

BROWN RICE SALAD WITH SNOW PEAS, SUN-DRIED TOMATOES AND ARTICHOKE HEARTS

Yield: 4 Servings



TOTAL TIME: 10 minutes

INGREDIENTS

- 1 cup fresh snow peas (about 30)
- 6 oz. jar of marinated artichoke hearts (drained)
- ½ cup fat-free balsamic vinaigrette dressing
- 2 cups cooked brown rice (chilled)
- ½ cup fresh basil (chopped)
- 4 leaves of radicchio lettuce
- 15 sun-dried tomatoes (dry-packed)(sliced)

PREPARATION

1. In a large bowl, combine all ingredients, except for radicchio lettuce.
2. Season with salt and pepper.
3. Scoop a portion onto each radicchio lettuce leaf and serve.

NUTRITION

Per serving: Calories: 290; Fat: 11 g (1 g saturated fat); Cholesterol: 0 mg; Carbohydrates: 40 g; Protein: 6 g; Fiber: 6 g; Sodium: 620 mg.

Recipe courtesy of FitnessMagazine.com

CARIBBEAN VEGETABLE GRILL

Yield: 4 Servings)



TOTAL TIME: 25 minutes

INGREDIENTS

- 1 (about 1 lb.) unpeeled medium purple eggplant, sliced in 1/4-inch rounds
- 4 green onions, trimmed
- 2 medium (about 3/4 lb. total) tomatoes on-the-vine, cored, sliced crosswise in 4 pieces each
- 2 mini sweet peppers, seeded, cut crosswise
- 1 pkg. (8 oz.) Soy Boy Caribbean Tofu, cut in 8 slices (Nature's Marketplace)
- 4 wheat rolls, split and toasted
- 4 Tbsp. roasted red pepper hummus (Dairy)
- 4 Boston lettuce leaves
- Wegmans Basting Oil

PREPARATION

Preheat grill to medium.

1. Clean grill with wire brush. Using soft cloth, coat grill grate lightly with vegetable oil.
2. Lay eggplant slices onto baking sheet. Lightly salt both sides to draw out moisture. Let stand 5 min.
3. Brush eggplant, scallions, tomatoes, peppers and tofu with 2 tsp. basting oil; place on grill.
4. Grill, turning every 2 min., until grill marks appear on all sides and vegetables are tender, about 10 min.
5. Remove from grill; let cool to room temperature.
6. Spread 1 Tbsp. hummus per roll. Add lettuce, vegetables and tofu; season to taste with salt and pepper.

NUTRITION

Per serving: Calories: 380; Fat: 14 g (2 g saturated fat); Cholesterol: 5 mg; Carbohydrates: 46 g; Fiber: 8 g; Protein: 12 g; Sodium: 770 mg.

Recipe courtesy of Wegmans

CHARRED CAULIFLOWER & GRAPE TOMATOES

Yield: 4 Servings



TOTAL TIME: 25 minutes

INGREDIENTS

- 2 Tbsp. pure olive oil
- ½ head fresh cauliflower, broken into small florets, washed and wiped dry (about 5 cups)
- 12–16 grape tomatoes, washed and wiped dry
- Salt to taste
- ½ tsp. curry powder

PREPARATION

1. Add 1 Tbsp. oil to large skillet on high, until oil faintly smokes. Add cauliflower; reduce heat to medium-high. Cook 4–6 min., stirring occasionally, until darkened on the edges. Remove from pan; wipe pan of excess oil.
2. Add remaining Tbsp. oil to skillet on high, until oil faintly smokes. Add tomatoes; reduce heat to medium-high. Cook 1–3 min., until they're blackened on one side.
3. Return cauliflower to pan with tomatoes; reduce heat to medium. Season to taste with salt; add curry powder. Sauté 1–3 min., until cauliflower is heated through. (Tomatoes should remain whole, not collapse.)

NUTRITION

Per serving: Calories: 100; Fat: 7 g (1 g saturated fat); Cholesterol: 0 mg; Carbohydrates: 9 g; Protein: 3 g; Fiber: 4 g; Sodium: 40 mg.

