

CAROLINA-STYLE PULLED PORK

Yield: 12–15 Servings (3/4 Cup)



TOTAL TIME: 2 hours 45 minutes

INGREDIENTS

- 5 lbs. boneless country style pork ribs
- ¼ cup Wegmans BBQ Seasoning Shak'r
- 1 bottle (19 oz.) Memphis-style BBQ sauce
- 1 bottle (12 oz.) beer
- 1 cup Tuscan white wine vinegar
- Salt and pepper to taste
- Wegmans Food You Feel Good About Rolls, Soft Sandwich, 100% Whole Wheat

PREPARATION

Preheat grill on high 10 min.

Preheat oven to 350 degrees.

1. Coat ribs evenly with BBQ seasoning; working in well to completely coat. Let rest 5 min.
2. Clean grill with wire brush. Using soft cloth, coat grill grate lightly with vegetable oil.
3. Combine BBQ sauce, beer and vinegar in large braising pan on stovetop. Bring to simmer on medium; simmer about 5 min.
4. Sear ribs on grill, about 1½ min. per side; do not cook through. Place seared ribs in sauce in braising pan on stovetop. Bring sauce back to simmer, about 2 min. Cover. Transfer pan to oven; braise 2 hours. Remove from oven; uncover and let cool 15 min.
5. Shred pork while still in the pan using two sturdy dinner forks, 5–10 min. to desired texture. Season to taste with salt and pepper.

NUTRITION

Per serving: Calories: 540; Fat: 35 g (12 g saturated fat) Cholesterol: 125 mg; Fiber 0 mg; Carbohydrates: 10 g; Protein: 32 g; Sodium: 820 mg.

Recipe courtesy of Wegmans

FINGERLING POTATO SALAD

Yield: 4 Servings (1 cup)



TOTAL TIME: 1 hour 10 minutes

INGREDIENTS

- 1 lb. fingerling potatoes
- ½ cup chicken culinary stock
- 3 Tbsp. rice wine vinegar
- ⅓ cup vegetable oil
- 2 tsp. traditional Dijon mustard
- 1 pkg. (0.25 oz.) chives, minced

PREPARATION

1. Place potatoes in stockpot with enough salted water to cover. Simmer (don't boil) on medium about 20 min. until potatoes are fork-tender. Drain. Cool potatoes just enough to handle comfortably.
2. Slice cooled potatoes in ¼-inch rounds. Place in serving bowl; set aside.
3. Heat chicken stock to a simmer on medium in small saucepan. Whisk in vinegar, oil and mustard. Simmer, stirring, until heated through.
4. Add stock mixture to potatoes in bowl; gently toss. Season to taste with salt and pepper; add chives and stir gently to combine. Let rest 15 min.; serve.

NUTRITION

Per serving: Calories: 270; Fat: 18 g (3 g saturated fat); Cholesterol: 0 mg; Carbohydrates: 18 g; Fiber 2 g; Protein: 3 g; Sodium: 300 mg.

Recipe courtesy of Wegmans

HERB & DIJON GRILLED CHICKEN

Yield: 6 Servings



TOTAL TIME: 7 hours 15 minutes

INGREDIENTS

- 2 cloves peeled garlic, chopped
- 3 peeled shallots, chopped
- 1 bunch flat leaf parsley, chopped
- 2 Tbsp. Herb de Provence
- 4 Tbsp. Dijon mustard
- Zest of one lemon
- ½ cup extra virgin olive oil
- Sea salt and fresh ground pepper to taste
- 3 chicken breasts, quartered
- 3 leg and thigh chicken quarters, trimmed

PREPARATION

6 hours to one day before serving:

1. Make marinade paste: Add garlic, shallots and half the parsley to food processor. Pulse mixture to blend; add remaining parsley and Herb de Provence. Pulse. Add mustard; blend until well mixed. While food processor is running, slowly add olive oil until mixture gets pasty. Season to taste with salt and pepper; add lemon zest. Paste should be shiny and coarse-textured.
2. Brush paste on chicken parts, coating well. Cover; chill 6 hours or overnight.

Day of meal:

1. Preheat grill on high for 10 min. Clean grill with wire brush. Using soft cloth, coat grill grate lightly with vegetable oil.
2. Sear chicken on grill until it has changed color one-quarter of way up from bottom, 2–3 min. Turn and sear other side, 2–3 min. Reduce heat to medium; close lid.
3. Cook chicken 45 min. or until 165 degrees internal temp is reached. Check by inserting thermometer halfway into the thickest part of the chicken away from the bone.
4. Transfer to clean platter; season to taste with salt and pepper.

NUTRITION

Per serving: Calories: 490; Fat: 36 g (9 g saturated fat); Cholesterol: 160 mg; Carbohydrates: 2 g; Fiber 0 g; Protein: 40 g; Sodium: 320 mg.

Recipe courtesy of Wegmans

NAVY BEAN & MACHE SALAD

Yield: 4 Servings (1¾ cups)



TOTAL TIME: 30 minutes

INGREDIENTS

- 1 can (15 oz.) Navy Beans, drained and rinsed
- ⅓ cup Kalamata olives, pitted (Mediterranean Bar)
- 1 clove peeled garlic, minced
- 1 Tbsp. non-pareil capers, drained
- ¼ cup extra virgin olive oil
- 2 Tbsp. red wine vinegar
- 1 Tbsp. fresh basil or parsley, finely chopped
- Fresh ground black pepper to taste
- 1 pkg. (4oz.) mache salad with herbs

PREPARATION

1. Mix beans, olives, garlic, capers, olive oil, and vinegar in small bowl. Stir in basil and black pepper. Chill 20–30 min.
2. Place mache mix in large bowl. Drain liquid from bean mixture; pour onto salad and toss.

