breakfast muffins. Cook at 350°F for 20 min or until cooked thoroughly

### BONELESS PORK RIBS

Thaw and grill!  
Great with homemade potato or macaroni salad and/or cornbread  
Shred and serve over salad or nachos

## BUFFALO CHICKEN LETTUCE WRAPS

Great as a sandwich wrap with whole wheat tortillas, cabbage/lettuce, blue cheese/ranch  
Serve on sandwich as grilled cheese  
Serve in quesadilla or over salad or nachos  
Add mayonnaise and chopped apples and serve as “chicken salad sandwich”  
Stir in 1/3 cube Greek or low fat cream cheese and noodle of choice. Bake at 350°F for 15 minutes (or to 165°F) for casserole  
Serve on Hawaiian rolls as sliders

## BURRITO BOWLS

Cook thoroughly, stuff into whole bell peppers, and cook in the oven for stuffed bell peppers!  
Serve as a chip dip, atop nachos, or on a salad  
Serve in hard-shell tacos  
Over baked potato or baked sweet potato

## CARNE ASADA STREET TACOS

Cook in the dutch oven, smoker, or over the grill  
Sauté peppers and onions to serve as steak fajitas  
Add fresh mango or grilled pineapple!

## CASHEW CHICKEN

Serve over brown rice ramen or cauliflower rice  
Add a bag of frozen stir-fry veggies and serve as chicken stir-fry

## CHICKEN FAJITAS

Chicken fajita quesadilla  
Chicken fajita salad

## CHICKEN LIME TACOS

Serve over nachos, in a quesadilla, or rice bowl

## CHICKEN NOODLE SOUP

Serve over mashed potatoes  
Add Greek or low fat cream cheese

## COCONUT CURRY CHICKEN

Serve with sautéed zucchini and fresh mango  
Serve with brown rice noodles, zoodles, or cauliflower rice

## CREAMY LEMON CHICKEN

Serve over couscous

## FIRE ROASTED TOMATO & CHIPOTLE CHILI

Serve over baked potato or sweet potato

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## FRENCH DIP

Serve over ciabatta bread with provolone cheese  
For low carb option serve with cabbage cups or lettuce wraps  
Sauté onions and peppers and serve as sliders topped with provolone cheese

## GARLIC PARMESAN CHICKEN

Serve over mashed potatoes, rice, or cauliflower rice

## CHICKEN GYROS

Chicken Caesar salad  
Serve as Balsamic Chicken salad (strawberries, cranberries, almonds, feta cheese, romaine lettuce, balsamic dressing)  
Add cream cheese and serve over pasta  
Serve over rice or orzo with red onion, cucumber, tomatoes, and feta cheese

## HONEY ORANGE CHICKEN

Thaw and cook in skillet  
Sliders with Hawaiian sweet rolls

## HONEY SESAME CHICKEN

Over zoodles or brown rice ramen

## INDIAN CHICKEN MASALA

Serve over cauliflower rice

## LASAGNA SOUP

Mix ricotta and parmesan cheese and place it in the bottom of the bowl before adding soup for extra creaminess!  
Don't add water to make more of a spaghetti sauce

## MEATLOAF

Make into sliders with hamburger fixings  
Before freezing, roll into meatballs or divide into mini muffin tins  
Add diced red potatoes to slow cooker before cooking

## ORANGE GINGER PORK LOIN

Serve with rice pilaf  
Add 1/2 cup apple juice half way through cooking for added moisture

## PESTO TOSSED LASAGNA

Add rotisserie chicken, ground beef, or ground turkey  
Serve over ravioli, tortellini, or spaghetti squash  
Use as sauce on a pizza!

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## PORK CARNITAS

Serve over nachos

After shredding, crisp in air fryer for 5 min at 400°F

Make carnitas bowls with rice, guacamole, salsa, and cheese

Mix with scrambled eggs and black beans for a high protein breakfast burrito!

## PULLED PORK

Pulled pork pizza

Make into quesadillas or taquitos

Serve over rice with steamed veggies

Add to scrambled eggs for breakfast

## ITALIAN SAUSAGE & TORTELLINI SOUP

Add lentils, chopped kale, or spinach

## SLOPPY JANES

Open face sandwich

Lettuce wraps or cabbage cups

Bake inside biscuit dough

## SPAGHETTI & MEATBALLS

Serve over zoodles

Remove meatballs and blend sauce to smooth chunks

Meatball subs with melted provolone on top

## SWEET PORK

Serve as quesadilla

Serve as sliders topped with provolone cheese

After cooking, make into enchiladas with an additional can of enchilada sauce

Mix with scrambled eggs and black beans for a high protein breakfast burrito!

## TERIYAKI CHICKEN

Add additional fresh pineapple

## TEX-MEX CHICKEN

Top nachos or in quesadillas

Add chicken broth and make into tortilla soup

## THAI PEANUT CHICKEN

Serve over rice noodles, zoodles, forbidden rice, broccoli slaw, cauliflower rice, or pasta

## WHITE BEAN CHILI

Add additional rotisserie chicken

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