

SMOKY CORN AND BLACK BEAN PIZZA

Yield: 6 servings



TOTAL TIME: 30 minutes

INGREDIENTS

- 1 plum tomato (diced)
- 1 cup canned black beans (rinsed)
- 1 cup fresh corn kernels (about 2 ears)
- 2 Tbsp. cornmeal
- 1 lb. whole-wheat pizza dough
- $\frac{1}{3}$ cup barbecue sauce
- 1 cup shredded mozzarella

PREPARATION

1. Preheat grill to medium.
2. Combine tomato, beans and corn in a medium bowl. Sprinkle cornmeal onto a large baking sheet. Stretch the dough into about a 12-inch circle and lay it on top of the cornmeal, coating the entire underside of the dough.
3. Transfer the crust from the baking sheet to the grill. Close the lid and cook until the crust is puffed and lightly browned on the bottom, 4 to 5 min.
4. Using a large spatula, flip the crust. Spread barbecue sauce on it and quickly sprinkle with the tomato mixture and cheese. Close the lid; grill until the cheese is melted and the bottom of the crust is browned, 4 to 5 min.

NUTRITION

Per serving: Calories: 316; Fat: 6 g (3 g Saturated fat); Cholesterol: 13 mg; Carbohydrates: 48 g; Protein: 14 g; Fiber: 4 g; Sodium: 530 mg.

APPROXIMATE PRICE: \$13.29 (\$2.22 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.eatingwell.com/recipes/smoky_corn_black_bean_pizza.html
From EatingWell: June/July 2006

PAN-SEARED SALMON WITH CITRUS SOY SAUCE

Yield: 4 servings (1 Fillet)



TOTAL TIME: 10 minutes

INGREDIENTS

- 4 salmon fillets (about 6 oz each)
- Salt and pepper
- Pan-searing flour
- 1 Tbsp. pure olive oil
- 2 Tbsp. Wegmans Shallot Thyme Finishing Butter
- ½ cup Wegmans Citrus Soy Sauce (prepared foods), warmed

PREPARATION

1. Season fish with salt and pepper. Dust both sides with pan-searing flour; pat off excess.
2. Heat olive oil in pan on medium-high until oil faintly smokes; add fish. Turn over when fish changes color one-quarter of way up and seared side has turned paper-bag brown, 3 min.
3. Reduce heat to medium. Cook about 4 min., until internal temp reaches 120 degrees.
Check by inserting thermometer halfway into thickest part of fish.
4. Add finishing butter to pan; swirl. Baste with spoon, 1-3 min, until internal temp reaches 130 degrees.
5. Transfer fish to clean platter; let rest at least 2 min. Serve with sauce.

NUTRITION

Per serving: Calories: 440; Fat: 26 g (7 g Saturated fat); 2820 mg omega-3 fats; Cholesterol: 110 mg
Carbohydrates: 6 g; Protein: 40 g; Sodium: 690 mg.

APPROXIMATE PRICE: \$24.64 (\$6.16 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

SPICY RED LENTIL CHILI

Yield: 7 servings (1 Cup)



TOTAL TIME: 1 hour

INGREDIENTS

- 1 cup Goya Red Lentils (international foods)
- 4 cups + 2 Tbsp. water, divided
- 2 Tbsp. Butter
- ½ cup onion, peeled, ¼-inch dice
- ¼ cup (about 1 stalk) celery, trimmed, ¼-inch dice
- 2 Tbsp. peeled garlic, chopped
- 1 medium (about ½ lb.) tomato, cored, ½-inch dice (1 cup)
- 2 cups vegetable stock
- 1 Tbsp. Tabasco sauce
- ⅛ tsp. turmeric
- ⅛ tsp. cumin
- ⅛ tsp. cayenne pepper
- 1 tsp. sea salt
- ½ tsp. black pepper
- ⅛ tsp. chili powder
- 2 Tbsp cornstarch
- ¼ cup finely diced sweet green pepper
- Salt to taste

PREPARATION

1. Bring lentils and 2 cups water to boil on HIGH; turn off heat. Remove half the lentils and liquid; place in food processor or blender and puree, about 1 min.
2. Melt butter in stockpot on medium-low. Add onions; cook, stirring, about 2 min., until soft but not browned. Add celery and garlic; cook, stirring, 5 min., until soft but not browned. Add tomato; cook 5 min.
3. Add stock, 2 cups water, Tabasco, turmeric, cumin, cayenne pepper, sea salt, black pepper and chili powder. Bring to simmer.
4. Add reserved whole and pureed lentils plus liquid. Cook about 15 min. until lentils are tender.
5. Combine cornstarch and remaining 2 Tbsp. water in small bowl. Bring soup to boil; add cornstarch/water mixture. Stir 30 sec. to thicken slightly. Turn off heat; add green peppers. Season to taste with salt.

