

# SPICY BLACK BEAN AND YAM CHILI

Yield: 11 Servings (1 cup per serving)



**TOTAL TIME:** 40 minutes

## INGREDIENTS

- 1 Tbsp. Wegmans Basting Oil
- 2 pkgs. (7 oz. each) Food You Feel Good About Diced Green Peppers & Onions
- 1 dry chipotle pepper, coarsely chopped
- 2 cups Food You Feel Good About Vegetable Culinary Stock
- 3 cans (15.5 oz. each) Food You Feel Good About Black Beans, undrained
- 1 can (14.5 oz.) Food You Feel Good About Diced Tomatoes with Roasted Garlic & Onion
- 1 medium yam or sweet potato (about ½ lb.), peeled, diced ½-inch
- 2 Tbsp. Italian Classics Chianti Red Wine Vinegar
- 1 clove Food You Feel Good About Peeled Garlic, chopped
- 1 Tbsp. Wegmans Hot Cocoa Mix
- 2 Tbsp. Wegmans Pure Honey
- 1½ tsp. chili powder
- ½ tsp. cumin
- ⅛ tsp. ground cinnamon
- Salt and pepper to taste

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## PREPARATION

1. Heat basting oil in medium stockpot on medium-high. Add peppers & onions and chipotle pepper. Cook, stirring, 3–4 min until soft, but not browned. Add stock, beans and liquid, tomatoes, yam, vinegar, garlic, cocoa powder, honey, chili powder, cumin, and cinnamon.
2. Bring to a boil. Reduce heat and simmer on low, uncovered, 25–30 min. Season to taste with salt and pepper.

## NUTRITION

**Per serving:** Calories: 190; Fat: 5 g (0 g saturated fat); Cholesterol: 0 mg; Carbohydrates: 35 g; Protein: 8 g; Fiber: 8 g; Sodium: 750 mg.

Recipe courtesy of Wegmans

# SAUSAGE STUFFED DELICATA SQUASH

Yield: 4 Servings



**TOTAL TIME:** 45 minutes

## INGREDIENTS

- 2 delicata squash, split, seeded
- ½ cup Arrowhead Mills Quinoa
- 6 oz. Italian Classics Mild Sausage, casing removed
- 1 Tbsp. Wegmans Pure Olive Oil
- 1 pkg. (7 oz.) Food You Feel Good About Diced Mirepoix
- ½ Granny Smith apple, peeled, cored, medium diced (½-inch)
- ¼ cup Food You Feel Good About Sweetened Dried Cranberries
- ½ cup Italian Classics Pine Nuts, toasted
- 2 Tbsp. chopped fresh parsley
- ½ tsp. chopped fresh rosemary
- ¼ cup Italian Classics Grated Parmigiano-Reggiano (Cheese Shop)
- 1 tsp. Italian Classics Sicilian Lemon Extra-Virgin Olive Oil

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## PREPARATION

Preheat oven to 350 degrees.

1. Place squash, skin side up, on microwave-safe dish; cover with microwave-safe plastic wrap. Microwave on high 10–12 min., until tender. Let rest about 5 min. until cool enough to handle. Carefully remove plastic wrap to avoid steam.
2. Make stuffing: Rinse quinoa thoroughly using a strainer. Boil 1¼ cups water and pinch salt; add quinoa. Bring to boil; simmer on medium-high. Cook, stirring often, about 10 min. until water is absorbed. Let cool.
3. Brown sausage in nonstick saute pan until completely cooked, breaking it up as it cooks. Remove from pan; set aside. Add olive oil and mirepoix to pan; cook 2 min. Add apple; cook 3 min. Add dried cranberries, pine nuts, parsley, rosemary, and sausage; cook 3 min. Remove from heat; stir in quinoa.
4. Fill squash hollows with stuffing mixture; place on baking sheet and bake 10 min. Remove from oven; top with cheese. Preheat oven to broil.
5. Broil squash 3 min. until cheese is lightly browned. Drizzle with lemon oil.

## NUTRITION

**Per serving:** Calories: 460; Fat: 26 g (6 g saturated fat); Cholesterol: 40 mg; Carbohydrates: 39 g; Protein: 18 g; Fiber: 7 g; Sodium: 410 mg.

Recipe courtesy of Wegmans

# THAI STEAMED CHICKEN AND VEGETABLES

**Yield: 4 Servings**

**TOTAL TIME:** 45 minutes

## 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
- 4 heads baby bok choy (about 1 lb.)
- 1 pkg. (16 oz.) Food You Feel Good About Cleaned & Cut Stir Fry Vegetables (Produce Dept.)
- Large broccoli pieces halved (Produce Dept.)
- ¼ cup Mirin Rice Wine (International Foods)
- 2 cloves Food You Feel Good About Peeled Garlic, finely chopped



- 1 med. sweet red pepper, cut in 1-inch dice
- ½ bunch green onions, trimmed, chopped
- 1 oz. piece fresh ginger root, peeled, finely chopped (about 2 Tbsp.)

## YOU'LL NEED

- 2 Steamer Baskets

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## 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 both steamer baskets 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 or tegame pan; heat on high to rapid boil. Liquid must be hot enough to create steam below food, but must not touch it.
4. Place layered baskets in pan; steam about 20 min. or until chicken has reached internal temp of 165 degrees. To check temperature, lift lid away from face (use extreme caution and avoid steam) and insert thermometer into thickest part of chicken. Carefully remove from heat. Let rest 5–10 min.
5. 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: 380; Fat: 8 g (3 g saturated fat); Cholesterol: 115 mg; Carbohydrates: 26 g; Protein: 49 g; Fiber: 3 g; Sodium: 299 mg.

