



# Menu Ideas on Ben E. Keith Dressings

*that are lower than 3 carbs per serving*



FOODSERVICE DISTRIBUTORS

\* The dressings used as ingredients in the following recipes all contain three grams or less carbohydrates per serving. When the recipes are prepared as indicated, however, a serving of food may contain more than one serving of dressing. To that extent, the dressing would contribute to the carbohydrate content of the meal. Also, the other ingredients contribute carbohydrate content to each meal.

## Grilled Tenderloin Cobb Salad Featuring Golden Harvest Blue Cheese Dressing

Yield: 20 servings

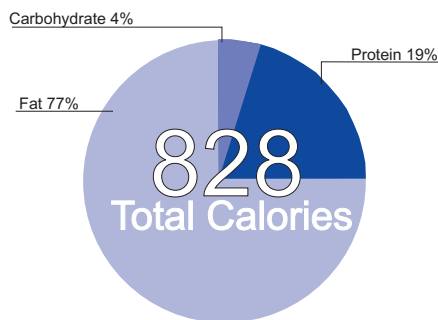
### Ingredients:

<b>Golden Harvest Blue Cheese Dressing, BEK Item 662286</b>	<b>¼ cup</b>	Hard boiled egg - rough chop	1 ¼ lbs.
Beef tenderloin - peeled, 4 oz. wt. portions	5 lbs.	Blue Cheese Crumble	1 ¼ lbs.
Romaine lettuce - 1" pieces	1 ¼ lbs.	Avocado - ½" diced	1 ¼ lbs.
Iceberg lettuce - 1" pieces	3 ¾ lbs.	Bacon- cooked rough chop	10 oz. wt.
Tomato - ½" diced	2 lbs.	Green Onion - whole, grilled, for garnish	20
		Salt and ground Black Pepper	as needed

### Methods:

1. For one order, lightly season one piece of tenderloin with salt and black pepper.
2. Place the tenderloin steak on a pre-heated seasoned grill and cook until desired doneness is reached. Reserve warm and slice just prior to serving.
3. While the tenderloin is cooking, place 1 oz. wt. of romaine, 3 oz. wt. of iceberg lettuce, 1 ½ oz. wt. tomato and ½ oz. wt. of bacon in a mixing bowl and toss with ½ fl. oz. of Blue Cheese Dressing.
4. Transfer the tossed lettuce mixture into a chilled serving bowl and top with the sliced beef tenderloin.
5. Finish by topping with 1 oz. wt. each of avocado, blue cheese and chopped egg.
6. Garnish with 1 whole grilled green onion sprig.

Total Calorie Pie Chart



### Nutrition Facts

Serving Size 1

Calories	828
Calories from fat	638
	*% Daily Value

Total Fat	70.9g	109%
Saturated fat	23.3g	117%
Cholesterol	210.6mg	70%
Sodium	1078.9mg	45%
Total Carbohydrates	8.8g	3%
Dietary Fiber	2.5g	10%
Sugars	0g	0%
Protein	38.5g	77%

	Vitamin C	14.59mg
Calcium	220.08mg	Iron 4.71mg

\*Percent Daily Values are based on a 2,000 Calorie Diet



## Lemony Salmon Caesar Salad featuring Golden Harvest Regal Caesar Dressing

Yield: 20 servings

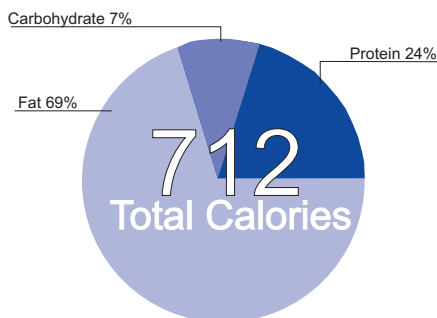
### Ingredients:

<b>Golden Harvest Regal Caesar Dressing, BEK Item 662284</b>	<b>3 ½ quarts</b>	Seasoned croutons - ½" pieces	10 oz. wt.
Salmon filet - skin and pin bones removed, 5 oz. wt. portion	20 each	Parmesan cheese - shredded	20 oz. wt.
Romaine lettuce - 1" pieces	5 lbs.	Lemon zest	½ cup
		Lemon juice	12 fl. oz.
		Lemon pepper seasoning	½ cup

### Methods:

1. Make Lemon Pepper Caesar Dressing in advance: in a large mixing bowl thoroughly combine lemon juice and lemon pepper seasoning with Caesar dressing. Transfer to an appropriate container, cover, label, date and refrigerate until needed.
2. For one order, lightly season 1 piece of salmon with salt and pepper and grill until desired doneness is reached.
3. While the salmon is cooking, in a separate mixing bowl combine 4 oz. wt. of romaine lettuce with ½ oz. wt. of Parmesan cheese, 1 oz. wt. of croutons and 1 ½ fl. oz. of Lemon Pepper Caesar dressing.
4. Transfer salad mixture to a chilled serving bowl or plate and garnish with additional ½ oz. wt. of shredded Parmesan cheese.
5. Top salad with cooked salmon filet and garnish with 1tsp. of lemon zest.

