

ASIAN BBQ SALMON SLIDERS

Yield: 6 servings (2 sliders each)



TOTAL TIME: 55 minutes

INGREDIENTS

- ½ seedless cucumber, peeled, thinly sliced
- 1 green onion, thinly sliced
- ½ Tbsp. Wegmans Rice Vinegar
- 2 pkgs. (6 ct. each) Salmon Sliders
- ¼ cup Wegmans Asian Style BBQ Sauce
- 4 leaves green leaf lettuce, torn into 3 pieces each
- 1 pkg. (12 ct.) Wegmans Slider Rolls

PREPARATION

1. Toss cucumber, onion and rice vinegar in large bowl. Chill covered, until ready to serve, at least 30 minutes and up to 3 hours. Drain, discarding liquid.
2. When ready to serve: Preheat grill on high for 10 min. Clean grill with wire brush. Using soft cloth, coat grill grate lightly with vegetable oil. Place salmon burgers on grill; reduce heat to medium.
3. Sear burgers on grill 2 min., until they have changed color about one-quarter of the way up from the bottom. Turn over; brush top of burgers with BBQ sauce. Sear 2–3 min. Turn again; brush with BBQ sauce and reduce heat to medium-low. Close lid.
4. Cook 5–7 min., until internal temp. reaches 165 degrees (check by inserting thermometer halfway into thickest part of burgers). Transfer to clean platter; set aside.
5. Arrange lettuce on slider rolls; top with burger. Top with onion-cucumber mixture; serve.

NUTRITION

Per serving: Calories: 590; Fat: 19 g; Cholesterol: 100 mg; Carbohydrates: 56 g; Protein: 43 g; Fiber: 1 g; Sodium: 830 mg.

Recipe courtesy of Wegmans

GINGER, SESAME, ASPARAGUS AND LO MEIN SALAD

Yield: 13 Cups (4 oz.)



TOTAL TIME: 25 minutes

INGREDIENTS

- 1 bunch (about 1 lb.) Asparagus, trimmed
- 2 boxes (16 oz. each) Asian Classics Lo Mein Noodles, thawed per pkg. directions
- ½ red onion, thinly sliced (5 oz. total)
- 1 pkg. (10 oz.) Bolthouse Farms Premium Matchstix French-Cut Cooking Carrots
- Juice and zest of 1 lime
- 1 Tbsp. Sriracha Hot Chili Sauce
- 1 cup Wegmans Ginger Sesame Vinaigrette
- 2 Tbsp. JFC White Roasted Sesame Seeds
- 1 Tbsp. JFC Black Roasted Sesame Seeds
- 1 tsp. sea salt

PREPARATION

Preheat grill on medium-high 10 min.

1. Blanch asparagus by placing it for 2 min. in large pot of boiling salted water, and then transfer to bowl of ice water. Drain. Diagonally slice into 1-inch pieces. Add noodles to blanching water; blanch 2 min., drain and rinse with cold water.
2. Toss noodles, onion, carrots, lime zest and asparagus in large bowl.
3. Combine sriracha and lime juice in small bowl; add to noodle mixture. Toss.
4. Add vinaigrette, sesame seeds and salt. Toss to combine.

NUTRITION

Per serving: Calories: 170; Fat: 8 g; Cholesterol: 15 mg; Carbohydrates: 19 g; Protein: 6 g; Fiber: 3 g; Sodium: 230 mg.

Recipe courtesy of Wegmans

GRILLED PINEAPPLE AND BANANAS

Yield: 8 (1 pineapple slice and 1 banana half)



TOTAL TIME: 40 minutes

INGREDIENTS

- 8 slices fresh pineapple, cored, cut in 1/2-inch slices
- 1/3 cup Wegmans Clover Honey
- Ground cinnamon
- 1 pint Wegmans Premium Vanilla Ice Cream

PREPARATION

Preheat grill on high 10 min.

1. Clean grill with wire brush. Using soft cloth, coat grill grate lightly with vegetable oil.
2. Brush pineapple slices generously on one side with honey; sprinkle with cinnamon.
3. Reduce heat to medium, grill, brushed-side down, on a grilling grid 2–3 min. or until lightly caramelized.
4. Brush top of pineapple slices with honey; sprinkle with cinnamon. Turn slices over and grill 2–3 min. (Pineapple should be slightly softened and warm throughout, but not falling apart.)
5. Transfer to serving plates and top with 1 scoop of ice cream.

NUTRITION

Per serving: 160 Calories; Fat: 4 g; Cholesterol: 15 mg; Carbohydrates: 34 g; Protein: 2 g; Fiber: 1 g; Sodium: 25 mg.

Recipe courtesy of Wegmans

MEDITERRANEAN-STYLE GRILLED HALIBUT AND VEGETABLES

Yield: 4 servings (1 filet, 1 ¼ cup vegetables)



TOTAL TIME: 35 minutes

YOU WILL NEED: 1 EZ Foil All-Purpose Pan (13 ¼ x 9 ⅝ x 2 ¾-inch), heavy-duty aluminum foil

INGREDIENTS

- 1 fennel bulb (about 1 lb.), cut in half, then in ¼-inch slices
- 1 small sweet orange or yellow pepper, sliced
- 1 pkg. (8 oz.) Food You Feel Good About Cleaned and Cut Leeks
- ½ cup pitted kalamata olives
- Salt and pepper to taste
- 4 Tbsp. Wegmans Basting Oil, divided
- 4 (6 oz.) skinless halibut fillets
- ¼ tsp. lemon pepper seasoning
- 2 containers (4 oz. each) Wegmans Bouillabaisse Seafood Sauce (Prepared Foods), warmed

PREPARATION

Preheat grill on high for 10 min.

