

CARROT CAKE

Yield: 16 Servings

TOTAL TIME: 1 hour 20 minutes

INGREDIENTS

CAKE:

- 1 (20 oz.) can crushed pineapple
- 2 cups whole-wheat pastry flour,
- 2 tsp. baking soda
- ½ tsp. salt
- 2 tsp. ground cinnamon
- 3 large eggs
- 1½ cups granulated sugar
- ¾ cup nonfat buttermilk
- ½ cup canola oil
- 1 tsp. vanilla extract
- 2 cups grated carrots (4–6 medium)
- ¼ cup unsweetened flaked coconut
- ½ cup chopped walnuts, toasted



FROSTING:

- 12 oz. reduced-fat cream cheese (neufchâtel), softened
- ½ cup confectioner's sugar, sifted
- 1½ tsp. vanilla extract
- 2 Tbsp. flaked coconut, toasted

PREPARATION

Preheat oven to 350 degrees. Coat a 9-by-13-inch baking pan with cooking spray.

1. Drain pineapple in a sieve set (drainer) over a bowl, pressing on the solids. Reserve the drained pineapple and ¼ cup of the juice.
2. Whisk flour, baking soda, salt and cinnamon in a medium bowl. Whisk eggs, sugar, buttermilk, oil, vanilla and the ¼ cup pineapple juice in a large bowl until blended. Stir in pineapple, carrots and ¼ cup coconut. Add the dry ingredients and mix with a rubber spatula just until blended. Stir in the nuts. Scrape the batter into the prepared pan, spreading evenly.
3. Bake the cake until the top springs back when touched lightly and a skewer inserted in the center comes out clean, 40 to 45 minutes. Let cool completely on a wire rack.
4. To prepare frosting and finish cake: Beat fat-free cream cheese, confectioners' sugar and vanilla in a mixing bowl with an electric mixer until smooth and creamy. Spread the frosting over the cooled cake. Sprinkle with toasted coconut.

NUTRITION

Per serving: Calories: 260; Fat: 12 g (3 g saturated fat); Cholesterol: 70 mg; Carbohydrates: 27 g; Protein: 9 g; Fiber: 4 g; Sodium: 290 mg.

Recipe courtesy of Eating Well

GARDEN PASTA SALAD

Yield: 12 Servings (1 cup per serving)



TOTAL TIME: 35 minutes

INGREDIENTS

- 4–6 medium sweet potatoes
- 2 cups whole-wheat rotini, (6 oz.)
- ⅓ cup reduced-fat mayonnaise
- ⅓ cup low-fat plain yogurt
- 2 Tbsp. extra-virgin olive oil
- 1 Tbsp. red-wine vinegar, or lemon juice
- 1 clove garlic (minced)
- ⅛ teaspoon salt
- Freshly ground pepper to taste
- 1 cup cherry or grape tomatoes (halved)
- 1 cup yellow or red bell pepper (diced)
- 1 cup carrots (grated)
- ½ cup scallions (chopped)
- ½ cup pitted kalamata olives (chopped)
- ⅓ cup fresh basil (slivered)

PREPARATION

1. Bring a large pot of lightly salted water to a boil. Cook pasta, stirring occasionally, until just tender, 8 to 10 minutes, or according to package directions. Drain and rinse under cold running water.
2. Whisk mayonnaise, yogurt, oil, vinegar (or lemon juice), garlic, salt and pepper in a large bowl until smooth. Add the pasta and toss to coat. Add tomatoes, bell pepper, carrots, scallions, olives and basil; toss to coat well.

Make Ahead Tip: Cover and refrigerate for up to one day.

NUTRITION

Per serving: Calories: 205; Fat: 9 g (2 g saturated fat); Cholesterol: 1 mg; Carbohydrates: 29 g; Protein: 6 g; Fiber: 4 g; Sodium: 291 mg.

Recipe courtesy of Eating Well

GRILLED ASPARAGUS

Yield: 4 Servings (7 spears per serving)



TOTAL TIME: 15 minutes

INGREDIENTS

- 1 bunch (about 1 lb.) asparagus, trimmed
- 1 Tbsp. Wegmans Basting Oil
- Salt and pepper to taste

PREPARATION

1. Clean grill with wire brush. Using soft cloth, coat grill grate lightly with vegetable oil.
2. Toss asparagus and basting oil in medium bowl; season to taste with salt and pepper.
3. Reduce heat to medium. Grill 3–5 min., turning frequently, until tender.

NUTRITION

Per serving: 50 Calories; Fat: 2 g (0 g saturated fat); Cholesterol: 0 mg; Carbohydrates: 6 g; Protein: 3 g; Sodium: 0 g.

Recipe courtesy of Wegmans

GRILLED YAM WEDGES

Yield: 4 Servings



TOTAL TIME: 20 minutes

INGREDIENTS

- 4 medium (about 2¼ lbs.) yams, ends trimmed
- 2 Tbsp. Wegmans Basting Oil

.....

PREPARATION

Preheat grill on medium for 10 min.

