

BLUE CRAB AND WATERMELON SALAD

Yield: 4 servings (4 oz. crab, 1 square watermelon, 1 ½ cups)



TOTAL TIME: 35 minutes

INGREDIENTS

- 1 Mini Seedless Watermelon
- 1 lb. jumbo crab meat
- Zest and juice of ½ lemon (about 2 Tbsp.)
- Zest and juice of 1 lime (2–3 Tbsp.)
- 1 Tbsp. finely minced chives
- 1 tsp. salt
- Zest and juice of ½ lemon (about 2 Tbsp.)
- Zest and juice of 1 ½ limes (3–4 Tbsp.)
- 1 Tbsp. honey
- Salt and pepper to taste
- 3 ½ Tbsp. Food You Feel Good About Black Truffle Extra Virgin Olive Oil
- 1 pkg. (5 oz.) Food You Feel Good About Fresh Baby Arugula
- Coarse salt or Hawaiian Black Salt

PREPARATION

You'll Need: Microplane zester, 2–inch mold or 3 oz. ramekin.

1. Cut four 1–inch wide slices of watermelon. From the center of each of these slices, cut a 3 ½-inch square. Center on serving dishes; set aside.
2. Add crab to medium bowl. Zest lemon and lime over crab; add lemon juice, lime juice, chives, and salt. Stir very gently; set aside.
3. Whisk together zest and juice of lemon and limes, honey and salt in large bowl. While whisking, slowly add truffle oil in a thin steady stream. Reserve 4 Tbsp. of this vinaigrette for plating. Toss arugula in remaining vinaigrette; sprinkle with standard salt. Set aside.
4. Pack crab meat into a clean, 2–inch mold or 3 oz. ramekin. Center crab on watermelon squares; unmold. Top with arugula mix. Drizzle extra vinaigrette around melon; sprinkle with black salt.

NUTRITION

Per serving: Calories: 250; Fat: 12 g; Cholesterol: 130 mg; Carbohydrates: 14 g; Protein: 24 g; Fiber: 1 g; Sodium: 1030 mg.

Recipe courtesy of Wegmans

GRILLED JAMAICAN-STYLE JERK CHICKEN BREAST

Yield: 4 (1 Cutlet with 2 Tbsp. of Sauce)



TOTAL TIME: 25 minutes

INGREDIENTS

- 4 (about 8 oz. each) Wegmans Jamaican-Style Jerk Chicken Breast Cutlets
- 1 jar (8 oz.) Wegmans Jamaican Jerk Finishing Sauce, warmed

PREPARATION

Preheat grill on medium-high 10 min.

1. Clean grill with wire brush. Using soft cloth, coat grill grate lightly with vegetable oil.
2. Sear chicken on grill 2–3 min., until it has changed color one-quarter of the way up from bottom. Turn over; sear 2–3 min. Reduce heat to medium; close lid.
2. Cook chicken about 15 min., or until internal temp of chicken reaches 165 degrees; check by inserting thermometer halfway into thickest part of chicken. Transfer chicken to clean platter.
2. Serve with warmed sauce.

NUTRITION

Per serving: Calories: 260; Fat: 4 g; Cholesterol: 140 mg; Carbohydrates: 4 g; Protein: 48 g; Fiber: 0 g; Sodium: 140 mg.

Recipe courtesy of Wegmans

GRILLED PINEAPPLE AND BANANAS

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



TOTAL TIME: 40 minutes

INGREDIENTS

- 1 cup granulated sugar
- 4 Tbsp. ground cinnamon
- 1 pineapple, remove rind, sliced in $\frac{3}{4}$ -inch rounds (about 8 slices)
- 4 bananas, unpeeled, halved lengthwise
- Wegmans Clover Honey
- $\frac{1}{2}$ cup slivered almonds, toasted
- $\frac{1}{2}$ cup rough chopped walnuts, toasted

PREPARATION

Helpful Tip: You'll need nonstick foil.

Preheat grill on high 10 min.

