

BLACK BEAN ENCHILADAS

Yield: 24 Servings



TOTAL TIME: 1 hour 15 minutes

INGREDIENTS

- ¼ cup pure olive oil
- ¼ cup all-purpose flour
- 3 Tbsp. Mexican-style chili powder
- ½ tsp. ground cumin
- 2 Tbsp. Better Than Bouillon Vegetarian, no chicken base
- 2 garlic cloves, minced
- 1 quart water
- 1 can (15 oz.) tomato sauce
- 2 cans (15.5 oz. each) black beans, rinsed and drained, divided
- 1 container (16 oz.) Caribbean black bean soup (prepared foods)
- 1 pkg. (16 oz.) + 1 pkg. (8 oz.) shredded Mexican cheese, divided
- 2 pkgs. (10 oz. each) white corn tortillas
- 1 bunch green onions, trimmed, sliced thinly

PREPARATION

Preheat oven to 350 degrees.

1. Make sauce: Add oil to stockpot on medium; add garlic. Cook, stirring, 1–2 min. Add flour, chili powder and cumin; stir to combine. Cook, stirring, 1–2 min. Add bouillon, water and tomato sauce. Bring to a boil on medium-high, stirring continuously. Cook 1–2 min., until sauce is slightly thickened. Set aside.
2. Make filling: Mash 1 can beans in mixing bowl. Add second can of beans, soup and 16 oz. cheese. Mix to combine. Set aside.
3. Prepare tortillas: Heat skillet on medium-high. Place 1 tortilla in dry pan; cook a few seconds on each side, until warm and pliable. Transfer to clean plate. Repeat with remaining tortillas, stacking them to retain heat.
4. Spread about ¼ cup of sauce on bottom of each casserole dish. Spread ¼ cup filling down each tortilla center. Roll one long edge towards middle to enclose filling; keep rolling into cigar shape. Set aside.
5. Arrange enchiladas in 2 rows of 6 in each casserole dish.
6. Pour remaining sauce over enchiladas. Sprinkle half of remaining 8 oz. pkg. cheese over each; top with green onion.
7. Bake uncovered 25–30 min., until sauce is bubbling. Rest 5–10 min. before serving.

NUTRITION

Per serving: Calories: 205; Fat: 12 g (6 g saturated fat); Cholesterol: 25 mg; Carbohydrates: 24 g; Protein: 11 g; Sodium: 691 mg.

Recipe courtesy of Wegmans

COD AL FORNO WITH ROASTED TOMATOES

Yield: 4 Servings (1 fillet per serving)



TOTAL TIME: 20 minutes

INGREDIENTS

- 4 fresh Pacific Cod fillets (about 6 oz. each)
- Salt and pepper
- 5.5 oz. roasted red tomatoes (Mediterranean Bar), chopped (about 1 cup)
- 1 cup panko bread crumbs
- ¼ cup Wegmans Basting Oil, divided

PREPARATION

Preheat oven to 450 degrees.

1. Spray baking sheet with nonstick spray. Place cod on baking sheet; season with salt and pepper. Spread each fillet evenly with chopped tomato.
2. Combine panko and basting oil in a small bowl; mix well. Sprinkle fillets with evenly divided portions of crumb mixture.
3. Bake 12 min. or until internal temp. of cod reaches 130 degrees (check by inserting thermometer halfway into thickest part of cod). Remove from oven; let rest 2 min.

NUTRITION

Per serving: Calories: 360; Fat: 18 g (2 g saturated fat)(220 mg omega-3 fats); Cholesterol: 75 mg; Carbohydrates: 15 g; Protein: 34 g; Sodium: 230 mg.

Recipe courtesy of Wegmans

GREEK TURKEY BURGER

Yield: 4 Servings



TOTAL TIME: 30 minutes

INGREDIENTS

- 1 lb. lean ground turkey
- 1 cup baby spinach (1½ oz.), chopped
- 1 Tbsp. seasoned bread crumbs
- ⅓ cup (about 1½ oz.) crumbled feta
- ¼ tsp. oregano leaves
- ½ tsp. Wegmans Cracked Pepper Seasoning Shak'r
- 1 tsp. pure olive oil
- 4 Tbsp. Tzatziki, divided
- ¼ cup roasted red peppers
- 1 small cucumber, cut into 12 thin slices
- 4 rosemary olive oil rolls

PREPARATION

Preheat grill on high 10 min.

1. Combine ground turkey, baby spinach, bread crumbs, feta, oregano, cracked pepper and olive oil in mixing bowl. Divide mixture into fourths; form 4 burgers.
2. Clean grill with wire brush. Using soft cloth, coat grill grate lightly with vegetable oil. Place burgers on grill. Reduce heat to medium.
3. Sear burgers on grill 2 min., until they have changed color about one-quarter of the way up from bottom. Turn over; sear 2–3 min. Turn again; reduce heat to medium-low. Close lid.
4. Cook 8–10 min. until internal temp. reaches 165 degrees (check by inserting thermometer halfway into thickest part of burgers). Transfer to clean platter.
5. Top each burger with 1 Tbsp. Tzatziki, 3 or 4 roasted red pepper strips, and 3 slices cucumber. Serve on rolls.

NUTRITION

Per serving: Calories: 430; Fat: 14 g (3 g saturated fat); Cholesterol: 50 mg; Carbohydrates: 45 g; Fiber 3 g; Protein: 28 g; Sodium: 800 mg.