1. Clean grill with wire brush. Using soft cloth, coat grill grate lightly with vegetable oil.
2. Combine fennel, pepper, leeks and olives in mixing bowl. Season to taste with salt and pepper; toss with 3 Tbsp. basting oil.
3. Sprinkle fish with lemon pepper seasoning. Drizzle with remaining 1 Tbsp. basting oil. Sear on grill to mark on 1 side only, about 2 min. (do not fully cook).
4. Place vegetables in foil pan; top with fish. Cover pan tightly with large piece of foil, sealing well. Reduce heat to medium. Place pan on grill; close lid. Cook about 15 min., until fish reaches 130 degrees internal temp. To check, carefully cut a small "X" in top of foil cover and insert thermometer through slit into fish. When fish is done, remove pan from grill. Use oven mitts to carefully remove foil cover; avoid steam. Let rest at least 2 min. Transfer to clean serving platter; serve with vegetables and sauce.

NUTRITION

Per serving: Calories: 410; Fat: 19 g; Cholesterol: 55 mg; Carbohydrates: 23 g; Protein: 39 g; Fiber: 5 g; Sodium: 530 mg.

Recipe courtesy of Wegmans

PINEAPPLE-MANGO SALSA

Yield: 6 Cups (2 Tbsp./Serving)



TOTAL TIME: 2 hours, 25 minutes

YOU WILL NEED: A food processor

INGREDIENTS

- 4 cups (or ½ of a whole) Food You Feel Good About Cored Pineapple, ¼-inch dice
- 1 pkg. (9 oz.) Food You Feel Good About Mango Chunks, or 1 whole mango, ¼-inch dice (2 cups)
- 1 jalapeno pepper, seeded, cored
- ½ small (2 oz.) red onion, peeled
- Juice of 2 limes (about 3 Tbsp.)
- 3 Tbsp. Cilantro, finely chopped
- 2 Tbsp. Food You Feel Good About Fresh Mint, stemmed, chopped
- Salt to taste

PREPARATION

1. Combine pineapple and mango in mixing bowl; set aside.
2. Add pepper and onion to food processor; buzz once. Add lime juice; puree until smooth.
3. Add puree, cilantro and mint to pineapple-mango mixture. Toss until well mixed.
4. Chill 2 hours before serving.

NUTRITION

Per serving: Calories: 10; Fat: 0 g; Cholesterol: 0 mg; Carbohydrates: 3 g; Protein: 0 g; Fiber: 0 g; Sodium: 0 mg.

Recipe courtesy of Wegmans

ROSEMARY BALSAMIC CHICKEN KABOBS WITH BABY GREENS

Yield: 4 (1 Kabob and 2 Cups of Salad)



TOTAL TIME: 25 minutes

INGREDIENTS

- 5 Tbsp. Wegmans Basting Oil, divided
- 2 Tbsp. fresh lemon juice
- Salt and pepper to taste
- 4 Rosemary Balsamic Chicken Kabobs
- 1 pkg. (5.25 oz.) Food You Feel Good About Baby Spinach and Arugula Blend

PREPARATION

Preheat grill on high for 10 minutes.

1. Make lemon vinaigrette: Whisk together 3 Tbsp. basting oil and lemon juice in small bowl; season to taste with salt and pepper. Set aside.
2. Clean grill with wire brush. Using soft cloth, coat grill grate lightly with vegetable oil.
3. Sear kabobs on grill 1–3 min., until meat has changed color one-quarter of the way up from the bottom. Turn over; baste seared side with remaining basting oil. Sear 2–3 min., basting and turning kabobs. Reduce heat to medium; close cover.
4. Cook about 8 min. until internal temp reaches 165 degrees. Check by inserting thermometer halfway into the thickest part of chicken. Transfer to clean platter.
5. Toss spinach blend and lemon vinaigrette in large bowl. Equally portion salad on four serving plates; top with kabobs.

NUTRITION

Per serving: Calories: 500; Fat: 19 g; Cholesterol: 195 mg; Carbohydrates: 12 g; Fiber: 4 g; Protein: 71 g; Sodium: 460 mg.

Recipe courtesy of Wegmans

TUSCAN BEAN SALAD

Yield: 11 cups (4 oz. serving)



TOTAL TIME: 30 minutes

INGREDIENTS

- 1 cup Goya Barley
- 2 cans (15.5 oz. each) Food You Feel Good About Great Northern Beans, drained and rinsed
- 2 cans (15.5 oz. each) Italian Classics Garbanzo Beans, drained and rinsed
- ½ green pepper, cored, seeded, ¼-inch dice
- ½ red pepper, cored, seeded, ¼-inch dice
- ½ bunch green onions, trimmed, thinly sliced
- 7 Italian Classics Sundried Tomatoes, chopped (about ½ cup)
- ⅓ cup Italian Classics Basil Pesto
- ⅓ cup Italian Classics Tuscan White Wine Vinegar
- 2 Tbsp. Wegmans Basting Oil
- 3 Tbsp. chopped Italian parsley
- Salt and pepper to taste

PREPARATION

Preheat oven to 350 degrees.

1. Bring barley and 2 ½ cups salted water to boil on high in large saucepan. Reduce heat to low; cook, stirring occasionally, about 25 min. Drain; rinse with cold water.
2. Combine barley, beans, peppers, onions, tomatoes, pesto, vinegar, basting oil and parsley in large mixing bowl. Season with salt and pepper.

NUTRITION

Per serving: Calories: 170; Fat: 5 g; Cholesterol: 0 mg; Carbohydrates: 24 g; Fiber: 8 g; Protein: 7 g; Sodium: 340 mg.

Recipe courtesy of Wegmans