



START WITH SOMETHING

★ GREAT ★



Battered Onion Petals / #0293320

# 50 YEARS OF GREAT STARTS

For over 50 years, Fred's for Starters has been delivering the premium taste experience you and your customers expect. From traditional to trendy, Fred's offers a wide variety of products great for any menu application. Our products are made from the finest ingredients and are individually quick frozen to maintain freshness. We offer a complete line of breaded and battered appetizers featuring our signature cheese Sticks, onion Rings, stuffed jalapeños, vegetables, specialty items and more. Fred's is proud to be your starter partner!



Spicy Breaded Green Beans / #0275020



Battered Mozzarella Sticks / #0282020



Mini Jalapeño Cheddar Big Bites / #0203120

## industry-leading APPLICATIONS\*

- **AJINOMOTO® WHEELHOUSE**

The gateway to all Ajinomoto® Food North America marketing material.

- **PROFIT CALCULATOR**

A free app that helps you determine food cost, serving sizes and menu prices.

\*Available for iPhone and Android—FREE!

## bring menu flavor with TECHNOLOGY

- **VIRTUAL COOKBOOK**

Brief cooking tutorials on YouTube, with quick and easy ways to upgrade existing menu items or create entirely new ones!

- **DIGITAL RECIPES**

We offer dozens of innovative recipes online that are easy to view, print and share.

- **AjinomotoTools.com**



New products, nutritional info, GS1 specs, brochures, coupons, videos and more!

Calculate cost and gross product profit for a more profitable menu.



Look for our apps, available on Apple and Android devices.

# WHY CHOOSE FRED'S FOR STARTERS?



Quality ingredients



Crave-worthy flavors



Multiple breading and batter options



Broad product portfolio

## COATING PROFILES



### BEER BATTER

Pure beer (not diluted by water) added to batter mixture for a unique, rich-tasting profile. Most popular flavor in battered products.



### AMERICAN BREAD CRUMB

Loaves of crusted bread ground up to create a homemade-style bread crumb with golden highlights.



### POTATO CRUMB

Crispy crumb coating with potato flakes.



### COATING BATTER

A light and airy mixture that delivers a crisp, crunchy texture with no crumb fall-off in operators' fryers.



### CRACKER CRUMB

Finely crushed crackers produce a flat, dense crumb with a firm coating.



### SPECIALTY BATTER

Used to create specialty or custom items (Funnel Cake, for example) while maintaining the product's integrity.



### JAPANESE-STYLE BREAD CRUMB (PANKO)

Large bread crumb gives product an upscale enhancement with its gourmet appearance.



Hot Cheese Cubes / #0200120



Thick-Cut Onion Rings / #0290020



Hotzarella® Sticks / #0204320

# THE CLASSICS

## PRODUCT LEGEND

### Dietary

V - Vegetarian

### Preparation

DF - Deep Fry

BA - Bake

### CHEESE

Fred's for Starters uses mozzarella cheese that is produced to tight specifications for moisture, fat and salt content and is optimized to provide that stretch, texture and taste your patrons are looking for.

