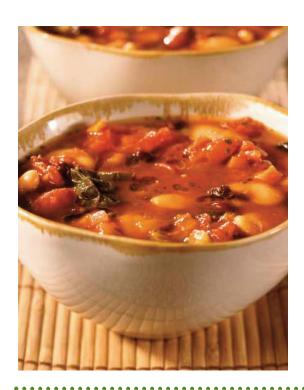
### **FOUR BEAN SOUP**



### Yield: 13 Servings (8 oz. per serving)



**TOTAL TIME:** 20 minutes

### **INGREDIENTS**

- 1 can (15.5 oz.) Great Northern beans
- 1 can (15.5 oz.) red beans
- 1 can (15.5 oz.) butter beans
- 1 can (15.5 oz.) black beans
- 1 tbsp. olive oil
- 1 pkg (8 oz.) Food You Feel Good About diced mirepoix (onion, carrot, celery mix)
- 2 cloves peeled garlic, chopped
- 1 can (28 oz.) Roma tomatoes
- 1 container (32 oz.) vegetable stock
- 2 Tbsp. fresh chopped oregano
- 2 Tbsp. Herbes de Provence
- 2 tsp. sea salt
- 1 tsp. fresh cracked pepper
- 1 tsp. extra-virgin olive oil

### **PREPARATION**

- 1. Drain and rinse all beans; set aside.
- 2. Heat oil in stockpot on medium-high; add mirepoix. Cook, stirring, about 5 min., until soft but not browned. Add garlic; cook, stirring, 1–2 min., until soft but not browned.
- 3. Add tomatoes, vegetable stock, and beans. Stir; bring to boil. Reduce heat to medium-low; add Herbes de Provence, salt, and pepper. Simmer 15 min.
- 4. Drizzle with oil just before serving.

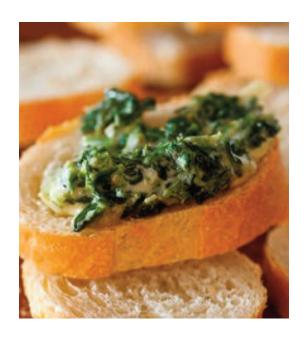
### **NUTRITION**

**Per serving:** Calories: 160; Fat: 2 g (0 g saturated fat); Cholesterol: 0 mg; Carbohydrates: 29 g; Fiber: 8 g; Protein: 9 g; Sodium: 540 mg.

## **CREAMY SPINACH DIP**



## Yield: About 20 Servings (2 oz. per serving)



**TOTAL TIME:** 20 minutes

### **INGREDIENTS**

- 2 Tbsp. olive oil
- 4 cloves garlic, chopped
- ½ medium onion, chopped
- 2 cups frozen spinach, thawed and drained
- 2 Tbsp. reduced fat mayonnaise
- ½ cup low-fat sour cream
- 8 oz. 1/3 less fat cream cheese or Neufchatel
- ½ cup part skim mozzarella, shredded
- 2 Tbsp grated parmesan cheese
- 1 cup chopped tomato

### **PREPARATION**

- 1. In a shallow pan, heat oil over medium heat. Add the garlic and onion and cook until soft.
- 2. Add drained spinach to the pan and heat, breaking up any clumps of spinach.
- 3. Add the mayonnaise, sour cream, and cream cheese. When hot, add mozzarella and parmesan cheese.
- 4. Transfer to serving dish and top with diced tomato. Serve with crackers, toasts, fresh vegetables or other favorite dipper.

### **NUTRITION**

**Per serving:** Calories: 80; Fat: 6 g (3 g saturated fat); Cholesterol: 15 mg; Carbohydrates: 35 g; Protein: 4 g; Fiber: <1 g; Sodium: 130 mg.

# OAT AND QUINOA PORRIDGE



Yield: 4 Servings



**TOTAL TIME: 25 minutes** 

### **INGREDIENTS**

- ½ cup dried fruit like cranberries, blueberries, chopped dates, or raisins
- ½ cup steel-cut oats (also called groats)
- ½ cup quinoa, well rinsed
- ¼ cup chopped walnuts or almonds
- ½ tsp. kosher salt
- ½ tsp. ground cinnamon
- ¼ tsp. ground cardamom
- 4 cups water

### **OPTIONAL TOPPINGS**

Brown sugar, low fat milk, chopped walnuts, extra cinnamon, chopped apple, Greek yogurt

### **PREPARATION**

- 1. In a medium saucepan, bring all ingredients to a boil over medium heat. Reduce heat slightly and simmer, stirring occasionally, until grains are tender, about 25 min.
- 2. Serve hot, topped with brown sugar, chopped nuts or apples, extra cinnamon, yogurt or warm milk.

