

CHILLED SALMON SALAD

Yield: 4 Servings (1³/₄ cup per serving)

TOTAL TIME: 3 hours 30 minutes

INGREDIENTS

- 1 carton (32 oz.) Wegmans Food You Feel Good About Vegetable Culinary Stock
- 1 carrot, peeled
- 2 salmon fillets (about 6 oz. each)
- 2 stalks celery, cut in ¼-inch pieces
- ½ yellow sweet pepper, cored, thinly sliced
- ½ red sweet pepper, cored, thinly sliced
- ½ medium zucchini, cut in 1-inch wedges
- ¼ medium red onion, peeled, thinly sliced
- 1 small tomato, peeled, thinly sliced
- 3 Tbsp. Wegmans Italian Classics Toscano Extra-Virgin Olive Oil
- 1 Tbsp. Wegmans Italian Classics Tuscan White Wine Vinegar
- 3 Tbsp. dry white wine
- 1 clove Wegmans Food You Feel Good About Peeled Garlic, minced
- Juice of ½ meyer lemon (about 1 Tbsp.)
- 4 large leaves Boston lettuce



PREPARATION

1. Bring vegetable stock to boil in braising pan on high. Add whole carrot; reduce heat to medium. Cook covered for 5 min. Remove carrot; set aside. Return stock to gentle simmer; add salmon fillets. Cook on medium, uncovered, about 12 min. or until internal temp reaches 130 degrees (check by inserting thermometer into thickest part of fish). Turn off heat; let salmon cool in stock for 1 hour. Transfer pan with salmon and stock to refrigerator; chill, covered, at least 2 hours (or up to overnight). Continue prepping vegetables.
2. Slice carrot diagonally into ¼-inch pieces. Combine carrot, celery, yellow and red peppers, zucchini, red onion and tomato in large bowl. Refrigerate until ready to serve.
3. **Day of serving:** Remove and discard skin and bloodline from salmon fillets. Flake salmon and add to bowl with veggies.
4. Whisk together oil, vinegar, lemon juice, wine and garlic in small bowl. Season to taste with salt and pepper. Add dressing to salad; gently combine to coat evenly. Season to taste with salt and pepper.
5. Serve salad on lettuce leaf cups. Drizzle with oil to finish.

NUTRITION

Per serving: Calories: 310; Fat: 19 g (3g saturated fat); Cholesterol: 55 mg; Carbohydrates: .9 g; Protein: 21 g; Fiber: 2 g; Sodium: 140 mg.

Recipe courtesy of Wegmans

CITRUS MARINATED WATERMELON WITH SORBET

Yield: 16 Servings (1 slice watermelon, 1 scoop sorbet)



TOTAL TIME: 40 minutes

YOU'LL NEED: Two 13x9x2-inch rectangular baking pans

INGREDIENTS

- 1 seedless watermelon
- ½ cup fresh squeezed orange juice
- Juice of 1 fresh lime (1–2 Tbsp.)
- 1 Tbsp. thinly sliced mint (about 7 leaves)
- 1 Tbsp. sugar
- 2 pints lemon sorbet

PREPARATION

1. Prep melon slices: Cut ends off of watermelon. Stand watermelon on end; quarter it. Cut quarters into 1-inch thick slices. Divide slices between baking pans.
2. Mix orange juice, lime juice, mint, and sugar in small bowl. Pour mixture over melon slices. Chill 15 min. Turn melon slices over; chill 15 min.
3. Place one slice melon on plate; drizzle with 1 tsp. orange juice/mint mixture. Add scoop of sorbet.

NUTRITION

Per serving: Calories: 100; Fat: 1 g; Cholesterol: 0 mg; Carbohydrates: 25 g; Protein: 1 g; Fiber: 0 g; Sodium: 0 mg.