PRODUCT	DESCRIPTION	APPETIZERS	SALADS	ENTREES	DIETARY	PREPARATION	PACK	EACH	QUANTITY PER CASE	NET WEIGHT	SUGGESTED SERVING SIZE
 Breaded Cube 0200120	<b>Breaded Cheddar Cheese Cube</b> —Cheddar-style cheese cubes breaded in an Italian-style seasoned coating.	✓	✓	✓		DF	6/4# boxes	0.30 oz.	1380	24 lbs.	10 pcs.
 Breaded Cube 0202120	<b>Breaded Hot Cheese Cube</b> —Jalapeño cheese cube made with a blend of Swiss and cheddar cheeses and coated in mild Italian-style seasoning.	✓	✓	✓		DF	6/4# boxes	0.30 oz.	1380	24 lbs.	10 pcs.
 Breaded Stick 0207420	<b>3" Breaded Mozzarella Stick</b> —Creamy mozzarella cheese stick breaded with mild Italian-style seasonings.	✓	✓	✓	V	DF	6/4# bags	0.94 oz.	408	24 lbs.	3 pcs.
 Breaded Stick 0204320	<b>3 1/4" Breaded Hotzarella® Stick</b> —Jalapeño-peppered mozzarella cheese stick in a spicy red pepper and vinegar flavored coating.	✓	✓	✓	V	DF	4/3# bags	0.97 oz.	192	12 lbs.	3 pcs.
 Breaded Stick 0204620 (bag)	<b>3 1/4" Breaded Mozzarella Stick</b> —Creamy mozzarella string cheese coated in Italian-style breading. Fred's original mozzarella cheese stick.	✓	✓	✓		DF	6/4# bags	1.00 oz.	384	24 lbs.	3 pcs.
 Breaded Stick 0205120 (box)	<b>3 1/4" Breaded Mozzarella Stick</b> —Creamy mozzarella string cheese coated in Italian-style breading. Fred's original mozzarella cheese stick.	✓	✓	✓		DF	6/4# boxes	1.00 oz.	384	24 lbs.	3 pcs.
 Italian-style Breaded Stick 0205320	<b>3 1/4" Italian-style Breaded Mozzarella Stick</b> —Creamy mozzarella cheese stick coated in an Italian style seasoning with visible flecks of parsley.	✓	✓	✓	V	DF	6/4# boxes	1.00 oz.	384	24 lbs.	3 pcs.
 Value Breaded Stick 0205520	<b>3 1/4" Golden Value Breaded Cheese Stick</b> —Golden Value cheese stick with mozzarella coated with Italian-style bread crumbs.	✓	✓	✓	V	DF	4/3# bags	1.00 oz.	192	12 lbs.	3 pcs.
 Battered Curd 0206420	<b>Battered White Cheddar Curd Nugget</b> —White cheddar cheese curd par-fried in a crispy battered coating.	✓	✓	✓	V	DF BA	6/2# bags	0.30 oz.	640	12 lbs.	10 pcs.
 Battered Stick 0206520	<b>2 3/4" Classic Battered Mozzarella Stick</b> —Buttery and creamy classic mozzarella square-cut cheese stick coated in a lemon pepper flavored batter.	✓	✓	✓	V	DF BA	6/2# bags	1.27 oz.	152	12 lbs.	3 pcs.
 Battered Stick 0282020	<b>3 1/4" Battered Mozzarella Stick</b> —Creamy mozzarella cheese stick covered in a crispy battered coating.	✓	✓	✓	V	DF BA	6/2# bags	0.94 oz.	186	12 lbs.	3 pcs.
 Value Battered Stick 0281820	<b>3 1/4" Golden Value Battered Cheese Stick</b> —Golden Value cheese stick with mozzarella coated in a flavorful batter.	✓	✓	✓	V	DF BA	4/3# bags	1.00 oz.	192	12 lbs.	3 pcs.
 Beer Battered Stick 0207520	<b>3 1/4" Beer-Battered Mozzarella Stick</b> —Creamy mozzarella cheese stick layered in a flavorful beer-battered coating.	✓	✓	✓	V	DF BA	6/2# bags	1.00 oz.	190	12 lbs.	3 pcs.
 Pesto Battered Stick 0281220	<b>3 1/4" Pesto-Battered Mozzarella Stick</b> —Creamy mozzarella cheese stick covered in a pesto-seasoned batter.	✓	✓	✓	V	DF BA	6/2# bags	1.00 oz.	192	12 lbs.	3 pcs.



Battered Onion Rings / #0291320



Battered White Cheddar Curd Nuggets / #0206420



Gourmet Skinny Breaded Onion Rings / #0295520

### ONION RINGS & PETALS

Fred's for Starters onion products round out any menu. Made with select, premium, jumbo sweet Spanish onions, they're delicately wrapped in a mouth-watering battered or breaded coating. Choose from a variety of coating profiles, packaging options, and slices such as thin cut, thick cut and petals.