Recipe courtesy of Wegmans

OPEN-FACED PORTABELLA SANDWICHES

Yield: 4 Servings



TOTAL TIME: 30 minutes

INGREDIENTS

- 4 medium (about 1 lb. total) portabella mushroom caps, sliced diagonally
- 2 mini white pocket bread, halved
- 4 tsp. balsamic glaze
- ¼ pkg. (about 3 cups) baby spinach
- ¼ lb. (about 1 whole) roasted pepper, cut in thin strips
- ¼ lb. Fontina cheese shredded (about 1 cup)

PREPARATION

Preheat grill on medium-high 10 min.

Preheat oven to 350 degrees.

1. Clean grill with wire brush. Using soft cloth, coat grill grate lightly with vegetable oil. Grill mushroom slices, without turning, until tender, 6–8 min. (Mushrooms will appear a little dry, but this will not affect the recipe.)
2. Place pita halves, cut side up, on baking sheet; drizzle each with 1 tsp. glaze. Top with spinach, roasted peppers, cheese (reserve a little for top), and grilled mushrooms. Top with reserved cheese.
3. Bake on center rack of oven for 4–5 min. to melt cheese.

NUTRITION

Per serving: Calories: 230; Fat: 9 g (5 g saturated fat); Cholesterol: 35 mg; Carbohydrates: 27 g; Fiber 13 g; Protein: 13 g; Sodium: 570 mg.

Recipe courtesy of Wegmans

SOUTHWEST CABBAGE SALAD

Yield: 7 Servings (1 cup per serving)



TOTAL TIME: 55 minutes

INGREDIENTS

- 6 cloves peeled garlic, finely chopped
- Juice from 2 limes (about ¼ cup)
- 1 tsp. sea salt
- ½ cup extra-virgin Campagnan olive oil
- Fresh ground black pepper
- 4 cups (½ head) red cabbage, shredded
- 5 cups (½ head) green cabbage, shredded
- 2 Tbsp. fresh chopped cilantro

PREPARATION

1. Make dressing: Combine garlic with lime juice and sea salt in mixing bowl. Marinate 10–15 min.
2. Whisk olive oil into garlic mixture. Season with additional black pepper and salt, if desired.
3. Add chopped cabbage, cilantro and dressing to mixing bowl. Toss to combine; cover.
4. Chill in refrigerator 20–30 min.

NUTRITION

Per serving: Calories: 160; Fat: 15 g (2 g saturated fat); Cholesterol: 0 mg; Carbohydrates: 7 g; Fiber 2 g; Protein: 1 g; Sodium: 650 mg.

Recipe courtesy of Wegmans

SPINACH, GREEN ONION, AND SMOKED GOUDA QUICHE

Yield: 10 Servings(1 wedge)



TOTAL TIME: 2 hours 36 minutes

INGREDIENTS

Crust:

- 6 tablespoons butter (softened)
- 2 tablespoons low-fat milk
- ¼ teaspoon salt
- 1 large egg yolk
- 1¼ cups all-purpose flour

Filling:

- 1 tablespoon extra-virgin olive oil
- ½ cup thinly sliced green onions
- 3 cups fresh baby spinach
- 1 cup low-fat milk
- ¾ cup smoked gouda cheese (grated)
- ¾ teaspoon salt
- Dash of nutmeg
- 3 large eggs

PREPARATION

1. To prepare crust, place butter in a large bowl; beat with a mixer at medium speed until light and fluffy. Combine milk, salt and egg yolk in a small bowl; stir well with a whisk. Add milk mixture to butter, 1 tablespoon at a time, beating well after each addition. Add flour; beat just until combined. Press mixture into a 4-inch circle on plastic wrap; cover. Chill for 1 hour.
2. Preheat oven to 350 degrees.
3. Unwrap and place chilled dough on a lightly floured surface. Roll dough into a 10-inch circle. Fit dough into a 9-inch pie plate. Freeze 15 minutes. Bake at 350° for 25 minutes or until lightly browned. Cool.
4. To prepare filling, heat oil in a large skillet over medium-high heat. Add onions; sauté 5 minutes or until tender. Add spinach; sauté 2 minutes.
5. Combine 1 cup milk and remaining ingredients in a bowl; stir well with a whisk. Stir in spinach mixture. Pour filling into crust. Bake at 350 degrees for 35 minutes. Cut into 10 wedges.

NUTRITION

Per serving: Calories: 205; Fat: 12.9 g (6.8 g saturated fat); Cholesterol: 113 mg; Carbohydrates: 15.4 g; Fiber 1.1 g; Protein: 7.3 g; Sodium: 405 mg.

Recipe courtesy of Cooking Light

TROPICAL BREAKFAST SHAKE

Yield: 2 Servings



TOTAL TIME: 5 minutes

INGREDIENTS

- 3 oz. (about $\frac{1}{4}$ cup) silken tofu
- 2 Tbsp. pure honey
- $\frac{1}{2}$ cup 100% orange juice from concentrate
- 2 tsp. lemon juice
- 1 cup pineapple, chopped
- 1 small banana, sliced
- 6 ice cubes

PREPARATION

1. Combine all ingredients in blender; purée until well-blended and frothy, about 30 seconds.

Option(s): Garnish with cubed fruits such as mango, kiwi and raspberries on skewers.

NUTRITION

Per serving: Calories: 240; Fat: 2 g (0 g saturated fat); Cholesterol: 0 mg; Carbohydrates: 56 g; Protein: 3 g; Sodium: 20 mg.

Recipe courtesy of Wegmans