

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.

Recipe courtesy of Wegmans

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. ⅓ 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, ¼" 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

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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.

Recipe courtesy of Wegmans

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.

Recipe courtesy of Wegmans

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.

Recipe courtesy of Wegmans