PRODUCT	DESCRIPTION	APPETIZERS	SALADS	ENTREES	DIETARY	PREPARATION	PACK	EACH	QUANTITY PER CASE	NET WEIGHT	SUGGESTED SERVING SIZE
 Breaded Homestyle Thin 0290220	<b>3/4" Homestyle Breaded Onion Ring</b> —Freshly sliced jumbo sweet Spanish onions are thin cut and coated in a homestyle breading. Hand-packed for less breakage.	✓	✓	✓	V	DF	8/2.5# boxes	0.75 oz.	460	20 lbs.	4 pcs.
 Breaded Gourmet Skinny 0295520	<b>3/4" Gourmet Breaded Onion Ring</b> —Freshly sliced jumbo sweet Spanish onions are thin cut and coated in panko bread crumbs. Hand-packed for less breakage.	✓	✓	✓	V	DF	8/2.5# boxes	0.50 oz.	640	20 lbs.	6 pcs.
 Breaded Gourmet Thin 0290020	<b>3/4" Gourmet Breaded Onion Ring</b> —Freshly sliced jumbo sweet Spanish onions are thin cut and coated in a panko bread crumbs. Hand-packed for less breakage.	✓	✓	✓	V	DF	8/2# boxes	1.00 oz.	192	16 lbs.	3 pcs.
 Battered and Formed 0291220	<b>Formed and Breaded Extruded Onion Ring</b> —Formed onion ring filled with a flavorful diced jumbo sweet Spanish onions matrix and coated in a savory breading.	✓	✓	✓	V	DF	8/2# bags	0.56 oz.	457	16 lbs.	5 pcs.
 Battered Petal 0293320	<b>Battered Onion Petals</b> —Jumbo sweet Spanish onions cut in a petal shape and then coated in a crispy batter.	✓	✓	✓	V	DF BA	4/2.5# bags	0.25 oz.	640	10 lbs.	12 pcs.
 Battered Thin 0291320	<b>3/8" Battered Onion Ring</b> —Made from freshly sliced jumbo sweet Spanish onions and battered with a crispy coating.	✓	✓	✓	V	DF BA	4/2.5# bags	0.47 oz.	340	10 lbs.	6 pcs.
 Beer-Battered Thin 0290420	<b>3/8" Beer-Battered Onion Ring</b> —Made from freshly sliced jumbo sweet Spanish onions and dipped in 100% beer batter coating.	✓	✓	✓	V	DF BA	4/2.5# bags	0.75 oz.	216	10 lbs.	4 pcs.
 Battered Jumbo 0291120	<b>1/2" Battered Onion Ring</b> —Made from freshly sliced jumbo sweet Spanish onions and coated in a savory batter.	✓	✓	✓	V	DF BA	4/2.5# bags	0.70 oz.	228	10 lbs.	4 pcs.
 Beer-Battered Thick 0291020	<b>3/8" Beer-Battered Onion Ring</b> —Made from freshly sliced jumbo sweet Spanish onions and dipped in 100% beer batter coating.	✓	✓	✓	V	DF BA	4/2.5# bags	0.91 oz.	180	10 lbs.	3 pcs.
 Value Beer-Battered Thick 0292120	<b>5/8" Golden Value Beer-Battered Onion Ring</b> —Golden Value, made from freshly sliced jumbo sweet Spanish onions and dipped in 100% beer batter coating.	✓	✓	✓	V	DF BA	4/3# bags	0.94 oz.	204	12 lbs.	3 pcs.
 Battered Spicy Cheddar Onion Petal 0293420	<b>Spicy Cheddar Onion Petals</b> —Jumbo, sweet Spanish onions cut in a petal shape, then coated in a crispy, spicy cheddar batter.	✓	✓	✓	V	DF BA	4/2.5# bags	0.25 oz.	640	10 lbs.	12 pcs.
 Flour Breaded Onion Rings 2290320	<b>Flour Breaded Onion Rings</b> —Premium, jumbo sweet Spanish onions are sliced and breaded in a delicious flour coating.	✓	✓	✓	V	DF BA	4/2.5# bags	0.79 oz.	200	10 lbs.	4 pcs.



