## **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.

# 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
- 1/3 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 1/4-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.

## **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.

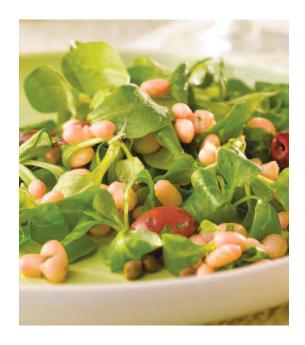
#### **NUTRITION**

**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.

# **NAVY BEAN & MACHE SALAD**



## Yield: 4 Servings (13/4 cups)



**TOTAL TIME:** 30 minutes

#### **INGREDIENTS**

- 1 can (15 oz.) Navy Beans, drained and rinsed
- 1/3 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.

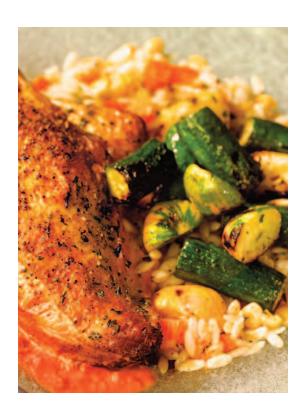
#### **NUTRITION**

**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.

# **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.

# 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**

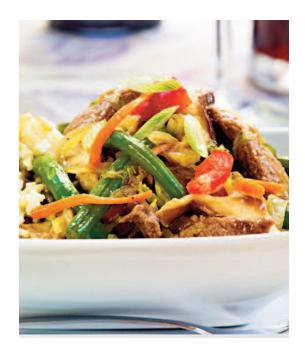
Per serving: Calories: 330; Fat: 7 g; Cholesterol: 43 mg; Carbohydrates: 43 g; Protein: 21 g;

Sodium: 980 mg; Fiber: 3 g.

# 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.