



# Healthcare

Spring-Summer 2011

## Fresh Solutions for Fresh Produce.®

### Brands

- Ready-Set-Serve (RSS): table-ready fruits, vegetables, and juices packed to detailed specifications
- Markon First Crop (MFC): whole fruits and vegetables packed to detailed specifications

### Food Safety

- Every case of RSS or MFC you purchase from a member distributor has met or surpassed Markon's unparalleled standards for food safety
- Our 5-Star Food Safety® Audit Program is based on specifications, inspections, and information at five key points: fields, facilities, transportation, distributor warehouses, and operator kitchens

### Sustainability

- Markon was the first to test sustainable practices that result in specific, verifiable, and measurable data; we know the importance of quantifying water use, pesticides, and energy, and partner with like-minded grower-shippers
- We continue to set new benchmarks, meet them, make adjustments, and pass these standards along to the rest of the produce community

### Trends

- Give sandwiches a worldly twist: serve new favorites such as banh mi, Panini, and tortas with healthy sides like pickled RSS Baby Carrots, olive tapenade, and marinated artichokes
- Many patients are prescribed several small meals per day instead of the traditional three; offer healthy snacks like hummus and baby carrots, fruit salads, and low fat cheeses paired with MFC Lunch Bunch Grapes and apples between smaller-portioned day parts
- Asian soups like pho, udon, and miso meet several health and flavor requirements: low in calories and high in vitamins, these broth-based meals can be tailored for patients on diabetic, heart-healthy, kosher, and vegetarian diets
- When possible, use fresh fruits and vegetables



**RSS Salad Mix with Grilled Chicken and Balsamic Vinaigrette**

### Suggested Items & Pairings

• <b>RSS Fruit Salad Deluxe</b>	almonds angel food cake granola	mint yogurt
• <b>RSS Baby Carrots</b>	baby dill broccoli chile peppers	hummus lemons
• <b>MFC Lunch Bunch Grapes</b>	cheese chicken salad green leaf lettuce	rice walnuts
• <b>RSS Salad Mix</b>	balsamic cucumbers guacamole	lean beef soft tacos
• <b>RSS Avocado Halves</b>	cilantro fish romaine	tomatoes tortillas
• <b>MFC Strawberries</b>	bananas butter lettuce cottage cheese	oatmeal pecans

### Yields

• RSS Fruit Salad Deluxe	22 4-oz. servings per 8# pail
• RSS Baby Carrots	40 4-oz. servings per 2/5# carton
• MFC Lunch Bunch Grapes	150 bunches per 21# carton
• RSS Salad Mix	80 4-oz. servings per 4/5# carton
• RSS Avocado Halves	48 2-oz. servings per 6# carton
• MFC Strawberries	24 cups (sliced) per 11# carton

*Yields are approximate*

To learn more about Markon, please contact your sales representative.

## Usage Ideas

### RSS Fruit Salad Deluxe

- Mix RSS Fruit Salad Deluxe with chopped turkey, vanilla yogurt and sunflower seeds; serve in RSS Lettuce Jammers as a lunchtime entrée
- Serve with angel food cake and MFC Mint as a healthy dessert
- Top with honey-almond granola (see photo)

### RSS Baby Carrots

- Offer hummus with crudités such as MFC Asparagus, RSS Baby Carrots, RSS Broccoli Florets, green beans, radishes, and sugar snap peas
- Steam with MFC Baby Dill and slices of MFC Lemon
- Pickle RSS Baby Carrots and Jalapeno chile peppers; serve as a fat-free alternative to French fries

### MFC Lunch Bunch Grapes

- Serve MFC Lunch Bunch Grapes aside low-fat chicken salad on whole wheat bread or RSS Green Leaf Fillets
- Toss with couscous or brown rice and chopped walnuts
- Offer with wedges of low-fat cheese

### RSS Salad Mix

- Top with grilled, sliced chicken; serve with balsamic vinaigrette (see photo)
- Use to top soft tacos filled with grilled strips of lean beef and RSS Pico de Gallo Guacamole
- Offer on salad bars with cherry tomatoes, MFC Cucumbers, and whole wheat croutons

### RSS Avocado Halves

- Fill whole wheat tortillas with grilled fish, chopped RSS Avocado Halves, RSS Shredded Red Cabbage, RSS Washed & Trimmed (W&T) Cilantro, and salsa
- Mash with RSS Lime Juice and cumin; mix in chopped tomatoes and serve with low-fat tortilla chips
- Make BLTs healthier by layering RSS Romaine Fillets and tomatoes on whole wheat bread; replace bacon with sliced RSS Avocado Halves

### MFC Strawberries

- Top cottage cheese, oatmeal, and whole wheat waffles with chopped MFC Strawberries
- Blend MFC Strawberries with bananas, vanilla yogurt, and ice; serve smoothies with whole berry garnish
- Toss butter lettuce with sliced MFC Strawberries, pecans, and cubes of low-fat cheese; drizzle with honey-lime dressing

## Beneficial Basics

Dependable and nutritious, these core ingredients can be paired with a variety of recipes in every day part for a wide spectrum of health-specific diets:

### RSS Fruit Salad Deluxe

- Serve as a breakfast entrée, lunch side salad, or healthy dinner dessert
- Pair with sandwiches, grilled fish, or serve solo
- Mix with yogurt and MFC Mint—serve as a morning or afternoon snack
- Top with granola or stir into warm oatmeal for breakfast
- Use as the basis for a mild salsa

### RSS Salad Mix

- Versatile: use to line sandwiches, in fat-free bean burritos, and as a ready-to-use side salad
- Try as a base for lean grilled meats and veggie tacos
- Top with poached chicken and low-fat dressing for lunch or dinner entrée salads
- Serve on salad bars with toppings such as RSS Broccoli Florets, cherry tomatoes, and several healthy dressings
- Give it more variety by mixing in sliced MFC Cucumbers, chopped MFC Red Bell Peppers, or chunks of low-fat cheese

### RSS Fruit Salad Deluxe Topped with Honey-Almond Granola



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