Tempura Battered Broccoli / #0281720



Classic Battered Mozzarella Sticks / #0206520



Battered Onion Petals / #0293320



Breaded Mozzarella Sticks / #0205120



# FLAVOR INSPIRATION FOR MENU SENSATION



## CHILI CHEESE ONION RINGS

### INGREDIENTS:

- 10 Fred's for Starters Gourmet Breaded Thick Cut Onion Rings (#0290020), cooked
- 1 cup Chili, warmed
- 1 cup Mexican cheese blend
- 2 Tbsp. Sour cream
- 2 Tbsp. Sliced scallions

### INSTRUCTIONS:

1. Plate Fred's for Starters Gourmet Breaded Thick Cut Onion Rings and pour chili over.
2. Top with cheese, sour cream and scallions.
3. Serve immediately.

Start planning your menu—visit [Fred'sForStarters.com/Help-In-The-Kitchen](https://Fred'sForStarters.com/Help-In-The-Kitchen) for more recipes!

## ★ TREND ALERT

"As the most experimental part of the menu, bite-sized appetizers are the fifth most frequently cited appetizer trend by chefs. Since they are small and generally low-priced, they require little customer commitment, and they fit perfectly with today's lifestyle trends."

—NRN



Breaded Zucchini Sticks / #0120020



Battered Mushrooms / #0282320



Spicy Breaded Green Beans / #0275020

# VEGGIE FAVORITES

## PRODUCT LEGEND

**Dietary**

V - Vegetarian

**Preparation**

DF - Deep Fry

BA - Bake

### JALAPEÑOS

Fred's for Starters offers a selection of jalapeño products designed to fit your customers' needs. Choose from stuffed, sliced or diced jalapeños.

PRODUCT	DESCRIPTION	APPETIZERS	SALADS	ENTREES	DIETARY	PREPARATION	PACK	EACH	QUANTITY PER CASE	NET WEIGHT	SUGGESTED SERVING SIZE
 Breaded Bite 0203120	<b>Mini Jalapeño Cheddar Big Bites</b> —Cheddar cheese and a spicy jalapeño filling inside a formed, breaded bite.	✓	✓	✓	V	DF	6/2# bags	1.00 oz.	188	12 lbs.	3 pcs.
 Potato Breaded 0255420	<b>Breaded Cheddar Cheese Jalapeño</b> —Brined jalapeño halves filled end-to-end with cheddar cheese and breaded in a potato crumb coating.	✓	✓	✓	V	DF	4/3# boxes	1.14 oz.	168	12 lbs.	3 pcs.
 Potato Breaded 0255520	<b>Breaded Cream Cheese Jalapeño</b> —Brined jalapeño halves filled end-to-end with cream cheese and breaded in a potato crumb coating.	✓	✓	✓	V	DF	4/3# boxes	1.14 oz.	168	12 lbs.	3 pcs.

### ZUCCHINI

Fred's starts with fresh zucchini and cuts it into various sizes perfect for any application. Choose from breaded or battered circles and sticks. Our zucchini comes out of the fryer with the ideal brown, crispy coating and is delicious paired with a creamy garlic or ranch dip.