Recipe courtesy of Wegmans

DOUBLE RAINBOW HUMMUS SANDWICH

Yield: 4 Servings



TOTAL TIME: 8 hours 20 minutes

INGREDIENTS

- 1 small head red cabbage, finely shredded (about 4 cups)
- ½ bunch small celery, chopped on bias
- ½ bunch dill, finely chopped
- 1 bunch (about 1 cup) red radishes, trimmed, thinly sliced
- Juice of 1 lemon (2–3 Tbsp.)
- 1 tsp. sea salt
- 1 loaf (13 oz.) ciabatta
- 1 cup roasted red pepper hummus
- 1 cup roasted garlic hummus
- 4–6 Boston lettuce leaves, washed, patted dry

PREPARATION

1. Place cabbage, celery, dill and radishes in a large bowl. Drizzle with lemon juice. Add salt; toss to mix. Make slight hollow in veggie mixture to create "nest" for other bowl.
2. Fill second bowl ½ full of water. Nestle this on top of bowl of vegetables to create a "press." Refrigerate lightly covered, overnight.
3. Rinse veggies; drain in colander. Squeeze out any remaining liquid. Transfer to a layer of triple-thick paper towels; roll up to further dry veggie mixture.
4. Halve ciabatta horizontally. Spread one half with red pepper hummus, the other half with garlic hummus. Top bottom half with lettuce leaves and veggie mixture. Close sandwich. Cut into quarters to serve.

NUTRITION

Per serving: Calories: 530; Fat: 18 g (0 g saturated fat); Cholesterol: 0 mg; Carbohydrates: 76 g; Fiber 11 g; Protein: 19 g; Sodium: 1220 mg.

Recipe courtesy of Wegmans

WHOLE-GRAIN BLUEBERRY MUFFINS

Yield: 12 Servings



TOTAL TIME: 40 minutes

INGREDIENTS

- 1 cup old-fashioned oats, uncooked
- 1 cup whole wheat flour
- ½ cup all-purpose flour
- 2 tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. salt
- ¼ cup brown sugar
- 1 Tbsp. brown sugar
- 1 cup low-fat buttermilk
- ¼ cup fresh orange juice
- 2 Tbsp. grape seed oil
- 1 large egg
- 1 teaspoon vanilla extract
- 2 cups blueberries
- ¼ cup natural almonds, chopped

PREPARATION

1. Preheat oven to 400 degrees F. Line 12-cup muffin pan with paper liners.
2. Grind oats in blender. In bowl, whisk oats, flours, baking powder and soda, salt and ¼ cup sugar. In small bowl, whisk buttermilk, juice, oil, egg and vanilla. Stir into flour mixture; fold in blueberries.
3. Combine nuts and remaining sugar. Spoon batter into pan; sprinkle with almonds and sugar. Bake 22 min. or until toothpick comes out clean. Cool in pan on wire rack 5 minutes. Remove from pan; cool completely.

NUTRITION

Per serving: Calories: 170; Fat: 5 g (1 g saturated fat); Cholesterol: 15 mg; Carbohydrates: 28 g; Protein: 5 g; Sodium: 270 mg.

ZUCCHINI SOUP

Yield: 8 Servings (1 cup per serving)



TOTAL TIME: 45 minutes

INGREDIENTS

- 1 Tbsp. pure olive oil
- 1 pkg. (8 oz.) chopped onions
- 1 Tbsp. chopped garlic
- 4 small (2 lbs.) zucchini, ½-inch dice (about 6 cups), divided
- 1 carton (32 oz.) chicken culinary stock
- 1 bunch green onions, thinly sliced (about 1 cup), divided
- ½ bunch cilantro, stemmed, chopped (about 1¼ cups)
- Salt and pepper to taste

PREPARATION

Preheat oven to 450 degrees.

1. Heat olive oil in stockpot on medium-low. Add onion and garlic; reduce heat to low. Cook, stirring often, about 10 min., until onion is soft and translucent, but not browned.
2. Add about 4 cups zucchini to pot. Cook 5 min. Add stock; bring to a simmer on high.
3. Add half the green onions. Reduce heat to medium; simmer 2 min. Remove from heat; add cilantro.
4. Purée soup carefully with handheld blender until smooth. Return to medium heat. Add remaining 2 cups zucchini. Simmer 8–10 min. until zucchini is tender. Season to taste with salt and pepper; ladle into warm bowls. Garnish with remaining green onions.

NUTRITION

Per serving: Calories: 60; Fat: 2 g (0 g saturated fat); Cholesterol: 0 mg; Carbohydrates: 7 g; Fiber 2 g; Protein: 3 g; Sodium: 230 mg.

Recipe courtesy of Wegmans