Total Calorie Pie Chart



### Nutrition Facts

Serving Size 1

Calories	712
Calories from fat	495

\*% Daily Value

Total Fat	54.96g	85%
Saturated fat	13.5g	67%
Cholesterol	127.7mg	43%
Sodium	1688.02mg	70%
Total Carbohydrates	12.1g	4%
Dietary Fiber	1.2g	5%
Sugars	0g	0%
Protein	42.3g	84%

	Vitamin C	14.55mg
Calcium	437.87mg	Iron 1.67mg

\*Percent Daily Values are based on a 2,000 Calorie Diet



## Old Bay Skewered Shrimp Salad featuring Golden Harvest Country Ranch Dressing

Yield: 20 servings

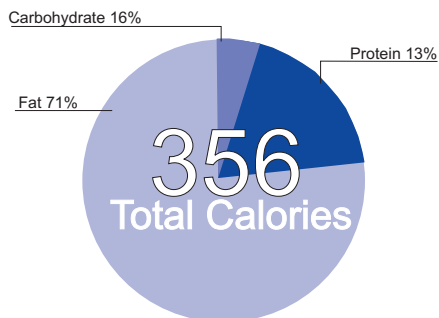
### Ingredients:

<b>Golden Harvest Country Ranch Dressing, BEK Item 662282</b>	<b>1 gallon</b>	Red Bell Pepper - ¼" diced	1 ¼ lbs.
Shrimp - 21/25, raw, peeled and deveined, tail on	120 pieces	Hard boiled eggs - ½" diced	1 ¼ lbs.
Wooden skewers - soaked in warm water	20 each	Tomato - ½" diced	1 ¼ lbs.
Mixed salad greens	6 ¼ lbs.	Green Onion - sliced	½ cup
Bacon - cooked, ½" diced	1 ¼ lbs.	Lemon wedges	20 pieces
		Salt and ground black pepper	as needed
		Old Bay Seasoning	1 cup

### Methods:

1. Make Old Bay Spiked Ranch Seafood Dressing in advance: in a large mixing bowl thoroughly combine Old Bay seasoning with Ranch dressing. Transfer to an appropriate container, cover, label, date and refrigerate until needed.
2. Thread each skewer with six shrimp then transfer to an appropriate storage container, ice down, cover, label, date and refrigerate until needed.
3. For one order, season on shrimp skewer with salt and pepper then grill until opaque and cooked through. Reserve warm.
4. While shrimp are cooking, in a medium sized stainless steel mixing bowl gently toss 5 oz. wt. of mixed greens and 1 oz. wt. each of tomato, red pepper, bacon and egg with 1 ½ fl. oz. of Old Bay Spiked Seafood Dressing.
5. Transfer salad mixture to a large chilled serving bowl and top with the reserved grilled shrimp skewer. Garnish with sliced green onion and a lemon wedge.

Total Calorie Pie Chart



### Nutrition Facts

Serving Size 1

Calories	356
Calories from fat	254
	*% Daily Value

Total Fat	28.2g	45%
Saturated fat	5.7g	28%
Cholesterol	146.8mg	49%
Sodium	612.5mg	26%
Total Carbohydrates	14.02g	5%
Dietary Fiber	1.5g	6%
Sugars	0g	0%
Protein	11.5g	23%

	Vitamin C	52.68mg	
Calcium	52.4mg	Iron	2.1mg

\*Percent Daily Values are based on a 2,000 Calorie Diet

## Smoked Turkey, Spinach & Mushroom Salad featuring Golden Harvest Classic Italian Dressing

Yield: 20 servings

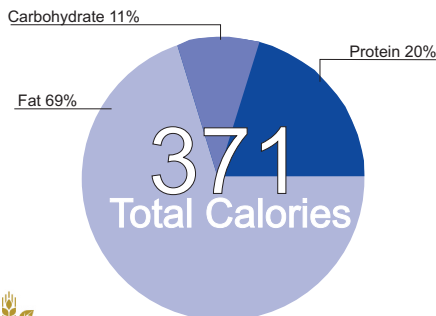
### Ingredients:

<b>Golden Harvest Classic Italian Dressing, BEK Item 662280</b>	<b>3 ½ quarts</b>	Parmesan cheese - shaved	5 oz. wt.
Mushrooms - medium whole	2 ½ lbs.	Black Olives - whole, medium pitted	1 ¼ lbs
Spinach - 2" pieces, stems removed	3 ¾ lbs.	Smoked turkey - julienne cut	3 ¾ lbs
Roasted Red Pepper- julienne cut	1 ¼ lbs.		

### Methods:

1. In a plastic storage container combine 1 quart of the Italian dressing with the mushrooms, cover, label, date, refrigerate and marinate for 4-8 hours.
2. For one order grill 2 oz. wt. of mushrooms, chill and reserve.
3. In a stainless steel bowl gently toss 3 oz. wt. each of spinach and turkey, 1 oz. wt. of roasted red peppers and 1 ½ fl. oz. of Italian dressing.
4. Transfer the salad mixture to a large chilled serving bowl and garnish with the reserved mushrooms, 1 oz. wt. of black olives and ¼ oz. wt. of Parmesan cheese.

Total Calorie Pie Chart



### Nutrition Facts

Serving Size 1

Calories	371
Calories from fat	256
	*% Daily Value

Total Fat	28.4g	44%
Saturated fat	5.1g	26%
Cholesterol	42.9mg	14%
Sodium	633.5mg	26%
Total Carbohydrates	10.5g	4%
Dietary Fiber	1.4g	6%
Sugars	2.04g	
Protein	18.3g	37%

	Vitamin C	39.26mg
Calcium	100.03mg	Iron 2.26mg

\*Percent Daily Values are based on a 2,000 Calorie Diet