PRODUCT	DESCRIPTION	APPETIZERS	SALADS	ENTREES	DIETARY	PREPARATION	PACK	EACH	QUANTITY PER CASE	NET WEIGHT	SUGGESTED SERVING SIZE
 Breaded Stick 0120020	<b>Breaded Zucchini Stick</b> —Fresh-picked zucchini sliced in-house (stick) and coated in a flavorful breading.	✓	✓	✓	V	DF	6/4# boxes	0.64 oz.	600	24 lbs.	5 pcs.
 Breaded Circle 0123020	<b>Breaded Zucchini Circle</b> —Fresh-picked zucchini sliced in-house (circle) and coated in a flavorful breading.	✓	✓	✓	V	DF	6/4# boxes	0.53 oz.	724	24 lbs.	6 pcs.
 Battered Stick 0282420	<b>Battered Zucchini Stick</b> —Fresh-picked zucchini sliced in-house (stick) and coated in a crispy batter.	✓	✓	✓	V	DF BA	6/2# bags	0.64 oz.	300	12 lbs.	5 pcs.
 Battered Circle 0282120	<b>Battered Zucchini Circle</b> —Fresh-picked zucchini sliced in-house (crinkle-cut) and coated in a crispy batter.	✓	✓	✓	V	DF BA	6/2# bags	0.50 oz.	384	12 lbs.	6 pcs.



Breaded Cauliflower / #0127620



Toasted Onion Battered Green Beans / #0275720



Breaded Cream Cheese Jalapeño / #0255520

### MUSHROOMS

Fred's for Starters uses the freshest savory, whole-button mushrooms—they're individually quick frozen within only 72 hours of harvesting.

PRODUCT	DESCRIPTION	APPETIZERS	SALADS	ENTREES	DIETARY	PREPARATION	PACK	EACH	QUANTITY PER CASE	NET WEIGHT	SUGGESTED SERVING SIZE
 Crispy Breaded 0118020	<b>Crispy Breaded Mushroom</b> —Fresh, whole-button, naturally treated mushrooms covered in a crispy, American bread crumb coating.	✓	✓	✓	V	DF	6/4# boxes	0.52 oz.	738	24 lbs.	6 pcs.
 Breaded 0125120	<b>Breaded Mushroom</b> —Fresh, whole-button, naturally treated mushrooms covered in a cracker crumb coating.	✓	✓	✓	V	DF	6/4# boxes	0.52 oz.	744	24 lbs.	6 pcs.
 Battered 0282320	<b>Battered Mushroom</b> —Fresh, whole-button, naturally treated mushrooms covered in a crispy batter coating.	✓	✓	✓	V	DF BA	6/2# bags	0.43 oz.	446	12 lbs.	7 pcs.

### CAULIFLOWER, BROCCOLI & OKRA

Fred's for Starters also offers other traditional vegetables such as cauliflower, broccoli and okra.

PRODUCT	DESCRIPTION	APPETIZERS	SALADS	ENTREES	DIETARY	PREPARATION	PACK	EACH	QUANTITY PER CASE	NET WEIGHT	SUGGESTED SERVING SIZE
 Breaded 0127620	<b>Breaded Cauliflower</b> —Premium white cauliflower florets coated in a flavorful cheddar cheese breading.	✓	✓	✓	V	DF	6/4# boxes	0.37 oz.	1020	24 lbs.	8 pcs.
 Battered 0282220	<b>Battered Cauliflower</b> —Premium white cauliflower florets layered in a crispy batter coating.	✓	✓	✓	V	DF BA	6/2# bags	0.32 oz.	600	12 lbs.	9 pcs.
 Tempura Battered 0281720	<b>Tempura Battered Broccoli</b> —Frozen broccoli florets covered in a cheese flavored batter.	✓	✓	✓	V	DF BA	6/2# bags	0.50 oz.	420	12 lbs.	6 pcs.
 Value Breaded 0129920	<b>Golden Value Breaded Okra Southern Style</b> —Frozen, sliced okra coated in a savory onion and garlic flavored breading.	✓	✓	✓	V	DF	4/3# bags	0.20 oz.	960	12 lbs.	15 pcs.

### FANCY FRIES™

Fancy Fries™ by Fred's for Starters are fun, alternative vegetables with unique and exciting flavors.

