

# PUMPKIN TURKEY CHILI

Yield: 6 Servings



**TOTAL TIME:** 30 minutes

## INGREDIENTS

- 1 Tbsp. vegetable oil
- 1 cup onion (chopped)
- ½ cup green bell pepper (chopped)
- ½ cup yellow bell pepper (chopped)
- 1 clove garlic (minced)
- 1 pound ground turkey
- 1 (14.5 oz.) can diced tomatoes
- 2 cups pumpkin puree
- 1½ Tbsp. chili powder
- ½ tsp. ground black pepper
- 1 dash of salt
- ½ cup sour cream (optional)

---

## PREPARATION

1. Heat the oil in a large skillet over medium heat, and sauté the onion, green bell pepper, yellow bell pepper and garlic until tender.
2. Stir in the turkey and cook until evenly brown. Drain, and mix in tomatoes and pumpkin.
3. Season with chili powder, pepper and salt.
4. Reduce heat to low, cover and simmer 20 min.
5. Serve topped with sour cream.

## NUTRITION

**Per serving:** Calories: 285; Fat: 16.6 g; Cholesterol: 76 mg; Carbohydrates: 14.9 g; Protein: 21.3 g; Fiber: 5.6 g; Sodium: 321 mg.

Recipe courtesy of All Recipes

# PUMPKIN PANNA COTTA

**Yield: 4 Servings**



**TOTAL TIME:** 4 hours 15 minutes

## INGREDIENTS

### FOR THE PUMPKIN PANNA COTTA:

- $\frac{3}{4}$  cup fat free evaporated milk
- 1 tsp. gelatin
- $\frac{1}{4}$  cup brown sugar
- $\frac{1}{2}$  cup plus 2 Tbsp. canned pumpkin puree
- 6 Tbsp. nonfat plain Greek yogurt
- 1 tsp. pumpkin pie spice
- $\frac{1}{2}$  tsp. vanilla extract

### FOR THE SAUCE:

- $\frac{1}{4}$  cup red currant jelly
- 2 Tbsp. cranberry juice cocktail

---

## PREPARATION

1. Place the evaporated milk in a small saucepan and sprinkle the gelatin over the milk. Let stand 5 min. to soften the gelatin.
2. Add the brown sugar and cook, stirring constantly, over low heat until the mixture is completely dissolved, without letting it come to a boil.
3. Whisk in the pumpkin, yogurt, pumpkin pie spice and vanilla until well blended and smooth.
4. Divide the mixture evenly among 4 ( $\frac{3}{4}$ -cup) custard cups or small molds. Loosely cover with plastic wrap and chill 4 hours or up to overnight.
5. To make the sauce, heat the jelly and juice in a small saucepan just until melted and smooth. Add more juice if necessary to achieve desired consistency. Remove from heat and cool to room temperature.
6. To serve, cut around the edges of each panna cotta to loosen from the cup/mold. Set each cup in a shallow bowl of hot water for 10 seconds, then immediately invert each onto a plate. Spoon the sauce over and around each panna cotta and enjoy.

## NUTRITION

**Per serving:** Calories: 170; Fat: 0.3 g (0 g saturated fat); Cholesterol: 52 mg; Carbohydrates: 15 g; Fiber: 3 g; Protein: 25 g; Sodium: 299 mg.

Recipe courtesy of Simple Nourished Living

# CHICKEN AND HAM MELTS

**Yield: 4 Servings**



**TOTAL TIME:** 35 minutes

## INGREDIENTS

- ¼ cup white wine vinegar
- 2 Tbsp. Dijon mustard
- 2 garlic cloves, chopped
- Coarse salt and ground pepper
- 4 boneless, skinless chicken breast halves (6 to 8 oz. each), split horizontally
- 1 baguette (about 20 inches), split horizontally, then cut in half
- 4 Tbsp. apricot preserves
- 4 slices sliced deli ham
- 2 oz. white cheddar cheese, grated (½ cup)

---

## PREPARATION

1. Heat broiler, with rack set 4 inches from heat. Line a rimmed baking sheet with foil. In a shallow dish or resealable plastic bag, combine vinegar, mustard, garlic, ½ tsp. salt, and ¼ tsp. pepper; add chicken, and turn to coat. Marinate at room temperature for 10 min., or cover and refrigerate in marinade up to 24 hours.
2. Lift chicken from marinade, and place on prepared baking sheet. Discard remaining marinade. Broil without turning until meat is opaque throughout.
3. Place baguette pieces on a clean baking sheet, cut side up. Spread 1 Tbsp. of preserves evenly on each piece, layer with chicken and ham, then sprinkle with cheese. Broil until cheese has melted, about 4 min.

## NUTRITION

**Per serving:** Calories: 446; Fat: 12 g (4 g saturated fat); Cholesterol: 132 mg; Carbohydrates: 39 g; Protein: 46 g; Fiber: 1 g; Sodium: 862 mg.

# AUTUMN ROASTED VEGETABLES

Yield: 4 Servings



**TOTAL TIME:** 30 minutes

## INGREDIENTS

- 1 lb. baby carrots
- 1 (about 10 oz.) delicata squash, split, seeded, diced into 1-inch cubes
- ½ lb. Brussels sprouts, trimmed and halved
- 2 Tbsp. Wegmans Basting Oil
- Salt and pepper to taste

---

## PREPARATION

Preheat oven to 450 degrees.

1. Toss carrots, squash, and Brussels sprouts with basting oil and salt and pepper to taste. Spread on large baking sheet in one layer.
2. Roast on center rack of oven 20–25 min. or until nicely browned and knife-tender.