1. Combine sugar and cinnamon in small, covered container. Shake to mix well; pour onto large shallow bowl or plate.
2. Blot pineapple slices dry with paper towel. Dip both sides in cinnamon-sugar mixture; coating completely. Set aside on prep tray.
3. Spread 1 tsp. of honey evenly along cut side of each banana. Let set 2 min. Dip cut side in cinnamon-sugar mixture; coating completely. Set aside on prep tray.
4. Clean grill with wire brush. Place nonstick foil on grill.
5. Place fruit, cut side down on grill. Grill on medium-high until caramelized on both sides and dark brown. Grill pineapple slices 3–4 min. per side; banana halves about 4 min. (Timing for fruits may differ. Be sure to check for color often.) Transfer to clean serving platter.

NUTRITION

Per serving: 290 Calories; Fat: 8 g; Cholesterol: 0 mg; Carbohydrates: 57 g; Protein: 4 g; Fiber: 6 g; Sodium: 50 mg.

Recipe courtesy of Wegmans

MOROCCAN-SPICED SHRIMP

Yield: 4 servings (3 oz.)



TOTAL TIME: 20 minutes

INGREDIENTS

- 1 lb. EZ Peel Raw Belize Shrimp (31–40 ct.)
- 1 Tbsp. Wegmans Basting Oil
- 1 Tbsp. Moroccan spice
- 1 Tbsp. Food You Feel Good About Mint, thinly sliced
- 1 tsp. fine sea salt
- Black pepper
- Juice of ½ lime (½–1 Tbsp.)

PREPARATION

Preheat grill on high.

1. Toss shrimp with basting oil, Moroccan spice, mint, salt and pepper.
2. Coat cleaned grill grate lightly with vegetable oil. Arrange shrimp in single layer in grill basket on grill. Reduce heat to medium. Sear shrimp 2–3 min., until they have changed color one-quarter of the way up from the bottom. Turn over; sear 2–3 min., until internal temp reaches 130 degrees (check by inserting thermometer halfway into thickest part of shrimp).
3. Transfer to bowl; let rest 2 min. Toss with lime juice. Arrange on serving platter; garnish with lime wedges.

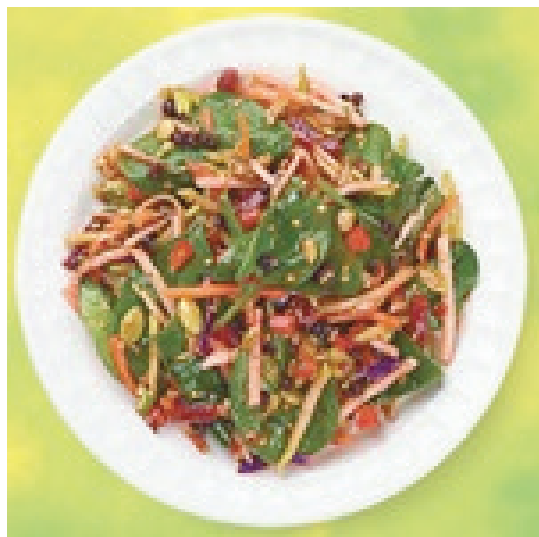
NUTRITION

Per serving: Calories: 130; Fat: 5 g; Cholesterol: 125 mg; Carbohydrates: 1 g; Protein: 18 g; Fiber: 0 g; Sodium: 730 mg.

Recipe courtesy of Wegmans

RAINBOW CRUNCH SALAD

Yield: 14 servings (4 oz. serving)



TOTAL TIME: 25 minutes

INGREDIENTS

- 1 pkg. (12 oz.) Food You Feel Good About Cleaned and Cut Rainbow Salad
- 1 pkg. (5 oz.) of baby spinach
- 1 red bell pepper, cored, seeded, finely diced
- 1 pkg. (8 oz.) Melissa's Baby Red Beets, steamed and peeled, matchstick cut
- 1 bunch mint leaves, washed, trimmed, chopped fine
- $\frac{3}{4}$ cup organic currants (Bulk Foods)
- $\frac{1}{4}$ cup roasted unsalted sunflower seeds (Bulk Foods)
- $\frac{1}{4}$ cup raw pumpkin seeds
- $\frac{1}{4}$ cup JFC White Roasted Sesame Seeds
- $\frac{1}{2}$ tsp. ground cumin
- 1 cup Food You Feel Good About Organic Pomegranate Blueberry Vinaigrette (Grocery Dept.)
- $\frac{1}{2}$ tsp. salt

