



# Menus that Matter



Unilever  
Food  
Solutions

Support. Inspire. Progress.



**Hellmann's Dressings are made with simple ingredients guests can trust.**

- ✓ No high fructose corn syrup, free from artificial flavors, no added MSG
- ✓ Made with plant-derived oils
- ✓ Gluten Free
- ✓ Crafted to meet our Highest Nutrition Standards\* for sodium



\*Unilever's Highest Nutritional Standards are based on the World Health Organization recommended intake of 2000mg sodium per day.



**Hellmann's® Mayonnaise and Dressings bring out the best in plant-forward dishes.**

- ✓ Made with plant-derived oils, Hellmann's® Mayonnaise and Dressings can help create nutritionally balanced, satisfying dishes.
- ✓ Hellmann's offers a wide variety of mayonnaise and dressings that can be used in recipes that are suitable for plant-based diets, suitable for vegetarian diets and suitable for vegan diets.



**Hellmann's® Mayonnaise is committed to real, quality ingredients such as 100% cage-free eggs and responsibly - sourced oils from trusted American farms, creating a consistent taste chefs can rely on.**





# Sumac Cauliflower with Green Goddess Tahini Sauce

Serves: 10

## Crispy Cauliflower

2 cups Flour, Rice  
1 Baking Powder  
2 Tsp Sugar  
1 Tsp Salt  
1 Tbsp Sumac  
1¼ cups Sparkling Water  
10 cups Cauliflower Florets  
Oil for Frying

Combine first 5 ingredients in bowl. Add sparkling water to flour mixture. Dredge cauliflower florets in batter and fry, until golden brown.

## Pickled Red Onion

½ cup Water  
½ cup White Vinegar  
1 Tbsp Sugar  
½ cups Red Onion, sliced

Bring water, vinegar, and sugar to a simmer in a sauce pot. Pour vinegar mixture over red onions, let sit for at least one hour.

## Green Goddess Tahini Sauce

¼ cup Parsley, blanched  
¼ cup Cilantro, blanched  
¼ cup Tahini  
2 Tsp Garlic  
1 Tsp Cider Vinegar  
¼ cup Hellmann's Real Mayonnaise  
Water, as needed

Puree blanched herbs, tahini, mayonnaise, garlic, and vinegar in a food processor. Add water to reach desired consistency. Season with salt and pepper.

## Topping

¾ cup Pomegranate Seeds  
¼ cup Sunflower Seeds  
1 cup Feta Cheese, cumbled

**To serve,** Top each portion of cauliflower with sauce, onion, feta, sunflower seeds and pomegranate.



**Nutrition information per serving:** Calories 440, Total Fat 30g, Saturated Fat 6g, Trans Fat 0g, Polyunsaturated Fat 14g, Monounsaturated Fat 7g, Cholesterol 15mg, Sodium 610mg, Total Carbohydrate 38g, Dietary Fiber 4g, Total Sugars 6g, Protein 8g, Vitamin D 0mcg, Calcium 143mg, Iron 1mg, Potassium 433mg



# Mint, Beet, and Balsamic Quinoa Bowl with Mint

Serves: 10

10 oz Hellmann's® Balsamic Vinaigrette Dressing  
10 cups Quinoa, cooked  
5 cups Golden Beets, raw, grated  
½ cup Mint, rough chopped  
2½ cups Micro Greens  
10 oz Feta cheese, crumbled  
2 cups Pickled Cucumber, see related recipe  
2½ cups Pistachio, toasted  
Lemon, rind on, shaved on a mandolin, quartered

## Pickled Cucumber (Yield 4.5 cups)

3 cups Distilled White Vinegar  
1 cup Water  
1 Tbsp Salt  
½ cup Sugar  
1 Tbsp Black Peppercorns  
¼ tsp Crushed Red Pepper  
2 Garlic Clove  
1 Bay Leaf  
8 oz Cucumber, sliced

## Prepare Salad

Toss together the first four ingredients and top with remaining ingredients.

## Prepare Pickled Cucumber

Combine the first eight ingredients and bring to a simmer on medium heat. Once at a simmer, add cucumber, remove from heat and let cool to room temperature

**Nutrition information per serving:** Calories 570, Total Fat 29g, Saturated Fat 7g, Trans Fat 0g, Polyunsaturated Fat 9g, Monounsaturated Fat 11g, Cholesterol 25mg, Sodium 620mg, Total Carbohydrate 61g, Dietary Fiber 11g, Total Sugars 14g, Protein 20g, Vitamin D 0mcg, Calcium 234mg, Iron 5mg, Potassium 917mg



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