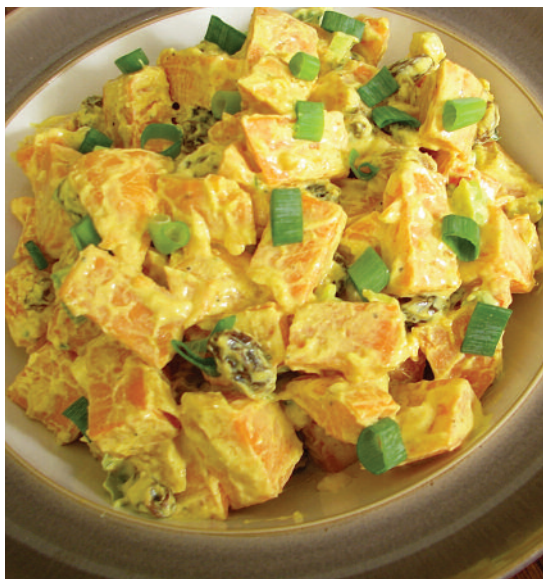


# CURRIED SWEET POTATO SALAD

Yield: 6 Servings



**TOTAL TIME:** 20 minutes, plus chilling

## INGREDIENTS

- 1 lb. sweet potatoes (about 2 medium), peeled and chopped into 1-inch pieces
- ½ cup plain Greek yogurt
- 2 Tbsp. mango chutney
- 1 tsp. curry powder
- 3 stalks celery, small diced
- ¼ cup raisins
- ¼ cup chopped green onions, plus more for garnish
- Salt to taste
- Toasted cashews, optional

---

## PREPARATION

1. Place cubed potatoes in a medium saucepan, cover with cold water, and bring to a boil over high heat. Cook until the potatoes are tender but not mushy, about 10–15 min. Drain cooked potatoes.
2. While potatoes are draining, stir together the remaining ingredients in a large bowl. While the potatoes are still warm, add them to the dressing and stir gently to evenly coat the potatoes.
3. Chill in the refrigerator (preferably overnight) to allow flavors to meld.

## NUTRITION

**Per serving:** Calories: 184; Fat: 2 g (0 g saturated fat); Cholesterol: 2 mg; Carbohydrates: 36 g; Protein: 6 g; Sodium: 174 mg.

Recipe courtesy of Healthy Food for Living

# MEXICAN RICE

Yield: 4 Servings (1 cup per serving)



**TOTAL TIME:** 1 hour 20 minutes

## INGREDIENTS

- 1 Tbsp. olive oil
- 1 cup onion (diced)
- ½ cup carrot (diced)
- ½ cup celery (diced)
- 2 garlic cloves (minced)
- 1 cup uncooked brown long grain rice
- ¾ cup tomato (diced)
- 1 Tbsp. soy sauce (low sodium)
- 1 tsp. fresh green chile (minced)
- 1¾ cup water
- 1 can vegetable broth (14.5 oz)
- 1 tsp. fresh oregano (chopped)
- 1 tsp. fresh cilantro (chopped)
- Oregano sprigs (optional)

---

## PREPARATION

1. Heat olive oil in a large saucepan over medium-high heat. Add onion, carrot, celery, and garlic; sauté 8 minutes or until onion is golden.
2. Add rice, diced tomato, soy sauce, chile, water, and vegetable broth; bring to a boil.
3. Cover, reduce heat, and simmer 30 min. or until the rice is tender and liquid is almost absorbed.
4. Stir in chopped oregano and chopped cilantro. Garnish with oregano sprigs, if desired.

## NUTRITION

**Per serving:** Calories: 245; Fat: 5.4 g (0.8 g saturated fat); Cholesterol: 0 mg; Carbohydrates: 44.6 g; Protein: 5.1 g; Fiber: 3.6 g; Sodium: 235 mg.

Recipe courtesy of Cooking Light

# QUINOA STUFFED PEPPERS

**Yield: 4 Servings**



**TOTAL TIME:** 25 minutes prep, 1 hour baking

## INGREDIENTS

- 1 medium onion, finely chopped
- 2 Tbsp. olive oil
- 2 stalks celery, finely chopped
- 1 Tbsp. ground cumin
- 2 cloves garlic, minced
- 10 oz. package frozen chopped spinach, thawed and squeezed dry
- 2-15 oz. cans diced tomatoes, no added salt, drained, reserve liquid
- 15 oz. can black beans, drained and rinsed
- $\frac{3}{4}$  cup quinoa
- 3 large carrots, grated
- 1 cup grated pepper jack cheese, divided
- 4 large bell peppers, red, green or yellow, halved lengthwise, seeds and ribs removed
- Salt and pepper to taste

---

## PREPARATION

Preheat oven to 350 degrees.

