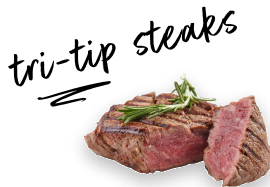


# SWAPS

## HERE ARE OUR CHEFS' FAVORITE SWAPS



- High in saturated fats, such as butter or margarine
- Vegetarian and vegan friendly
- Well-tolerated from an allergy perspective



- More affordable than premium cuts like filet mignon or ribeye
- Optimal for grilling, broiling, roasting, or pan-searing
- Tri-tips are larger in size, allowing for generous portions



- Available throughout the year
- They can add a distinct hit of umami flavor to dishes
- Serve a variety as an appetizer or small plate



- Incorporate them into soups, stews, salads, wraps, burgers and dips
- Use black beans in gluten free desserts
- Save the water that comes with canned beans you can make delicious desserts.



- Its neutral flavor and texture make it suitable for various dishes
- Use in salads, stir-fries, pasta dishes, dumplings or spring rolls filling
- Has a longer shelf life than fresh seafood, which helps to reduce waste



- Healthy stamp on your menu
- Swap this fast-cooking grain for regular rice or use in a quinoa bowl
- Great alternative for customers looking for a healthier option