PRODUCT	DESCRIPTION	APPETIZERS	SALADS	ENTREES	DIETARY	PREPARATION	PACK	EACH	QUANTITY PER CASE	NET WEIGHT	SUGGESTED SERVING SIZE
 Breaded 0126120	<b>Breaded Portobello Mushroom Fries</b> —Portobello mushroom slices coated in a savory breading.	✓	✓	✓	V	DF	6/2# bags	1.47 oz.	131	12 lbs.	2 pcs.
 Battered 0275620	<b>Battered Asparagus Fries</b> —Asparagus pencils covered in a lemon and butter flavored batter.	✓	✓	✓	V	DF BA	6/2# bags	0.44 oz.	436	12 lbs.	7 pcs.
 Toasted Onion Battered 0275720	<b>Toasted Onion Battered Green Beans</b> —Crisp, grade A petite green beans with a toasted onion flavored batter.	✓	✓	✓	V	DF BA	6/2# bags	0.20 oz.	960	12 lbs.	15 pcs.
 Spicy Breaded 0275020	<b>Spicy Breaded Green Beans</b> —Crisp, Grade A petite green beans coated in a spicy breading.	✓	✓	✓	V	DF	6/2# bags	0.20 oz.	960	12 lbs.	15 pcs.



Breaded Cauliflower / #0127620



Breaded Okra / #0129920



Breaded Cheddar Stuffed Jalapeño / #0255420



# FLAVOR INSPIRATION FOR MENU SENSATION



## CURRIED CAULIFLOWER PITA

### INGREDIENTS:

- 16 Fred's for Starters Breaded Cauliflower (#0127620), cooked
- 4 Whole wheat pitas, warmed
- 2 cups Baba Ghanoush
- 1 cup Chopped tomatoes
- 1/2 cup Thinly sliced red onion
- 2 Tbsp. Chopped parsley
- 1 tsp. Paprika
- 1 Lemon, quartered

### INSTRUCTIONS:

1. Cut the pita into quarters, and top each with the baba ghanoush and Fred's for Starters Breaded Cauliflower.
2. Top with tomatoes, red onion, parsley and paprika, and serve with lemon wedges.

Start planning your menu—visit [Fred'sForStarters.com/Help-In-The-Kitchen](https://Fred'sForStarters.com/Help-In-The-Kitchen) for more recipes!



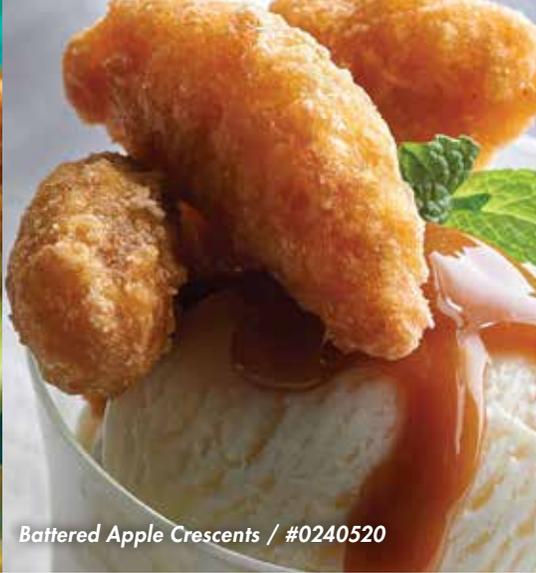
## TREND ALERT

"The majority of Americans now enjoy spicy foods, marking a major shift in consumer tastes, according to two research firms. Restaurant chains large and small are responding with a wide array of chile-spiked menu items."

—NRN



Spicy Breaded Corn Nuggets with Jalapenos / #0241720



Battered Apple Crescents / #0240520



Battered Corn Nuggets / #0241120

# SPECIALTY ITEMS

## PRODUCT LEGEND

### Dietary

V - Vegetarian

### Preparation

DF - Deep Fry

BA - Bake

### SPECIALTY ITEMS

Looking for a signature menu item? Fred's for Starters is your source for unique battered and breaded specialty products.

