

## Recipes for Marvelous Poppy Seed

### Marvelous Grilled Tuna

4 Fresh Tuna Steaks

½ C Diced Cantaloupe

½ C Diced Honeydew

4 Chopped Mint Leaves

½ C Marvelous Poppy Seed

Combine all ingredients except tuna steaks. Heat together in saucepan. Grill tuna steaks and spoon dressing mixture onto tuna steaks.

### Grilled Salmon Salad

4 - 4 oz Salmon Fillets

Fresh Salad Greens

½ C Red Onion

10 Cherry Tomatos

3 t Chopped Dill

½ C Marvelous Poppy Seed

Drizzle salmon with Marvelous Poppy Seed and grill. Add to salad greens and other ingredients and enjoy. Substitute salmon with shrimp or scallops.

### Marvelous Fruit Dip

8 oz container Whipped Topping

½ C Marvelous Poppy Seed Dressing

Bite-Sized Fresh Fruit

For a tasty light fruit dip, simply mix whipped topping and dressing together. For a different fruit salad, simply drizzle dressing onto fresh fruit as a tasty side dish.

### Spinach Salad

Fresh Spinach Leaves OR Romaine

Bacon Pieces

Sliced Mushrooms

Diced Tomatos

Hard Boiled Eggs

Assemble salad greens and other fresh ingredients as you like. Slightly warm Marvelous Poppy Seed and drizzle onto salad.