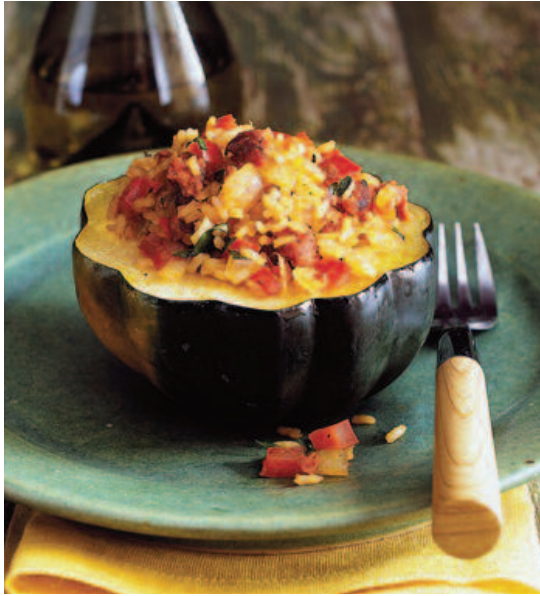


ACORN SQUASH WITH BROWN RICE AND TURKEY SAUSAGE

Yield: 4 Servings



TOTAL TIME: 45 minutes

INGREDIENTS

- 2 acorn squash (about 2½ pounds) (each cut crosswise in half and seeded)
- 1 Tbsp. olive oil
- ½ pound sweet or hot Italian turkey sausage (casings removed)
- 1 small onion (chopped)
- 1 medium red pepper (chopped)
- Salt and ground black pepper
- 1 package (8.8 oz.) whole-grain brown rice (precooked)
- 2 Tbsp. fresh parsley (chopped)

PREPARATION

1. Lightly grease microwave-safe large plate; place squash halves, cut sides down, on plate (it's OK if halves overlap slightly). Cook squash in microwave oven on high 8 to 9 min. or until fork-tender; set aside until cool enough to handle.
2. Meanwhile, preheat oven to 375 degrees. Line 15½ by 10½ jelly-roll pan with foil. In non-stick, 12-inch skillet, heat oil over medium-high heat until hot. Add sausage and cook until browned, breaking up sausage with side of spoon. With slotted spoon, transfer sausage to large bowl.
3. To same skillet, add onion, red pepper, ½ tsp. salt, and ¼ tsp. black pepper, and cook over medium heat 6 to 8 minutes or until lightly browned and tender, stirring occasionally; add to sausage in bowl.
4. With spoon, scoop out squash, leaving ¼ -inch-thick shell. Add scooped-out squash to bowl with sausage; stir in rice (it is not necessary to heat rice as label directs) and parsley until combined.
5. Spoon sausage mixture into squash shells; place in prepared pan. Bake 20 min. or until heated through.

NUTRITION

Per serving: Calories: 365; Fat: 20 g (6 g saturated fat); Cholesterol: 30 mg; Carbohydrates: 42 g; Protein: 11 g; Fiber: 6 g; Sodium: 610 mg.

Recipe courtesy of Good Housekeeping

BABY BOK CHOY WITH GARLIC SAUCE

Yield: 4 Servings (½ cup per serving)



TOTAL TIME: 10 minutes

INGREDIENTS

- 1 Tbsp. vegetable oil
- 1 lb. baby bok choy, heads halved lengthwise
- ½ cup water
- 1 bottle (8 oz.) Wegmans Garlic Simmer Sauce
- Salt and pepper to taste

PREPARATION

1. Drizzle oil around sides of stir-fry pan; tilt pan to distribute evenly. Heat oil in pan on high until oil faintly smokes. (If oil smokes too much, pan is too hot.)
2. Add bok choy. Stir and toss, keeping things moving, 2 min.
3. Add water. Cook, stirring, 5–8 min. until bok choy is tender and water has evaporated.
4. Stir in sauce. Cook, stirring, 2–3 min., to heat through. Season with salt and pepper.

NUTRITION

Per serving: Calories: 50; Fat: 3 g (0 g saturated fat); Cholesterol: 0 mg; Carbohydrates: 7 g; Protein: 1 g; Sodium: 220 mg.

Recipe courtesy of Wegmans

BAKED APPLES

Yield: 4 Servings (1 apple)



TOTAL TIME: 40 minutes

INGREDIENTS

- 4 large apples
- 2 Tbsp. butter (melted)
- 2 Tbsp. brown sugar
- 2 Tbsp. flour
- 4 Tbsp. quick oats
- Pinch of cinnamon

PREPARATION

1. Preheat oven to 350 degrees.
2. Cut apples in half and remove core and seeds with a small paring knife or spoon.
3. In a small bowl combine butter, brown sugar, flour, oats and cinnamon.
4. Stuff each apple with approx. 3 Tbsp. of mixture.
5. Place on a cookie sheet and bake for 30 min.
6. Serve warm and with fat-free whipped cream or low-fat ice cream.

