






Better for You Products

-  Heart Healthy
-  High Fiber
-  High Protein
-  Gluten Free Varieties
-  Made with Natural Preservatives

Our Commitment To Healthy Grains: Farro

Farro originates from the Fertile Crescent and endures as a flavorful, nutritious grain. It was fit for Egyptian pharaohs, fed Roman legions, and gained popularity when Italian immigrants to America first planted farro due to its ability to flourish in a variety of climates. In recent years, farro's fame grew in part to its unique flavor - ranging from complex nut undertones, subtle hints of caramel, and notes roasted oat and barley. While farro draws comparison to buttery brown rice, it evokes a more sophisticated, earnest flavor profile. Considering all that farro has to offer in regards to flavor it also boasts several nutritional benefits - a high-fiber content, B vitamins, Zinc, Iron, and even a healthy dose of protein - as Sally Sherman is proud to utilize farro in its recipes.



300 North MacQuesten Pkwy
Mount Vernon, N.Y. 10550
Visit: www.SallyShermanFoods.com
Phone: 914.664.6262



Cuisine Inspired Recipes



Pesto Farro with Dates & Pecans

An ancient grain with nutritional benefits from high fiber content to high doses of protein! Our salad combines farro, chick peas, dates & pecans in light pesto dressing.



Harvest Wheat Berry

A unique selection of seasonal berries in a pumpkin spiced apple vinaigrette dressing.



Thai Coconut Quinoa

Quinoa, dried papaya, pecans blended in Thai coconut dressing.



Quinoa with Chick Peas and Red Fire Roasted Peppers

A blend of heart healthy and fiber rich ingredients in a fresh lemon zest vinaigrette dressing. May be served hot or cold.



Lemon Zest Chick Pea

A nutritious blend of chick peas, fresh cut celery, sweet onions in a tangy lemon vinaigrette dressing.



Italian Seafood

A mixture of Mediterranean flavors combines chunks of sushi quality surimi, shrimp, crisp celery and savory black olives in a golden Italian dressing.

Classic Salads re-designed with a few simple steps that make a big difference in offering a Healthier Alternative...

same great flavor with without the guilt!

 Made with All Natural Preservatives

 Cage-Free Light Mayonnaise

 Kosher Certified

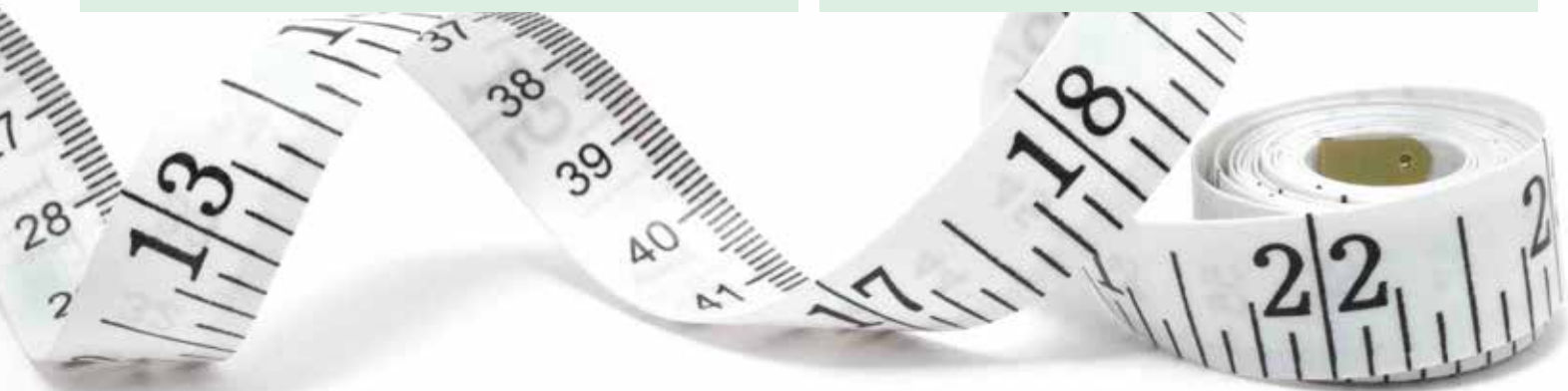
Hellmann's Light Mayo w/Cage Free Eggs

- A “Better for you / Vitality Mayo” with Hellman’s EXCELLENT Performance & great taste.
- Cutting more than HALF of the Calories & Cholesterol of Extra Mayo (100 EH vs. 25 CF Light).
- Good Source of Omega 3 ALA.
- 7.5g Less Total Fat than Extra Heavy (EH 11g vs. 3.5g CF Light) - 5 grams less polyunsaturated fat compared to Extra Heavy.
- Awarded the Master Chefs Institute “Seal of Excellence” - Hellmann’s is the ONLY light mayo to earn this distinction.

Comparison Chart



	Extra Heavy Mayo	Light Mayo w/Cage Free
Calories	100	35
Total Fat	11g	3.5g
Sat Fat	1.5g	.5g
Trans Fat	0g	0g
Poly Fat	6g	1g



Better For You Classic Salads



Potato Salad

Locally grown potatoes from our own farms combined with Cage Free Light Mayonnaise and an all natural preservative



Cole Slaw

New York state cabbage combined with Cage Free Light Mayonnaise and an all natural preservative . . .49% few calories and 64% less fat!



Old Fashioned Potato Salad

Sliced potatoes from our own farms, fresh crisp celery and parsley particulates in a cage free light mayonnaise dressing with all natural preservatives.



Southern Style Mustard Potato

A hint of mustard and with our sliced russet potatoes and cage free light mayonnaise