NUTRITION

Per serving: Calories: 140; Fat: 4 g (3 g Saturated fat); Cholesterol: 10 mg; Carbohydrates: 22 g; Protein: 7 g; Sodium: 410 mg.

APPROXIMATE PRICE: \$22.04 (\$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.

Recipe courtesy of Wegmans

CREAMY SPINACH DIP

Yield: 2 ½ cups, 10 servings (¼ cup each)



TOTAL TIME: 15 minutes

INGREDIENTS

- 1 small shallot (peeled)
- 1 5-ounce can water chestnuts (rinsed)
- ½ cup Neufchâtel (reduced-fat cream cheese)
- ½ cup low-fat cottage cheese
- ¼ cup non-fat plain yogurt
- 1 Tbsp. lemon juice
- ½ tsp. salt
- Freshly ground pepper to taste
- 6 ounces baby spinach
- 2 Tbsp. chopped fresh chives

PREPARATION

1. Pulse shallot and water chestnuts in a food processor until coarsely chopped.
2. Add cream cheese, cottage cheese, yogurt, lemon juice, salt and pepper and pulse until just combined.
3. Add spinach and chives and pulse until incorporated.
4. Serve with whole grain tortilla chips, fresh veggies or pita chips.

NUTRITION

Per serving: Calories: 54; Fat: 3 g (2 g Saturated fat); Cholesterol: 10 mg; Carbohydrates: 4 g; Protein: 4 g; Fiber: 1 g; Sodium: 102 mg.

APPROXIMATE PRICE: \$11.21

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.eatingwell.com/recipes/creamy_spinach_dip.html
From EatingWell: January/February 2009

OVEN FRIED ZUCCHINI STICKS

Yield: 4 servings, 6–8 sticks per serving



TOTAL TIME: 40 minutes

INGREDIENTS

- Canola or olive oil cooking spray
- ½ cup whole-wheat flour
- ½ cup all-purpose flour
- 2 Tbsp. cornmeal
- 1 tsp. salt
- ½ tsp. freshly ground pepper
- 3 medium zucchini
(cut into ½-by-3-inch sticks)
- 2 large egg whites (lightly beaten)

PREPARATION

1. Preheat oven to 475°F. Coat a large baking sheet with cooking spray.
2. Combine flours, cornmeal, salt and pepper in a large sealable plastic bag.
3. Dip zucchini in egg white, shake in the bag to coat, and arrange, not touching, on the baking sheet. Coat all exposed sides with cooking spray.
4. Bake on the center rack for 10 min. Turn the zucchini and coat any floury spots with cooking spray. Continue to bake until golden and just tender, about 8 to 10 min. more. Serve hot.

NUTRITION

Per serving (6–8 sticks): 127 Calories; Fat: 3 g (0 g Saturated fat); Cholesterol: 0 mg; Carbohydrates: 23 g; Protein: 7 g; Fiber: 4 g; Sodium: 427 mg.

APPROXIMATE PRICE: \$6.91 (\$1.73 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.eatingwell.com/recipes/oven_fried_zucchini.html

From EatingWell: August/September 2005, EatingWell for a Healthy Heart Cookbook (2008)

CHOCOLATE CRUNCH

Yield: 4 servings (3/4 cup)



TOTAL TIME: 35 minutes

INGREDIENTS

- 1 cup Wheat Chex cereal
- 1 cup pretzel sticks (broken in half)
- ¼ cup salted roasted almonds
- 3 Tbsp. bittersweet chocolate chips (melted)

PREPARATION

1. Combine Chex, pretzels and almonds in a medium bowl.
2. Drizzle with melted chocolate; stir to combine.
3. Spread the mixture on a wax paper-lined baking sheet and refrigerate until the chocolate is set, about 30 minutes.

TIPS

Make Ahead Tip: Refrigerate in an airtight container for up to 5 days.

Tip: To melt chocolate: Microwave on medium for 1 min. Stir, then continue microwaving on medium in 20-second intervals until melted, stirring after each interval. Or place in the top of a double boiler over hot, but not boiling, water. Stir until melted.

NUTRITION

Per serving: Calories: 260; Fat: 12 g (3 g Saturated fat); Cholesterol: 70 mg; Carbohydrates: 27 g; Protein: 9 g; Fiber: 4 g; Sodium: 290 mg.

APPROXIMATE PRICE: \$9.42 (\$2.36 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.

Link: www.eatingwell.com/recipes/chocolate_crunch.html

From EatingWell: January/February 2009