

CARAMEL APPLES

Yield: 6 Servings



TOTAL TIME: 45 minutes

INGREDIENTS

- 1/3 cup packed light brown sugar
- 1/4 cup agave nectar
- 2 Tbsp. butter
- 1/8 tsp. salt
- 3 Tbsp. unsalted nuts, such as peanuts or pecans (chopped)
- 6 small apples

PREPARATION

1. Line a baking sheet with wax paper and coat with cooking spray. Coat a tablespoon measure with cooking spray.
2. Combine brown sugar, agave, butter and salt in a small saucepan. Place over medium heat; as soon as the syrup starts to lightly bubble around the edges, cook, stirring constantly, for 1 min. more. Add nuts and cook, stirring constantly, until the sugar is melted and the mixture darkens, about 1 min. Remove from the heat.
3. Working quickly, spoon about 1 Tbsp. of caramel over each apple. Repeat, spooning another tablespoon of caramel over each apple, turning as you pour.
4. Let cool on the baking sheet for 5 min. Insert popsicle/craft sticks into the tops. Press any stray strands of caramel back onto the apples. Let cool for at least 30 min.

Make Ahead Tip: Store in wax paper at room temperature for up to 1 day.

NUTRITION

Per serving: Calories: 225; Fat: 6 g (3 g saturated fat); Cholesterol: 10 mg; Carbohydrates: 44 g; Protein: 2 g; Fiber: 4 g; Sodium: 54 mg.

Recipe courtesy of Eating Well

CIDER-GLAZED CARROTS WITH PUMPKIN SEEDS

Yield: 4 (1 cup per serving)



TOTAL TIME: 40 minutes

INGREDIENTS

- 1 pkg. (2 lbs.) carrots, trimmed, peeled
- 2 Tbsp. basting oil
- 2 cups apple cider
- 1 Tbsp. clover honey
- 1 Tbsp. Wegmans lemon-dill finishing butter (Dairy Dept.)
- Salt and pepper to taste
- 2 Tbsp. pumpkin seeds (Bulk Foods)

PREPARATION

Preheat oven to 450 degrees.

1. Cut carrots on bias (for even cooking, cut thinner segments a bit longer, decreasing lengths as carrot widens). Toss carrots with basting oil in large bowl; season with salt and pepper. Arrange in single layer on baking sheet. Roast 20 min., until tender. Remove from oven; set aside.
2. Make glaze: While carrots roast, add cider and honey to large skillet on medium-high. Stir to blend; bring to a boil. Cook, stirring about 10 min., until liquid is a syrupy consistency and mixture has reduced by about half. Remove from heat.
3. Add lemon-dill butter; stir to melt and blend.
4. Add carrots; toss to coat. Season to taste with salt and pepper. Sprinkle with pumpkin seeds.
5. Carrots can be roasted at 350 degrees about 40 min. or until tender.

NUTRITION

Per serving: Calories: 90; Fat: 4 g (1 g saturated fat); Cholesterol: 0 mg; Carbohydrates: 14 g; Protein: 1 g; Sodium: 60 mg.

Recipe courtesy of Wegmans

CRUSTLESS CAPRESE QUICHE

Yield: 4 Servings



TOTAL TIME: 50 minutes

INGREDIENTS

- Non-stick cooking spray
- $\frac{1}{3}$ cup plus 2 Tbsp. plain breadcrumbs
- 2 tsp. olive oil
- 1 medium onion, chopped
- $\frac{1}{4}$ tsp. salt
- 4 plum tomatoes, 2 chopped and 2 sliced
- 2 large eggs
- 2 large egg whites
- $\frac{1}{2}$ cup part skim ricotta cheese
- $\frac{1}{2}$ cup low-fat or fat free milk
- $\frac{1}{4}$ cup packed fresh basil, thinly sliced
- 2 oz. shredded part skim mozzarella

PREPARATION

Preheat oven to 350 degrees.

1. Coat a 9-inch, deep-sided baking dish or pie pan with non-stick spray. Sprinkle 2 Tbsp. breadcrumbs and gently turn the pan to evenly coat all surfaces in breadcrumbs.
2. In a large non-stick skillet, heat oil over medium heat. Add chopped onion and a pinch of salt. Cook until onions are translucent, about 10 min. Stir in chopped tomatoes and cook for 1 min. Remove from heat and set aside.
3. Meanwhile, add the eggs, egg whites, ricotta, milk and $\frac{1}{3}$ cup breadcrumbs to a blender. Blend until smooth. Stir in the basil and onion-tomato mixture.
4. Pour the egg mixture into the prepared pan. Sprinkle with the mozzarella and arrange the sliced tomatoes around the top.
5. Bake about 35 min. or until the eggs are set and the cheese is lightly browned. Remove from oven and let rest for 10 min. before serving.