Recipe courtesy of Wegmans

# TOASTED PUMPKIN SEEDS

Yield: 1 cup ( 2 Tbsp. per serving)



**TOTAL TIME:** 15 minutes

## INGREDIENTS

- 1 cup raw pumpkin seeds (Bulk Foods)
- 1 tsp. Wegmans Curry Salt Seasoning Shak'r
- 1 Tbsp. Pure Olive Oil

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## PREPARATION

Preheat oven to 400 degrees.

1. Toss pumpkin seeds, curry salt and olive oil together in a bowl.
2. Spread in an even single layer on sheet pan. Roast 7–9 min., until toasted; watch carefully so as not to burn. Remove from pan; let cool.

## NUTRITION

**Per serving:** Calories: 50; Fat: 4 g (1 g saturated fat); Cholesterol: 0 mg; Carbohydrates: 4 g; Fiber 1 g; Protein: 1 g; Sodium: 135 mg.

Recipe courtesy of Wegmans

# WARM SAUTEED PEARS AND CLEMENTINES WITH COTTAGE CHEESE

Yield: 6 Servings



**TOTAL TIME:** 30 minutes

## INGREDIENTS

- 1 cup Food You Feel Good About 100% Orange Juice From Concentrate
- ½ cup Wegmans Organic Maple Syrup
- 4 medium (about 1½ lbs. total) Bartlett pears, peeled and diced large (about 3 cups)
- 1 Tbsp. Wegmans Butter
- ½ tsp. cinnamon
- 3 Clementine tangerines, peeled, divided into segments (about 2 cups)
- 3 cups small curd low fat cottage cheese

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## PREPARATION

1. Mix orange juice and maple syrup together in medium bowl. Add pears; toss well with mixture to keep pears from turning brown.
2. Melt butter in saucepan on medium-high. Using strainer, drain orange juice/syrup mixture into pan; simmer 5 min. to reduce by half. Blend in cinnamon. Add drained pears; simmer 5–8 min., depending on ripeness of pear. (When done, pears should be somewhat soft, but not mushy.) Fold in tangerine segments; heat 2–3 min.
3. Place 2 scoops cottage cheese (about ½ cup total) on each serving plate. Surround with pear/orange mixture.

## NUTRITION

**Per serving:** Calories: 320; Fat: 8 g (51 g saturated fat); Cholesterol: 30 mg; Carbohydrates: 52 g; Protein: 15 g; Fiber: 4g; Sodium: 490 mg.

Recipe courtesy of Wegmans

# ARCTIC CHAR WITH SOFT POLENTA AND ARUGULA

Yield: 6 Servings



**TOTAL TIME:** 45 minutes

## INGREDIENTS

### FOR POLENTA:

- 1 quart water
- 1 cup yellow polenta
- ½ cup of ⅓ less fat cream cheese, or Neufchatel
- Salt to taste

### FOR FISH:

- ¼ cup olive oil
- 6 arctic char fillets, 4 oz. each (or use salmon or trout)
- ½ cup or more semolina flour for dredging
- 3 cups baby spinach or arugula
- 2 cloves garlic, finely sliced
- 2 shallots, finely sliced
- 1 cup flat leaf parsley leaves, chopped
- Juice of 1½ lemons
- Salt and pepper to taste

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## PREPARATION

1. For Polenta: Bring salted water to boil. Sprinkle polenta into water, whisking as you sprinkle. Reduce heat to medium and simmer the polenta, stirring constantly until it is soft, about 30 min. or per package directions. Add the cream cheese and stir until fully melted into the polenta. Remove from heat, cover and keep warm.
2. For Fish: Season fish fillets on both sides with salt and pepper. Place semolina in a small, shallow dish. Dredge in semolina flour, shaking off excess. Discard left over flour.
3. In non-stick skillet, heat 2 Tbsp. of oil over medium heat. Carefully add the fish. Cook about 2 minutes per side, or until just opaque.
4. Divide polenta onto 6 plates. Top with a handful of spinach or arugula and place the hot fish on top of greens to slightly wilt them.
5. In the same pan the fish was cooked in, heat the remaining 2 Tbsp. oil over medium heat. Add the garlic and shallots and cook for about 20 seconds, until garlic begins to brown. Remove pan from heat and add the lemon juice and parsley. Stir to combine and wilt the parsley.
6. Pour the sauce evenly over each fish. Serve immediately.

## NUTRITION

**Per serving:** Calories: 339; Fat: 14 g (5 g saturated fat); Cholesterol: 72 mg; Carbohydrates: 25 g; Fiber 3 g; Protein: 30 g; Sodium: 526 mg.

# CREAMY BROCCOLI SLAW

Yield: 4 Servings



**TOTAL TIME:** 5 minutes

## INGREDIENTS

- 1 pkg. (12 oz.) Food You Feel Good About Cleaned & Cut Broccoli Slaw
- ¼ sweet onion, peeled, thinly sliced
- ½ cup golden raisins (Bulk Foods)
- ½ cup Food You Feel Good About Coleslaw Yogurt Dressing

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## PREPARATION

Add slaw, onion, raisins and dressing to mixing bowl. Toss to combine well.

## NUTRITION

**Per serving:** Calories: 160; Fat: 5 g (1 g saturated fat); Cholesterol: 5 mg; Carbohydrates: 15 g; Fiber 4 g; Protein: 4 g; Sodium: 250 mg.

Recipe courtesy of Wegmans