### **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
- 1/2 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.

### 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.

# 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 ½-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.

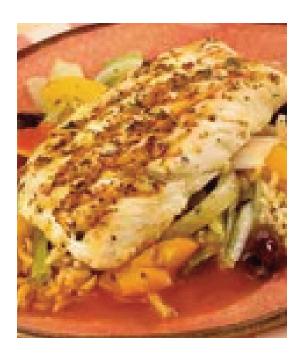
### **NUTRITION**

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

# MEDITTERANEAN-STYLE GRILLED HALIBUT AND VEGETABLES



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



**TOTAL TIME:** 35 minutes **YOU WILL NEED:** 1 EZ Foil All-Purpose Pan (13 ¼ x 9 % 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
- 1/4 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.

### 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.

## 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.

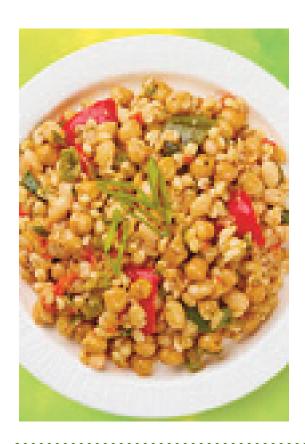
#### **NUTRITION**

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

### **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)
- 1/3 cup Italian Classics Basil Pesto
- ½ 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.