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For Cinco de Mayo, a Starter with Whole-Grain “Olé!”

InHarvest’s Aztec Blend™ is steeped in Mexican history, “better for you” thanks to wholesome heirloom ingredients, and delicious just because.

BEMIDJI, MINN., April 26, 2018—As the nation prepares to celebrate Mexican-American culture on Cinco de Mayo, Saturday, May 5, InHarvest suggests a menu promotion featuring Roasted Poblanos Stuffed with Aztec Blend™, Chorizo & Sweet Corn—a dish from Chef Michael Holleman that speaks to ancient Mexico.

That’s because a key ingredient in Aztec Blend is amaranth, a grain known as *huauhtli* to the Aztecs, a Pre-Columbian Mesoamerican people of central Mexico in the 14th, 15th and 16th centuries. Indeed, the much-beloved grain of the amaranth plant might have represented up to 80% of energy consumption among the Aztec civilization before the Spanish conquest in 1521.

Roughly a half-millennium later, amaranth—today regarded as a “super grain”—is reliving its popularity, this time among American diners. And interest is growing: Case shipments of amaranth by broadline distributors to U.S. foodservice outlets increased by 19.4% in the year ending October 2017, according to The NPD Group’s SupplyTrack®.

Complementing amaranth in naturally gluten-free Aztec Blend are InHarvest’s exclusive Colusari™ Red Rice, whole-grain brown rice and multi-colored split peas. The result is a flavorful, textural and colorful blend that’s a veritable fiesta on the palate and eye. What’s more, Aztec Blend exhibits excellent hold time for service.

“Our Aztec Blend is not only delicious and visually stunning, it’s also packed with nutrition for ‘better for you’ menu options,” says Holleman, InHarvest’s director of culinary development and marketing. “Amaranth has seven of the nine amino acids essential to optimal health, and split peas round out the blend’s profile as a complete protein. Aztec Blend pairs perfectly with beef, pork, lamb, chicken, fish and game, and it’s also nutritionally robust for a wealth of great-tasting, great-looking vegetarian and vegan applications.”

Aztec Blend from InHarvest is certified kosher and packed 6/2-lb. sleeves/case. For more information or to place an order, visit www.InHarvest.com or call (800) 346-7032.

About InHarvest

Headquartered in northern Minnesota with operations in California, InHarvest—**celebrating its Ruby Anniversary in 2018**—is a foremost producer and procurer of some of the world’s most distinctive varieties of grains, legumes and blends for the foodservice, industrial and retail

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sectors. The company's dedication to discovering and promoting lesser-known, heirloom grains and pulses is deeply rooted in its 40-year heritage of providing inspiration and solutions to an evolving global food industry. www.InHarvest.com or find InHarvest on [Facebook](#) and [Twitter](#).

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Roasted Poblanos Stuffed with Aztec Blend™, Chorizo & Sweet Corn

Michael Holleman, director of culinary development and marketing, InHarvest

Yield: 6 servings

Ingredients

2½ c. water or stock
8 oz. InHarvest Aztec Blend™
6 poblano chiles
½ lbs. ground chorizo sausage
1½ c. roasted corn kernels
¼ c. sliced scallion
¼ c. chopped cilantro
Juice from 1 lime
3 oz. Cotija cheese



(Image available as high-resolution .jpeg)

Directions

1. In a pot on the stovetop, bring the water or stock to a boil. Add InHarvest Aztec Blend to the pot and stir. Reduce heat and let simmer, covered, for 25 minutes.
2. Lay the cooked grain out in a thin layer on a sheet pan. Reserve chilled in the walk-in or cooler.
3. Roast or grill the chiles until slightly blistered and/or charred and tender. (The chiles will steam in their own heat.)
4. When the chiles are cool enough to handle, use a paring knife to make a lengthwise slit from the bottom to the top of each chile. (Do not cut the stems.) Scoop out the seeds and discard. Set the cleaned chiles aside.
5. In a frypan, sauté the chorizo until cooked through. Drain excess fat.
6. Stir in the cooked Aztec Blend and roasted corn and heat through.
7. Stir in the scallion, cilantro and lime juice.
8. Stuff each chile with 1 c. of the Aztec Blend/chorizo mixture. Garnish each with ½ oz. of crumbled Cotija. Serve warm.