NUTRITION

Per serving: 152.8 Calories; Fat: 6.3 g; Carbohydrates: 27 g; Protein: 1.1 g; Fiber: 3.4 g.

Recipe courtesy of All Recipes

BROILED SALMON WITH PEPPERCORN-LIME RUB

Yield: 4 Servings (1 fillet per serving)



TOTAL TIME: 20 minutes

INGREDIENTS

- 4 (6 oz.) salmon fillets (about 3/4-inch thick)
- Cooking spray
- 2 tsp. grated lime rind
- 1/2 teaspoon kosher salt
- 1/2 teaspoon cracked black pepper
- 1 garlic clove (minced)
- Lime wedges (optional)

PREPARATION

1. Preheat broiler.
2. Place fish, skin sides down, on a broiler pan coated with cooking spray. Combine remaining ingredients except lime wedges; sprinkle over fish. Broil 7 min. or until fish flakes easily when tested with a fork or until desired degree of doneness. Serve with lime wedges, if desired.

NUTRITION

Per serving: Calories: 318; Fat: 18.5 g (3.7 g saturated fat); Cholesterol: 100 mg; Carbohydrates: 2.2 g; Protein: 34.1 g; Fiber: .6 g; Sodium: 336 mg.

Recipe courtesy of MyRecipes.com

OAT & NUT PUDDING

Yield: 4 Servings



TOTAL TIME: 2 hours 20 minutes

INGREDIENTS

- 1½ cups old-fashioned oats, prepared per pkg. directions, keep warm
- 4 tsp. walnuts, finely chopped
- 2 cups cooked oatmeal (from above)
- 3 oz. fresh blueberries
- 1 cup fresh strawberries, sliced
- 4 Tbsp. Wegmans Food You Feel Good About Triple Fruits Spread (Strawberry-Plum-Raspberry)
- ½ cup Food You Feel Good About Organic Vanilla Super Yogurt
- 4 fresh mint leaves

PREPARATION

1. Toast walnuts lightly in pan over medium heat; set aside.
2. Spray entire inside of four microwaveable ramekins with cooking spray. (Note: use container that will hold ¾ cup liquid volume.)
3. Spread 3 Tbsp. cooked oatmeal evenly on bottom of each container. Top oatmeal with 2 Tbsp. blueberries and 2 tsp. walnuts.
4. Spread 2 more Tbsp. oatmeal on top of blueberry layer using the back of spoon sprayed with cooking spray.
5. Press ¼ cup strawberry slices into top of oatmeal layer. Spread 2 more Tbsp. of oatmeal evenly over strawberries. Container should be filled even with top edge.
6. Chill at least 2 hours or overnight until ready to eat. Once chilled completely, run sharp knife around inside edge of container to loosen pudding from sides.
7. Heat pudding in ramekins in microwave on high 1 to 1½ min.
8. Spread serving plate with 1 Tbsp. fruit spread. Unmold pudding onto fruit spread by turning over and tapping bottom of container. Top pudding with 2 Tbsp. of yogurt. Garnish with sliced strawberry and mint leaf.

NUTRITION

Per serving: Calories: 170; Fat: 4 g (1 g saturated fat); Cholesterol: 0 mg; Carbohydrates: 31 g; Fiber 4 g; Protein: 5 g; Sodium: 230 mg.

Recipe courtesy of Wegmans

ROAST TENDERLOIN

Yield: 8 Servings (6 oz. per serving)



TOTAL TIME: 1 hour 30 minutes

INGREDIENTS

- Trimmed & Tied Beef Tenderloin (about 4 lbs.)
- 2 Tbsp. Wegmans Basting Oil
- 2 Tbsp. Wegmans Cracked Pepper Seasoning Shak'r

PREPARATION

Preheat oven to 450 degrees.

1. Place tenderloin in roasting pan; rub with basting oil and cracked pepper seasoning.
2. Sear on center rack of oven 15 min.; reduce heat to 350 degrees.
3. Roast tenderloin about 15 min. per lb., until desired doneness. (Refer to temp. chart for final cooking temps.) Check internal temp by inserting thermometer halfway into the thickest part of the meat.
4. Transfer roast tenderloin to clean platter; let rest 10–20 min. Serve.

NUTRITION

Per serving: Calories: 510; Fat: 35 g (12 g saturated fat); Cholesterol: 150 mg; Carbohydrates: 0 g; Protein: 44 g; Sodium: 390 mg.