NUTRITION

Per serving: Calories: 221; Fat: 11 g (4 g saturated fat); Cholesterol: 112 mg; Carbohydrates: 16 g; Protein: 15 g; Fiber: 2 g; Sodium: 353 mg.

Recipe courtesy of Just a Pinch Recipes

SALMON WITH ORANGE AND FENNEL SALAD

Yield: 4 Servings



TOTAL TIME: 20 minutes

INGREDIENTS

- 2 navel oranges, peeled and segmented
- 2 Tbsp. orange juice
- 1 small bulb fennel, stalks removed, cored and sliced crosswise
- ¼ cup pitted green olives, halved
- 2 Tbsp. lemon juice
- 2 tsp. olive oil
- Salt and pepper to taste
- 4 skinless salmon fillets (4 oz. each)

PREPARATION

1. In a medium bowl, combine the orange segments and juice, fennel, olives, lemon juice, and 1 tsp. oil and gently toss. Season with salt and pepper to taste, set aside.
2. In a large, non-stick skillet, heat the remaining oil over medium heat. Carefully add the salmon fillets, flat side down. Cook until browned, about 3 min. Gently turn the salmon and cook until opaque throughout, about 1–3 min.
3. Serve salmon topped with the orange and fennel mixture.

NUTRITION

Per serving: Calories: 246; Fat: 10 g (1 g saturated fat); Cholesterol: 52 mg; Carbohydrates: 15 g; Fiber 3 g; Protein: 25 g; Sodium: 299 mg.

Recipe courtesy of MarthaStewart.com

SLOW-COOKED CHICKEN & LENTILS

Yield: 4 Servings



TOTAL TIME: 3–7 hours

INGREDIENTS

- 1 pkg. chicken split breasts with ribs, drums and thighs (about 3 lbs.)
- Salt and pepper to taste
- Pan searing flour
- 1 Tbsp. pure olive oil
- 1 pkg. (8 oz.) cleaned and cut mirepoix
- 3 cloves peeled garlic, chopped
- 2 bay leaves
- 2 tsp. Herbes de Provence
- 2 cups dry white wine
- 1 carton (32 oz.) chicken culinary stock
- 1 can (28 oz.) cut roma tomatoes with basil
- 1 cup red lentils, sorted, rinsed

PREPARATION

1. Season chicken with salt and pepper. Dust with pan-searing flour; pat off excess. Heat oil in large braising pan on medium, until oil faintly smokes. Add chicken; brown, turning to brown all sides, 8–10 min. Transfer to slow cooker. Discard all but 1 Tbsp. drippings from pan.
2. Reduce heat to medium-low. Add mirepoix and garlic to braising pan; cook, stirring occasionally, 3–5 min., until garlic is lightly browned. Add bay leaves and Herbes; cook 3 min. Add wine; simmer, 3–5 min., stirring occasionally, until liquid is reduced by one-third. Add stock, tomatoes and lentils, heat to simmering.
3. Transfer to slow cooker. Cover and cook on high 3–4 hours, or low 6–7 hours.
4. Remove and discard bay leaf. Season to taste with salt and pepper.

NUTRITION

Per serving: Calories: 670; Fat: 24 g (8 g saturated fat); Cholesterol: 190 mg; Carbohydrates: 46 g; Protein: 62 g; Sodium: 870 mg.

Recipe courtesy of Wegmans

SPICED PORK CHOPS WITH APPLE CHUTNEY

Yield: 4 Servings



TOTAL TIME: 30 minutes

INGREDIENTS

CHUTNEY:

- 1 Tbsp. butter
- 3 large cooking apples, peeled and cubed
- ¼ cup dried cranberries
- 3 Tbsp. brown sugar
- 3 Tbsp. cider vinegar
- 2 tsp. minced fresh ginger
- Large pinch salt
- ¼ tsp. dry, ground mustard
- ⅛ tsp. ground allspice

PORK:

- ¾ tsp ground chile pepper (optional)
- ½ tsp. garlic powder
- ½ tsp. ground coriander
- ¼ ground black pepper
- ¼ tsp. salt
- 4 boneless pork loin chops, trimmed (4 oz. each)

PREPARATION

1. To prepare chutney, melt butter in non-stick pan over medium-high heat. Add chopped apple and sauté until lightly browned, about 4 min. Add cranberries, brown sugar, vinegar, ginger, salt, mustard and allspice. Bring to a boil, then reduce heat and simmer until apples are tender, about 8 min., stirring occasionally. Remove from heat and set aside.
2. Meanwhile, combine the pork spices and sprinkle over pork chops. Cook pork chops on a grill pan or skillet until the internal temperature registers 160 degrees.
3. Serve pork chops topped with warm chutney.

NUTRITION

Per serving: Calories: 345; Fat: 11 g (5 g saturated fat); Cholesterol: 83 mg; Carbohydrates: 37 g; Fiber 25 g; Protein: 3 g; Sodium: 350 mg.

Recipe courtesy of Wegmans