PRODUCT	DESCRIPTION	APPELIZERS	SALADS	ENTREES	DIETARY	PREPARATION	PACK	EACH	QUANTITY PER CASE	NET WEIGHT	SUGGESTED SERVING SIZE
Battered 0241120	<b>Battered Corn Nuggets</b> —Sweet, creamy corn filling in a batter-coated nugget.	✓	✓	✓	V	DF BA	6/2# bags	0.50 oz.	384	12 lbs.	6 pcs.
Value Battered 0241620	<b>Golden Value Battered Corn Nuggets</b> —Sweet, creamy corn filling in a batter-coated nugget.	✓	✓	✓	V	DF BA	4/3# bags	0.57 oz.	336	12 lbs.	5 pcs.
Spicy Breaded 0241720	<b>Spicy Breaded Corn Nuggets with Jalapeños</b> —Sweet, creamy corn filling and diced spicy jalapeños in a flavorful breaded nugget.	✓	✓	✓	V	DF BA	6/2# bags	0.50 oz.	384	12 lbs.	6 pcs.
Battered 0274120	<b>Battered Pickle Chips</b> —Whole dill pickles sliced in-house and coated in a crisp, savory batter.	✓	✓	✓	V	DF BA	6/2# bags	0.35 oz.	549	12 lbs.	8 pcs.
Spicy Breaded 0274220	<b>Spicy Breaded Pickle Chips</b> —Whole dill pickles sliced in-house and coated in a spicy breading.	✓	✓	✓	V	DF	6/2# bags	0.35 oz.	549	12 lbs.	8 pcs.
Battered 0142220	<b>Mac &amp; Cheese Bites™</b> —Tender elbow macaroni blended with American cheese and coated in a savory batter.	✓	✓	✓	V	DF BA	6/2# bags	0.70 oz.	274	12 lbs.	1 pcs.
Battered 0240520	<b>Battered Apple Crescents</b> —Sweet cinnamon apple filling in a golden brown battered coating.	✓	✓	✓	V	DF BA	6/2# bags	0.50 oz.	384	12 lbs.	6 pcs.
Breaded 2270120	<b>Garlic &amp; Onion Flavored Breaded Pickle Spears</b> — Dill pickle spears coated in a satisfying breading and great for dipping!	✓	✓	✓	V	DF BA	4/4# bags	0.26 oz.	172	16 lbs.	2 pcs.
Battered 0142020	<b>Smoked Gouda Bacon Mac &amp; Cheese Bites™</b> — Tender elbow macaroni blended with smoked Gouda cheese and bacon, then coated in a savory batter.	✓	✓	✓	V	DF BA	6/2# bags	.60 oz.	318	12 lbs.	5 pcs.



Battered Pickle Chips / #0274120



Breaded Portobello Mushroom Fries / #0126120



Mac & Cheese Bites™ / #0142220

SPECIALTY ITEMS  
P. 9-10



# FLAVOR INSPIRATION FOR MENU SENSATION



## LOADED CORN NUGGETS

### INGREDIENTS:

- 1 lb. Fred's for Starters Battered Corn Nuggets (#0241120), cooked
- 1/2 cup Sour cream
- 1 Tbsp. Chopped chipotles in adobo
- 1 cup Shredded cheddar cheese
- 1/2 cup Crumbled bacon
- 2 Tbsp. Chopped scallions

### INSTRUCTIONS:

1. Preheat a broiler to high.
2. Mix sour cream and chipotles; set aside.
3. Place Fred's for Starters Battered Corn Nuggets in a small casserole dish and top with cheese. Broil for 3-4 mins.
4. Garnish with the chipotle-sour cream, bacon and scallions.

Start planning your menu—visit  
[Fred'sForStarters.com/Help-In-The-Kitchen](https://Fred'sForStarters.com/Help-In-The-Kitchen)  
for more recipes!

## ★ TREND ALERT

"Dips, spreads and dressings are star performers in the bold, complex and authentic flavor profiles popular today. They shine as accents on small plates and snacks and elevate finger foods as custom accompaniments."

—Restaurant Business



**AJINOMOTO.**

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**[AjinomotoTools.com](http://AjinomotoTools.com)**