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Dunny's



Deli

Turkey BLT Lettuce Wrap

Fresh whole Romaine lettuce leaves filled with oven roasted sliced turkey breast, crisp bacon strips topped with a roasted tomato aioli.

Served with a side of sliced cucumbers and pickles tossed in freshly squeezed lemon and savory dill.

Low Carb Grilled Chicken Mexican Wrap

Soft Joseph's Low Carb Flaxseed and Oat wrap filled with sweet baby spinach tender grilled chicken seasoned with cumin, chili, garlic and onion powder topped with fresh tomato, red onion and avocado slices.

Served with a refreshingly crisp lemon dill cucumber pickle salad.

Garden Salad the FRFC Way

Fresh chopped Romaine lettuce, ripe grape tomatoes, crisp cucumbers and slices of Bermuda Onions topped with a Trail Mix of mixed nuts and dried fruit tossed together with creamy feta cheese and a sweet Raspberry Vinaigrette.



Dunny's Deli

Roasted Tomato Aioli

Yields: 32 servings

1 serving = 2 TBSP

Ingredients:

4 whole	Medium Tomatoes
4 cloves	Garlic, Minced
¼ cups	Olive Oil
1 teaspoon	Dried Basil
⅓ cups	Mayonnaise
1 dash	Paprika
1 dash	Salt

Preparation:

1. Preheat oven to 375 degrees.
2. Slice each tomato into roughly eighths, and toss in a small bowl with the olive oil, dried basil, and two of the cloves of minced garlic.
3. Arrange on a silicone-mat-lined baking sheet (or a regular baking sheet that's been lightly oiled).
4. Bake until caramelized.
5. Meanwhile, place the mayonnaise, two remaining cloves of garlic (minced), paprika and salt in a food processor and process until smooth.
6. When the tomatoes are done, allow them to cool somewhat (they can be warm, but not scorching hot). Then add about 1/4 cup of the roasted tomatoes (remember, you'll have extra). Process until smooth.



Dunny's Deli

Turkey BLT Lettuce Wrap

Yields: 1 serving

Ingredients:

4	Romaine Lettuce Leaves
4 oz	Turkey Breast, sliced
2	Bacon Strips, cooked
2 TBSP	Roasted Tomato Aioli
2	Tomato, slices, but in half

Preparation:

1. Place 2 lettuce leaves one on top of the other and repeat with remaining 2 leaves.
2. Spread 1 Tbsp of aioli on each set of leaves.
3. Place 2oz of sliced turkey on each lettuce leaf; along with 1 strip of bacon and 2 tomato halves.
4. Serve with 1 cup of lemon dill cucumber pickle salad.



Dunny's Deli

Low Carb Grilled Chicken Mexican Wrap

Yields: 1 Serving

Ingredients:

1	Joseph's Low Carb Flaxseed Wrap, cut in half
1 cup	Romaine Lettuce, chopped
4 oz	grilled chicken
½ tsp	garlic powder
½ tsp	onion powder
¼ tsp	ground cumin
¼ tsp	chili powder
2 TBSP	Roasted Tomato Aioli (1TBSP per ½ wrap)
2	Red onions, slices
2 slices	tomato

Preparation:

1. Heat oven to 350 degrees.
2. Place grilled chicken in a bowl; toss with onion powder, garlic powder, cumin, and chili powder, salt and pepper to taste.
3. Place on a sheet pan and cook chicken until internal temperature of 160 degrees.
4. To assemble the wrap, top with tomato aioli lettuce, then chicken and red onion, and tomato.
5. Roll Wrap, slice in half and serve with 1 cup of lemon dill cucumber pickle salad.



Dunny's Deli

Garden Salad the FRFC Way

Yields: 1 serving

Ingredients:

2 cups	Romaine Lettuce, chopped
1/3 cup	Feta Cheese
2 Tbsp	Trail Mix
½ cup	Grape Tomatoes, halved
¼ cup	Bermuda Onion slices
½ cup	Cucumber, sliced
2 Tbsp	Raspberry Vinaigrette

Preparation:

1. Place all ingredients in a bowl and toss with dressing.