PREPARATION

1. Toss salad mix, spinach, peppers, beets, mint and currants in large bowl.
2. Add sunflower, pumpkin, sesame seeds and cumin to skillet on medium. Cook and stir 5-7 min. until lightly toasted and crunchy; watch carefully so as not to burn. Remove from pan; let cool.
3. Add cooled seed mixture to veggies. Add dressing and salt; toss to blend.

NUTRITION

Per serving: Calories: 260; Fat: 20 g; Cholesterol: 0 mg; Carbohydrates: 20 g; Protein: 3 g; Fiber: 4 g; Sodium: 440 mg.

Recipe courtesy of Wegmans

STRAWBERRY–BABY SPINACH SALAD WITH CHAMPAGNE VINAIGRETTE AND TOASTED ALMONDS



Yield: 6 (1 2/3 cup per serving)



TOTAL TIME: 20 minutes

INGREDIENTS

- 1 cup slivered almonds
- ½ cup champagne vinegar
- ½ cup Wegmans Canola Oil
- 2 Food You Feel Good About Peeled Shallots, chopped
- 1 ½ tsp. sugar
- ½ tsp. salt
- Dash white pepper
- 1 pkg. (11 oz.) Wegmans Organic Food You Feel Good About Baby Spinach
- 2 lbs. local strawberries, stemmed, quartered

PREPARATION

Preheat oven to 350 degrees.

1. Spread almonds on baking sheet in single layer. Toast in oven about 12 min. (watching carefully). Let cool.
2. Combine vinegar and oil in a large bowl; add shallots and sugar. Whisk in salt and white pepper. Add spinach, berries and almonds. Toss gently.

NUTRITION

Per serving: Calories: 350; Fat: 28 g; Cholesterol: 0 mg; Carbohydrates: 26 g; Fiber: 9 g; Protein: 6 g; Sodium: 290 mg.

Recipe courtesy of Wegmans

THAI GREEN BEAN AND MANGO SALAD

Yield: 8 cups (4 oz. per serving)



TOTAL TIME: 25 minutes

INGREDIENTS

- 2 pkgs. (8 oz. each) Food You Feel Good About Cleaned and Cut French Beans
- 1 medium mango, peeled, thinly sliced
- 1 medium red bell pepper, thinly sliced
- ½ medium red onion, thinly sliced
- 1 Tbsp. chopped fresh cilantro
- 1 Tbsp. Thai Kitchen Premium Fish Sauce (International Foods)
- Juice of 1 lime (1–2 Tbsp.)
- 1 Tbsp. Wegmans Vegetable Oil
- 1 Tbsp. sugar
- ½ tsp. salt
- 1 clove Food You Feel Good About Cleaned and Cut Peeled Garlic, minced
- 1 tsp. Gourmet Garden Lemon Grass Herb Blend (Produce Dept.)
- 1 tsp. Sriracha Hot Chili Sauce (International Foods)

PREPARATION

Preheat oven to 350 degrees.

1. Prepare green beans per package directions. Transfer to bowl of ice water; drain well. Set aside.
2. Combine mango, red pepper, red onion and cilantro in medium bowl; set aside.
3. Make sauce: Whisk together fish sauce, lime juice, vegetable oil, sugar, salt, garlic, herb blend and chili sauce in a small bowl. Add to mango mixture; toss gently. Add beans and toss. Serve at room temp.

NUTRITION

Per serving: Calories: 70; Fat: 2 g; Cholesterol: 0 mg; Carbohydrates: 13 g; Fiber: 3 g; Protein: 1 g; Sodium: 310 mg.

Recipe courtesy of Wegmans