1. Clean grill with wire brush. Using soft cloth, coat grill grate lightly with vegetable oil.
2. Slice yams into wedges and baste with basting oil. Grill 15 min. or until tender, turning occasionally.

NUTRITION

Per serving: Calories: 220; Fat: 5 g (0 g saturated fat); Cholesterol: 0 mg; Carbohydrates: 42 g; Protein: 3 g; Fiber: 5 g; Sodium: 25 mg.

Recipe courtesy of Wegmans

MEMPHIS BARBECUE BONE-IN CHICKEN BREASTS

Yield: 4 Servings (1 split breast per serving)



TOTAL TIME: 50 minutes

INGREDIENTS

- 4 split chicken breasts
- Wegmans Memphis-Style BBQ Sauce

PREPARATION

Preheat grill on high for 10 min.

Preheat oven to 350 degrees.

1. Clean grill with wire brush. Using soft cloth, coat grill grate lightly with vegetable oil.
2. Sear chicken about 4 min. until skin is charred brown. Turn over; sear 4–5 min. Transfer to oven-proof pan.
3. Roast on center rack of oven about 20 min.
4. Remove from oven and brush liberally with barbecue sauce. Return to oven; cook 15–20 min., or until internal temp. of chicken reaches 165 degrees. Check by inserting thermometer halfway into the thickest part of the chicken, away from bone.
5. Transfer to serving platter.

NUTRITION

Per serving: Calories: 330; Fat: 11 g (4 g saturated fat); Cholesterol: 135 mg; Carbohydrates: 4 g; Protein: 54 g; Sodium: 500 mg.

Recipe courtesy of Wegmans

SPINACH, ORANGE AND AVOCADO SALAD

Yield: 4 Servings (2 cups per serving)



TOTAL TIME: 15 minutes

INGREDIENTS

- 2 naval oranges
- 1 orange, zested
- 6 oz. baby spinach
- 1 avocado, pitted, peeled, flesh sliced thinly
- ¼ red onion, sliced thinly
- ¼ cup extra-virgin olive oil
- 2 Tbsp. wine vinegar
- 1 Tbsp. honey
- Kosher salt and pepper to taste
- 4 oz. feta cheese

PREPARATION

1. Peel oranges. Segment oranges carefully over a bowl to catch juices. Set orange segments and bowl of juice aside.
2. Place spinach in large serving bowl. Top with orange segments, avocado slices and red onion slices.
3. Whisk oil, vinegar, honey and orange zest in bowl containing reserved orange juice. Add to salad and toss to combine. Season to taste with salt and pepper. Top with crumbled feta.

Add chicken, shrimp or salmon if desired.

NUTRITION

Per serving: Calories: 370; Fat: 30 g (8 g saturated fat); Cholesterol: 25 mg; Carbohydrates: 23 g; Protein: 7 g; Sodium: 360 mg.

Recipe courtesy of Wegmans

SALMON BURGER

Yield: 4 Servings



TOTAL TIME: 15 minutes

INGREDIENTS

- 4 (about 4 oz. each) Wegmans Ready to Cook Salmon Burgers
- 4 whole wheat soft sandwich rolls
- 8 tsp. Wegmans Horseradish Cream Sauce, divided
- 8 thin slices red onion
- 4 tomato slices

PREPARATION

Preheat grill on high 10 min.

1. Clean grill with wire brush. Using soft cloth, coat grill grate lightly with vegetable oil. Place burgers on grill. Reduce heat to medium.
2. Sear burgers on grill 2 min., until they have changed color about one-quarter of way up from bottom. Turn over; sear 2–3 min. Turn again; reduce heat to medium-low. Close lid.
3. Cook about 10 min. until internal temp. reaches 165 degrees. Check internal temp. by inserting thermometer halfway into the thickest part of the burgers. Transfer to a clean platter; set aside.
4. Spread rolls with 2 tsp. sauce each. Top with burger, 2 slices onion and 1 slice tomato.

NUTRITION

Per serving: Calories: 560; Fat: 20 g (4 g saturated fat); 1410 mg omega-3 fats; Cholesterol: 95 mg; Carbohydrates: 53 g; Protein: 41 g; Sodium: 690 mg.

Recipe courtesy of Wegmans

PINEAPPLE-DRIED CRANBERRY FRUIT SALAD

Yield: 6-8 Servings ($\frac{3}{4}$ cup per serving)



TOTAL TIME: 10 minutes

INGREDIENTS

- 3 containers (10 oz. each) fresh pineapple
- 1 bag (6 oz.) dried cranberries
- 1 pkg. ($\frac{2}{3}$ oz.) mint leaves, finely sliced (about $\frac{1}{3}$ cup)
- 6 Tbsp. pure honey

PREPARATION

Combine pineapple, dried cranberries and mint in medium bowl. Toss with honey.

NUTRITION

Per serving: Calories: 230; Fat: 0 g (0 g saturated fat); Cholesterol: 0 mg; Carbohydrates: 59 g; Fiber: 3 g; Protein: 1 g; Sodium: 0 mg.

Recipe courtesy of Wegmans