Recipe courtesy of Wegmans

GRILLED ASPARAGUS AND EGGPLANT ROLL-UPS

Yield: 4 Servings



TOTAL TIME: 45 minutes

INGREDIENTS

- Eggplant (about 12 oz.), ends trimmed, cut lengthwise in four ½-inch thick slices
- Salt
- 1 bunch asparagus (about 1 lb.), ends trimmed
- 2 Tbsp. Wegmans Basting Oil

PREPARATION

Preheat grill on high 10 min.

1. Arrange eggplant slices on baking sheet; sprinkle lightly with salt. Let stand 30 min; pat with paper towel to remove moisture.
2. Drizzle basting oil on eggplant and asparagus to lightly coat. Season asparagus with salt to taste.
3. Clean grill with wire brush. Using soft cloth, coat grill grate lightly with vegetable oil. Arrange vegetables on grill; cook about 2 min. Turn. Cook about 2 min. until browned and slightly pliable. Remove from grill; cool briefly.
4. Top eggplant slices with asparagus spears; roll into bundles.

NUTRITION

Per serving: 90 Calories; Fat: 5 g (0g Saturated fat); Cholesterol: 0 mg; Carbohydrates: 12 g; Protein: 4 g; Fiber: 6 g; Sodium: 5 mg.

Recipe courtesy of Wegmans

MANGO & CASHEW SALAD

Yield: 8 Servings (2 cups per serving)



TOTAL TIME: 15 minutes

INGREDIENTS

- 1½ Tbsp. and ⅓ cup extra-virgin olive oil, divided
- 1½ cups whole, unsalted cashews (Bulk Foods)
- ⅛ tsp. cayenne pepper
- ¾ tsp. salt
- 2 Tbsp. clover honey
- Juice from 1 lime (about 2 Tbsp.)
- 3 bags (5 oz. each) arugula blend salad
- 3 mangos, peeled, seeded, 1-inch dice (about 3½ cups)

PREPARATION

1. Heat 1½ Tbsp. oil in skillet on medium. Add cashews, cayenne pepper and salt; stir in honey.
2. Remove from heat; toss, set aside to cool.
3. Whisk lime juice and remaining ⅓ cup olive oil in small bowl.
4. Combine arugula, mango and cashew mixture in large bowl; drizzle with dressing.

NUTRITION

Per serving: Calories: 330; Fat: 24 g (4g Saturated fat); Cholesterol: 0 mg; Carbohydrates: 28 g; Protein: 6 g; Fiber: 3 g; Sodium: 240 mg.

Recipe courtesy of Wegmans

MOJO CHICKEN CUTLET SANDWICHES

Yield: 4 Servings



TOTAL TIME: 25 minutes

INGREDIENTS

- 4 (4 oz. each) Wegmans Mojo Marinated Chicken Cutlets
- Salt and pepper
- 4 tsp. butter, softened
- 4 super soft vienna rolls
- 1 tomato, sliced into 4 slices
- 1 ripe avocado, peeled, sliced thinly into 12 slices width-wise
- 4 leaves lettuce

PREPARATION

Preheat grill on medium-high 10 min.

1. Clean grill with wire brush. Using soft cloth, coat grill grate lightly with vegetable oil.
2. Season chicken with salt and pepper; place on grill.
3. Sear chicken on grill 4 min. until it has changed color one-quarter of the way up from bottom. Turn over; sear 4 min. Reduce heat to medium; close lid.
4. Cook chicken 5–10 min., or until internal temp of chicken reaches 165 degrees; check by inserting thermometer halfway into thickest part of chicken. (Chicken should be burnished brown in color.) Transfer chicken to clean platter; set aside.
5. Butter split rolls lightly; place on grill cut side down. Remove when they are warmed and butter is nicely melted.
6. Place cutlet on roll; top with tomato slice, 3 slices avocado and lettuce leaf. Top with other bun.

NUTRITION

Per serving: Calories: 420; Fat: 16 g (5g Saturated fat); Cholesterol: 90 mg; Carbohydrates: 39 g; Protein: 33 g; Sodium: 480 mg.