**Tip**: Customize this recipe with any of your favorite dried fruits, nuts and spices. Or, add one chopped apple into the simmering grains about 7 min. before they are finished.

#### **NUTRITION**

Per serving: Calories: 240; Fat: 7 g (0.5 g saturated fat); Cholesterol: 0 mg; Carbohydrates: 39 g;

Protein: 7 g; Fiber: 5 g; Sodium: 310 mg.

## **SEAFOOD STEW**



### Yield: 6 Servings



**TOTAL TIME:** 35 minutes

#### **INGREDIENTS**

- 2 Tbsp. Wegmans extra-virgin olive oil
- 1 pkg. (8 oz.) Food You Feel Good About cleaned & cut leeks, 1/4" sliced
- 1 pkg. (7 oz.) Food You Feel Good About diced mirepoix
- 4 containers (4 oz. each) Wegmans Bouillabaisse Seafood Sauce (Prepared Foods)
- 1 bag (2 lbs.) Food You Feel Good About mussels
- 12 Food You Feel Good About littleneck clams
- 1 lb. any skinless whitefish, cut in 1-inch chunks
- 8 oz. Food You Feel Good About uncooked easy peel shrimp (31–40 ct.), peeled

### **PREPARATION**

- 1. Add olive oil to braising pan on medium-high. Add leeks and mirepoix: cook 5–7 min.
- 2. Add bouillabaisse sauce and bring to simmer. Add mussels, clams, fish, and shrimp. Stir to combine; cover and simmer on medium-low about 15 min., stirring occasionally until clams and mussels open. (Discard any clams/mussels that have not opened.)

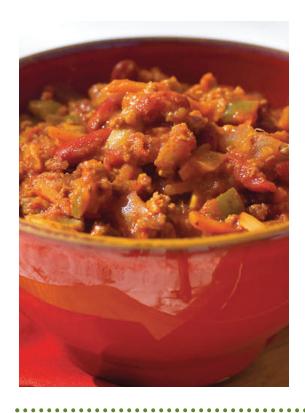
### **NUTRITION**

**Per serving:** Calories: 170; Fat: 6 g (1 g saturated fat); Cholesterol: 65 mg; Carbohydrates: 6 g; Fiber 1 g; Protein: 20 g; Sodium: 230 mg.

## **SLOW-COOKER PINEAPPLE CHILI**



Yield: 12 Servings



**TOTAL TIME:** 4 hours, 10 minutes on high or 8 hours, 10 minutes on low

#### **INGREDIENTS**

- 1 lb. Food You Feel Good About 85% lean ground beef
- 2 pkgs. (7 oz. each) Food You Feel Good About cleaned & cut diced peppers & onions
- 1½ cups Bolthouse Farms Matchstix Carrots (about 5 oz.)
- 1 pkg. (8 oz.) sliced mushrooms
- 1 can (28 oz.) Italian Classics Crushed Tomatoes with Herbs
- 2 cans (15.5 oz. each) dark kidney beans, drained
- 1 can (8 oz.) Food You Feel Good About crushed pineapple, drained
- 2 Tbsp. chili powder
- Salt and pepper to taste

6-8 quart slow cooker needed

#### **PREPARATION**

- 1. Brown ground beef in skillet on medium, breaking up meat with spoon as it cooks. Drain off excess drippings.
- 2. Add beef, peppers and onions, carrots, mushrooms, tomatoes, beans, pineapple, and chili powder to slow cooker. Stir and cover. Cook 4 hours on high or 8 hours on low. Season to taste with salt and pepper.

#### **NUTRITION**

**Per serving:** Calories: 220; Fat: 6 g (3 g saturated fat); Cholesterol: 30 mg; Carbohydrates: 25 g; Protein: 15 g; Fiber: 7 g: Sodium: 390 mg.

# **SUGAR SNAP PEAS WITH MINT**



### Yield: 4 Servings



**TOTAL TIME:** 20 minutes

### **INGREDIENTS**

- 1½ lb. sugar snap peas
- ½ cup mint, cut in thin strips
- Salt and pepper to taste

### **PREPARATION**

- 1. Bring large pot of salted water to boil on high; add peas and blanch 2–3 min., or until crisp-tender. Drain.
- 2. Heat skillet on medium-high; add peas. Cook 3–4 min. until heated through. Add mint, tossing to combine. Season to taste with salt and pepper.

### **NUTRITION**

**Per serving:** Calories: 80; Fat: 0 g (0 g saturated fat); Cholesterol: 0 mg; Carbohydrates: 16 g; Fiber 4 g; Protein: 4 g; Sodium: 200 mg.