## NUTRITION

**Per serving:** Calories: 150; Fat: 7 g (1 g saturated fat); Cholesterol: 0 mg; Carbohydrates: 21 g; Fiber 5 g; Protein: 3 g; Sodium: 55 mg.

Recipe courtesy of Wegmans

# POACHED FLOUNDER

**Yield: 4 Servings**



**TOTAL TIME:** 25 minutes

## INGREDIENTS

- 1 Tbsp. Wegmans Basting Oil
- 1 pkg. (7 oz.) Food You Feel Good About Diced Mirepoix
- ½ cup white wine
- ½ cup Kitchen Basics Seafood Stock
- 2 containers (4 oz. each) Food You Feel Good About Roasted Sweet Red Pepper Sauce (Prepared Foods)
- Salt and pepper to taste
- 4 flounder or sole fillets (about 1¼ lbs.)

.....

## PREPARATION

1. Heat basting oil in braising pan on medium-high heat. Add mirepoix and cook, stirring, 2–3 min., until soft but not browned. Add wine and cook 3–5 min. until liquid is reduced to one-third. Add seafood stock and red pepper sauce. Season to taste with salt and pepper. Heat to 170-degree simmer; reduce heat to medium-low and simmer 5 min. to blend flavors.
2. Season fillets with salt and pepper. Fold under thin end of each fillet, place in pan. Return to 170 degrees. Cover and poach 5–7 min., until internal temp. reaches 130 degrees. (Check by inserting thermometer halfway into thickest part of fillet.)
3. Remove fillets from pan; let rest at least 2 min.

## NUTRITION

**Per serving:** Calories: 220; Fat: 10 g (2 g saturated fat); Cholesterol: 70 mg; Carbohydrates: 9 g; Fiber: 2 g; Protein: 17 g; Sodium: 580 mg.

Recipe courtesy of Wegmans



# VEGAN SHEPHERD'S PIE

**Yield: 8 Servings**



**TOTAL TIME:** 1 hour 10 minutes

## INGREDIENTS

- 6 Tbsp. Wegmans Organic Extra-Virgin Olive Oil (Nature's Marketplace), divided
- 1 lb. white button mushrooms, lightly rinsed, sliced (about 6 cups)
- Salt and pepper to taste
- 1 medium sweet onion, peeled, finely chopped (about 1 cup)
- 6 cloves Food You Feel Good About Garlic, finely chopped
- 1 leek, rinsed very well, trimmed, finely chopped
- 2 pkgs. (8 oz. each) Lightlife Soy Tempeh (Nature's Marketplace)
- 2 Tbsp. water
- 1 tsp. finely chopped dried or fresh thyme
- Mashed potatoes of your choice

## PREPARATION

Preheat oven to 350 degrees.

1. Heat 2 Tbsp. olive oil in large frying pan on medium-high. Add mushrooms. Sauté 10–15 min., until lightly browned and fragrant, and mushrooms are mostly dry. Sprinkle with salt and pepper. Transfer to a bowl, set aside.
2. Reduce temperature to medium. Add 2 Tbsp. olive oil to pan. Add onions, garlic, and leek. Sauté, stirring occasionally 5–8 min., until onions start to brown and veggies are soft.
3. Crumble tempeh into separate bowl. When onions are ready, add remaining 2 Tbsp. olive oil to cooking veggie mixture in pan, add tempeh. Reduce heat to medium-low. Sauté, stirring frequently, for 15–20 min. until tempeh starts to get nicely brown. Add thyme, sprinkle with salt and pepper. Add 2 Tbsp. of water to deglaze.
4. Stir mushrooms into onion-tempeh mixture. Pour into casserole, smooth mixture. Set aside.
5. Prepare mashed potatoes of your choice. Spread over tempeh mixture in your casserole dish. Drizzle with olive oil.
6. Bake about 40–45 min. until piping hot. Remove from the oven; let set 15 min. before serving.

## NUTRITION

**Per serving:** Calories: 340; Fat: 20 g (5 g saturated fat); Cholesterol: 0 mg; Carbohydrates: 31 g; Fiber: 3g; Protein: 14 g; Sodium: 85 mg.

Recipe courtesy of Wegmans

# SHRIMP IN THE SHELL WITH HERBS AND LEMON OIL

**Yield: 6–8 Servings**



**TOTAL TIME:** 50 minutes

## INGREDIENTS

- 1 lb. Wild-Caught E-Z Peel Gulf Brown Shrimp (16–20 count)
- 4 Tbsp. Wegmans Basting Oil, divided
- 1 Tbsp. Italian Classics Sicilian Lemon Extra-Virgin Olive Oil
- 1 tsp. lemon pepper seasoning
- Salt and pepper to taste

## PREPARATION

Preheat oven to 450 degrees.

1. Toss shrimp with 3 Tbsp. basting oil; season with salt and pepper. Arrange in single layer on 2 baking sheets.
3. Bake about 9 min. until internal temp reaches 130 degrees; check by inserting thermometer halfway into thickest part of shrimp. Chill shrimp 5–10 min. Peel while still lukewarm.
4. Toss with remaining 1 Tbsp. basting oil and lemon oil, lemon pepper; season to taste with salt and pepper. Arrange on platter.

## NUTRITION

**Per serving:** Calories: 160; Fat: 10 g (1 g saturated fat); Cholesterol: 115 mg; Carbohydrates: 1 g; Fiber 0 g; Protein: 16 g; Sodium: 120 mg.

Recipe courtesy of Wegmans