

# Healthcare

Fall-Winter

## 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

- Blue plate specials are back in demand; update healthcare standards like meatloaf, chicken pot pies, and lasagna with fresh produce and flavorful herbs
- Add sous vide to your kitchen's preparation methods; hot with top chefs, this way of heating meats sealed in plastic pouches is easily adapted to commercial food plans—just add a healthy vegetable side dish to tender chicken cooked sous vide
- Retro sweets can make healthcare visits more enjoyable—keep them low in fat and sugar by serving strawberry shortcake, Jello with RSS Rio Citrus Salad, and popsicles made by freezing RSS Proprietary Blend Orange Juice
- Add more roasted meats, vegetables, and fruits to the menu; this cooking method allows flavors to intensify without added sugars or fats



RSS Rio Citrus Salad with Black Beans, Brown Rice, and Avocados

### Suggested Items & Pairings

• <b>RSS Orange Sections</b>	arugula cranberries ginger	green beans strawberries
• <b>RSS Rio Citrus Salad</b>	avocados black beans granola	mango shrimp
• <b>MFC Potatoes</b>	chives garlic kale	onions pork
• <b>MFC Mt. Vernon Red Potatoes</b>	green onions horseradish lemons	parsley salmon
• <b>RSS Baby Spinach</b>	chicken eggs grapefruit	mushrooms red onions
• <b>MFC Apples</b>	cinnamon collard greens pearl onions	raisins turkey

### Yields

• RSS Orange Sections	22 4-oz. servings per 8# pail
• RSS Rio Citrus Salad	22 4-oz. servings per 8# pail
• MFC Potatoes	106 6-oz. servings per 40# carton
• MFC Mt. Vernon Red Potatoes	128 6-oz. servings per 50# carton
• RSS Baby Spinach	16 4-oz. servings per 2/2# carton
• MFC Apples	100 cups (diced) per 40# carton

*Yields are approximate*

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

## Usage Ideas

### RSS Orange Sections

- Toss with arugula and cranberries; drizzle with heart-healthy dressing
- Sauté green beans and fresh minced ginger; add RSS Orange Sections and serve with lean beef
- Mix with sliced MFC Strawberries and serve with sandwiches or as a fruity dessert

### RSS Rio Citrus Salad

- Add granola to RSS Rio Citrus Salad for a healthy breakfast
- Top black beans and brown rice with RSS Rio Citrus Salad and sliced avocados ([see photo](#))
- Mix with cooked shrimp and diced mango; serve in RSS Lettuce Jammers

### MFC Potatoes

- Simmer chopped MFC Potatoes and RSS Kale in chicken broth
- Oven-roast strips of MFC Potatoes, onions, chives, and garlic; substitute for French fries
- Bake; serve with slices of pork loin and cinnamon-roasted MFC Apples

### MFC Mt. Vernon Red Potatoes

- Boil skin-on MFC Mt. Vernon Red Potatoes then mix with low-fat mayonnaise, horseradish, RSS Washed & Trimmed Green Onions, and peas; serve with grilled chicken or sandwiches
- Chop and toss with olive oil, RSS Peeled Garlic, and RSS Washed & Trimmed Parsley; roast and serve with salmon
- Steam MFC Mt. Vernon Red Potatoes with baby dill and sliced MFC Lemons; plate with turkey meatloaf

### RSS Baby Spinach

- Toss RSS Baby Spinach with RSS Grapefruit Sections, toasted almonds, and low-fat buttermilk dressing ([see photo](#))
- Mix with cooked whole-wheat pasta, oven-roasted mushrooms, grilled chicken, and shredded cheese
- Add RSS Baby Spinach, RSS Sliced Red Onions, and low-fat Swiss cheese to scrambled eggs and omelets

### MFC Apples

- Stew with cinnamon to make in-house apple butter; substitute for full-fat dairy butter on whole-wheat toast, pancakes, and waffles
- Simmer chunks of MFC Golden Delicious Apples with collard greens; serve with lean ham
- Sauté sliced MFC Granny Smith Apples with raisins, and pearl onions; serve over thinly sliced turkey

## Star Players

Count on these core ingredients to fit the widest variety of specialty diets, including low-sodium, low-fat, low-gluten, diabetic, and high-fiber:

### RSS Baby Spinach

- Loaded with vitamins and minerals, spinach can be served raw in green salads or sautéed as an iron-rich side dish
- Excellent in breakfast smoothies and omelets
- Add to pasta dishes for color, flavor, and texture: rotini side salads for lunch and vegetarian lasagna for dinner
- Use to stuff chicken breasts and lean pork chops
- Mix into green leaf, iceberg, and romaine salads for extra color and nutrition

### MFC Apples

- Use to top oatmeal and granola—raw for crunch or stewed for silky sweetness
- Skip the pita! Serve with fiber-rich hummus and baba ghanouj dips
- Substitute roasted, puréed MFC Apples for sugar in creamy soups made with carrots, parsnips, butternut squash, or corn
- Roast with poultry or meats for a tender, naturally sweetened side dish
- Bake in pies, crumbles, tarts, and crisps

### RSS Baby Spinach Salad Tossed with RSS Grapefruit Sections and Almonds