NUTRITION

Per serving: Calories: 250; Fat: 18 g (2 g saturated fat); Cholesterol: 0 mg; Carbohydrates: 19 g; Fiber 7 g; Protein: 6 g; Sodium: 300 mg.

Recipe courtesy of Wegmans

ORZO SALAD

Yield: 4 Servings(1 cup)



TOTAL TIME: 20 minutes

INGREDIENTS

- 1 cup orzo pasta, cooked and drained
- 1 ear corn, husked
- 1 medium sweet red, orange or yellow pepper (about ½ lb.), halved and seeded
- 3 Tbsp. plus 2 tsp. Wegmans Basting Oil, separated
- Juice of 1 lemon (2–3 Tbsp.)
- Salt and pepper to taste

PREPARATION

Preheat grill on medium 10 min.

1. Drizzle corn and pepper halves with 2 tsp. basting oil; arrange on grill. Grill, turning occasionally, until lightly browned on all sides, about 10 min.
2. Remove from grill and let cool enough to handle. Cut corn kernels off cob. Dice peppers about same size as corn kernels.
3. Toss cooked orzo with corn, peppers, 3 Tbsp. basting oil and lemon juice. Season to taste with salt and pepper.

NUTRITION

Per serving: Calories: 340; Fat: 11 g (1 g saturated fat); Cholesterol: 0 mg; Carbohydrates: 52 g; Fiber 4g; Protein: 8 g; Sodium: 15 mg.

Recipe courtesy of Wegmans

SINGAPORE NOODLES WITH SHRIMP

Yield: 4 Servings



TOTAL TIME: 20 minutes

INGREDIENTS

- 1 pkg. (8.8 oz.) Thai Kitchen thin rice noodles (International Foods)
- 1 Tbsp. McCormick Gourmet Collection Hot Madras Curry Powder
- ¼ cup oyster sauce (International Foods)
- ¼ cup Thai culinary stock
- 1 pkg. (16 oz.) uncooked shrimp (41–50 ct.), peeled and deveined
- 1 pkg. (12 oz.) Asian slaw
- 1 cup green onions, cut into thin strips 2–2 ½ inches long
- 1 Tbsp. + 2 tsp. vegetable oil, divided
- 1 large egg
- ½ large onion, peeled, thinly sliced (about 1 cup)

PREPARATION

1. Bring large pot of water to boil on high. Remove from heat; immerse noodles in water 2 min. Transfer noodles with slotted spoon to large bowl. Return water to stovetop. Drain noodles and rinse in cold water. Cover with plastic wrap and set aside.
2. Combine curry powder, oyster sauce and stock in small bowl; set aside.
3. Blanch shrimp 30 seconds in reserved pot of boiling water. Add slaw and green onion; blanch 5 seconds. Drain well; set aside.
4. Drizzle 2 tsp. 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, the pan is too hot.) Add egg; cook, scrambling it, just until set. Set aside. Wipe out pan with paper towel.
5. Drizzle remaining Tbsp. oil around sides of pan; tilt pan to distribute evenly. Heat oil in pan on high until oil faintly smokes. Add onion slices; cook, stirring, about 2 min.
6. Add noodles and curry powder/stock mixture to pan. Stir fry about 1 min. Add shrimp, vegetables and egg. Stir fry 1 min.

NUTRITION

Per serving: Calories: 330; Fat: 7 g; Cholesterol: 43 mg; Carbohydrates: 43 g; Protein: 21 g; Sodium: 980 mg; Fiber: 3 g.

Recipe courtesy of Wegmans

SPICY ORANGE BEEF WITH BROWN RICE & GREEN BEANS

Yield: 4 Servings (2 cups stir fry, ½ cup rice)



TOTAL TIME: 35 minutes

INGREDIENTS

- 1 cup instant brown rice cooked per pkg. directions
- 1 lb. beef sirloin strips
- 3 Tbsp. water
- 1½ Tbsp. cornstarch
- 1 pkg. (12 oz.) green beans
- 3 Tbsp. vegetable oil, divided
- 2 cloves garlic, minced
- ½ medium (about 8 oz.) white onion, thinly sliced
- 1 medium sweet red pepper, ½-inch dice
- 2.5 oz. sliced shiitake mushrooms
- 1 pkg. (12 oz.) Asian slaw
- Salt and pepper to taste
- ¾ cup Asian Classics General Tso's Spicy Orange Sauce (International Foods)
- 1 green onion, sliced (about 4 Tbsp.)

PREPARATION

1. Place beef in small bowl. Add water, 1 Tbsp. at a time, working in with hands until water is absorbed into beef. Sprinkle cornstarch over beef and work in with hands to coat all pieces.
2. Blanch green beans in large pot of boiling salted water 3–4 min. Drain and set aside.
3. Drizzle 2 Tbsp. 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, the pan is too hot.)
4. Add beef to pan, stir fry 4–5 min. Remove beef from pan. Wipe inside pan with paper towel.
5. Drizzle remaining 1 Tbsp. oil around sides of pan; tilt pan to distribute evenly. Heat oil in pan on high until oil faintly smokes.
6. Add garlic and onion to pan. Stir fry 1–2 min. Add pepper and mushrooms; stir fry 2 min. Add blanched beans and slaw to pan. Stir and toss 2 min. Season to taste with salt and pepper.
7. Add beef back to pan along with spicy orange sauce. Stir fry 3 min. until heated through. Serve over rice. Garnish with sliced green onion.

NUTRITION

Per serving: Calories: 540; Fat: 23 g (7 g saturated fat); Cholesterol: 75 mg; Carbohydrates: 80 g; Protein: 31 g; Sodium: 770 mg ; Fiber: 7 g.

Recipe courtesy of Wegmans