Recipe courtesy of Wegmans

SUMMER FRUIT SALAD

Yield: 10 Servings (1 cup per serving)



TOTAL TIME: 3 hours 30 minutes

INGREDIENTS

- $\frac{2}{3}$ cup fresh orange juice
- $\frac{1}{3}$ cup fresh lemon juice
- $\frac{1}{3}$ cup packed brown sugar
- $\frac{1}{2}$ tsp. grated orange zest
- $\frac{1}{2}$ tsp. grated lemon zest
- 1 tsp. vanilla extract
- 2 cups fresh pineapple (cubed)
- 2 cups strawberries (sliced)
- 3 kiwis (peeled and sliced)
- 3 bananas (sliced)
- 2 oranges (peeled and sectioned)
- 1 cup seedless grapes
- 2 cups blueberries

PREPARATION

1. Bring orange juice, lemon juice, brown sugar, orange zest and lemon zest to a boil in a saucepan over medium-high heat. Reduce heat to medium-low, and simmer until slightly thickened, about 5 minutes. Remove from heat, and stir in vanilla extract. Set aside to cool.
2. Layer the fruit in a large, clear glass bowl in this order: pineapple, strawberries, kiwi fruit, bananas, oranges, grapes and blueberries. Pour the cooled sauce over the fruit. Cover and refrigerate for 3–4 hours before serving.

NUTRITION

Per serving: Calories: 155; Fat: .6 g; Cholesterol: 0 mg; Carbohydrates: 39 g; Protein: 1.8 g; Fiber: 4.5 g; Sodium: 5 mg.

Recipe courtesy of allrecipes.com

THAI STEAMED CHICKEN AND VEGETABLES

Yield: 4 Servings (4½ oz. chicken, 1½ cup veg. ¼ cup sauce)



TOTAL TIME: 35 minutes

YOU'LL NEED: Steamer Basket

INGREDIENTS

- 3 boneless, skinless chicken breasts, (about 1½ lbs. total), trimmed
- ¾ cup Asian Classics Thai Peanut Sauce (International Foods), divided
- Juice of ½ lime (about 1 Tbsp.)
- Salt and pepper, to taste
- 4 heads baby bok choy (about 1 lb.)
- 1 pkg. (16 oz.) Cleaned & Cut Stir Fry Vegetables
- Large broccoli pieces halved
- 1 medium sweet red pepper, cut in 1-inch dices
- ¼ cup Mirin Rice Wine (International Foods)
- 2 cloves peeled garlic, finely chopped
- 1 oz. piece fresh ginger root, peeled, finely chopped (about 2 Tbsp.)
- ½ bunch green onions, trimmed, chopped

PREPARATION

1. Slice each chicken breast diagonally into 4 strips; combine with ¼ cup peanut sauce and lime juice in medium bowl. Season with salt and pepper; mix well. Let stand 10 min.
2. Cut bok choy in quarters, layer bottom of steamer basket with bok choy. Divide stir-fry mix and pepper evenly and layer around and in between bok choy. Divide chicken mixture evenly and layer over vegetables. Cover.
3. Combine 1½ cups water, rice wine, garlic, and ginger in stir-fry; heat on high to rapid boil. Liquid must be hot enough to create steam below food, but must not touch it. Place layered basket in pan; steam about 15. min or until chicken has internal temp of 165 degrees. To check temp, lift lid away from face (use extreme caution and avoid steam) and insert thermometer into thickest part of chicken. Carefully remove from heat.
4. Add remaining ½ cup peanut sauce to liquid in pan. Bring to boil; cook until reduced by half. Drizzle sauce over meal and top with green onions.

NUTRITION

Per serving: Calories: 160; Fat: 8 g; Cholesterol: 0 mg; Carbohydrates: 20 g; Fiber: 2 g; Protein: 3 g; Sodium: 290 mg.

Recipe courtesy of Wegmans