1. In saucepan, heat oil over medium heat. Add onion and celery and cook until soft, about 3 min. Add cumin and garlic; sauté about 1 min. Stir in spinach and drained tomatoes. Cook for 5 min., or until most of the liquid has evaporated.
2. Stir in black beans, quinoa, carrots, and two cups water. Cover and bring to a boil. Reduce heat to medium-low and simmer until quinoa is tender, about 20 min. Remove from heat and stir in  $\frac{1}{2}$  cup of cheese. Season with salt and pepper if desired.
3. Pour the liquid from tomatoes into the bottom of a large baking dish. Arrange pepper halves in the dish, cut sides up. Fill peppers with quinoa mixture. Cover dish with foil and bake for 45 min.
4. Remove pan from oven and remove foil. Sprinkle with remaining cheese and bake uncovered for another 15 min., or until tops of peppers are browned.
5. Let stand 5 min. before serving.

## NUTRITION

**Per serving:** Calories: 256; Fat: 8 g (3 g saturated fat); Cholesterol: 9 mg; Carbohydrates: 36 g; Protein: 12 g; Sodium: 323 mg.

Recipe courtesy of Vegetarian Times

# ROSEMARY & GARLIC POTATOES

**Yield: 8 Servings (½ cup per serving)**



**TOTAL TIME:** 30 minutes

## INGREDIENTS

- 1 pkg. (24 oz.) Fingerling Potato Medley, larger ones halved on the bias
- 4 cloves garlic, halved lengthwise
- 2 Tbsp. Wegmans basting oil
- Sea Salt
- Fresh cracked black pepper
- 1 pkg. (0.25 oz.) fresh rosemary

---

## PREPARATION

Preheat oven to 450 degrees.

1. Toss potatoes and garlic with basting oil in a large bowl; season with salt and pepper.
2. Scatter rosemary sprigs on foil-lined baking sheet (reserve 1 sprig). Top with single layer of potatoes and garlic.
3. Roast 25–30 min. on center rack of oven, until potatoes are fork-tender and light brown. Garnish potatoes with reserved rosemary sprig.

## NUTRITION

**Per serving:** Calories: 90; Fat: 3 g (0 g saturated fat); Cholesterol: 0 mg; Carbohydrates: 15 g; Protein: 2 g; Sodium: 10 mg.

Recipe courtesy of Wegmans

# SWEET AND SPICY BROCCOLI RABE

**Yield: 6 Servings**



**TOTAL TIME:** 20 minutes

## INGREDIENTS

- 4 bunches broccoli rabe (rapini), stems trimmed
- ¼ cup olive oil
- 3 garlic cloves, chopped
- ½ tsp. crushed red pepper flakes
- ⅓ cup raisins
- Salt to taste
- 2 Tbsp. pine nuts

## PREPARATION

Preheat grill on HIGH 10 min.

1. Working in batches, cook broccoli rabe in a large pot of salted, boiling water for about a minute per bunch, or until just tender. Remove broccoli rabe from the boiling water and transfer to a bowl of ice water. Strain the broccoli rabe and set aside. Reserve about ¼ cup of the cooking water.
2. In a large skillet, heat the oil over medium heat. Add the garlic and red pepper flakes. Cook until garlic is golden, about a minute. Reduce the heat and add the blanched broccoli raab. Toss to coat the broccoli raab in the oil.
3. Add the raisins and reserved cooking water to the pan. Cook until the broccoli raab stems are tender, about 5 min. Remove from heat and toss with the pine nuts.
4. Serve hot or cold.

## NUTRITION

**Per serving:** Calories: 169; Fat: 10 g (1 g saturated fat); Cholesterol: 0 mg; Carbohydrates: 13 g; Protein: 9 g; Sodium: 197 mg.

Recipe courtesy of Running to the Kitchen

# STRAWBERRY-BANANA SMOOTHIE

Yield: 2¼ Cups (1 cup per serving)



**TOTAL TIME:** 5 minutes

## INGREDIENTS

- ½ cup no pulp premium 100% orange juice
- ½ cup frozen strawberries
- 1 whole ripe banana, peeled, cut in 2-inch chunks
- 1 container (6 oz.) plain yogurt

---

## PREPARATION

Puree juice, fruit, and yogurt in blender on HIGH 30 seconds, until smooth.

## NUTRITION

**Per serving:** Calories: 140; Fat: 1 g (0 g saturated fat); Cholesterol: 0 mg; Carbohydrates: 34 g; Protein: 4 g; Sodium: 50 mg; Fiber 2 g.

Recipe courtesy of Wegmans