

ASPARAGUS WITH MUSHROOMS, SHALLOTS AND PEAS



Yield: 6 servings



TOTAL TIME: 25 minutes

INGREDIENTS

- 2 tsp olive oil
- 5 shallots (halved and thinly sliced lengthwise)
- 8 oz shiitake mushrooms (stems removed)
- Coarse salt
- Ground pepper
- 1 ½ tsp grated lemon zest
- 1 ½ tsp chopped fresh tarragon
- 2 medium thick asparagus bunches (tough ends removed, cut on diagonal into 2-inch lengths)
- 1 cup frozen peas
- 2 tsp fresh lemon juice

PREPARATION

1. In a large nonstick skillet with a lid, heat oil over medium heat. Add shallots and cook until they begin to color, about 3 minutes. Add mushrooms, season with salt and pepper, and cook, tossing occasionally, until mushrooms and shallots are tender, 3 to 5 minutes. Transfer to a bowl. Add lemon zest and tarragon; toss to combine.
2. In the same skillet, bring 2 inches of water to a boil. Add asparagus, season with salt, cover, and cook until asparagus is bright green and tender, 3 to 4 minutes (timing will vary depending upon thickness of asparagus). Add peas to skillet, and then drain.
3. Transfer to bowl with the shallots and mushrooms, add lemon juice, and toss to combine.

NUTRITION

Per serving: Calories: 98; Fat: 5 g; Carbohydrates: 11 g; Protein: 4 g; Fiber: 3 g

APPROXIMATE PRICE: \$14.42 (\$2.40 PER SERVING)

Price estimated comes from www.wegmans.com and does not include common on-hand ingredients such as salt and pepper. Prices may be varied due to regional area and seasonal produce.

Link: www.wholeliving.com/133365/asparagus-shiitakes-shallots-and-peas

BRUSSELS SPROUTS WITH PANCETTA

Yield: 4 servings



TOTAL TIME: 30 minutes

INGREDIENTS

- 1 lb fresh Brussels sprouts
- 2 tbsp olive oil
- 3 oz paper-thin slices pancetta (coarsely chopped)
- 2 garlic cloves (minced)
- Salt and freshly ground black pepper
- $\frac{3}{4}$ cup low-salt chicken broth

PREPARATION

1. Trim Brussels sprouts by cutting a small amount off the end and peeling off the outer leaves.
2. Partially cook the Brussels sprouts in a large pot of boiling salted water, about 4 minutes. Drain.
3. Meanwhile, heat the oil in a heavy large skillet over medium heat. Add the pancetta and sauté until beginning to crisp, about 3 minutes.
4. Add the garlic and sauté until pale golden, about 2 minutes.
5. Add the Brussels sprouts to the same skillet and sauté until heated through and beginning to brown, about 5 minutes. Season with salt and pepper, to taste.
6. Add the broth and simmer until the broth reduces just enough to coat the Brussels sprouts, about 3 minutes. Serve.

NUTRITION

Per serving:

Calories: 189; Fat: 14 g (3 g Saturated fat); Cholesterol: 19 mg; Carbohydrates: 10 g; Protein: 8 g; Fiber: 4 g; Sodium: 580 mg

APPROXIMATE PRICE: \$12.57 (\$3.14 PER SERVING)

Price estimated comes from www.wegmans.com and does not include common on-hand ingredients such as salt and pepper. Prices may be varied due to regional area and seasonal produce.

Link: www.foodnetwork.com/recipes/giada-de-laurentiis/brussels-sprouts-with-pancetta-recipe/index.html

Recipe courtesy of Giada De Laurentiis

CAULIFLOWER, SPINACH AND CHICKEN GRATIN

Yield: 6 servings



TOTAL TIME: 1 hour and 20 minutes

INGREDIENTS

- 1 rotisserie chicken, meat diced (3–4 cups)
- 1 head cauliflower, broken into small florets (or 2 lbs cauliflower florets)
- 1 pkg (10 oz) fresh spinach, large stems removed, rinsed
- Salt and pepper to taste
- 1 cup seasoned bread crumbs, divided
- 1 container (13 oz) light alfredo sauce
- ½ cup part-skim shredded mozzarella cheese
- 1 tbsp Wegmans Basting Oil
- 1 tbsp extra-virgin olive oil

PREPARATION

Preheat oven to 350 degrees.

1. Add chicken and reserved juices, cauliflower and spinach to extra-large mixing bowl; season with salt and pepper. Add ½ cup bread crumbs, alfredo sauce, and mozzarella; mix well. Set aside.
2. Make topping: Combine remaining ½ cup of bread crumbs and basting oil in small bowl. Set aside.
3. Grease 13 x 9-inch baking dish with olive oil; add chicken-vegetable mixture.
4. Bake, uncovered, 40 minutes, stirring halfway through cooking time. Remove from oven; sprinkle with topping. Return to oven; bake 15 minutes, until topping is light golden brown.

NUTRITION

Per serving: Calories: 400; Fat: 16 g (7 g Saturated fat); Cholesterol: 90 mg; Carbohydrates: 33 g; Fiber: 5 g; Protein: 32 g; Sodium: 40 mg

APPROXIMATE PRICE: \$17.65 (\$2.94 PER SERVING)

Price estimated comes from www.wegmans.com and does not include common on-hand ingredients, such as salt and pepper. Prices may be varied due to regional area and seasonal produce.