Recipe courtesy of Wegmans

ROQUEFORT PEAR SALAD

Yield: 6 Servings



TOTAL TIME: 30 minutes

INGREDIENTS

- 1 head leaf lettuce (torn into bite sized pieces)
- 3 pears (peeled, cored & chopped)
- 5 oz. Roquefort cheese (crumbled)
- 1 avocado
- ½ cup green onions (thinly sliced)
- ¼ cup white sugar
- ½ cup pecans
- ⅓ cup olive oil
- 3 tablespoons red wine vinegar
- 1½ tablespoons white sugar
- 1½ teaspoons prepared mustard
- 1 clove garlic (chopped)
- ½ teaspoon salt
- Fresh ground pepper to taste

PREPARATION

1. In a skillet over medium heat, stir ¼ cup of sugar together with the pecans. Continue stirring gently until sugar has melted and caramelized the pecans. Carefully transfer nuts onto waxed paper. Allow to cool, and break into pieces.
2. For the dressing, blend oil, vinegar, 1½ tsp. sugar, mustard, chopped garlic, salt and pepper.
3. In a large serving bowl, layer lettuce, pears, blue cheese, avocado and green onions. Pour dressing over salad, sprinkle with pecans and serve.

NUTRITION

Per serving: Calories: 425; Fat: 31.5 g; Cholesterol: 21 mg; Carbohydrates: 33 g; Protein: 7.9 g; Fiber 7.3 g; Sodium: 639 mg.

Recipe courtesy of AllRecipes.com

SPAGHETTI SQUASH WITH POMODORO SAUCE

Yield: 9 Servings (4 oz. per serving)



TOTAL TIME: 1 hour

INGREDIENTS

- 1 large spaghetti squash, halved stem to blossom end, seeded
- 1 Tbsp. extra-virgin olive oil
- 1 small cooking onion, minced (½ cup)
- ⅛ tsp. crushed red pepper
- 1 large clove peeled garlic, minced
- 1 small sprig fresh rosemary
- ½ of a 28 oz. can San Marzano tomatoes (with juices), tomatoes crushed or blended (1½ cups)
- Salt and pepper to taste
- 2 tsp. grated Pecorino Romano cheese, divided
- 12 small leaves basil, thinly sliced

PREPARATION

1. Place squash, skin side up (one half at a time), on microwave-safe dish; cover with microwave-safe plastic wrap. Microwave on high, 10–12 min., until tender. Let rest covered, 10–15 min., until cool enough to handle; carefully remove plastic wrap to avoid steam.
2. Run tines of fork lengthwise over cut surface of squash to loosen spaghetti-like strands; scoop out strands.
3. Heat oil in skillet on medium low; add onion and pepper flakes; cook 5 min., or until onion is translucent but not browned.
4. Add garlic; continue to cook 2 min. Add rosemary and tomatoes; season with salt and pepper. Simmer on low 10 min. Remove and discard rosemary.
5. Add spaghetti squash to sauce; toss quickly and gently to heat through.
6. Top each serving with ½ tsp. cheese and garnish with basil.

NUTRITION

Per serving: Calories: 45; Fat: 2 g (0 g saturated fat); Cholesterol: 0 mg; Carbohydrates: 6 g; Protein: 1 g; Sodium: 40 mg.

Recipe courtesy of Wegmans

TOMATO BASIL WITH ORZO SOUP

Yield: 13 Servings (1 cup per serving)



TOTAL TIME: 35 minutes

INGREDIENTS

- 1 pkg. (8 oz.) Food You Feel Good About Cleaned & Cut Mirepoix (carrot, celery, and onion mixture)
- 2 Tbsp. Wegmans Basting Oil
- 1 Tbsp. chopped peeled garlic
- 1 can (28 oz.) roma tomatoes with basil
- 1 can (28 oz.) crushed tomatoes with Italian herbs
- 1 carton (32 oz.) vegetable culinary stock
- Sea salt and cracked black pepper
- 2 roasted red peppers , ¼-inch dice
- 1 cup orzo pasta
- 1 cup light cream
- 2 Tbsp. chopped fresh basil

PREPARATION

1. Add mirepoix and basting oil to large stockpot on medium-high. Cook, stirring, 6–7 min. Add chopped garlic. Cook 2 min., until vegetables are tender.
2. Add all tomatoes; simmer about 10 min. Add stock; return to simmer. Season to taste with salt and pepper.
3. Add red peppers and pasta. Simmer 8–10 min., stirring often, until pasta is firm but tender. Remove from heat.
4. Temper cream: Pour cream into medium bowl. Add a few ladles of hot soup to cream to slowly raise cream temperature. Add cream mixture to soup; fold in basil. Ladle into warmed bowls to serve.

Note: This soup freezes very well.

NUTRITION

Per serving: Calories: 170; Fat: 6 g (3 g saturated fat); Cholesterol: 10 mg; Carbohydrates: 24 g; Fiber 3g; Protein: 4 g; Sodium: 250 mg.

Recipe courtesy of Wegmans