Recipe courtesy of Wegmans

HADDOCK PICCATA

Yield: (4) 6 oz fillets



TOTAL TIME: 30 minutes

INGREDIENTS

- 4 fresh haddock fillets (about 6 oz each), skinned, halved on the bias (on a 45° angle)
- Sea salt
- Fresh cracked black pepper
- 2 tbsp olive oil, divided
- 2 shallots, minced
- ½ cup dry white wine
- 2 tbsp non-pareil capers, drained
- 2 containers (4 oz each) Wegmans Lemon Butter Sauce (Prepared Foods)
- Pan searing flour
- 1 tbsp Wegmans Basting Oil
- 1 tsp butter
- Flat leaf parsley to garnish

PREPARATION

1. Heat 1 tbsp olive oil in a medium sized saucepan on medium heat; add shallots. Cook, stirring 2–3 minutes, until lightly browned. Add wine, stirring to loosen browned bits from bottom of pan. Cook on medium-high, 4–5 minutes until liquid is reduced by half. Add capers and lemon butter sauce. Sprinkle with cracked black pepper; bring to simmer. Reduce heat to low. Keep warm as fillets cook.
2. Season fillets with sea salt and cracked pepper and dust with pan-searing flour; pat off excess. Heat remaining olive oil in large skillet on medium-high, until oil faintly smokes; add fillets. Turn over when fillets change color about one-quarter of way up and seared side has turned paper-bag brown, 3–4 min.
3. Reduce heat to medium-low. Cook 2–3 min or until internal temp reaches 120 degrees. (Check by inserting thermometer halfway into thickest part of fillets.)
4. Add basting oil and butter to pan; swirl. Baste with spoon, 1–2 min, until internal temp reaches 130 degrees. Transfer to clean platter; let rest at least 2 minutes. Sprinkle with parsley and serve with sauce.

NUTRITION

Per serving: Calories: 330; Fat: 18 g (5 g saturated fat); Cholesterol: 125 mg; Carbohydrates: .5 g; Protein: 34 g; Fiber: 0 g; Sodium: 620 mg

APPROXIMATE PRICE: \$29.45 (\$7.36 PER SERVING)

Price estimated comes from www.wegmans.com and does not include common on-hand ingredients, such as salt and pepper. Prices may be varied due to regional area and seasonal produce.

Recipe courtesy of Wegmans

PEANUT BUTTER PIE

Yield: 20 servings (2 Pies)



TOTAL TIME: 15 minutes prep (8 hours chill)

INGREDIENTS

- 1 cup powdered sugar
- 1 cup reduced-fat creamy peanut butter
- 1 block (8 oz) Neufchatel (1/3 less fat cream cheese)
- 1 can (14 oz) fat-free sweetened condensed milk
- 12 oz fat-free whipped topping (thawed)
- 2 (6 oz) reduced-fat graham cracker crusts
- 7 Tbsp. light chocolate syrup

PREPARATION

1. Combine powdered sugar, peanut butter, and cream cheese in a large bowl; beat with a mixer at medium speed until smooth. Add milk; beat until combined.
2. Fold in whipped topping.
3. Divide mixture evenly between crusts.
4. Chill 8 hours or until set (pies will be a soft, fluffy texture).
5. Cut into 10 wedges; drizzle with chocolate syrup.

NUTRITION

Per serving: Calories: 302; Fat: 10 g (3.8 g Saturated fat); Cholesterol: 11 mg; Carbohydrates: 45.8 g; Protein: 6.9 g; Fiber: 1 g; Sodium: 252 mg

APPROXIMATE PRICE: \$9.85 (\$.49 PER SERVING)

Price estimated comes from www.wegmans.com and does not include common on-hand ingredients such as salt and pepper. Prices may be varied due to regional area and seasonal produce.

Link: www.myrecipes.com/recipe/peanut-butter-pie-10000001654712/
Recipe courtesy of Mary Frances Noveh

BONELESS PORK TENDERLOIN WITH CRACKED PEPPER BLEND

Yield: 6 servings (4 oz roast pork and ¼ cup sauce)



TOTAL TIME: 40 minutes

INGREDIENTS

- 2 boneless pork tenderloins (about 1 lb each)
- 1 cup fruit spread (Apricot, Peach or Passion Fruit)
- ½ cup apple cider vinegar
- 1 tsp Wegmans Cracked Pepper Seasoning Shak'r

PREPARATION

1. Preheat oven to 450 degrees.
2. Season tenderloin with salt; place on roasting rack inside large roasting pan.
Combine remaining ingredients in small bowl; spoon half evenly over pork, reserving half.
3. Place pan on center rack of oven; roast 15 minutes.
4. Cook until internal temperature reaches 145 degrees. Check internal temperature by inserting thermometer halfway into thickest part of meat. If not, reduce oven temperature to 350 degrees; roast until pork reaches 145 degrees, 8–10 minutes.
5. Remove from oven; let rest 10–15 minutes before carving.
6. Carve; drizzle with remaining sauce.

NUTRITION

Per serving: Calories: 300; Fat: 7 g (3 g Saturated fat); Cholesterol: 95 mg; Carbohydrates: 19 g; Protein: 35 g; Sodium: 130 mg

APPROXIMATE PRICE: \$18.15 (\$3.02 PER SERVING)

Price estimated comes from www.wegmans.com and does not include common on-hand ingredients such as salt and pepper. Prices may be varied due to regional area and seasonal produce.

Recipe courtesy of Wegmans